

Don't miss the Early Deadlines for the Dec. 26 New Years' Edition See page 5B

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*Merry Christmas
from our family
to yours*

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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 **WEDNESDAY, DEC. 26** at 12 p.m. for the Jan. 02 edition.

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Vail supports mental and behavioral health

LUDLOW, Vt. – Vail Resorts announced that CEO Rob Katz and his wife Elana Amsterdam, have made significant contributions totaling more than \$2 million to support emotional wellness programs in nearly every mountain resort community in which Vail Resorts operates. The 30 grants were issued by the Katz Amsterdam Charitable Trust and will impact thousands of people seeking mental and behavioral health support across North America.

“It is our hope that these grants will help improve access to much-needed services around mental health and substance abuse and reduce the stigma and misunderstanding around these issues to encourage more

people to get the help they need,” said Katz. “It is our privilege to be able to support so many outstanding organizations and meaningful programs already in place across our local communities in Colorado, Utah, Tahoe, British Columbia, Vermont, and New Hampshire.”

Katz and Amsterdam have donated nearly \$100 million dollars in recent years to the family’s charitable trust and foundation and named Beth Ganz executive director of the foundation in October to facilitate community engagement, sponsor research and collaboration, and to work with nonprofit partners to drive towards improved mental health outcomes in mountain re-

sort communities. Ganz joined the Katz Amsterdam Foundation after 11 years as vice president of public affairs and sustainability for Vail Resorts.

“We are spending time getting to know the issues that each community faces around emotional wellness, and the nonprofit organizations that are working to make an impact in this space every single day,” said Ganz. “I’m thrilled to join Rob and Elana in finding ways to help fill the gaps in delivering critical services and improve the outcomes across our extraordinary local communities.”

The grants included \$125,423 to Vermont Community Foundation – increased staffing and services of mental and behavioral health programs across the following organizations: Ludlow Health Center, Spring-

field Turning Point Recovery Center, and Windsor County Youth Services in the Okemo region.

“The contributions that Rob and Elana have made to the regions around these mountain communities are a significant boost to the support services that are available to individuals and families in those areas,” said Dan Smith, president and CEO of the Vermont Community Foundation. “Their efforts both highlight the spirit of generosity and provide a great example of thoughtful, engaged, and collaborative giving. We’re privileged to be a partner in their local work.”

These grants are in addition to the \$12.9 million of contributions made by Vail Resorts in 2018 to more than 250 community organizations as a part of the Company’s EpicPromise program.



Christmas at Town Hall

LUDLOW, Vt. – In front of a large and enthusiastic audience, area residents enjoyed a diverse Christmas program, sponsored by FOLA Friday, Dec. 14. The program featured music provided by area elementary and high school students plus other performers and ended with a visit from Santa Claus. Bruce Schmidt functioned as emcee for the event. The entire program was produced and directed by Scott Stearns and Sandra Russo.

PHOTO BY OTIS NELSON

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Wantastiquet Rotary Christmas gifts

LONDONDERRY, Vt. – On Friday, Dec. 14, the Wantastiquet Rotary participated in the annual Christmas gift distribution. Rotarians were charged to distribute boxwood Christmas trees produced by the Green Mountain Gardeners, cookies made by the loving hands of the Weston Women’s Club, and poinsettias donated by Second Congregational Church of Londonderry. These gifts were distributed to 30 individuals within the surrounding communities.

The Wantastiquet Rotary, Weston Women’s Club, and Second Congregational Church extend a very Merry Christmas to these individuals and to all in the surrounding

mountain communities.



Christmas gift distributions. PHOTO PROVIDED

Holidays with the Mount Holly PTSA

MOUNT HOLLY, Vt. – This holiday season, the Mount Holly PTSA has been busy cooking up some cheer! The organization held a children’s craft fair. Morgan Skiathitis organized the heartwarming event, which featured eight vendors and allowed children in the community to purchase homemade gifts for their family members.

Andrea Auld organized the first annual Holiday Movie Night in the gym. The event was well attended with over 60 attend-



Working that Mount Holly PTSA magic with Megan Harlow Jenkins and Andrea Auld. PHOTO PROVIDED

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ees. Students were thrilled to watch “The Polar Express” surrounded by their families and friends. The PTSA handed out magical bell ornaments at the end and served popcorn, pizza, and hot chocolate. This surely will become one of the “don’t miss” events of the holiday season in bustling Mount Holly.

The PTSA wants to send a big thank you to all the vendors and all the families who continue to support us as we support our school.

OVWC Tree of Remembrance

LUDLOW, Vt. – Christmas is just around the corner. What better way to remember our friends and loved ones than by making a donation to the Tree of Remembrance. The Tree of Remembrance is our fundraiser for deserving seniors from Black River High School, sponsored by the GFWC Okemo Valley Women’s Club.

The tree is shining in Veterans Park on Main Street in Ludlow. Names of persons remembered will be listed periodically during the season. The tree will be lit throughout the holiday season and will stay illuminated until Feb. 24, 2019.

Please open your hearts and fill our stocking by supporting our deserving students. Donations and your list of names should be submitted to Fran Derlinga, P.O. Box 229, Plymouth, VT 05056 with checks payable to GFWC Okemo Valley Women’s Club.

Names received to date are: Mary Augustaskas, and Joe Augustaskas, Helen Bates, Oscar and Nellie Beckman, Harold and Mary Bragg, Harley and Ida Bragg, Oscar Bryant, Margarites Bryant, Roy Bryant, Marie Bryant, Kim Bryant, Kim Bryant, Stanley Bryant, Francis Bryant, Evelyn Bryant, Helen Ballard, Peter Connor, Laine Danyow, George Dever, Ethelyn Dever, Kathy Dever, Ellsworth and Dorothy Davis, Roy and Leta Davis, Elaine Garland, Leonard Gendron, Leta Hudgings, Frances Hughes, Carol Sullivan Kuk, George Laber, Irene Lorrain, Joe Lorrain, George and Violet Matulonis, Ernest and Melba Noll, Pete Noyes, Helen Remy, Laval “Jim” Remy, Gardner and Laura Ripley, Allyn and Helen Seward, Leon and Mary Shabbott, Bernard and Shirley Snow, Caroline Spaulding, David Stearns, Virginia and Roy Swanson, Mr. and Mrs. Donald Sullivan, Mr. and Mrs. Harold Tedford, Ruth and Hal Whitman.

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Ellen Estey wins



Simon Pearce tree

CHESTER, Vt. – Ellen Estey of Chester was the second grand prize winner in Smokeshire Designs' anniversary Open House. Ellen also won a Simon Pearce blown glass ornament in the daily weeklong drawing, and she won a gift certificate to Mediterra Wine and Cheese at the Sip and Shop wine tasting event. Congratulations, Ellen! You really are a winner.

PHOTO PROVIDED

Go Fund Me for CTES snow sports program

CAVENDISH, Vt. – For over 30 years, Cavendish Town Elementary School has had a snow sports program run entirely by volunteers. The program takes students in kindergarten through sixth grade to Okemo Mountain to learn to ski and ride for eight half-days on Tuesdays.

The program receives no funds from the school or the town other than transportation to and from the mountain. Okemo Mountain Ski Area in Ludlow, Vt. charges parents a discounted fee for their children's pass and rentals, and community donations cover lessons.

This year, with Okemo under new

management with Vail Resorts, they have raised the fee for passes and rentals. The increase is so significant that many families will not be able to pay the increased fees.

CTES community members have started a Go Fund Me to raise funds to offset a portion of the fees to make the program affordable for all fami-

lies. In a typical year, about 75 percent of the student body participate in the program. We would like to raise enough money to cover scholarships to help out all of our families.

To learn more about the campaign, which is open until Jan. 11, 2019, go to www.gofundme.com/sos-save-our-snow-sports-program.

An update on CAES

CHESTER, Vt. – The elementary school had a delay in opening. Originally the school was scheduled to open in mid-November, but the electrical conduits didn't pass the megger test, which measures the insulation resistance quality of an electrical system. Also, due to the storms and power outages, there was a delay in getting the electric hooked up to the elementary school.

Green Mountain Power and Watts-UP have now completed the electrical work including the repair to the electrical insulation, replacement of wires, and

the electrical system has been energized. The projects are finally coming together and the end is drawing near.

The only items left are for Control Technology to come and program the controls for the boilers, which should take place Dec. 19 or 20, and for the fire marshal to do a final inspection.

The plan is for the movers to transport our materials and furniture on Dec. 27 or 28 and then the teachers to come in to organize their rooms on Jan. 2, which is an in-service day. The children's first day back in their elementary school

will be Jan. 3!

There have been some concerns expressed about how the children are faring being located at the high school; however, while some of the children have been in somewhat cramped corners, they are doing very well.

A big advantage from our K-12 students being together has been the new buddy/mentor programs. One of these programs included third graders acting as "big buddies" to the preschool students who are regularly housed in the high school building.

There was also a new project that

involved high school ninth grade students pairing with elementary school students on a writing project. The project came about organically through a conversation with ninth grade English teacher, Michele Farrar, and her students while discussing the fear the younger children might be experiencing being in a new school with older children.

This was an exercise in empathy that was so successful that the high school students are hoping to continue to have a relationship with the elementary students by providing more possibilities for mentoring in the future.

CAFC thanks Andover Snow Riders

CHESTER, Vt. – The Andover Snow Riders collected 189 pounds of non-perishable food and \$591 for the Chester-Andover Family Center Food Shelf and Financial Assistance Program at their annual December Pancake Breakfast fundraiser.

This special event was well attended by Andover and Chester residents coming together to enjoy a delicious breakfast and spend a leisurely Saturday morning catching up with old friends and making new friends. It was a wonderful way for residents to support their community.

This fundraiser will help the family center continue to meet the needs of families struggling to make ends

meet. In November 2018, we experienced a 79 percent increase in requests for financial assistance compared to November 2017. From January through November 2018, our food shelf served 1,005 households including 2,135 individuals. Over 90 households shop at the food shelf every month for supplemental food.

Thank you to Nick and Steffanie Baker, the Snow Rider chefs, organizers, and greeters and all who came to enjoy a delicious pancake breakfast and made a donation to the family center. Together we are making a difference in our community.



Ms. Olesky's kindergarten class and Ms. Farrar's ninth grade class both learn from each other during a joint project.

PHOTO PROVIDED



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Girls on the Run Vermont seeks volunteer coaches to help lead program

REGION – Girls on the Run of Vermont's spring coach registration is now open. Girls on the Run is a physical activity-based, positive youth development program that inspires girls in third through eighth grade to be joyful, healthy, and confident.

The ten-week program incorporates running to teach critical life skills, encourage personal development, and foster team building

and community service. Volunteer coaches utilize a curriculum to engage teams of girls in fun, interactive lessons. Teams meet twice a week for 90 minutes and the program culminates with all teams participating in a 5k event.

Girls on the Run Vermont serves girls at 33 sites in Central Vermont and is in need of 100 more coaches to ensure that every girl will have an opportunity to participate in its

transformative program this spring. Schools that are in need of coaches include Barstow Memorial, Black River Middle School, Castleton Village School, Christ the King, Fair Haven Grade School, Granville Elementary, Lothrop Elementary, Middletown Springs, Mount Holly School, Otter Valley Union Middle School, Orwell, Rutland Parks and Rec, Shrewsbury Mountain School, Whiting School, Sudbury School, Chester-Andover Elementary,

Rochester Elementary, Union Street School, Windsor School, Woodstock, and Prosper Valley.

Coaches do not need to be runners but are required to be a minimum of 18 years old to serve as an assistant or 21 years old to serve as a head coach. All volunteer coaches must complete a background check and attend a training session.

For more information about coaching and Girls on the Run of Vermont, visit www.gotrvt.org/coach.



Girls on the Run participants.

PHOTO PROVIDED

Be healthier for the holidays, learn how 3SquaresVT can help

REGION – We all know that eating right is critical to good health, but with the high cost of food, fuel, housing, and health care, a lot of people can't afford to buy enough nutritious food for themselves and their families. This can be especially challenging with the added pressure of the holidays. 3SquaresVT can help families, seniors, and others in need to stretch their budgets and put more healthy food on the table.

3SquaresVT is Vermont's Supplemental Nutrition Assistance program, designed to help households who can't afford their monthly food

expenses. Whether they are experiencing a short-term financial crisis or longer-term challenges, 3SquaresVT helps seniors, families, and individuals with lower incomes make ends meet. In fact, 1 in 8 Vermonters already receive 3SquaresVT benefits. Monthly benefits come on a debit card accepted at most grocery stores and many farmers' markets, making it easy for households to use them. Having 3SquaresVT enables families to buy enough food, which is good for them and good for the local businesses they shop at too.

Many people don't know they

qualify for 3SquaresVT. A family of four earning up to \$3,871 per month gross may be eligible, and households can have a savings account or an asset like a car or home and still qualify. There are special rules that make it easier for households that include a senior or a person with a disability to receive benefits. For more information on whether you might qualify for this assistance, visit www.vermontfoodhelp.com/do-i-qualify.

Households that qualify for 3SquaresVT benefits can access many other programs to make life more manageable, such as free school meals for children and the Vermont

Earned Income Tax Credit. Households may also use 3SquaresVT at many farmers' market locations, including many winter farmers markets, and double their money with "crop cash." Households may also receive crop cash if they receive cash assistance. Shoppers should visit the manager's table at the market prior to making their purchases.

SEVCA's Family Services staff is available by appointment to assist households to apply for 3SquaresVT. For more information, call SEVCA at 1-800-464-9951. Households can also apply online at www.vermont-foodhelp.com.



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Holiday tips for houseguests and hosts this season

StatePoint – Planning for the holiday season? Whether you're a guest or a host, there are easy ways to ensure that everyone enjoys their time with family and friends. Check out these tips for a joyful holiday season.

A helping hand
 Holiday hosts are often bogged down by tasks and chores. Make yourself useful. Keep areas you are using clean and offer to help around the house.

If you're the host, don't be shy about delegating simple tasks to your



Be a good holiday host.

PHOTO PROVIDED

guests. Most guests will appreciate the opportunity to make their stay less stressful on you.

Comfort is key
 When extended family or friends get together for the holidays, ensure everyone has a comfortable place to sleep. A must-have for both travelers and hosts is a high-quality air mattress that's compact and easy to inflate, and these days, some brands have elevated their offerings to luxury standards, helping to create a more comfortable night's rest.

For example, Intex offers a range of comfortable airbeds with impressive features, such as a headboard, raised bed height up to 24 inches, built-in USB chargers, a plush dual air pillow top system, various sizes and supports to choose from and more. Their airbeds provide enough comfort and luxury that guests may even consider extending their stay.

Worried about the time and energy of set-up? With internal electric air pumps, these high-quality, durable airbeds take just minutes to inflate and deflate, saving families both time and energy. That means more time spent enjoying each other's company and making memories. And they're super easy to stock up on, available online or in-store at most major big box retailers.

Snack time
 Beyond the main holiday meal, there are breakfasts, snacks, and other meals to consider. Guests and hosts should work together on this one to ensure that there are foods and beverages on hand that meet everyone's dietary needs and restrictions.

Hosts should ask their guests in advance if there are any allergies, sensitivities, or particular foods to avoid. Children can be particular about food, so knowing if there are any favorites to stock the fridge and pantry with can also be helpful.

As a guest, consider packing your own snacks to take with you. You can also help your hosts by letting them know of any issues in advance: from peanut allergies to medical restrictions.

Whether you are traveling or staying put, with a bit of preparation you can make sure everyone feels comfortable, so that you can focus on what the holidays are all about – making great memories together.

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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

Early Christmas memories

Below are childhood Christmas memories from friends of mine.

Tom Hildreth
Tom Hildreth grew up in Holyoke, Mass. Tom's father was a Merchant Marine and was often at sea and therefore Tom didn't see a lot of his father growing up. Here Tom remembers one Christmas when his father was home for the holiday.

"My Christmas recollection goes back to when I was very young, around 4 or 5 years of age. It was Christmas Eve, and my family was walking up the sidewalk to our grandparent's apartment. There was about an inch of snow on the ground, and more snow was coming down. My brother and sister and I crunched along behind our mother. This Christmas was a bit different than most, as my father was home briefly from his job aboard freighters of the Merchant Marine. He walked along with her, a large man I saw intermittently during my young life. I'm sure my mother was delighted with his presence. This was our family, and we were happy. I'm sure my dad departed once again soon after the holidays."

Lee Decatur
Lee Decatur grew up in Exeter, N.H.

"I must have been about 6 years old when the Santa Clause thing was getting a little old and I had to still believe, although I was beginning to have my doubts. On Christmas morning in 1947 after the tree and unwrapping the presents to see what Santa had brought, which included new steel runner sleds, my older brother and I ventured outside to try the new sleds on the new five to six inches of snow that had fallen during the night. Snow in the sea-coast area of New Hampshire is usually heavy and wet this time of year. We gazed up to the peak of the rather large barn and up near the top we saw where 'Santa's sleigh' left tracks (Actually where the snow had slid a little due to its weight and left parallel cuts).
"You know there were two little



Tom front left with his friends. Notice the American flag. Circa 1950. PHOTO PROVIDED

boys who were made believers right on the spot. It must have made an impression on me because this memory came back after 70 years."

Peter Farrar
Peter's memory from 1958:
"I must have grasped the gift getting part of Christmas at a tender age. I knew Christmas came after the leaves fell, and being precociously logical, I remember going along the road by our house pulling leaves off branches I could reach to hasten the holiday....
"We could open our stockings before breakfast, and along with the orange in the toe, there was candy including foil wrapped chocolate coins (ask Dan about those) and (now unimaginable) chocolate cigarettes... Don't forget the animal crackers and small toys including snowmen made out of seemingly miles of tightly wrapped paper ribbon that concealed trinkets and left the house looking like 5th Avenue after a Macy's parade, and wind-up robots that marched along table tops and stopped or turned at the edge and did not fall off....
"Many years we had an extended family 'tree' and dinner at Windy Hill with the traditional roast beef and (my favorite) Yorkshire pudding - along with Mom's special rolls, and spriglerle, and braided Christmas bread - yes, good memories."

Little Ronnie Patch
I remember helping my mother make pies for Christmas. I intently watched as she threw the ingredients together. She hardly had to measure anything. She knew how much she

needed. Anyway, this time I watched her sprinkle the counter with flour and remove the dough from the bowl and start rolling it out. It was fun to watch her roll out the dough. Every now and then she would sprinkle more flour on the dough and roll it out more. She would roll the dough till she had the thickness she wanted.

When the dough was rolled out to her satisfaction, she placed a pie plate upside down on the rolled dough. Using a dull knife she cut around the outside of the pie plate. Presto she had the bottom crust. Sometimes she would use a top crust but not always.
Either way there were always scraps of pie dough left over. This is where I came in. I would gather up the dough scraps and roll them into a ball and then I started rolling out the dough with the rolling pin. Once I had rolled the crust out thin enough it was my turn to cut the pie dough. I cut strips of dough about an inch wide. Then, in a small bowl I mixed up some sugar and cinnamon, maybe two teaspoons of each.
Next I spooned the cinnamon mixture onto the strips of pie dough. Then I carefully rolled the strips to make cinnamon rolls. Placed on a cookie sheet and baked for maybe ten minutes.
"Here Dad, try one of these." He made as big a deal out of it as was possible for him.
My mother made excellent pies and bread but her doughnuts were to die for. I remember one of my mother's pie making secrets. Using her fingertips dipped in milk and just before the pie went in the oven she would lightly sprinkle the top crust with a little milk. Try it.
Ken Barrett also remembers making cinnamon rolls. But Ken best remembers eating the pie dough raw.

SAPA TV to host public domain Christmas

SPRINGFIELD, Vt. - SAPA TV, Springfield's public access TV station, will run 24 hours of Christmas movies and short subjects from 8 p.m. Christmas Eve to 8 p.m. Christmas Day. Viewers in the Springfield area are welcomed to spend the day with 1964's "Santa Claus Conquers the Martians," the 1959 Mexican production "Santa Claus," and a host of classic cartoons, all of which have entered the public domain.



Watch "Santa Claus Conquers the Martians."

PHOTO PROVIDED

The marathon will run on SAPA's Public Channel (Comcast 8, VTel

160), while local Christmas programming will air at the same time on SAPA's Government/Education- al Channel (Comcast 10, VTel 161).

Remember when...

GASSETTS, Vt. - Do you remember when this railroad station was in Gassetts? Do you know when this photo was taken? Is it possible that 1004 used to be Gassetts zip code? We'd love your information!
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Tuesday: 7:15pm

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- Baked Shrimp, Haddock, Scallops - \$13⁰⁰
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opinion

Letters to the Editor

Dear Editor,

It has been ten years since I was chairman of the Springfield Hospital Board. Twenty-one since I managed the cardiopulmonary department. The hospital is a vital part of Springfield. Dare I say it is the most important business in town?

Its financial viability is paramount. This is made very difficult with a payer mix that is up to 70 percent Medicaid, Medicare, and private/no pay patients. Hence when Tim Ford accepted the job as CEO, the hospital was in the red, losing money. After three years of his leadership the hospital was on a sounder footing and in the black. The Hospital

Board was singing his praise.

The Vermont health care environment is very difficult. Try running the largest business in town with the state government only allowing you a 2 percent increase in spending. When the healthcare product and employee inflation rate is over 6 percent, some difficult decisions have to be made.

Tim Ford always made the decision that was best for the hospital. He discovered by getting competitive bids from companies on supplying physician assistance to the hospital that the hospital could save over a million dollars a year on ex-

penses. It was a very difficult decision. But after meeting with the current supplying company multiple times, the hospital signed with a new firm.

Thank you, Tim Ford, for putting the hospital first. It was not "popular" but it was the right decision. Your resignation leaves the hospital searching for a CEO. Let us hope the Board finds one that has shoulders as broad as yours.

Sincerely,
Gerald Mittica
Springfield, Vt.

Dear Editor,

Treat yourself, and stop and look at all the beautiful holiday lights and cleverly decorated storefronts in downtown Springfield, Vt.

I did and was truly moved. I'm usually complaining about the political situation in my letters. But this letter is different. I realize it is also time for me to stop and smell the balsam and the pine. And squint

my eyes as I did when I was a little kid to see the spectacular rays of different colors. Although squinting has become a lot easier with age.

Many people worked very hard on making the town look beautiful and I want to personally thank them all: Springfield on the Move, the Springfield Garden Club, H.B. Energy, the Town Office, and others. Hope I

didn't miss anyone.

I know that a lot of people frequently complain about Springfield. But just walk, or ride, through downtown in the evening during this holiday season and try to see what I see.

Springfield is really trying to improve its image, and it shows!

I know what my New Year's resolution is going to be. "To appreciate Springfield, Vt., and try to do something to make it better."

Have great holidays! And don't forget to squint, even in your own towns.

Sincerely,
Linda Brown
Springfield, Vt.

Dear Editor,

I was not surprised to read in John McClaughry's commentary, "Legislative preview for 2019," (Nov. 22), that he considers raising the minimum wage to \$15 to be a form of "welfare." I have no doubt he, as a devout free market zealot, means that in a negative sense: people being handed money they haven't earned and don't deserve. I couldn't disagree more.

Anyone who has ever worked a minimum wage job knows that the work is hard and, in most cases, unappreciated. Raising the minimum wage is not itself welfare, but it certainly serves the welfare of the workers in the sense of increasing their security and well being.

Dear Editor,

I recently had a serious medical emergency with my heart. I am in my early 70s and live in Springfield. In recent weeks, there have been ongoing reports of troubles at the hospital here involving the administration, budget troubles, inefficiencies, and possible staff departures and shortages.

Many folks have become wary to go there. Several of my neighbors have waited over weekends or driven longer distances to get help for painful but non-life-threatening emergencies. I, too, stupidly

postponed going in on a weekend for what I thought was a very bad respiratory infection.

I went to the walk-in clinic on River Street first thing on a Monday. Within an hour, I was on my way in an ambulance to the ER, spending time in there on an extremely busy day for them and then admitted for three more days.

I want folks to know that the care I received from start to finish was first class. At every level, from the ambulance to the medical staff and in between with housekeeping and food

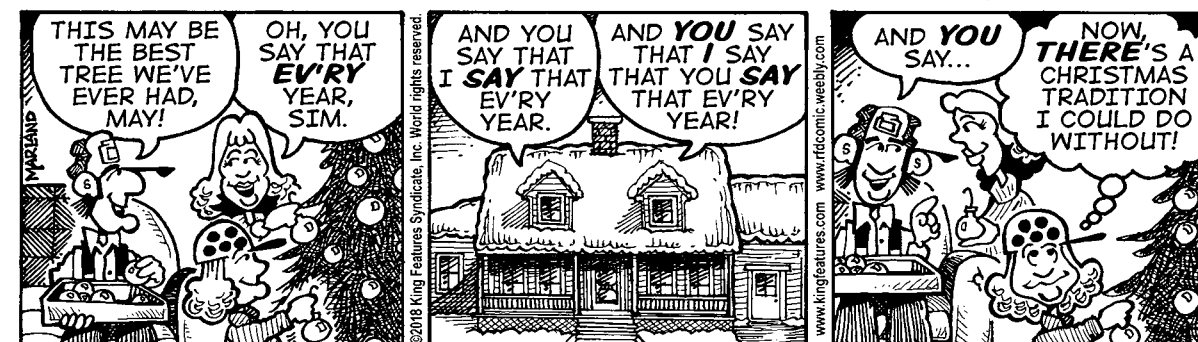
service, it was wonderful. I couldn't have had better care or been treated with more courtesy or kindness.

I have faith that the problems at our hospital will be solved. In the meantime, it is important for people to know that the level of care is top notch and we are blessed with people of high caliber, working hard to keep us all well. My deepest gratitude to all of them.

Sincerely,
Wendy Jandrew
Springfield, Vt.

R.F.D.

by Mike Marland



Dear Editor,

Hi Bob. Hope this finds you doing well. I talked to Bill Murphy and together we felt that a "Letter to the Editor" was the best way to complete the list that was started in an earlier edition.

It has been a pleasure for me to look back on that era of Bel-

lows Falls athletics.

Great Teammate – Stevie James
Tennis Anyone – Richie Bashaw,
Dick Crotty, and Bob Smith
Best Summer Volleyball Player – Wedge Cray
Top Basketball Shooters – Dave Black and Mike Eno
Excellent Athletic Representa-

tive – Renee Vondle

Exceptional Football Punter –
Tim Fontaine
Top Diver at the Pool – Mark Kennedy

Thanks so much,
Dave Barry
BFHS, Class of 1967



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Amber Waves



Op-Ed: Open letter to Gov. Phil Scott and the Secretary of Education

Can Vermonters agree on anything regarding public education? How about that the cost is too high. The following commentary is based on the premise that the high cost of public education should be addressed by the state of Vermont in an effective way.

Act 46 is the state's latest attempt to address the high cost of public education. Unfortunately the initial results of the proposed merger/consolidation produced little or no savings. On the positive side, the proposed mergers did a great job in improving governance.

For example, for the Windham Northeast Supervisory Union, Rockingham, Westminster, Athens, and Grafton, one board would have replaced seven. This one board would have had oversight for all children from pre-K to 12 for the four towns. Improved governance may have eventually resulted in meaningful savings for the district.

On the negative side, the mergers did not result in savings because, in my opinion, it left overall budget control in the hands of local boards. In my personal experience, local boards

are not concerned with costs and, left to their own devices, do little to insure efficient operations.

So what should the state of Vermont do?

Do not force towns to merge if the merger does not result in substantial savings. For regular education, does not include special education, set rigid class size requirements and make the local superintendent of schools responsible for the enforcement of this requirement. Regular class size should be 20 students per class, and advance placement class should be 10 students per class. Bolster the state's online curriculum to insure the availability of AP classes and challenging attendance classes – Latin, physics, etc. Online classes thus become the alternative for students when class size requirements are not met. Local school boards no longer have any discretion regarding this critical budget item.

For special education, the state should employ a special education tsar to oversee and implement guidelines for local special education programs, staffing, and out placement.

Once again, the local superintendent of schools should be responsible for implementing and monitoring the programs as established. Local school boards would no longer have any discretion regarding this critical budget item.

These changes would allow school boards to focus on all other budget items and more importantly monitor the general effectiveness of the education process.

For Vermont to effectively address the cost of public education, staffing

and special education costs must be controlled. The program I just outlined does that without sacrificing the quality of education, which never should be compromised.

Written by Jim McAuliffe. McAuliffe served nine years on the Rockingham School Board, six years on the Bellows Falls Union High School Board, and ten years on the WNESU Board. He served on an Act 46 Consolidation Committee representing Rockingham.

LETTERS TO THE EDITOR POLICY Letters may be edited for clarity, grammatical errors & libelous statements. Must be kept under 400 words. We reserve the right to publish at our discretion. Deadline Friday at 12 p.m. Email to editor@vermontjournal.com. Mail to Vermont Journal PO Box 228 Ludlow, VT 05149.

Include town & daytime phone (not for publication)

The viewpoints expressed in the editorial section do not necessarily reflect the views of The Vermont Journal & The Shopper

CHRISTMAS SERVICES

obituaries

Immanuel Episcopal Church, 20 Church St., Bellows Falls
On Monday, Dec. 24, Christmas Eve candlelight service is at 6 p.m.

Gethsemane Episcopal Church, 89 Depot St., Proctorsville
Monday, Dec. 24, Christmas Eve service is 5 p.m. For more information, call 802-226-7967 or go to Facebook @GethsemaneVT.

Andover Community Church, 928 Weston-Andover Rd., Andover
Christmas Eve service will be held at 6 p.m. Dec. 24. The program includes a reflective reading by those at the first Christmas, Christmas songs, a homily, and concludes with a candle-lighting tradition. All are welcome to stay for refreshments following the service. For more information, go to www.andovercommunitychurch.org.

Chester Congregational Church, 469 Main St., Rt. 11 West, Chester
On Christmas Eve, Monday, Dec. 24, at 7 p.m. you are invited to a traditional service that will include the singing of carols, a children's sermon, the reading of Scriptures, a Christmas devotional, and a candle lighting ceremony. Please join us as we celebrate the anticipated arrival of the Christ Child. For more information, call 802-875-3382 or go to www.chestercongregational.org.

St. Luke's Episcopal Church, 313 Main St., Chester
You're invited to the Festival of Lessons and Carols at 4 p.m. Sunday, Dec. 23, anticipating and celebrating Christmas in a very special way. For more information go to www.stlukesepiscopalvt.org or call 802-875-6000.

Second Congregational Church of Londonderry, 2051 N. Main St., Londonderry
Everyone is invited to the Christmas Pageant Sunday, Dec. 23 during our 9:30 a.m. worship service. This will include special music! Everyone is also warmly invited to our Christmas Eve service Monday, Dec. 24 at 5:30 p.m. This will be a service of lessons, carols, and candlelight. For more information, please call the church office 802-824-6453 or go to www.2ndcongregationalchurchvt.org.

Ludlow Baptist Church, on the Green, 99 Main St., Ludlow
Christmas Cantata and candlelight service Monday, Dec. 24 at 7 p.m. For more information, go to www.ludlowbaptist.org or call Pastor Jerry Scheumann calling 802-228-7600.

The United Church of Ludlow (UCC and Methodist), 48 Pleasant St.
Celebrate Christmas Eve, Monday Dec. 24 with us. Family candlelight service is 7:30 p.m. Call 802-228-4211 or visit www.unitedchurch.us.

Tyson Community Church, Corner of Rt. 100 and Dublin Rd.
Christmas Candlelight Service at Tyson Community Church, Sunday, Dec. 23 at 5:30 p.m. Special Christmas music provided by Eric Johanson. There will be no 10:30 a.m. service on Dec. 23. Please join us, all are welcome.

Weathersfield Center Church, Weathersfield Center Rd., Perkinsville
Bring family, friends, neighbors, and newcomers to our Christmas Eve Candlelight service at 4 p.m., Monday, Dec. 24. The Christmas story is featured, but we will also celebrate the Solstice, the returning of the light and the importance of connecting with one another as symbolized by the group lighting of the candles. The service, led by Will Hunter, will include singing of carols, the children's chorus, and the ClearSprings Singers.

Calvary Baptist Church, 156 Main St., Springfield
Monday, Dec. 24, at 7 p.m. Christmas Eve candle lighting service. Join us for an evening of worship in singing, readings, and hearing the word of God preached. For more information, call 802-885-2349 or go to www.calvalrylovesspringfield.com.

First Congregational Church UCC, 77 Main St., Springfield
Christmas Eve service is Monday, Dec. 24 at 6 p.m. Call 802-885-5728,

Michael S. Sutton, 1944-2018

ROCKINGHAM, Vt. – Michael Sinclair Sutton, 73, passed away peacefully Saturday, Dec. 8 at his home in Lower Bartonsville with his family at his side.

He was born in Brooklyn, N.Y., son of George Richard Holahan III and Clothilde Sinclair Price. He grew up on Long Island, N.Y., graduated from Friends Academy, Locust Valley, N.Y. He attended Cornell University, worked on Wall Street in New York City for a period of time and then joined the Clyde, Beattie & Cole Circus, tending the elephants.

Michael always maintained his love and unique ability to communicate with animals both wild and domestic. He was a true gentleman with a charming sense of humor as well as being a brilliant man of words and letters. Family and friends remember him reading the New York Times and the New Yorker to his last day and solving all the crossword puzzles.

For many years, Michael was a foreign car mechanic, a craftsman and carpenter, and a talented photographer. He moved to the Lower Bartonsville School House in 2012 after his career in Cold Spring Harbor and Huntington on Long Island.

Michael is survived by his lifelong friend Clare Luce Abbey of California; his sister Marvie Campbell of Bartonsville and her partner Wil-



Michael S. Sutton, 1944-2018. PHOTO PROVIDED

liam Brown of Grafton; nephews Christopher Campbell of Bozeman, Mont. and Teo Campbell of Cambridge, Vt. and their families; and his cousins Dr. Fiske Warren of New York City, Cicily Hajek of Sharon, Conn., and Prudence Borland of Glen Ridge, N.J. He was predeceased by his mother, father, and two brothers Richard and Thomas.

A small celebration of life will be held after the holidays, and another celebration will take place at the Sinclair family home in Northville, N.Y. in May 2019.

Contributions in Michael's memory can be made to Grace Cottage Hospital.

email fccucc@vermontel.net, or go to www.fccuccspfdvt.org for additional information and directions.

Holy Trinity Orthodox Church, 90 Park St., Springfield
Nativity Liturgy takes place Christmas Day, Tuesday, Dec. 25 at 9 a.m. For more information, call 802-885-2615 or go to www.htocvt.org.

North Springfield Baptist Church, 69 Main St., N. Springfield
Sunday, Dec. 23 at 10 a.m. is Christmas worship with pageant and carols. An informal, no-rehearsal pageant will be put on as we read the Christmas story from scripture and sing carols. Come early if you have children who would like to dress up as a shepherd, angel, or king. We may recruit some adults as well. All are welcome to join us and be a part of this special worship service. On Monday, Dec. 24 at 7 p.m. Christmas Eve worship with carols, candles, and special music provided by cello, flute and piano. Go to www.nsbctv.org for directions and more information about our congregation.

Precision Valley Baptist Church, 69 Rt. 106, Springfield
Christmas Eve service is Monday, Dec. 24 at 6 p.m.

Springfield Assembly of God, 269 River St., Springfield
Candlelight service Monday, Dec. 24 at 6 p.m. Call 802-885-4261.

St. Mark's Episcopal Church, 33 Fairground Rd., Springfield
Christmas Eve service with Holy Eucharist is Monday, Dec. 24 at 5 p.m. For more information, call 802-885-2723

St. Mary's Catholic Church, 10 Pleasant St., Springfield
Monday, Dec. 24 Christmas Eve Children's Mass with pageant is 4 p.m. The Christmas Choir singing carols is 7 p.m. and the Candlelight Mass is 8 p.m.

Unitarian Universalist Church, 21 Fairground Rd., Springfield
The annual Solstice Candlelight Service will be held Sunday, Dec. 23, at 5 p.m. led by Dr. Mellen Kennedy and featuring the Springfield Community Chorus. Come join us for warmth, song, story, laughter, candlelight, friendship, and silence. We hope you'll share this magical tradition with us. The service is followed by High Tea. Please bring your favorite finger food to share. All welcome. Call 802-885-3327 or go to www.uspringfieldvt.org.

United Methodist Church, 10 Valley St., Springfield
On Friday, Dec. 21, join us for the Longest Night Worship at 7 p.m. We invite anyone who is experiencing loss, grief, or depression. Come, participate, or sit in silence. This is a time of community, and we want you to know you are not forgotten. On Monday, Dec. 24, Christmas Eve worship is 7 p.m. This is a glorious night full of God's splendor, mystery, and presence. Sing, pray, rejoice. Deep joy and genuine excitement are

Nancy L. Glynn, 1936-2018

PERKINSVILLE, Vt. – Nancy Lee Glynn, 82, graduated to her eternal home Thursday morning, Dec. 13, 2018. She was born Oct. 23, 1936 in Waltham, Mass., the daughter of Harold and Betty (Jones) Jennings. She attended schools in Hudson, Waltham, and Newton, Mass. She graduated from Hudson High School in 1954.

She married Herbert A. Glynn Sept. 10, 1955 at the Martha May Chapel, next to the Wayside Inn in Sudbury, Mass.

During her working years, Nancy worked as a nurse's aide at Genesis in Springfield, Vt. She managed the former Wild Goose Trading Post in Springfield and was deli manager at the Jiffy Mart in Chester, Vt., retiring in 1998.

Nancy loved to be creative. She loved quilting, needlepoint, latch hooking, and several other crafts. She loved working in her flower garden and decorating for many special events both at home and at church. She was well known for her great variety of nut breads and other goodies that she would make. She also loved creating bulletin board displays for her church.

Nancy was active in the Springfield Assembly of God for many years. She was an active member of the Springfield Senior Center, and she loved to make a variety of crafts to give away.

For more than 30 years, Nancy was actively involved in a nursing home ministry with her husband Herb. She



Nancy L. Glynn, 1936-2018. PHOTO PROVIDED

was also actively involved as a volunteer staff member of The Light Radio Network based in Essex Jct., Vt.

Nancy is survived by her husband Herbert of Perkinsville, a son David J. Glynn of Pineville, N.C., two daughters Debbie-Lee Graham of Perkinsville, and Coralee Choiniere of Springfield, six grandchildren, eight great-grandchildren, and one brother Richard R. Jennings of Bedford, N.H.

There will be no services at this time.

Memorial contributions may be made to Christian Ministries Inc., The Light Radio Network, 140 Main Street, Essex Jct., VT 05452.

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

contagious and appealing. For more information, call 802-885-3456.

The Old Parish Church, 644 Main St., Weston
Christmas Eve service is Monday, Dec. 24 at 7:30 p.m. with lessons and caroling. For more information, contact Jon Bliss, minister, at 802-824-4452 or email easthillfarm@vermontel.net.

Ruth Olson Pfanner, 1923-2018

NEW LONDON, N.H. – Ruth Olson Pfanner passed away peacefully at age 95 in New London, N.H., Dec. 7, 2018. She is survived by her two daughters Diane Mueller and Karen Reynolds. Her husband Gunther Pfanner predeceased her, as well as her brothers David Olson and Carl Olson; half-brothers Ruben Olson and Joseph Olson; and half-sisters Edith Carlson and Martha Olson.

Ruth was born in Listerby, Sweden to Karl Olof Olson and Betty Johanna Peterson. In 1930, at age 7, Ruth and her family came to America where she spent her childhood in New York City and Queens. She graduated from Newtown High School, Queens, N.Y. in June 1939. After high school, she worked as a legal secretary in downtown New York City. She married Gunther Pfanner in January 1949, and they started raising their two daughters in Westbury, N.Y., then Centerport and Lloyd Harbor, N.Y. Ruth also worked as the secretary at the American Red Cross in Huntington, N.Y.

In the 1970s, Ruth and Gunther purchased and began a project they named Powder Mill in Londonderry, Vt. Subsequently, they found the ideal spot in the Caribbean to build Point Pleasant Resort where the views of the islands are spectacular. Their vision for both properties was for man and nature to live in harmony and for future generations to be renewed in spirit by the beauty of Vermont and the Virgin Islands.

Ruth was a woman of deep faith and was an inspiration to many throughout her life. She was an active and dedicated member of the St. Thomas Assembly of God Church and attended the First Baptist Church in New London, N.H. Ruth cared deeply for



Ruth Olson Pfanner, 1923-2018. PHOTO PROVIDED

her family and others, praying daily for their needs and asking for God's grace. A vibrant woman with an infectious smile, Ruth will be greatly missed by her many friends and her family.

Ruth is survived by her two daughters Diane Mueller and Karen Reynolds; her son-in-laws Timothy Mueller and Timothy Reynolds; her five grandchildren Ethan Mueller, Erica Mueller, Shannon Reynolds, Griffin Reynolds, Alliy Reynolds; and her four great-grandchildren Anika, Tobin, Hazel, and Julianna.

A family service will be held in Northport, N.Y. where she will be interred next to her husband Gunther. A Celebration of Life service will be held in New Hampshire in the spring or summer of 2019.

In lieu of flowers, please send donations to First Baptist Church, 461 Main Street, New London, NH 03257 or St. Thomas Assembly of God Church, P.O. Box 10770, St. Thomas, USVI 00801.

Ronnat Trainer

CHAPEL HILL, N.C. – Ronnat "Nattie" Grogan Trainer, 91, of Chapel Hill, N.C., formerly from Virgil, N.Y., Malvern, Pa., and Johnstown, Pa., passed away peacefully in her home Monday, Nov. 26, 2018.

She joins in perpetuity her predeceased family including her husband Richard Dornan Trainer Jr.; sisters Miriam Grogan Jones and Patricia Grogan Lehaney; brother John Patrick Grogan along with parents Patrick Joseph and Florence Krueger Grogan. She is survived by her children Dornan, Joan, Carin, Rick, Scott, and Tom Trainer along with her eight grandchildren and one great-grandson who were all the energy that inspired her daily.

Her family intends to have a me-



Ronnat Trainer. PHOTO PROVIDED

memorial celebration in early 2019.

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ANSWERS TO TAKE A BREAK!

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 21 mins.

H	O	R	N	T	S	P	T	R	E	K	
O	B	O	E	O	W	L	H	E	R	E	
G	I	V	E	A	W	A	Y	R	I	N	G
G	E	E	L	I	T	J	O	N	E	S	
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V	I	S	A	O	A	R	B	A	S	E	
P	O	K	Y	T	H	E	A	N	T	S	

christmas wishes



Merry Christmas
The Vermont Journal & The Shopper

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Allen Brothers

Happy Holidays from
Killarney Pub

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Huntley Financial

Merry Christmas from
Ron Patch
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Merry Christmas
Brewfest

Happy Holidays from
The Framery of Vermont

Thank you for all the local support!
Mr. Darcy's

Benson's Chevrolet
wishes you a Happy Holiday

Happy Holidays
The Hatchery

Merry Christmas from
Village Printer

Happy Holidays
State Farm Insurance

Get Pork at Squeels on Wheels
Happy Holidays

Merry Christmas from
James Petro, LLC

Merry Christmas from
James Plumbing & Heating Co.

Merry Christmas from all of us at
Boccaccio's

Merry Christmas from
Springfield Hearing

Happy Holidays from
Springfield Dental

christmas wishes



christmas wishes



Greater Falls Dentistry
Happy Holidays

Happy Holidays from
J&H Hardware

Merry Christmas
Greater Falls Pharmacy

Happy Holidays
Country Treasures

Happy Holidays
DaVallia Art Boutique
theDaVallia.com

Be safe for the Holidays
J&M Auto

Merry Christmas from
Cafe At Delight

Happy Holidays from
Stone Hearth Inn & Tavern

Merry Christmas
Mike & Tammy's

Merry Christmas
Sharon's on the Common

Merry Christmas from
Diamond Realty

Merry Christmas
Country Girl Diner

Have a Safe Holiday!
Donovan's

Happy Holidays
TD Bank
Bellows Falls

Merry Christmas
Ludlow Insurance Agency

Fresh Fades
Enjoy the Holidays

Buffum Realty
wishes you a Merry Christmas

Happy Holidays
Pizza Palace

Drive safe & enjoy the Holidays
Tole's Automotive Repair

christmas wishes



Happy Holidays
**Gussie's Place
k9 Kennel**

Happy Holidays
**Savings Bank
of Walpole**

*Happy Holidays
from*
Lisais Market
Bellows Falls

**Greater
Falls
Insurance**
*Merry
Christmas*

**Motel in
the Meadow**
*Merry
Christmas*

*Happy
Holidays from*
Neal's
Proctorsville

*May your
Holidays be
Festive*
**The Village
Blooms**

**Saxtons
River Inn**
*May your
Holidays be
Joyful*

**Smokin'
Bowls**
*Be warm & enjoy
the holidays*

*Merry
Christmas from*
RB Erskine

*Glowing
Holidays*
**Rock &
Hammer**

*Merry
Christmas
from*
**Depot Home
Center**

*Merry
Christmas
from*
**Record
Concrete**

*Happy
Holidays*
**Simone's
Styling Salon**

*Happy
Holidays*
**Springfield
Animal
Hospital**

*Merry
Christmas
from*
Salon 2000

**Father's
Restaurant**
*wishes you
a Merry
Christmas*

*Happy
Holidays from*
**Bill & Lori at
Aumands
Junktiques**

*Happy
Holidays*
**Ludlow Village
Pizza**

christmas wishes



Merry Christmas from Tina, Jeff, Ashley & Brooke at the
Tyson Store

Fact TV
Happy Holidays

Merry Christmas from
Willow Farm

Merry Christmas from
Ultimate Autobody

Happy Holidays from
Chester Hardware

Mojo Cafe
Merry Christmas

Merry Christmas
Green Mountain Classics

Happy Holidays from the
Ludlow Subway crew

Happy Holidays
Kelley Real Estate

Up Your Alley Bowling
Merry Christmas

Happy Holidays
Heritage Family Credit Union

Springfield Barber
Merry Christmas

Lola's Pizzeria
Happy Holidays

Happy Holidays from
Members Advantage Community Credit Union

Merry Christmas from
Pinnacleview Equipment

Bargain Corner
Merry Christmas

Don't Drink & Drive
R&K Auto & Towing

Nick Baitz Painting
Merry Christmas

Miss Bellows Falls Diner
Merry Christmas

sports



THIS AND THAT

BY BILL MURPHY

The Vermont Journal & The Shopper

Marble Valley League soccer coaches applaud Mack Walton today for a couple of reasons. First, he gives both the MVL and Green Mountain Union High School a good name with his strong soccer play at Clarkson University. Secondly, the coaches applaud just for the fact that the former Chieftain standout doesn't face them any longer. All that extra game planning to keep Walton in check is no longer necessary.

Believe me, there are still coaches game planning for Walton. He now competes at Clarkson in the Liberty League. The Essex, Vt. native – and former University of Vermont Catamount soccer player – Carter Lincoln became Walton's coach this fall.

Lincoln spotted Walton when he was in high school, playing off-season soccer with the Upper Valley Lightning. Lincoln was on the recruiting trail at the time as a Clarkson assistant coach. "I always thought he was a hidden gem," the coach tells me.

Lincoln left Clarkson to become an assistant at his alma mater, a jump to Division I. When the Clarkson head coaching position came open following the 2017 season, Lincoln applied and was hired.

Clarkson is in a rebuild. They were 8-8-2 Walton's freshman season and were 10-6-1 in Lincoln's first campaign this fall. Their conference record surprisingly went a little backwards though 4-3-2 to 3-5-1 this fall.

not just words. He is consistent with his approach, and he is always making those around him better, all while staying extremely humble."

Walton led his team in minutes played as a freshman and was fifth this season in the same category. Lincoln says, "Less minutes this year just means we have more depth at his position. The rest is a help. He is stronger for the time he is on the field. He had another strong season. Last year, he was Honorable Mention All-League. This year, he was named to the All-League Second Team."



Green Mountain graduate Mack Walton has taken his soccer skills to Clarkson University where he has been one of the leading scorers and near the top of the squad in minutes played during his freshman and sophomore seasons. In the action photo, Walton fights for control of the ball with an opponent.

PHOTO PROVIDED

Lincoln says, "I believe the program is moving forward. The record came out that way because our last three losses were all in overtime." Take out those tough-to-take defeats, and they were 3-2-1 in league play, above .500 just like last year. Obviously all three of those overtime encounters could have gone either way.

"Our program has a mantra," Lincoln says. "We expect our players to make a commitment, to show selflessness, and to show accountability. Those words – commitment, selflessness, and accountability – are what we strive for. In Mack's case, those are



Mack Walton.

PHOTO PROVIDED

The former Chieftain has accumulated 15 points in his Clarkson career. Those totals come from 5 goals and 5 assists. He is a midfielder who Lincoln says "has an excellent finishing ability. If he ends up with the ball in front of the net, his chances are very high that he will score."

The coach gives him the ultimate compliment when he mentions, "Probably his greatest attribute is that he is everywhere. If he loses the ball, he recovers and gets back quicker than anyone. He is all over the place."

Walton will be all over the place for two more seasons. Odds are, he will get better with age and experience. The odds are also that Clarkson will get better with age and experience. Stay tuned for the next episode next fall of the Waltons.

Send information in

Sometime in the very near future, we will mention other area athletes who competed in fall sports beyond the high school level. We have a few names already sent to us. Please forward information about anyone you know who competed this fall season. We will run those together in the middle of January. Send your information to bmurphy@vermontjournal.com.

Anyone wishing to comment on anything they see on our sports page should email bmurphy@vermontjournal.com.

Springfield wrestlers put in best effort



Springfield Varsity wrestling team.

PHOTO BY KRISTA RUSHFORD

SPRINGFIELD, Vt. – The Springfield Wrestlers junior high and junior varsity crew hit Otter Valley in Brandon, Vt. Every single kid put forth their very best effort on the mats. Cole Wright battled some formidable foes to bring home a first-place championship! Skyler Congdon and Armando Stettner each earned a third place medal, and Zandria Colburn joined newcomers Ayden Smith and Marshall Simpson in making great progress in each of their matches.



Champion Cole Wright.
PHOTO BY CHRISSE AND DAV WRIGHT

The varsity wrestlers trekked to Saint Johnsbury, Vt. for their first tournament of the season. Tim Amsden battled hard for a second place win along with Skylar Wallace and first-year wrestler Donavin Sprano. Brandon Bennett and Bryan Stafford each earned a respectable third place medal.

Coaching varsity was Floyd Buck Jr. with the help of John Stafford. The JH and JV team was coached by Don Beebe and assisted by Bradley Bennett.

BFMS boys' purple basketball team places second in tournament

BELLOWS FALLS, Vt. – On Saturday, Dec. 15, the Bellows Falls Middle School Boys Purple basketball team traveled to Keene for a tough tournament. They went 4-0 and played in the championship where they came in second place. They did a great job!

High school basketball schedule, Week 4

REGION – Basketball games may change due to weather or other circumstances. For more information about an individual game or team, go to the schools' athletic department websites. If you have any sports news or photos from a recent game, submit them to editor@vermontjournal.com, and we may include them in the next paper!

THURSDAY, DEC. 20 –

- Boys Varsity Bellows Falls @ Woodstock 7 p.m.
- Boys Varsity Black River @ Proctor 6 p.m.
- Boys Varsity Springfield @ Green



Don't miss the basketball games.

PHOTO PROVIDED

- Mountain 4:30 p.m.
- Girls Varsity West Rutland @ Leland & Gray 7 p.m.
- FRIDAY, DEC. 21 –**
- Boys Varsity Black River @ Mid-Vermont Christian 7 p.m.
- Boys Varsity Leland & Gray @ West Rutland 7 p.m.
- Girls Varsity Bellows Falls @ Arlington 7 p.m.
- Girls Varsity Black River @ Mid-Vermont Christian 5:30 p.m.
- Girls Varsity Springfield @ Windsor 7 p.m.

- SATURDAY, DEC. 22 –**
- Boys Varsity Poultney @ Bellows Falls 2:30 p.m.

THURSDAY, DEC. 27 –

- Boys Varsity Windsor @ Green Mountain 7 p.m.

art & entertainment

Live Nativity and Christmas music at Tribute Park

BROWNSVILLE, Vt. – On Saturday, Dec. 22, from 5 until 7 p.m., youth and adult members of the Brownsville Community Church will stage for the community the church's first live Nativity. This will take place outside of the church in Tribute Park. Beginning at 6 p.m., members of the Brownsville Community Church Choir will lead and delight onlookers with the music of

the Christmas season. Hot beverages will be provided.

Organizer Kathi Leary says, "The Live Nativity is a portrayal of the story of the birth of Jesus as presented by the youth and adults of Brownsville Community Church. The manger with the characters that make up the Nativity - including live sheep - will be set outdoors with the moon and stars as its backdrop.

"It is said that a picture is worth a thousand words. Our hope is to provide that picture as we acknowledge that Jesus was born in a manger 2,000-plus years ago.

"Everyone is welcome. All are invited and encouraged to either drive by to view this Live Nativity, stop and observe it from their cars, and/or get out of their cars and join in with the singing of carols."

Kathi can be reached by contacting the church at bcchurchvt@gmail.com.

The Brownsville Community Church is located on the Browns-



Live Nativity scene.

PHOTO PROVIDED

ville-Hartland Road between Albert Bridge School and the West Windsor Town Hall. The church phone number is 802-484-5944, the email address is bcchurchvt@gmail.com, and you can visit the Brownsville Community Church at www.brownsvilleumc-vt.org.

Bayou X hosts Carnival Tune-up 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.

As such, Saturday, Dec. 29, before the ball has even dropped on 2018, local favorites Bayou X will host a Carnival Tune-Up at the recently reopened and rebranded Club VT – long known as The Putney Inn Restaurant. Having reopened 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. For more information on Club VT, check out their website at www.clubvt.com or call them at 802-387-0090.

clubvt.com or call them at 802-387-0090.

Bayou X is well known locally for its unique brand of high energy dance music melding traditional Cajun and Zydeco music of southwest Louisiana with New Orleans R&B, and original and folkloric tunes from throughout the global Creole cultural diaspora. Led by Pete and Linda Simoneaux on fiddle, accordions and vocals, and supported by a rhythm section anchored by Luke Houk on electric bass, Bob Everingham on electric guitar, and Ben Carr on drums, Bayou X is a true genre blender, shifting effortlessly from authentic Louisiana French music to New Orleans Mardi Gras standards to refashioned Calypsos, Woody Guthrie anthems, West African Hi-Life classics, and swing era standards, all envisioned through a common lens.

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.

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BF3F and Not Just Men's Night

BELLOWS FALLS, Vt. – Downtown Bellows Falls opens its doors for an evening of art, music, local shopping, food, and fun on the third Friday of every month. Check out some of the great things happening Friday, Dec. 21, from 4-8 p.m. This month, BF3F coincides with the BFDDA Shop Local "Not Just Men's Night" event.

Events scheduled include:

- Canal Street Gallery open 5-8 p.m. with 1 percent of profits go-

ing to a fund for the maintenance of existing public art in Rockingham.

- Anastasia's Closet will be open until 7 p.m.
- Athen's Pizza with a discount on dinner 5-9 p.m.
- Boccaccio's Salon has gift certificates and product specials.
- Cold River Furniture Showroom and Studio has furniture by Peter Maynard and paintings by Marcie Maynard, 5-7 p.m.
- Iron Exchange has specials and open mic.
- Greater Falls Farmers' Market at 33 Bridge St. from 4-7 p.m.
- Halladays will be sampling beer by Switchback Brewing Company, Citizen Cider, Farnum Hill Cider, local cheeses, and their own Harvest Barn beer bread! Open late with personal shopping assistants and gift wrapping.
- J&H Hardware & Sporting Goods has a traditional sale for men's night and refreshments.
- Kendall's Kitchen in Saxtons River has free beer with dinner, one per customer.
- Popolo is serving Italian-inspired farm-to-table cuisine.
- River Artisans Cooperative Gallery open until 7 p.m.
- JoAnna's Glamorama Salon will have specials.
- Saxtons River Inn has gift wrapping to benefit Our Place Drop In Center.
- Sherwin Art Glass has glassblowing demonstrations with artist Chris Sherwin. Free beverage with purchase from 5:30-8 p.m.
- Village Square Booksellers welcomes Fred Tipton and Maryann McArdle jazz and holiday tunes from 5-7 p.m. and 20 percent off hardcover books and other specials with refreshments and free gift wrapping.
- Windham Antiques Center has a discounts storewide, refreshments, free gift wrapping, will be open until 7 p.m.

Other businesses might have specials too on this special BF3F so come to Bellows Falls to see what all the excitement is about. Shop Local cards are in effect. Get your cards stamped at almost 60 businesses from Bellows Falls, Rockingham, Saxtons River, and Westminster.

Gifts For The Holidays

Picking just the right presents for your friends can be easy. 1-800-Flowers.com, a company that's been trusted for more than 40 years to deliver smiles, has new, original gifts this holiday season, as well as tried-and-true treasures, all designed to surprise and delight.

Kiehl's Since 1851, purveyor of the finest skin care products, pledges 100 percent of its net profits from the Kiehl's x Andrew Bannecker for Feeding America collection, up to \$100,000, to Feeding America, the nation's largest domestic hunger-relief organization. The donation will help provide 1,000,000 meals to families. Learn more at www.Kiehls.com.

Giving a gift card this holiday season could make shopping a lot easier for the lucky winners of the Vanilla® Gift Winner Wonderland Sweepstakes. Entering gives you a chance for one of over 100 prizes from some of the most giftable brands. Learn more at www.vanillagift.com.

Toys such as Wonder Workshop's Dot, Dash and Sketch Kit bundles and the Kano Computer Kit Touch teach tech topics once reserved for the classroom. Learn more at www.makewonder.com.

The Postal Service anticipates Dec. 17 will be its busiest day online, with more than 8 million consumers predicted to visit usps.com for help shipping that special holiday gift. Learn more, including how to get your package where it's supposed to be on time, at www.usps.com/holidaynews.

A great gift for college students is "The Secret to Getting a Job After College: Marketing Tactics to Turn Degrees into Dollars" by Dr. Larry Chiagouris. It addresses obstacles that college students must overcome to make it through the job search process. Learn more at <https://thesecrettogettingajobaftercollege.com>.

The succulent expert, 1-800-Flowers.com, added several truly original products to its collection to meet the ever-increasing demand for succulent gifts, and has fleshed out the succulent care-and-keeping content on its website, www.1-800-flowers.com.

The ENERGY STAR Holiday Gift Guide at www.energystar.gov/holiday features energy-saving products popular at this time of year, along with special deals from manufacturers, retailers and utilities that participate in the ENERGY STAR Program.

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Free New Year's Eve celebration for kids and families

WINDSOR, Vt. – On Monday, Dec. 31, the Ascutney Mountain Promise Community will host a New Year's Eve celebration from 9 a.m. - 3 p.m. for kids and their families at the new Promise Room in the Windsor Connection Resource Center at 1 Railroad Avenue. The Promise Room will be dedicated to providing kid-friendly space for family programming to benefit those living in Windsor and surrounding towns.

Free programming and events include an open house from 9 a.m. - 3 p.m. with arts and crafts, games, music, storytelling, juggling, and scheduled programs including kid yoga with Tara, 10 a.m.; face painting by Mona, 11 a.m. to noon; a show by Steve Blunt, kids' musician, 12:30 p.m.; and a performance by Crabgrass Puppet Theater, 2 p.m. Other shows may be added. We hope you will come and join

AMPC and our communities to celebrate opening of the Promise Room and the start of the New Year. For more information, contact Karen Diop, AMPC program coordinator by email ampc@mahc.org; talk/text 802-230-5010; or phone 802-674-2900 ext. 25. Follow us on Facebook for more information and updates, www.facebook.com/AMPromiseCommunity.

Canal Street Art Gallery night, Bellows Falls 3rd Friday

BELLOWS FALLS, Vt. – Come to the Holiday Art Fundraiser to celebrate the "Anniversary!" while supporting public art at the Bellows Falls 3rd Friday Gallery Night, Dec. 21, from 5-8 p.m. Take part in viewing the large collection of artwork from

Vermont, New Hampshire, and Massachusetts. The gallery is overflowing with over 163 artworks from 23 local artists!

This holiday season, the gallery is raising awareness and money for public art in Rockingham. In support of this, artists will include work in the show that are appropriately sized and priced for gifts. One percent of profits will be given to the Public Art Maintenance Fund created by Canal Street Art Gallery and the Rockingham Art and Museum Project.

Recognizing the abundance of historic monuments, sculptures, and murals in the town, the fund will continue the effort to increase appreciation for Rockingham's public art and raise money for needed restoration and annual upkeep.

The show includes artists Clare Adams, Zoe Blossom, Jean Cannon, Christine Cole, Sloane Dawson, Spaulding Dunbar, Melanie Gregory,

Karl Jacobson, Carol Keiser, Carla Liguori, Lisa Mansfield, Robert McBride, Lisa Eckhardt McNealus, Scott J. Morgan, Charles Norris-Brown, Bonnie North, MC Noyes, Gil Perry, Mark Ragonese, Phyllis Rosser, Matthew Saxton, Alyssa Schmidt, and Chris Sherwin. Artworks in the show encompass an exciting and dynamic range of mediums.

"Anniversary!" is on view to the public from Nov. 14 through Jan. 12, 2019. The gallery is located at 23 Canal St. in the historic downtown village of Bellows Falls. It is open Wednesday through Saturday from 11 a.m. to 5 p.m., and all other days by appointment.

For more information about "Anniversary!" or Canal Street Art Gallery, go to www.canalstreetartgallery.com, call Mike or Emmett at 802-289-0104, or email artin@canalstreetartgallery.com.

Stitchery doo at Gallery at the VAULT



Spirit dancers hooked rug. PHOTO PROVIDED

SPRINGFIELD, Vt. – Gallery at the VAULT is pleased to present a show of fine handcraft from the Great Hall Handcrafters, from Jan. 3-30, with the opening taking place Saturday, Jan. 5, from 1 to 2:30 p.m. What a treat!

This is not your grandmother's quilting. View fresh, new works in knitting, crocheting, embroidery, quilting, rug hooking, rug braiding, and basket making by your friends and neighbors.

The handcrafters meet each Thursday at the Great Hall where people stop and admire their projects. They help and inspire each other and teach new skills. New people are encouraged to join the group and enjoy the camaraderie.

Among the regulars, and whose work you may see, are Annie Katz, Betsy Foster, Lyn Haas, Priscilla Pretraska, Marita Johnson, Marilee Abbott, Elyse Benoit, Ruth Wadleigh, Kathi Byam, Laura Batchelder, Elaine Day-Starrett, Mimi Stringham, Kaye Peck, Liz Patterson, and Liz Clapperton.

For more information, please call or come into Gallery at the VAULT, 68 Main Street, Springfield, Vt. We are open Mondays 11:30 a.m. to 2:30 p.m. and Wednesday through Saturday 11 a.m. to 5 p.m. Call 802-885-7111, email gallervault@vermontel.net, or visit www.gallervault.org.



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www.magicmtn.com/events

Vermont Watercolor Society exhibit

LANDGROVE, Vt. – Treat yourself to some artistic culture this holiday season at the Landgrove Inn in the village of Landgrove. The InView Center for the Arts, up the hill on the right, features a lovely watercolor exhibit from members of the southwestern hub of the Vermont Watercolor Society. Eleven artists have provided over 40 paintings for your free



Watercolor painting.

PHOTO PROVIDED



Snowy tree painting.

PHOTO PROVIDED

viewing. Each artist displays his/her unique style of painting landscapes, still life, and more. All paintings are for sale.

The exhibit, open daily at the inn, will be up through the winter with a free reception planned for Dec. 29, from 3 to 5 p.m. Please come. We would love to see you. Then, if you wish, enjoy a delicious dinner at the inn with reservations.

The VWS is a nonprofit organi-

zation dedicated to promoting the awareness and appreciation of watercolor to its membership at all levels of ability and to the community, providing opportunities and venues for participation, education, fellowship, and exhibitions. For more information, go to www.vermontwatercolor-society.com.

For more information about the exhibit, contact Diane Bell at dgrambell@gmail.com.



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outdoor news

Tuck It! The dash for cash will light up New Year's Eve

LONDONDERRY, Vt. – Time always seems to move a bit faster as the calendar demarcates another year in the books. This New Year's Eve, it'll be going even faster as Magic Mountain Ski Area holds the second annual Tuck It! The event comes out of the gate Monday, Dec. 31 at 1 p.m. It tests pure speed. It's a straight-down-the-course, radar-gunned event with competitors in an all tuck position to achieve the highest miles per hour. Hosted by Coors Light and sponsored by Bern Helmet and Silo Skis.

"Tuck It! was very successful last year in its inaugural event with speeds in excess of 70 mph," said Geoff Hatheway, president of Magic Mountain. "A pure speed event had not been done in decades out east, and we're happy to bring it back. This year the prize money is up to \$1,000 for the overall winner, and we expect 80 mph to be broken. We thank our sponsors Coors Light, Bern, and Silo Skis for kicking off the trilogy of extreme events on New Year's Eve."

The course starts on Lower Black Line with a speed zone radar-gunned section on Hocus Pocus –



Tuck It! Dash for Cash.

PHOTO PROVIDED

all viewable right from Magic's base lodge and deck with live-feed video available in the tavern. There will be a MPH read-out display for each speed racer for all spectators to see from the radar-gunned section.

Overall first place prize is the winner's trophy, \$1,000 cash, plus a pair of new custom-designed Silo Skis ordered to winner's specs and Bern prizes. Overall second place is \$350 cash, Bern prizes plus, and a Free-

dom 4-Pack of Magic tickets. Overall third place is \$150 cash, Bern prizes, and a Freedom 4-pack of Magic tickets.

Then there will be medals and prizes for male and female winners in each age category: 10-14, 15-20, 21-29, 30-49, and 50-plus – and one snowboard category with a new snowboard as top prize.

The awards ceremony will take place during après ski on the deck and rolls right into New Year's celebration at Magic, which includes live music at the Black Line Tavern, dinner, DJ, and dancing at night followed by midnight fireworks to toast the New Year. All are welcome to participate in Tuck It! Registration is limited to the first 100 skiers and riders. Registration is available at www.magicmtn.com/events-1/tuck-it-2.

The two other upcoming "unsanctioned" extreme series events are:

- Road to Ruin, a mass-start downhill hosted by Two Roads Brewery Feb. 2, 2019
- Master of the Mountain, an extreme freeski or ride and Giant Slalom Biathlon, hosted by Miller High Life, March 2, 2019

More information on the new, still retro Magic Mountain can be found at www.magicmtn.com, or call 802-824-5645 to speak with Geoff Hatheway.

U.S. Forest Service encourages snowmobilers to use caution

REGION – With additional snow expected in the coming weeks, the U.S. Forest Service is looking forward to a successful snowmobile season and wants to encourage all riders to put safety first. Green Mountain National Forest officials are recommending that snowmobilers exercise caution when operating on the National Forest, and all lands, in Vermont this winter. GMNF officials remind snowmobile enthusiasts to heed to all gates and signs and to stay off roads and trails that are closed. Due to heavy snow in November, Forest Service employees and several snowmobile clubs throughout Vermont have been working to clear trees and other debris from trails. Officials want to remind trail users to use extra caution early in the season as some trees may be weak due to snow accumulation and downed tree hazards are likely.

Weather permitting, snowmobile use is allowed on designated trails within the GMNF for four months beginning Sunday, Dec. 16, 2018 and ending Monday, April 15, 2019. "We are concerned about user safety. Patrols which are aimed at enforcing rules and regulations,



Have a safe and happy snowmobiling season.

STOCK PHOTO

Forest Service. "All of these trails allow mixed uses, so people are snowshoeing, hiking, and cross-country skiing, as well as using snowmobiles. Snowmobilers should travel responsibly and yield to other users," said Sinclair.

The maximum speed is 35 miles per hour on state and federal land and Vermont has a tough Snowmobiling While Intoxicated Law that covers alcohol, as well as drugs.

The U.S. Forest Service is also warning the public of the dangers associated with riding, hiking, and skiing on frozen water bodies. Trail users are encouraged to be mindful of fallen trees and other hazards they may encounter. Operators must maintain control of their snowmobile while riding; keep to the right at all times, wear helmets, and stay on designated trails only. All snowmobiles must be legally registered, have liability insurance, and operators must purchase a VAST Trails Maintenance Assessment decal. Officials also encourage winter trail users to pack a flashlight, cell phone, food, and extra warm clothing in case of an emergency.

monitoring trail conditions and providing visitor information will occur throughout the forest," said John Sinclair, forest supervisor for the Green Mountain and Finger Lakes National Forests.

The GMNF will continue to work closely with state and local law enforcement agencies, as well as the Vermont Association of Snow Travelers to make sure that users of the trail system are respectful, responsible, law abiding, and safe.

The GMNF and VAST cooperate to maintain more than 470 miles of National Forest System trails that are part of the larger statewide snowmobile network. VAST is one of a few snowmobile associations in the United States that has a cooperative partnership agreement with the U.S.

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Vermont 2019 hunting, fishing, trapping licenses are available online

MONTPELIER, Vt. – Vermont hunting, fishing and trapping licenses for 2019 are now available on the Fish & Wildlife Department's website www.vtfishandwildlife.com.

Existing permanent, lifetime,

and five-year licenses cannot be reprinted for 2019 until Jan. 1. Existing permanent, lifetime, or five-year licenses also cannot be updated online until Jan. 1.

"Vermonters really enjoy hunting

and fishing," said Vermont Fish & Wildlife Commissioner Louis Porter. "Many people like to purchase 2019 licenses before Jan. 1, so they will be ready for the new year."

According to a federal survey, Vermonters rank first among residents of the lower 48 states when it comes to participating in fish and wildlife recreation – with 62 percent of Vermonters going fishing, hunting, or wildlife watching. They led in the New England states in hunting and fishing with 26 percent of residents participating in one or both.

Porter noted that proceeds from license sales have helped pay for

some of Vermont's greatest wildlife conservation success stories, including restoring game species as well as helping nongame species such as peregrine falcons, bald eagles, loons, and ospreys. These funds also go to managing more than 133,000 acres of conserved land that provide critical habitat for many species as well as recreational opportunities for Vermonters.

Printed copies of the "2019 Hunting & Trapping Guide and Fishing Guide" are also available from license agents. The department's website will soon have a link to online versions as well.

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business spotlight



Bittersweet Memories Bakery Café
11 Fornuto Rd. Wardsboro, Vt.
802-896-1130
www.facebook.com/Bittersweet-Memories-Bakery-Cafe-1163640403650130

Cindy Capen, whose name is beautifully emblazoned on the sign of the Bittersweet Memories Bakery Café in Wardsboro, loves the Bittersweet Memories Bakery Café so much that she has owned it twice. After selling the business and taking some time off to care for her family, the café once again became available and Cindy was ready to assume the reins in 2013 and has been running it ever since.

The café is very welcoming, casual, and community based and a "great gathering spot for locals," according to Katryna Fitzpatrick, who has been Cindy's right-hand person for a total of eight years, and since day one when she reopened the second time. Fitzpatrick, who's a combination chef, waitress, and whatever else is needed, says that it's not uncommon for her and Cindy to sit with customers at their tables for a few minutes to catch up on local happenings.



The café serves breakfast and lunch and is known far and wide for their Eggs Benedict, which has been called "the best we've ever eaten" by many patrons – some who have traveled expensively. Some of Cindy's bakery highlights are her sought after cinnamon twists and her many special pies that are very popular at Thanksgiving. For Christmas, it's her Christmas cookies that are in high demand.

Daily lunch specials change regularly and include hot dishes like lemon pepper chicken and mashed potatoes or open faced turkey and gravy served with stuffing and cranberry sauce. Cindy's corn chowder is also a "favorite around town." The café also hosts special events like their recent Holiday Open House and occasional farm-to-table dinners.

Bittersweet Memories Bakery Café serves breakfast and lunch from 6 a.m. to 2 p.m. daily, but is closed on Thursdays.



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)

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)

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

positions and non-CDL drivers. Good pay for the right people. APPLY IN PERSON at Bliss Farm Enterprises at 74 High St. (01/01)

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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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16	17	18	19 ADS + PRESS DUE FOR DEC. 26 EDITION	20	21	22
23	24 CLOSED	25 CLOSED Merry Christmas!	26 ADS + PRESS DUE FOR JAN. 2 EDITION	27	28	29
30	31 CLOSED	01 CLOSED Happy New Year!	02 CLOSED resume regular office hours	03	04 ADS + PRESS REGULAR DEADLINE FOR JAN. 9 EDITION	05

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

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RIVER HOUSE RENOVATIONS

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calendar

LEGAL NOTICES/HELP WANTED

CLASSES & WORKSHOPS

SUNDAYS -
PROCTORSVILLE, Vt. – Sweaty Sunday Sizzle class at DG Bodyworks, 7 Depot St. in Proctorsville on Sundays at 9 a.m. Move your body, build your endurance, increase your oxygen uptake while having a blast. Join Stacy for a donation only 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. TFN

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

MONDAYS AND WEDNESDAYS -
PROCTORSVILLE, Vt. – Join Denise at DG Bodyworks in Proctorsville for Bootcamp 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.

TUESDAYS -
BElLOWS FALLS, Vt. - River Voices Poetry meets every Tuesday at 7 p.m. at the Subway, 65 Square in Bellows Falls. All poets welcome. Discussion of all aspects of the poem. 802-463-2204. TFN

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

TOWNSHEND, Vt. – Tai Chi for Fall Prevention Level 2 classes are available for beginner class graduates on Tuesdays, 12:45 - 1:45 p.m. A 10-week Level 2 series led by Alicia Mayer. To inquire about Level 2 & 3 classes, contact Alicia at 802-365-4115, x108. All classes happen at Grace Cottage Community Wellness Center, Heins Building, 133 Grafton Road, Townshend.

TUESDAYS AND THURSDAYS -
SHREWSBURY, Vt. – Restorative Yoga in the Barn at Sol Luna Farm on Tuesdays and Thursdays from 11 a.m. to 12:15 p.m. Restorative Yoga is a delicious surrender into rest and relaxation, with supported postures on bolsters and blankets. This class is ideal for recovery from fatigue, injury or illness and in reducing stress. The practice is enhanced with soothing music, aromatherapy, and culminates with a Crystal Singing Bowl Bath. Located at 329 Old Farm Road in Shrewsbury. www.sollunafarm.com.

TUESDAYS AND SATURDAYS -
CAVENDISH, 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.

WEDNESDAYS -
BElLOWS FALLS, Vt. - The Bellows Falls Area Senior Center Knit and Stitch group meets Wednesdays at 9 a.m. They can help you finish a project, repair an item and even take on special projects. The group is happy to donate "Knitted Knockers" to breast cancer survivors, stop by and ask for Betty for more information. Call 802-463-3907. TFN

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

CHESTER, Vt. - Liza Eaton, founder of Buddhalful 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 to your own pace and listen to your body. Held at the Fullerton Inn, on the Chester Green. For more information visit www.buddhafulyoga.com or call 802-875-2868. TFN

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 Road, South Londonderry, Vt.

WEDNESDAYS AND SATURDAYS -
SHREWSBURY, Vt. – Serenity Yoga in the Barn at Sol Luna Farm, 329 Old Farm Road in Shrewsbury on Wednesdays and Saturdays, from 10 - 11:15 a.m. This gentle yoga class helps to lengthen, stretch and strengthen the body gradually, while bringing mindful awareness to the breath. The class culminates

with the healing vibrations of a crystal singing bowl "Sound Bath." Your first yoga class is free. For more information visit www.sollunafarm.com or call 802-492-9393.

WEDNESDAYS AND FRIDAYS -
TOWNSHEND, Vt. – Tai Chi for Fall Prevention beginner classes run in 6-week cycles on Wednesdays and Fridays from 9 -10 a.m. at Grace Cottage Community Wellness Center, Heins Building, 133 Grafton Road, Townshend. Class are free, some restrictions may apply. To find out more or to reserve a spot in the next series, call 802-365-3649.

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 and 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 or 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. TFN

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

LUDLOW, Vt. – Okemo Valley TV offers "Train the Trainers" workshops on fourth Thursdays at no cost, 6-7 p.m. at the Okemo Valley TV studio, 37C Main St. in Ludlow. Everyone who wants to learn the "ticks and tricks" of TV-video production is welcome. Reserve a space at pcoody@pctv.org or call 802-228-8808. TFN

FRIDAYS -
CHESTER, Vt. - Liza Eaton,

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

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.

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 St., Springfield. Schedule an appointment at 802-591-0507, laurenpottervt@gmail.com, www.laurenpotterreikihealing.com.

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

REGION - Bone Builders to combat osteoporosis. Free and open to 55+. Call 802-674-4547. 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. TFN

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 Road in Townshend. Preregistration required. Call 802-365-3649.

TOWNSHEND, Vt. – Yoga classes at Grace Cottage Community Wellness Center, Heins Building, 133 Grafton Road in Townshend. Gentle yet invigorating classes resume Sept. 4. 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

ORDER TO REMEDIATE DANGEROUS AND STRUCTURALLY UNSAFE BUILDING

The Village Trustees Hereby Order the Following:

- The building located at 203 Paper Mill Road in Bellows Falls, Vermont shall be vacated; and
- Owners shall secure the structure from public entry within fourteen (14) days; and
- Regularly inspect and continually maintain the system which secures the structure from public entry.

Pursuant to the Unsafe Building Ordinance enacted under the authority of 24 V.S.A. 1972 and 1973, the Village Trustees for the Bellows Falls Village Corporation, Town of Rockingham, Vermont, hereby issue this Order to Remediate Dangerous and Structurally Unsafe Building located at 203 Paper Mill Road, based on the following:

- On May 4, 2018, Shaun McGinnis, Chief of Bellows Falls Fire Department, inspected the premises located at 203 Paper Mill Road in Bellows Fall, Vermont. The building appeared in be in the same condition it was in when Chief McGinnis responded to a fire in the fall of 2017. Chief McGinnis reported that as of last fall, there were holes in the floor of the building, an elevator shaft open from the top floor to the basement, and signs of people occupying the roof. Chief McGinnis reported that the building was dangerous and unsafe.
- Following Chief McGinnis' report, the Village Trustees designated a Committee to inspect the structure as required by the Unsafe Building Ordinance. The Committee consisted of Chief McGinnis, Health Officer Charles Wise, and David T. Hindinger III, P.E., S.E..
- The Committee inspected the premises on May 25, 2018 and reported to the Trustees that the building was a *Dangerous Building* and a *Structurally Unsafe Building and Nuisance* as defined by the Dangerous Unsafe Building Ordinance.

Findings

The Committee found:

"This large concrete building has multiple open entry points where the public can access the structure. The building is not actively maintained as a habitable structure and there is an absence of protective members to prevent entry by the public, vandals, and the local homeless population. There are open holes within the building and unprotected window openings which are fall hazards. There are numerous hazards which exist due to the absence of building utilities, the absence of security measures (doors, windows and locks) and basic safety features such as handrails and guardrails."

"The large concrete building has window and door openings which are open due to missing or broken units, it does not have a thermal envelope, it does not have an operating heating system, it does not have an operating electrical or fire suppression system. There are multiple fundamental building code deficiencies which preclude occupancy at this time."

Recommendations

The Committee recommended that the Board of Trustees:

- Adopt the findings of the Committee;
- Declare the building to be a nuisance per Section III.B and Section V;
- Order the building vacated per Section V;
- Order the Owner to complete the following Initial Safety and Security Measures per Section IV:
 - Secure the structure from public entry within 14 days
 - Regularly inspect and continually maintain the system which secures the structure from public entry.
- Proceed with the Notice and Service per Section IX and Order and Notice per Section X.

See: Report of Committee, attached as Exhibit 1 and incorporated herein.

Order

The Village Trustees reviewed the Committee's report and adopted the findings of the Committee and agreed with the proposed remediation.

- The building shall be vacated; and
- Owners shall secure the structure from public entry within fourteen (14) days; and
- Regularly inspect and continually maintain the system which secures the structure from public entry.

Enforcement

In the event of non-compliance with this Order, the Village may enforce the terms of the Order by:

- Resorting to the appropriate Judicial Remedy where available;
- Correcting the defect or causing the building or structure and/or site to be secured, cleaned of debris, and/or shutting off utilities, pay the cost thereof and recover the cost from the owners thereof;
- In the event that the Trustees resort to the remedy set out in Paragraph 2 of this subsection, the Village shall have a lien against the remaining property to recover its costs. The Trustees shall not be limited to this procedure and shall be entitled to any other statutory action for remedy. Such costs shall also include the recovery of all reasonable costs for the enforcement of such order and any recovery shall include reasonable attorney's fees. Any lien established by the Trustees shall be subject to enforcement consistent with the provisions of enforcement of liens under 9 V.S.A. 1924.

Violations

A violation of the Unsafe Building Ordinance is a civil matter enforced in accordance with the provisions of 24 V.S.A. § 1974(a) and § 1977 et seq. A civil penalty of not more than Five Hundred Dollars (\$500.00) may be imposed for each violation of this civil ordinance. Each day that the violation continues will constitute a separate violation of this ordinance. A copy of the Unsafe Building Ordinance is attached as Exhibit 2 and incorporated herein.

Appeal

Any party entitled to notice hereunder may appeal from the order of the Trustees at any time within ten (10) days of receipt of the notice or within ten (10) days of the last date of publication if service of notice is by publication, by filing a Notice of Appeal in writing with the Village Clerk.

Dated this 16th day of July.

Village of Bellows Falls


By: 
Deborah Wright, Village President
Bellows Falls Village Corporation

cc: Town of Rockingham
Bellows Falls Area Development Corporation

Castle Hill Resort & Spa
VERMONT

Castle Hill Resort is seeking
Line Cook / Sous Chef
Full Time Position - Benefits Available

*Please apply in person or email resume to
gm@castlehillresort.com*

 TOWN OF WESTMINSTER
RUSSELL R. HODGKINS, TOWN MANAGER
P.O. BOX 147, WESTMINSTER, VT 05158
Tel. 802-722-4255 Fax 802-722-9816
Manager@westminstervt.org

Town of Westminster

The Town of Westminster is seeking a qualified "Heating Contractor" for the installation of a heating upgrade for the Historic Town Hall on Route 5 in Westminster, Vt. The work will include but is not limited to:

- Removal and replacement of the two existing split air handlers serving the first floor with new split air source heat pump air handling systems (1 @ 2 tons and 1 @ 3 tons) with hot water coils. The Existing boiler system is to remain;
- Install a new 30 gal. Indirect Stainless Steel Domestic Hot Water Heater with associated plumbing;
- Work to start immediately and finish before July 1, 2019.

This work will be done while the Town Hall is in use, so all work will need to be done with minimal interruption to the existing utilities.

Proposals are due by noon on February 22, 2019 at the Town Hall or by mail (PO Box 147, Westminster, Vt. 05158). Proposals are to include a complete description of the work to be performed and the materials to be used at a firm price. The contractor is to be a State recognized business and will have to supply proof of insurance at the time of the bid. Any and all bids not supplying the proof of insurance will not be considered. Your proposal should be sealed and marked "Town Hall HEATING Bid -2019-03". It is mandatory to call the Town Manager and set up an appointment at (802) 722-4255 for the additional information and/or a site visit. The Town reserves the right to accept or reject any or all proposals.

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

The Andover Zoning Board of Adjustment will hold a Public Hearing on Tuesday, January 8, 2018 at 7:00 p.m. at the Andover Town Office to consider the following application for subdivision:

Application #: 2/17/18/8/29 - Subdivision Application
Applicant/Owner: Attiyeh Community Property Trust
Location: 4553 East Hill Road
Application for: An application has been submitted for a Minor Subdivision proposing to subdivide a 18.8± acre lot into two parcels.

Dated at Andover, Vermont this 14th day of December, 2018.
Jeanette Haight
Andover Town Clerk

calendar

is Grace Cottage Director of Rehabilitation and Wellness, Crystal Mansfield. Small fee for each class. Call 802-365-3649 for details.

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

CLUBS

SATURDAY, DEC. 22 – PERU, Vt. – Join us for a Full Moon Snowshoe or Ski on Bromley on Saturday, Dec. 22 with the Green Mountain Club. Meet at 5:30 p.m. at the Bromley Base Lodge, we'll then car pool to the Route 11/30 Long Trail parking lot. Snow shoe or ski up the Long Trail to the summit, share food at the ski patrol hut, then snowshoe or ski down the ski trail back to the base lodge. Bring headlamp, extra layers, two pairs of gloves, food and water. RSVP to Katie Brooks at 516-978-4016 or ktktdams@comcast.net.

TUESDAY, JAN. 1 – WINHALL, Vt. – Join us for a New Year's Day Snowshoe to Stratton Pond with the Green Mountain Club Manchester Section on Tuesday, Jan. 1, meet at 10 a.m. at the Winhall Post Office. Car pool to the trail head 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. Moderate. RSVP required to Marge Fish at 802-384-3654 or marge.fish@gmail.com.

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

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

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

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

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

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

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

COMMUNITY MEALS

THURSDAY, DEC. 20 - TOWNSHEND, Vt. – Everyone is invited to dinner on Thursday, Dec. 20 at noon, at the Townshend Church. Sponsored by Senior Solutions, the festive meal is prepared by Chef Stephanie of the Townshend Dam Diner. Suggested donation. Take-outs will be available. Starting at 11:30 a.m., free blood pressure screening will be provided by Visiting Nurses and Hospice of VT and NH. Everyone is welcome!

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. TFN

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, pancakes (blueberry and plain), 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. TFN

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

EVENTS

FRIDAY, DEC. 21 – BELLOWS FALLS, Vt. – Village Square Booksellers in Bellows Falls welcomes local musicians Fred Tipton on sax and Maryann McArdle on keyboards - Jazz and Holiday Tunes - on Friday Dec. 21 from 5 – 7 p.m. to listen to while shopping. This is part of the BF3F event and unofficial "Men's Night." The bookstore is also having a sale. Entertainment while you shop and always free gift wrap. Open at least until 8 p.m.

★★★★★★

SATURDAY, DEC. 22 – GRAFTON, Vt. – The VSO Brass Quintet joins forces with Counterpoint, under the direction of Nathaniel G. Lew, to ring in the holidays in style on Saturday, Dec. 22 at 5 p.m. at the White Church in Grafton. The ensemble is pleased to present the Vermont premiere of a stunning new setting of Nancy Tillman's beloved children's book, "On the Night You Were Born," by Vermont composer Travis Ramsey. Mark your calendars so you don't miss out on this seasonal treat—a perfect blend of brass, voices, and good cheer. Other dates available in Manchester, Newport, and Warren, Vt. For more information, visit www.vso.org.

SUNDAY, JAN. 6 – CHESTER, Vt. – Join us for the Dream Barn Hollow 2019 New Year's Open House on 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 Street 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. TFN

WEDNESDAYS – CHARLESTOWN, N.H. – Weekly bingo at the

Charlestown Memorial VFW Post 8497, 365 Lovers Lane Rd. Early Birds at 5 p.m., Regular Games at 6:30 p.m.

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

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 the newly renovated Next Stage. For pricing or reservations call 802-387-3052. Limited seating available. 15 Kimball Hill Rd.

SATURDAYS - BELLOWS FALLS, Vt. – Internet

and jazz jam Saturday at the Flat Iron Exchange, located in the square. No cover charge, just a tip jar to listen to some great jazz music. Enjoy a coffee and relax. 5 - 7 p.m. TFN

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

★★★★★★

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THE Vermont Journal THE SHOPPER

Contact us at our Ludlow Office:

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We're located at: 8 High Street in Ludlow • 802-228-3600
Fax: 802-228-3464 • (Above the Black River Senior Center) • Handicapped Accessible

EARLY HOLIDAY DEADLINES:

ADS AND PRESS FOR OUR DEC. 26 NEW YEARS EDITION ARE DUE **WEDNESDAY, DEC. 19**

ADS AND PRESS FOR OUR JAN. 02 POST NEW YEARS EDITION ARE DUE **WEDNESDAY, DEC. 26**

We will be CLOSED
Dec. 24 and 25, Dec. 31, and Jan. 01.

TAKE A BREAK!

Weekly SUDOKU

by Linda Thistle

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

1	2	3	4	5	6	7	8	9	10	11	
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51					52				53		


ACROSS

1 Trumpet
5 Recipe meas.
8 Arduous journey
12 Reed instrument
13 Pussy-Cat's partner
14 Present
15 Freebie
17 Wedding symbol
18 "Golly!"
19 Illuminated
20 Actor Tommy Lee
21 Automaton, for short
22 Not many
23 Strictly - nous
26 Excise
30 Old Italian money
31 Godfather's address
32 Greet silently
33 Abandon the nest
35 Gold measure
36 Child
37 Whatever number
38 Caesar, for one
41 Saturnian saucer?
42 Locate
45 Cabbage salad
46 Hidden pas-

DOWN

1 "Dukes of Hazzard" boss
2 Theater award
3 Wander
4 Born
5 Namely
6 Bat a gnat
7 Thickness
8 Disposable
9 Check
10 Sea eagle
11 Small barrels
16 Burn aid
20 Lustrous black
21 Made to come apart easily
22 Merriment
23 Sprite
24 Zero
25 Have a go at
26 Coquettish
27 Series of skirmishes
28 Actress
29 Still
31 Pop
34 Victory
35 Recognize
37 Earlier, in verse
38 Answer an invite
39 Hodgepodge
40 Halloween purchase
41 Hexagonal state
42 Former ugly duckling
43 Bridge position
44 Spud's buds
46 Drunkard
47 Lawyers' org.

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LIBRA (September 23 to October 22) That goal you set way back when is finally in sight. Maintain your focus on achieving it, and don't allow yourself to be distracted by unimportant demands for your attention.

SCORPIO (October 23 to November 21) A temperamental flare-up creates negative feelings that need to be dealt with immediately. But things once again go well after the apologies are made and hurt feelings are soothed.

SAGITTARIUS (November 22 to December 21) An early impulsive act causes confusion. But all is smoothed over once explanations are made. Expect a friend or family member to ask for your kind and always wise advice.

CAPRICORN (December 22 to January 19) You might have to do some juggling of your priorities, as a personal matter appears to require more time and attention. Put your pride aside and accept help from those who offer it.

AQUARIUS (January 20 to February 18) Your creative aspect is strong. Not only does it help you accomplish your goals, but it also inspires others. This could lead to a potentially rewarding collaboration opportunity.

PISCES (February 19 to March 20) Be careful about making major decisions when you're not really committed to them. And resist any pressure to do otherwise. Better to delay action until all doubts are resolved.

BORN THIS WEEK: You set goals and are rarely distracted by any attempt to move you off the path you've chosen to reach them.

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calendar

FARMERS' MARKETS

SUNDAYS -
PUTNEY, Vt. - The 9th annual Putney Artisanal Marketplace on Sundays through Dec. 23 from 11 a.m. to 2 p.m. at Green Mountain Orchards in Putney. Over 30 vendors! Live music, delicious food, fresh baked breads, greens, root veggies, herbs,

mushrooms, preserves, chicken and duck eggs, pastured meats, grass-fed dairy, gluten-free pastries, herbal remedies and body care products, beeswax candles, CBD chocolates, fine woolens, functional ceramics, wood carvings, and so much more!

KIDS' CORNER

FRIDAY, DEC. 21 -
LUDLOW, Vt. - Enjoy our Holiday

Movie Matinee, "The Christmas Chronicles" presented by Netflix on Friday, Dec. 21 from 1 - 3 p.m. at Fletcher Memorial Library in Ludlow. Snacks provided. Call Sacha at 802-228-3517 or email skrawczykvt@gmail.com for details.

THURSDAY, DEC. 27 -
LUDLOW, Vt. - Come read with Sailor the Reading Dog on 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 on 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 on 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. TFN

SPRINGFIELD, Vt. - Springfield Town Library story time, 43 Main St., 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. TFN

ROCKINGHAM, Vt. - Crafts, Stories and Play Time toddlers and preschoolers. Enjoy stories, songs, crafts, and activities. Rockingham Free Public Library 10:30-11:30 a.m. Contact 463-4270. TFN

WESTON, Vt. - Come and enjoy a story hour with friends at the Wilder Memorial Library, Lawrence Hill Road in Weston! 11 a.m. - noon. Call ahead to check, 802-824-4307. TFN

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

WEDNESDAYS -
LUDLOW, Vt. - Storytime 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.

com for details. TFN

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

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

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

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. TFN

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. This program is held at The Nature Museum and most sessions involve exploring our backyard and the nearby woods, fields and pond; our environmental educators Jay DeGregorio and Jill Bruning leads the group. We hope you and your little ones can join us! TFN

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

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. Thanks to the Rotary Club of Chester for helping us with a generous donation for this program. For further information, call 802-875-2277, visit www.whitinglibrary.org, or check out Facebook. TFN

THURSDAYS -
ROCKINGHAM, Vt. - Join genealogy enthusiast Wayne Blanchard on a quest to discover your family roots on Thursdays from 10:30 a.m. - 12:30 p.m. at the Rockingham Library. If you own a laptop, please bring it along. With the many free databases available

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Family Candlelight
Service

7:30 pm

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3 STONE DENTAL • Aman Syed DDS & Petro Matsyshyn DDS • 367 Washington Street - Unit #3 • Claremont, NH • 603-542-3225

calendar

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. TFN

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

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

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

MEETINGS

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

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

GRAFTON, Vt. - Select Board meetings are the first and third Monday at the Grafton Elementary School or the Town Garage at 6 p.m. For more information, call 802-843-2552 or go to 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. - Westminster Fire & Rescue Department monthly

meeting on the first Tuesday at 7 p.m. Rescue training is on the second Tuesday and combined drill on the third Tuesday. More information can be found at www.westminsterfireandrescue.org. TFN

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

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

SUPPORT GROUPS

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

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

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

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 Road, in Townshend. Instructor: Grace Cottage Health Coach Liz Harrison. Free. 802-365-3766.

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

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

SPRINGFIELD, Vt. - Breast Feeding Support Group second and fourth Tuesdays at the Springfield Hospital Library Level D. Noon-2 p.m. It is free and no registration is required. For more information call Erin at

802-885-7511. TFN

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 coda.org. For more information regarding this meeting, contact Sarah E. at sarahcoda2016@gmail.com. TFN

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

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

ASCUTNEY, Vt. - Twin State Depression Support Group meets on the third Wednesday at Martin Memorial Hall, Lower Level (Handicapped-accessible), 5259 Route 5, Ascotney, (near Exit 8 off I-91) at 6:30 p.m. Do you know or think you may be depressed? Have a friend or family member who has depression? Then this group is for

you! Support, empathy, sharing, education, confidentiality, peer-led. Contact TwinStateDSG@gmail.com or 641-715-3900 (ext. 650055#). TFN

SPRINGFIELD, Vt. - Twin State Depression Support Group meets on the fourth Wednesday at Turning Point Recovery Center (Handicapped-accessible), 7 Morgan Street, Springfield at 6:30 p.m. Do you know or think you may be depressed? Have a friend or family member who has depression? Then this group is for you! Support, empathy, sharing, education, confidentiality, peer-led. Contact TwinStateDSG@gmail.com or 641-715-3900 (ext. 650055#). TFN

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

TOWNSHEND, Vt. - Alzheimer's Caregiver Support Group meets on the first Thursday of every month. 11:00 a.m. - noon at Grace Cottage Community Wellness Center, Heins Building, 133 Grafton Road, in Townshend.. Led by Grace Cottage Community Health Team Member Claire Bemis and Alicia Mayer of SASH. Free. 802-365-3763. TFN

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

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. The group is led by trained therapists who specialize in eating behavior. To join call 802-228-8885 or email shiri@fitwoman.com. TFN



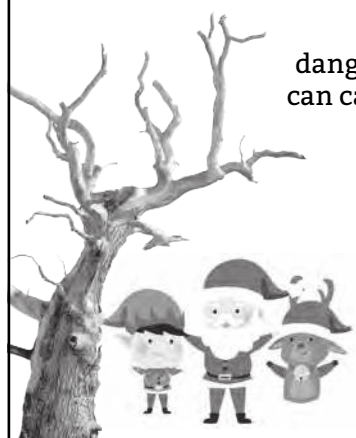
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Welcomes

Zita Ficko, MD



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Appointments are available by calling **802-886-3556**



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community news

REAL ESTATE

Annual winter manure spreading ban

MONTPELIER, Vt. – The Vermont Agency of Agriculture, Food and Markets would like to remind all state farm operations that the 24th annual winter manure spreading ban is underway. As required by the Vermont Agency of Agriculture, Food and Markets' Required Agricultural Practices, between Dec. 15 and April 1, no manure or other agricultural wastes including compost and spoiled feed may be spread on agricultural fields throughout Vermont.

This annual ban is required by the RAPs, which is a part of VAAFM's overall strategy to protect water quality, the working landscape, and natural resources. The ban is a regulation that has been in place since 1995. A revision to the RAPs – newly effective in 2016 – continues the winter manure spreading ban while expand-

ing the types of farm generated wastes that are prohibited from application in winter. The RAPs also prohibit the application of manure or agricultural wastes on frozen or snow-covered fields.

Due to this fall's early cold and heavy snowfalls, the agency would like to remind farmers that exemptions for winter manure spreading are available for emergency situations only. If a farmer anticipates having an issue meeting the winter manure spreading ban restrictions, they should contact VAAFM for assistance with planning winter manure management.

When field stacking manure, the RAPs require that stacking sites be located at least 200 feet from private wells and 100 feet from property boundaries. In addition, manure cannot be stacked within 200 feet of

surface water, 100 feet of a ditch, on land that is subject to annual overflow from adjacent waters, or on exposed bedrock. Farmers must either have a storage structure that is capable of holding all manure produced between Dec. 15 to April 1, which is 106 days, or they must be able to stack all manure produced in a way that will not lead to adverse water quality impacts.

For a PDF booklet explaining RAP's and the winter manure spreading ban, please visit www.agriculture.vermont.gov/sites/ag/files/RAPsummaryPDF.pdf.

Questions about the manure spreading ban, or any requests for assistance in the selection of appropriate manure stacking sites, or to request an emergency exemption, can be directed to Laura DiPietro, director of Water Quality at 802-595-1990 or Ryan Patch, deputy director of Water Quality at 802-272-0323.

Eleven ways to help yourself stay sane in a crazy market

REGION – Keeping your cool can be hard to do when the market goes on one of its periodic roller coaster rides. It's useful to have strategies in place that prepare you both financially and psychologically to handle market volatility. Here are 11 ways to help keep yourself from making hasty decisions that could have a long-term impact on your ability to achieve your financial goals.

1. Have a game plan

Having predetermined guidelines that recognize the potential for turbulent times can help prevent emotion from dictating your decisions. For example, you might take a core-and-satellite approach, combining the use of buy-and-hold principles for the bulk of your portfolio with tactical investing based on a short-term market outlook. You also can use diversification to try to offset the risks of certain holdings with those of others.

Diversification may not

ensure a profit or guarantee against a loss, but it can help you understand and balance your risk in advance. And if you're an active investor, a trading discipline can help you stick to a long-term strategy.

2. Know what you own and why you own it

When the market goes off the tracks, knowing why you originally made a specific investment can help you evaluate whether your reasons still hold, regardless of what the overall market is doing. This can also help you consider whether a lower price might actually represent a buying opportunity.

If you don't understand why a security is in your portfolio, find out. That knowledge can be particularly important when the market goes south, especially if you're considering replacing your current holding with another investment.

3. Remember that everything is relative

Most of the variance in the returns of different portfolios can generally be attributed to their asset allocations. If you've

got a well-diversified portfolio that includes multiple asset classes, it could be useful to compare its overall performance to relevant benchmarks. If you find that your investments are performing in line with those benchmarks, that realization might help you feel better about your overall strategy.

Even a diversified portfolio is no guarantee that you won't suffer losses of course. But diversification means that just because the S&P 500 might have dropped 10 or 20 percent doesn't necessarily mean your overall portfolio is down by the same amount.

4. Tell yourself that this too shall pass

The financial markets are historically cyclical. Even if you wish you had sold at what turned out to be a market peak, or regret having sat out a buying opportunity, you may well get another chance at some point. Even if you're considering changes, a volatile market can be an inopportune time to turn your portfolio inside out. A well-thought-out asset allocation is still the basis of good investment planning.

5. Be willing to learn from your mistakes

Anyone can look good during bull markets; smart investors are produced by the inevitable rough patches. Even the best investors aren't right all the time. If an earlier choice now seems rash, sometimes the best strategy is to take a tax loss, learn from the experience, and apply the lesson to future decisions. Expert help can prepare you and your portfolio to both weather and take advantage of the market's ups and downs. There is no assurance that working with a financial professional will improve investment results.

6. Consider playing defense

During volatile periods in the stock market, many investors re-examine their allocation to such defensive sectors as consumer staples or utilities. Dividends also can help cushion the impact of price swings.

7. Stay on course by continuing to save

Even if the value of your holdings fluctuates, regularly

adding to an account designed for a long-term goal may cushion the emotional impact of market swings. If losses are offset even in part by new savings, your bottom line number might not be quite so discouraging.

If you're using dollar-cost averaging, you may be getting a bargain by buying when prices are down. However, dollar cost averaging can't guarantee a profit or protect against a loss.

Also consider your ability to continue purchases through market slumps; systematic investing doesn't work if you stop when prices are down. Finally, remember that the return and principal value of your investments will fluctuate with changes in market conditions, and shares may be worth more or less than their original cost when you sell them.

8. Use cash to help manage your mind set

Cash can be the financial equivalent of taking deep breaths to relax. It can enhance your ability to make thoughtful decisions instead of impulsive ones. If you've established an appropriate asset allocation, you should have resources on hand to prevent having to sell stocks to meet ordinary expenses or a margin call. Having a cash cushion coupled with a disciplined investing strategy can change your perspective on market volatility. Knowing that you're positioned to take advantage of a downturn by picking up bargains may increase your ability to be patient.

9. Remember your road map

Solid asset allocation is the basis of sound investing. One of the reasons a diversified portfolio is so important is that strong performance of some investments may help offset poor performance by others. Even with an appropriate asset allocation, some parts of a portfolio may struggle at any given time. Timing the market can be challenging under the best of circumstances; wildly volatile markets can magnify the impact of making a wrong decision just as the market is about to move in an unexpected direction, either up or down. Make sure your asset allocation is appropriate before making drastic changes.

10. Look in the rear-view mirror

If you're investing long term, sometimes it helps to take a look back and see how far you've come. If your portfolio is down this year, it can be easy to forget any progress you may already have made over the years. Though past performance is no guarantee of future returns, of course, the stock market's long-term direction has historically been up. With stocks, it's important to remember that having an investing strategy is only half the battle; the other half is being able to stick to it. Even if you're able to avoid losses by being out of the market, will you know when to get back in?

11. Take it easy

If you feel you need to make changes in your portfolio, there are ways to do so short of a total makeover. You could test the waters by redirecting a small percentage of one asset class to another. You could put any new money into investments you feel are well positioned for the future, but leave the rest as is. You could set a stop-loss order to prevent an investment from falling below a certain level, or have an informal threshold below which you will not allow an investment to fall before selling. Even if you need or want to adjust your portfolio during a period of turmoil, those changes can happen in gradual steps. Taking gradual steps is one way to spread your risk over time, as well as over a variety of asset classes.

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

Chester, VT



64 acres of property in Chester. This camp includes a house as well as a barn. 3 bedrooms and 1 bathroom. Its truly a handyman's dream. Magic Mountain, Stratton and Okemo are all within 30 minutes away. **PRICE REDUCED: \$190,000.**

Ludlow, VT



It's all about the view, and there is a magnificent one! Picture perfect views of Okemo mountain and the Green Mountains on 10 private acres. The open concept living/dining room has a beautiful stone fireplace and vaulted ceiling with 3/4 bedrooms, full walk out basement. New to the market! **PRICE: \$369,000**

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What a great opportunity to find yourself in the middle of the quintessential Chester village. This home offers an accessible location near the green with fenced in back/court yard. Inviting front porch leads into the living room, dining area and kitchen. Upstairs includes two bedrooms, a second floor porch and a cupola. This property invites creativity and ideas. What a find and affordably priced, too. **REDUCED AGAIN TO \$85,000**

Perkinsville village landmark. This c.1700's colonial has many old features giving it the old world charm with tasteful upgrades making it comfortable for modern day living. Includes four bedrooms, den, 2 baths, formal dining area with woodstove, remodeled kitchen with center island, wood cook stove, soapstone sink and views towards the village and Ascutey Mountain. Attached breezeway offers sheltered outdoor living space connected to the two car garage with overhead storage. 5 acres of open meadow is perfect for pasture, gardening or recreation and maple trees for sugaring, fruit trees and berry bushes for future harvests. Close to trails, skiing and the local airport. **\$249,900**

Well Done! This village home offers accessibility to the downtown with many improvements making it a pleasant surprise/move in ready. Includes a first floor bedroom/office with walk-in closet, recently upgraded kitchen, refinished bath with laundry hook-ups, dining area, living room and three-four season porch. Upstairs includes 3-4 bedrooms and a bath. Newer roof, partially fenced front yard, detached garage for storage and much more. A must see at an affordable price. **\$109,900**

Affordable 1999 mobile home located in Rockingham between Saxtons River and Bellows Falls. Nice country location with 2+/- acres. Includes 2 bedrooms, 2 full baths, eat-in kitchen, comfortable living room. This home has you covered with back-up generator, central a/c, sliders to the private back deck. Detached 2 car garage is insulated with heat, over sized for projects or storage. Additional shed for more storage space. **\$109,900**

AUTOMOTIVE

community news

Meet the Mentors panel at Springfield Town Library

SPRINGFIELD, Vt. - To celebrate National Mentoring Month in January, Windsor County Partners, a nonprofit based in Windsor, Vt., that matches and monitors adult mentors with youth in the schools and the community, is hosting a "Meet the Mentors" panel discussion Thursday, Jan. 24, 2019, from 6 to 7:30 p.m. at the Springfield Town Library.

The panel will feature a short presentation by Southern Regional Coordinator Patricia Daddona, three mentors sharing their experiences, and a question-and-answer session.

The event takes place in the library's Flinn Room at 43 Main Street, with a snow date of Jan. 31, and is free and open to the public. Individuals interested in mentoring are encouraged to attend.

Mentoring month is celebrated across the U.S. every January to promote mentoring youth.

According to the National Mentoring Partnership, youth who have a mentor are more likely to stay in school and graduate, have improved peer and adult relationships and self-esteem, and are less likely to engage in risky behaviors.

Windsor County Partners provides safe, supportive, and fulfilling in-school and community-based programs to foster mentoring across all of Windsor County, which extends across 24 towns from Rochester and Norwich to the north to Woodstock, Windsor, and Springfield.

The southern region includes Springfield, Weathersfield, Baltimore, Cavendish, Chester, Ludlow, Andover, and Weston.

For more information, please contact Pat Daddona at 802-281-3624 or palsouth@outlook.com.

Be a holiday hero, give the gift of life

REGION - Emergencies don't take a holiday. The American Red Cross urgently needs blood and platelet donors to make an appointment now to give and help ensure patients can get the treatment they need at a moment's notice.

In November 2016, a 100-foot maple tree fell on Mike McMahon, causing life-threatening injuries. He needed 11 units of blood during emergency surgery and another seven units to treat complications after. Six weeks following the accident, McMahon was released from the hospital - just in time to spend the holidays with his family.

"I'm grateful for the donors who gave me such an amazing gift - the gift of life," said McMahon. "I was an occasional blood donor before the accident. Today, I donate as often as I can to help ensure others receive blood when they need it most."

Now is an important time to give blood and platelets. A seasonal decline in donations occurs from Thanksgiving to New Year's Day when donors get busy with family gatherings and travel. In addition, severe winter weather can cause blood drive cancellations and negatively affect the blood supply. Patients like McMahon can't afford for there to be a shortage of blood.

Give the gift of life - make an appointment to donate blood and platelets by visiting www.RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

Upcoming blood donation opportunities:
 • Dec. 20-21, 10 a.m. to 6 p.m., GOLF College of St. Joseph A, 71 Clement Rd., Rutland

• Jan. 2, 10 a.m. to 3 p.m., Killington Grand Resort Hotel, 228 East Mountain Rd., Killington
 • Jan. 4, 12:30 to 5:30 p.m., American Legion, 4 Court St., Windsor

• Jan. 14, 12:30 to 5:30 p.m., Ludlow Community Center, 37 Main St., Ludlow
 • Jan. 14, 10 a.m. to 3 p.m., Landmark College, 19 River Rd., Putney

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 <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>
 <p>2011 Dodge Grand Caravan 4 Door Minivan V6 Auto Fully Loaded Auto Doors</p>	 <p>2008 Ford Focus SE 5 Speed Fully Loaded</p>

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The Best Price, Period.

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 w/ GMF to qualify for all offers. Tax, title & registration extra where applicable. Expires 12/31/18.

FIND NEW ROADS

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.

FIND NEW ROADS

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.

FIND NEW ROADS

TheBIGDeal+ PLUS **Included with every vehicle purchased!**

3 Years of maintenance and other great benefits, a value of up to \$3,000 at NO EXTRA CHARGE!

Brand New! 2018 Model Year
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.

FIND NEW ROADS

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.

FIND NEW ROADS

Brand New! 2018 Model Year
GMC Sierra SLE Double Cab 4x4



- 5.3L V8 • AUTOMATIC
- 4 WHEEL DRIVE
- Z-71 OFF-ROAD PKG.
- 8" INFOTAINMENT
- SLE VALUE PACK

#NGT18092 • MSRP \$48,035

YOU SAVE \$12,717

The Best Price, Period.

SALE PRICE \$35,318

Total savings is \$12,717 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.

GMC SEASON TO UPGRADE

Brand New! 2018 Model Year
GMC Sierra SLE Crew Cab 4x4



- 5.3L V8 • AUTOMATIC
- 4 WHEEL DRIVE
- ELEVATION EDITION
- SLE VALUE PACK
- FULLY LOADED

#NGT18131 • MSRP \$54,020

YOU SAVE \$13,186

The Best Price, Period.

SALE PRICE \$40,834

Total savings is \$13,186 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.

GMC SEASON TO UPGRADE

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.

FIND NEW ROADS

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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