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Check out our Feature on Pages 8A – 10A!

Proctorsville Fire Dept. not against merger, look to take command

BY SHARON HUNTLEY
The Vermont Journal

PROCTORSVILLE, Vt. – During the Proctorsville Fire Department's latest prudential committee meeting Tuesday, March 12, PFD clarified their position on merging Fire District 1 and 2, which would create one district serving the entire area of both Cavendish and Proctorsville. Talks of a merger have become a hot topic in the town of Cavendish of late with a town of approximately 1,500 residents supporting two fire departments that sit just a few miles apart with a combined budget of approximately \$200,000. The Cavendish Fire Department (District 2) has a budget of over \$81,000. Proctorsville Fire Department's proposed budget (District 1),

which will be presented in April, is \$119,112.

In a written statement, PFD outlined their willingness to merge; but citing the current strength of their personnel numbers, the experience level and effectiveness of leadership, their ability to cover calls, along with their financial strength, and the condition and breadth of their equipment, they would look to lead the resulting merged fire department. According to their statement, "PFD recognizes that changing dynamics in the town of Cavendish have led some to believe that a merger of Fire Districts 1 & 2 would be in the best interests of all townspeople, PFD is not opposed to the idea of the merger. However, the terms of the merger must be based on PFD continuing to operate completely intact in all aspects with Cavendish assets,

equipment, finances and, on a case-by-case basis, personnel folded into PFD."

Meetings to discuss merger so far between the two fire departments have resulted in three main issues of disagreement that have arisen during talks: payments for firefighters, command structure, and where equipment would be housed.

According to PFD Prudential Committee Chairman Bob Parkington, "The first thing we couldn't agree to was paid firemen...we completely disagree with that concept. That's a non-starter, we wouldn't continue that." Cavendish volunteer firefighters receive \$15 per call whereas Proctorsville firefighters are strictly volunteers.

Another objection is that the Cavendish Fire Dept. wants the fire chief appointed by the Cavendish Selectboard and not the

Prudential Committee, which oversees the Fire Department budget, expenses, and personnel. According to Parkington, "They [CFD] were looking to maintain their fire station with their personnel and one of their officers in charge of it as a deputy chief and have the Selectboard appoint a chief to handle both departments and have an assistant chief here [at the Proctorsville fire station]." Instead, PFD wants to maintain the command structure currently in place at PFD and have CFD operate from within that structure.

CFD also wanted one of the PFD trucks to be transferred to the Cavendish Fire House. Parkington suggested that this demand was the result of CFD having substandard equipment in their own department.

See **FIRE DEPT** on Page 2A

Local students help raise over \$117,000 for the UVM Children's Hospital

BURLINGTON, Vt. – The following local students helped raise a collective sum of \$117,530.29 for the University of Vermont Children's Hospital through active participation in RALLYTHON – UVM's annual yearlong student-led fundraiser and 12-hour dance marathon in support of Vermont's local Children's Miracle Network Hospital.

By the conclusion of this year's fundraising, Taylor Bird of Vernon and Jessica Lawrence of Putney raised enough money each to reach the "Dancer Goal" – a distinction given to participants who have fundraised between \$100-249 over the course of the year.

Jacob Curtis of Windsor raised enough money to earn the distinction of "Miracle Maker" – a title given to participants who have fund-

raised between \$250-499 over the course of the year.

Marjorie DesLauriers of Chester raised enough money to join the "500 Club" – a distinction given to participants who have fundraised between \$500-749 over the course of the year.

RALLYTHON is a student-led yearlong fundraiser, which culminates in a 12-hour dance marathon, signifying the average length of a nurse's shift at Vermont's local Children's Miracle Network Hospital. During RALLYTHON, which took place on Saturday, March 2, 2019, students heard stories from patient families treated at the UVM Children's Hospital and engaged with champions – current and past patients of the hospital – while fundraising, participating in games, and dancing until the final reveal their annual fundraising total.

UVM's RALLYTHON is



UVM RALLYTHON participants hold up final fundraising numbers. PHOTO PROVIDED

organized in collaboration between UVM's Department of Student Life and the University of Vermont Medical Center. Through its five years in existence, participant students have raised over \$378k for the UVM Children's Hospital – 100 percent of which stay local to support local kids. This

fundraised money is crucial to the support of patients at the UVM Children's Hospital, and goes towards the purchase of everything from lifesaving equipment and medicine to supplies meant to enhance the experience for patients and their families during their treatment.

Cavendish Community Fund accepting grant applications

CAVENDISH, Vt. – The Cavendish Community Fund is now accepting grant applications for spring 2019 grant awards. The deadline for applying is April 30 and applications that miss that date will be considered in the fall. Grants are available for projects, programs, or events that directly benefit the Cavendish community in education or the arts. A panel of local citizens reviews the applications and recommends awards based on the quality and feasibility of each proposal. The number of grants

and the amount of each depend on how many applications are received.

Since 2007, the fund has given cash grants to individuals or organizations for educational, artistic, or cultural projects, programs, or events. For further information on the Community Fund or on any aspect of the grant program, or for help applying, please call Barbara Dickey at 802-226-7187 or Peter LaBelle at 802-226-7250. Requests for grants should be mailed to P.O. Box 154, Proctorsville, VT 05153.

Information is also avail-



Installing flags in Proctorsville. PHOTO PROVIDED

able at Crows Bakery on Depot Street in Proctorsville and at the Cavendish Town Office on

High Street in Cavendish, or by emailing cavendishfund@gmail.com.



Chimney fire

CAVENDISH, Vt. – A chimney fire at the home of Nate Rose on Main Street in Cavendish erupted at approximately 6 p.m. Monday, March 18. The fire was contained to the chimney with only smoke and CO condition impacting the rest of the house, although the chimney will need repairs. Proctorsville, Cavendish, Ludlow, and Weatherfield all responded to the scene. According to Proctorsville Fire Department, "All fire apparatus and personnel cleared the scene just before 8 p.m."

PHOTO BY SHARON HUNTLEY

DAR American History contest winner

LUDLOW, Vt. – Alexis Martin won second place in the recent Vermont State Daughters of the American Revolution American History contest for her essay on the Women's Suffrage campaign. She also won first place in the Cavendish DAR contest.

country, snowboarding, and softball.

For more information about joining DAR, please call 802-226-7755.



Alexis Martin.

PHOTO PROVIDED

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ATTENTION!

The Vermont Journal & The Shopper acquired The Message of the Week in April of 2018. Due to the similar coverage areas, all of the content goes into The Vermont Journal & The Shopper. You can call us at 802-228-3600.

DEADLINES

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

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calendar@vermontjournal.com

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ads@vermontjournal.com

EMAIL YOUR PRESS RELEASES, ARTICLES, AND PHOTOS
editor@vermontjournal.com

Londonderry Tri-Mountain Lions thanks Clark's IGA for food drive

LONDONDERRY, Vt. – The Londonderry Tri-Mountain Lions would like to thank Clark's IGA for hosting our 2019 Food Drive to benefit the Neighbor's Pantry Food Shelf Feb. 16. Thanks to the generosity of our community and visitors, 1,030 pounds of food were collected along with \$211 in cash donations. The Neighbor's Pantry Food Shelf is operated by the Second Congregational Church in Londonderry, Vt. and gladly serves all that need their services. Walk-ins available on the third Thursday of the month, from 1-4 p.m. They may be reached at 802-824-6453.



Londonderry Tri-Mountain Lions collect 1,030 pounds of food. PHOTO PROVIDED

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tain Lions are members of your community from all walks of life who share the same commitment to serving their neighbors, the less fortunate, and our youth. Lions also concentrate on helping those with sight and hearing impairments by purchasing eyeglasses and hearing aids. We also provide vision screenings in local schools. We are always looking for new members who share our goals.

All are those with vision to join us at our next meeting and assist with a service project, Tuesday, April 9 at 7 p.m. at the Meeting Place in Neighborhood Connections at the Mountain Marketplace in Londonderry.

For more information, please email londonderry-trimtlions@gmail.com or call Pam at 802-384-0033.

Whiting Library hosts AARP Fraud Watch

CHESTER, Vt. – The Whiting Library, in cooperation with AARP Vermont's Fraud Watch Network, will host a timely presentation, "Scams, Fraud and Con Artists: Coming to a Computer Near You," at 117 Main Street, Chester, Vt., Saturday, March 23 at 11 a.m. The program will identify the current scams and tactics being used today and provide helpful tips on staying out of the grip of con artists. The program is free and is appropriate for all ages.

The presentation by Elliott Greenblatt, AARP Vermont Fraud Watch Network

coordinator, has been seen by hundreds of Vermonters over the past year. According to Greenblatt, "Consumer fraud of every type is on the increase. From the imposters claiming to be IRS agents to the computer tech support scams, to the bulk-mailed contests, there has been a dramatic rise in the number of attempts to defraud the public."

The presentation provides clear examples of scams and concrete protection steps for all ages. "We are seeing scams perpetrated across the age spectrum. Even newborn infants are being targeted for identity theft via stolen Social Security num-

bers," stated Greenblatt. "Our program provides free information and resources including a national hotline to assist people who feel they may have become victims."

Greenblatt urges those who are concerned and want to do something to become active volunteers in the program to contact him by phone 413-219-9778 or email egreenblatt@aarp.org. In addition, he notes that any community group can contact him for a free presentation.

Contact Whiting Library at 802-875-2277 or whitinglibrary1@gmail.com.

AARP Smart Driver Course

LONDONDERRY, Vt. – On March 22, from 12-4 p.m., at Neighborhood Connections, AARP offers a Smart Driver Course, an educational program which, upon completion, may make you eligible for an auto insurance discount.

Because driving has changed since you first got your license, this session aims to give you a greater appreciation of the driving challenges you face behind the wheel today and a better understanding of how to avoid potential collisions that could injure yourself

or others. There is a cost for AARP members and for non-members.

Space is limited, so please call 802-824-4343 to attend. Neighborhood Connections is located in Londonderry's Mountain Marketplace, next to the Post Office.

Black River Senior Center updates and upcoming menu

LUDLOW, Vt. – Are you a reader? Come browse our well-stocked lending library where we have something for everyone. After choosing your books, you might want to stay for an activity or join us for lunch.

- Weekly activities:**
- Monday at 2 p.m., Bone Builders
 - Wednesday, from 1-4 p.m., Bridge
 - Thursday at 2 p.m., Bone Builders

- Friday at 10:30 a.m., Quilt Club
- If you don't see any activity that you're interested in attending, please give us your suggestions. We welcome any ideas and appreciate volunteers.
- Next week's menu:**
- Monday, March 25: Roast turkey, gravy, mashed potatoes, baby carrots, roll, and pineapple
 - Wednesday, March 27: Spinach and cheddar quiche, home fries, Bahama blend vegetables, bread, and applesauce

- Thursday, March 28: Chicken breast, baked beans, broccoli, roll, and ricotta cheese bar with craisins and dates
 - Friday, March 29: Baked salmon, rotini with vegetables, sliced carrots, roll, and oranges
- Come and enjoy lunch with friends and neighbors.
- If you are interested in having Meals on Wheels delivered to your home or would like to volunteer as a driver, please call Senior Solutions at 802-885-2655.

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FIRE DEPT

From Page 1A

The PFD statement concludes with "While this may seem extreme, there is sound reasoning and hard facts behind our position. Information in the form of a fact sheet and relevant state

statues will be available on request at the Proctorsville Fire Department on Tuesday nights from 6-8 p.m. This statement regarding PFD's position on a potential merger is not about personal agendas, feelings, or fairness. The members of Proctorsville Fire Department work to serve our townspeople and surrounding communities, not for pay or recognition but because there is a need and we enjoy helping people. This is about doing a job – a serious, life or death job – doing it well and in the most reliable way possible. We will not, under any circumstances, entertain a proposal that would compromise our ability to provide this necessary service."

Proctorsville Deputy Chief Bobby Glidden expressed his concern that current PFD membership would not be willing to work under leadership from CFD. "Our membership for numerous reasons over many years have serious safety concerns concerning the Cavendish leadership," he said.

PFD offers ongoing training classes throughout the year and welcomes CFD members to participate but are frustrated that CFD does not participate in the training, which he feels

would help them all work better together.

Another significant issue is the rate of unanswered calls by CFD. Over the last three years, according to PFD, Cavendish Fire Dept. has had approximately 40 missed calls. Because of this, Proctorsville Fire Dept. went on "automatic aid" three years ago, which means that Proctorsville responds to every fire call that Cavendish receives. Information obtained from dispatch out of Hartford, Vt., confirms that Cavendish Fire Dept. missed 27 fire calls in 2018, as well as 5 EMS calls, with no Cavendish trucks responding at all.

Proctorsville has missed no calls during the same timeframe and haven't missed a call in Glidden's memory of service over his 24 years. Glidden admits it's difficult having CFD come in with merger demands "when we're doing their job."

According to Parkington, in addition, it's added to their own department expenses with increased fuel costs as well as other expenses in answering these additional calls.

Part of the non-response issue is driven by the number of volunteers operating within the Cavendish Fire Dept. Their volunteer numbers are currently at

seven. Conversely, Proctorsville has 24 active volunteers and 12 junior firefighters between ages 12-17.

Firefighters have also left CFD and gone to volunteer at PFD. Ten firefighters have transferred from CFD to PFD in the last 12 to 15 years, with eight of them still in service with PFD. In the last year, five firefighters have made the switch.

Just this past weekend, volunteer firefighter Eric Burguist left the Cavendish Fire Dept. to join the Proctorsville crew. According to Burguist, who has 18 years of fire fighting experience, his departure followed a recent call in Cavendish, after which he was chastised by CFD personnel for calling for additional help from Proctorsville.

"Every time, I make a decision to ask for additional support [for safety reasons] I have experienced criticism from both supervisors and other volunteers at CFD," he said. After this most recent episode, Burguist reached out to Proctorsville Fire Chief Bob Glidden to join his crew. "It's been a long time coming," Burguist said.

Burguist's girlfriend, Sheila Wilson, who was formerly with CFD several years ago, also joined PFD.

Proctorsville Fire Dept. insists that they are open to a merger but will stick to their guns about their place at the helm. They feel that through their training, their staffing, and their equipment, they've earned that right. "We've proposed to them numerous times that our door is open and they can come up here and join our fire department and run one fire department under our command. We're willing to do that," Glidden said.

In a phone interview, Assistant Fire Chief of the Cavendish Fire Dept. Abraham Gross addressed the missed calls, commenting, "CFD appreciates the assistance from PFD and has offered to compensate them, which they magnanimously declined. Our personnel issues are why we believe the town of Cavendish would best be served by a unified district and eventually a single fire department."

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Crow Hill Farm purchased and conserved

CHESTER, Vt. – The Vermont Land Trust and Vermont Housing & Conservation Board worked with Greg and Tara Gomo to help them purchase and permanently conserve Crow Hill Farm in Chester. Tara and Greg are using the land to produce beef, pork, poultry, and eggs, and now have an opportunity to expand their business further.

The 263-acre farm is located on Flamstead Road and has been a part of the community for nearly 70 years. Many people have fond memories of its operation under Donald and Helen Farrar and their family. Donald and Helen purchased the main farmland in the late 1940s and added parcels over the years. They ran the farm as a dairy with a herd of registered Jerseys.

More recently, their sons Alan and Michael kept beef cows there. After their parents passed away, Alan, Michael, and their sisters Linda Keaten and Susan Crocker decided to sell the farm. The family had long been interested in conservation, so they reached out to VLT.

In 2016, VLT purchased the farm through its Farmland Access Program, which helps entrepreneurial farmers find affordable farmland of their own. Tara and Greg Gomo were chosen through a competitive process to find the best new farmers for the land. Greg had worked for the Farrars years ago, and he and Tara had been farming for decades and were established in the area.

"I remember Greg helping hay 20-plus years ago on the farm," said Alan Farrar. "I know my parents would be very happy that the Gomos were able to

purchase the farm. I am pleased that the farm has been conserved and that a farm family now owns it. I know that Greg and family will be good stewards."

The Gomos leased the land for nearly two years, while VLT held on to it so that money could be raised to support the farm's permanent conservation. The conservation easement protecting the farmland from development also ensures that the land will always be available to future farmers, thus keeping it in active production.

"For 63 years, Crow Hill Farm was a working dairy farm built on hard work, family, friends, and community," said Linda Keaten, speaking on behalf of the Farrar family.

"Our parents created a successful farming operation based around respect, diligence and most importantly – family. In our small community, Mom and Dad knew the Gomos well and found their many qualities admirable. If they were here, they would be delighted to have Greg and Tara continuing the farming legacy on Crow Hill. We wish Greg, Tara, and their family great success as they embark on this journey at Crow Hill Farm."

Located north of the village of Chester Depot, Crow Hill Farm is conveniently located to Routes 103 and 11. Greg and Tara live on the farm with their daughter, Emeillia, and raise beef cows, chickens, and pigs.



Gomo family at Crow Hill Farm. PHOTO BY ABBE ROWLEE

They also sell hay and breed and raise Labrador retrievers.

"This farm had been well taken care of and maintained for as long as we can remember by Donald and Helen Farrar and family," said Tara. "And now it is our turn."

"It is great to see this farm transition to a family committed to the future of farming in Chester," added Jon Ramsay, director of VLT's Farmland Access Program.

Funding for this conservation project came from VHCB, with matching funds from the USDA Natural Resources Conservation Service. Financial assistance from VHCB and NRCS help to permanently protect Vermont's highest quality agricultural resources.

Gus Seelig, executive director of VHCB, said, "Our board is pleased to support the conservation of Crow Hill Farm, and especially happy to see young farmers able to purchase farmland they have been leasing, securing the land base for their diversified operation. More than half of VHCB-funded farm projects facilitate transfers to new owners."

In addition, close to \$60,000 was raised from private sources including neighbors and citizens of Chester and surrounding communities. Crow Hill Farm has 90 acres of farmland and 164 acres of managed forest. There are also wetlands, streams, including two tributaries that eventually flow into the Connecticut River, and wildlife habitat, all of which are now protected.



Crow Hill Farm in Chester. PHOTO BY ABBE ROWLEE

Ludlow EMS coordinator speaks to Rotary Club

LUDLOW, Vt. – Carl Matteson, coordinator of the Ludlow Emergency Services, recently spoke to the Ludlow Rotary Club regarding the work of that group in providing ambulance services to the Ludlow, Caven-dish, Proctorsville, and Plymouth communities. He noted that in the past year ambulance services were provided over 800 times.



Carl Matteson and Barbara LeMire, LRC president. PHOTO PROVIDED

In describing the areas services, he indicated that Ludlow represented the largest volume of calls. However, contrary to common beliefs, he indicated that winter ski season accidents were not the most frequent calls. Noting that the area serviced has seen

a major increase in the "graying" of the areas population, service of non-skiing incidents represent the most frequent usage of the ambulance services.

Carl also stressed that from the 1990s through the past year, the EMS had been a totally self-

funded organization, requiring no taxpayer support. However, with increased demand for the services and fewer volunteers to participate in the EMS, the cost of running the EMS was climbing while revenue supporting it was slowly declining.

LRC meets for lunch on most Tuesdays at 12:15 p.m. at DJ's Restaurant. The LRC is small and is always looking to welcome new members. If you would like to attend a meeting and learn how you may Serve Humanity while enjoying the fun and fellowship of others, please contact any Rotarian or drop a note to Ludlow Rotary, P.O. Box 216, Ludlow, VT 05149.

Ludlow Rotary supports FOLA movie series

LUDLOW, Vt. – At its recent meeting held at the Big Eyes Bakery in Ludlow, the Ludlow Rotary Club presented FOLA with sponsoring support for their three movie series featuring the work of Peter Sellers.

The series will feature "The Mouse that Roared" April 13, "Return of the Pink Panther" April 27, and "Being There" May 11. The films will be screened in the Heald Auditorium in Town Hall. The movies will start at 7

p.m. The opening film Saturday, April 13 will begin with a reception at 6 p.m., which will feature a presentation about Sellers and his film career by Vermont film historian, Rick Winston. Food will be served during the reception.

Other film sponsors include The Book Nook, Big Eyes Bakery, and Marylou Scofield Attorney at Law.

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Touch-a-Truck to follow Family Festival

SPRINGFIELD, Vt. – The Edgar May Health and Recreation Center is pleased to announce that Touch-a-Truck is returning to Springfield, Vt., April 6, from noon to 2 p.m. Once again pairing up with SAPCC and the annual Family Festival to extend the fun taking place at Riverside Middle School.

Touch-a-Truck is not your typical car show. This event gives children and adults a chance to interact with not only the vehicles, but with the “heroes” that drive, operate, and maintain them. Young children can watch the trac-

tor bucket move, see the sirens flash, hear the horns and sirens blow, and learn about safety through fun, interactive games or simple conversation. Young and old can fulfill curiosities while learning and interacting with businesses and organizations from the community.

Food vendors will be on-site to offer lunch fare, and all manner of trucks, emergency vehicles, construction equipment, farming, racing, and more are participating.

The event is still welcoming exhibitors, food vendors, safety volunteers, and in-kind sponsors and donations. If you

are unable to show off a vehicle but want to contribute to the success of this free event, join the fun as a sponsor or supporter by providing food, a game, activity, or prizes! If you haven't been contacted by the EdgarMay and would like to participate, visit www.myreccenter.org/touch-a-truck or call 802-885-5046 to learn more.

Touch-a-Truck is made possible through the innovative STEP partnership between the Edgar May Health and Recreation Center and the Springfield Area Parent Child Center.

SCVBR membership meeting

REGION – South Central Vermont Board of Realtors would like to thank Equinox Village for allowing us to use their beautiful facility. They graciously hosted our most recent membership meeting and continuing education session Monday, March 4. We would also like to thank Lake Champlain Sea Grant for sponsoring the class. Additional information about who they are and what they do for our state is available at www.uvm.edu/seagrant/about-us.

Members of SCVBR are dedicated to learning to become better stewards of our



SCVBR at the membership meeting at Equinox Village.

PHOTO PROVIDED

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AWARD-WINNING

community so that we can educate our sellers and buyers about the various aspects of land use management and planning, forest management, and best practices.

We would also like to extend our gratitude to our extremely knowledgeable instructor and Bennington County Forester, Kyle Mason. We encourage anyone interested in buying or selling property to contact a local realtor or visit www.vermontrealtors.com/consumers.

Rotary District 7870 announces the Janice H. McElroy Scholarship

SPRINGFIELD, Vt. – The Rotary Club of Springfield is pleased to announce a district-wide scholarship in memory of Janice H. McElroy, who served as Rotary District 7870 governor in 2011-2012 and was instrumental in securing a Rotary International grant of \$412,000 to help southern Vermont rebuild after the devastation of Hurricane Irene. This scholarship is made possible due to donations from friends, colleagues, and Rotary Clubs throughout the District 7870.

Prior to her death in 2014, Jan McElroy requested that any donations received in her memory be dedicated to establishing a scholarship fund for non-traditional students. It will be awarded to a person who is 21 years of age or

older and has completed high school or earned a GED. There must be at least a three-year gap between graduating from high school and full-time college attendance or a record of part-time college for three years after graduating from high school. The scholarship can be used for expenses at a four-year or a two-year college, or for another type of accredited institution, such as a technical or vocational program. The scholarship award will be a minimum of \$1,000.

Applications may be obtained from Bob Flint, Vocational/Scholarship Chair of the Springfield Rotary Club, who can be reached at 802-885-3061. Applications need to be completed and received no later than April 15, 2019. The selected recipient will be notified in late April and will be presented

the award at the Rotary District 7870 conference in Danvers, Mass. May 3, 2019.

The 60 Rotary Clubs of District 7870 are business and professional leaders who volunteer their expertise, compassion, and power to improve communities at home and abroad in more than 200 countries and geographic regions. They are part of Rotary International, a worldwide service and humanitarian organization promoting high ethical business and professional standards, increasing communication among peoples and making our world a better place in which to live. Rotary International's overall goal is to help build goodwill, understanding, and peace. For more information about the Rotary Club of Springfield, contact the Club through their Facebook page.

The 12th annual Kurn Hattin Jazz Invitational

WESTMINSTER, Vt. – Join us for the 12th annual Kurn Hattin Jazz Invitational April 3 at 7 p.m. This not-to-be-missed event will be held in the Mayo Memorial Center Higbie Auditorium at Kurn Hattin Homes for Children in Westminster, Vt.

Master of Ceremonies is the renowned Vermont Jazz Center director Eugene Uman. Seven talented jazz ensembles will showcase their musical skills. The eve-

ning concludes with the Keene Jazz Orchestra.

Admission to the concert is free. Donations to help purchase instruments and enhance jazz education at Kurn Hattin are greatly appreciated. For more information, contact Lisa Bianconi at 802-721-6931.

Support music in our schools and community!



Join the Jazz Invitational!

PHOTO PROVIDED

What should you do with an inheritance?

REGION – If you were to receive a sizable inheritance, what should you do with

it? This money could help you achieve some of your important financial goals – so you'll want to think carefully about your choices.

Of course, everyone's needs are different, so there's no one “right” way to handle a large lump sum. But here are a few suggestions that may be useful.

Pay off some debts. Depending on the size of your inheritance, you may want to consider paying off some, if not all, of your debts, such as car loans, personal loans, and student loans. You might even consider paying off your mortgage, but you may not want to, as you might be able to get a better return on your money by investing it. Also, if all your money is tied up in a house, you'll typically have less liquidity than you would get from your investments.

Contribute more to your retirement accounts. You may now be able to afford to contribute more to your 401(k) or other employer-sponsored retirement plan, as well as to your IRA. These accounts offer tax benefits plus an array of investment choices, so they are excellent ways to build resources for retirement.

Save for college. If you have children or grandchildren whom you would like to some-

day send to college, you might want to put some of your inheritance into a college savings vehicle, such as a 529 plan, which provides tax benefits and gives you great flexibility in distributing the money.

Build an emergency fund. If you haven't already built an emergency fund containing six to 12 months' worth of living expenses, you may be able to do so now, using part of your inheritance. Keep the money in a liquid, low-risk account, so that it's readily available to pay for unexpected costs. Without such a fund, you might be forced to tap into your long-term investments.

Above all else, you may want to get some help. If you don't already have one, a financial professional can recommend ways of using the money to help you meet your goals. For one thing, you could further diversify your investments, which is important because diversification can help reduce the effects of market volatility on your portfolio.

And a financial professional can help you determine how much your plans could change due to the inheritance. To name just one possibility, you might be able to move up your retirement date. If so, you'd need to adjust many aspects of your financial strategy, such as when to take Social Security, how much to withdraw each year from your retirement accounts, and so on.

You'll also need to consult with your tax advisor because some inherited assets, such as an IRA, could have tax implications.

Your loved ones worked hard, and probably invested for many years, to leave a legacy for you. So to honor their memory do whatever you can to handle your inheritance wisely.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

We will have LIMITED STAFF on Friday, April 5.

Please send advertisements to ads@vermontjournal.com by Thursday, April 4 for the April 10 editions.

Thank you for your cooperation!

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Friday, March 22

Roasted Pork
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\$12.00
 to Benefit the Sons of the American Legion

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

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 802-228-9807
 Seatings from 5:30 to 7:00 pm



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

The Perils of Pawleen

Peter Farrar loaned me a typewritten manuscript written by Vera Lundberg. Vera documents her and her husband Eric moving from New York City to remote Andover in the early 1930s. In a July 10, 1938 New York Times is explanation why they moved to Vermont during the Depression. Eric was an antiquarian book dealer and was known far and wide for having rare books. Eric said they moved to Vermont because Vermont attics held many rare books.

It's a great story Vera writes. I wish you could read it in its entirety as I have. Below are a couple excerpts from her manuscript titled "The Perils of Pawleen or Living Alone and NOT liking it Too Much."

The snow
"There have been two memorable snows that I have enjoyed very much. One was the most beautiful thing that ever happened. It snowed all night and the next morning we woke to a fairyland. Not a flake of it was wasted. Every tiniest branch and twig had caught a good inch or two and it looked as if someone had painstakingly padded every sprig with thick layers of cotton. Everything in every direction was fluff. We tried to catch it with the camera but the results were most disappointing, so I'm afraid the beauty is lost forever.

"The Kelveerd family arrived just as Eric was taking them and either the distraction or the unfamiliarity with the camera and stale film prevented a better job. The Kelveerds had to abandon their car down by the schoolhouse and came trekking up the lane single file in deep snow. They left after lunch which they brought with them, and we escorted them back down the hill. The walk was spectacularly lovely, the trees in the lane to the mail box were as fluffed out and laden that it was like passing under a white quilted arch. From the bottom of the hill we went straight up to Kangas' for the milk and we had many lovely vistas going and coming.

"By evening the wind rose, though very slightly but the disturbance was just enough for the overloaded branches to rid themselves of their burden and the snow came in whole snowballs not a few flakes at a time. By next morning the scene had changed com-



George Stowell in Windham. This would be similar to the plow Vera describes.

PHOTO PROVIDED BY TED SPAULDING

pletely. There was still some snow left on the trees but with no unusual effect. I suppose it is too much to hope for one just like it."

The Town Plow
"The snow plow has only had to dig us out twice so far and that was one of the times. The next day was Saturday and we really wanted to go shopping for food in Chester but were afraid of getting stuck in the lane. The 'boys' finally buzzed into the yard about 8 o'clock Sunday night. It's very exciting to hear the monster thundering up the lane long before you can see it around the bend, and then catch a glimpse of its two huge eyes in the dark as it roars nearer and nearer, shaving everything before it and leaving a nice clear path behind. We asked them in for coffee but they had just had some somewhere along the line and declined with thanks. The time before they were very cold and glad to get it. One man drives and another stands on the rear platform to guide the 'wings', a nice cool job on a bad winter's night, and they work all night as a rule. When you have waited for them to release you from bondage, it's quite a thrill to have them arrive."

Location of schoolhouse
The schoolhouse Vera mentions would be the brick schoolhouse recently owned by Lydia Ratcliff at the foot of East



The Brick Peaseville School on the Andover-Weston Road.

PHOTO PROVIDED

Hill. Reading about the town plow arriving to free the Lundbergs, reminded me of something when I was a kid on High Street in Chester.

If we had a heavy snow-storm the Chester town plow sometimes plowed out our driveway. The driver wasn't supposed to plow private driveways but he sometimes did. I can still see my mother climbing up on the running board of the huge plow truck, giving the driver a swig from a fifth of whiskey. They visited a minute and then had another snort. Luckily I inherited my mother's fine qualities.

It's great to bring these eyewitness accounts of days gone by to print. I've found quite a few locally: Gordon Gates, Gramp Spaulding, George Farrar, Beatrice Farrar, and several more. I imagine most area towns had individuals who wrote their histories or memories. Please contact me if you have any local stories.

The next meeting of the Chester Historical Society is Thursday, March 28 at 7 p.m. and held upstairs of Chester Town Hall. All are welcome.

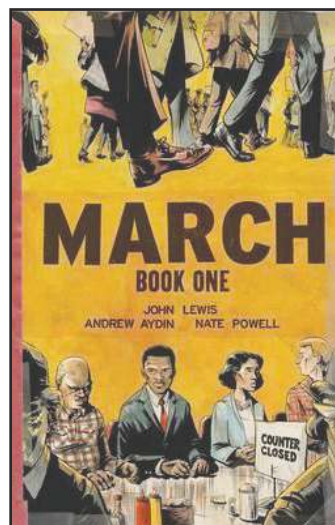
This week's old saying was used when someone passed gas. "You can't have intake without exhaust."

Pick up a copy of John Lewis' graphic memoir

BELLOWS FALLS, Vt. – Pick up a copy of the graphic memoir "March: Book One" at the Rockingham Library anytime and get ready for the book discussion Monday, April 1 at 3 p.m. This title is the first of a trilogy written by civil rights icon John Lewis, in collaboration with co-writer Andrew Aydin and award-winning graphic artist Nate Powell.

Lewis was chairman of the Students Nonviolent Coordinating committee and was considered one of the "Big Six" leaders of the civil rights movement. He has served in the U.S. Congress since 1987 and was awarded the Medal of Freedom by President Obama in 2011.

"March: Book One" tells of Lewis's childhood in rural Alabama, his desire as a young



Get ready for a book discussion on "March: Book One."

PHOTO PROVIDED

man to be a preacher, his life-changing interactions with

Martin Luther King Jr., and the nonviolent sit-ins he joined at lunch counters in Nashville as a means of undermining segregation.

The Vermont Humanities Council has chosen this title for its 2019 Vermont Reads Statewide One-Book Community Reading Program. The Rockingham Library has been selected as a recipient of 65 copies of this book from VHC for programming purposes.

Anyone may pick up a copy of this book during regular library hours. Having a library card is not a prerequisite. For more information, go to www.rockinghamlibrary.org, email programming@rockinghamlibrary.org, call 802-463-4270, or stop by the library at 65 Westminster St., Bellows Falls, Vt.

Edward Jones ranks highest in investor satisfaction

REGION – Financial services firm Edward Jones ranks highest in investor satisfaction with full service brokerage firms, according to the J.D. Power 2019 U.S. Full Service Investor Satisfaction Study, the firm recently announced.

The study measures overall investor satisfaction with 18 full service investment firms based on eight factors including financial advisor, account information, investment performance, firm interaction, product offerings, commissions and fees, information resources, and problem resolution. The firm scored 853 in overall satisfaction, 18 points over the industry average.

"What a great honor it is to be recognized for what matters most, which is making a difference in the lives of our clients," said Edward Jones Managing Partner Penny Pennington. "We illustrate the value of the Edward Jones client experience every day and help our clients

achieve financially what is most important to them. We can bring something truly special to clients who experience us. This is why we exist."

Edward Jones ranked highest in investor satisfaction by J.D. Power in 2015 (tied), 2012, 2010, 2009, 2007-2005, and in a tie in 2002, when the study be-

gan. The 2019 Full Service Investor Satisfaction Study is based on responses from more than 4,629 investors who primarily invest with one of the 18 firms included in the study. The majority of the study was fielded in December 2018. For more information, visit www.jdpower.com/awards.

Remember when...



CHESTER, Vt. – Do you remember when they had snowmobile races on Thunder Hill on Route 11 where the Chester Rod & Gun Club is now located? It was \$1 to attend, with refreshments and bonfires included.

PHOTO PROVIDED BY TYLER KEITH

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opinion

Letters to the Editor

Dear Editor,

While many innovative changes are taking place around our state, one can look out of the Statehouse front windows and see the tall ancient smoke-stack that has served the capital complex for generations. Cord wood, oil, and wood chips were burned in the old boiler with the material coming in by train to the siding or by trucks. The new biomass-fired boiler burns wood chips and heats the surrounding state buildings as well as downtown Montpelier. The same stack is still being used. We used wood in the "old days" and we are still using locally sourced wood or at least nearby today. I was reminded of all of this when I noticed a wood chip hauling truck trying to turn into the driveway, which is directly across from the Statehouse. Interestingly, in the same line of sight were our electric charging stations with four cars attached. The electric car also has an old history that might match that of the smoke-stack as, in 1900, 38 percent of the cars on the road were powered by electricity.

Another old Vermont prod-

uct, hemp, is making a big comeback and in a report from the Dept. of Agriculture, there were 450 registered farmers growing hemp as fiber, food or forage, and oil seed crops. There are approximately 3,000 acres devoted to hemp. The largest grower I'm aware of is in Rutland County and plants on 275 acres. The conversion of hay and cornfields to hemp fields is expected to increase due to the explosion in popularity of cannabidiol products. These products, better known as CBDs, are legal and don't have the same properties as marijuana. They are frequently used to treat arthritis, insomnia, and many other maladies. Their users report finding relief. One can find them sold in local stores now that hemp is legal under the federal 2018 farm bill. The new state Agriculture and Environmental Laboratory, which was recently completed on the campus of Vermont Technical College in Randolph, is set up to do testing of hemp products for safety and content. They will also be able to test medical marijuana

for the medical dispensaries.

The Agency of Agriculture's budget was presented to the Appropriations Committee this week. Proposed spending is \$26,485,000 and covers all divisions from farming to food safety to weights and measures, (accuracy of store scales, gas pumps, etc.), to animal health to the expensive clean water initiatives. The agency isn't as high profile as it was in the past when we had more dairy farms, but there is a great appreciation for Vermont products and the agency now promotes all types of farming in addition to dairy.

Consider visiting your Statehouse and listen to testimony in the committees. Contact me at home at 802-228-8432, at the Statehouse at 1-800-322-5616, or email anitka@leg.state.vt.us. I am able to read all of your emails and appreciate you sending them, however the volume received makes it impossible to respond to all of them.

Sincerely,
Sen. Alice Nitka
Windsor County

Dear Editor,

The Bart Center for Adaptive Sports would like to thank the owners of the Inn at Weston, Linda and Bob Aldrich, for their generosity and continued support. On Thursday night, March 21, 2019, the Inn at Weston will be hosting a trivia night to raise funds for the Bart Center. The fun begins at 5:30 p.m. with a cash bar, followed by dinner from their excellent pub menu at 6 p.m. The trivia game will begin at 7 p.m.

Bob and Linda have already hosted other trivia nights and raised hundreds of dollars this year to support other local organizations, including Neighborhood Connections, the Wilder Memorial Library, and the Old Parish Church in Weston. They have been doing this for several years and have raised thousands of dollars to support local families, organi-

zations, events, and other worthy causes. When in the area, please stop by to support the Inn at Weston. The food is great and the hospitality even better!

The Bart Adaptive Sports Center is a nonprofit organization whose mission is to "provide people with disabilities and their families the opportunity to enjoy outdoor sports, with a special focus on snow sports." We provide ski and snowboard lessons and equipment to children and adults with cognitive or physical disabilities from December through March. Lessons are given at Bromley Mountain and other local ski areas on weekdays (primarily local JISP students), holidays, and weekends. The summer program includes instruction in paddling, hiking, and biking.

If you are interested in supporting the Bart Center, volun-

teering as a ski or snowboard instructor for next year, or with helping during our summer program, please call Executive Director Joe Hurley at the Bart Center at 802-824-6849 or go to www.bartadaptive.org. Again, a huge thank you to the Inn at Weston, we appreciate your support very much!

Sincerely,
Greg Eckhardt
Bart Center Board of Directors

Dear Editor,

The Chester-Andover Family Center's Election Day Bake Sale Tuesday, March 5, was a great success! We wish to thank everyone who stopped by after voting and either purchased baked goods or just made a donation.

The center is 100 percent operated by volunteers. Funds raised through events

Dear Editor,

The clients, employees, and volunteers at Black River Good Neighbor Services in Ludlow sincerely thank Okemo, its employees, and especially its skiers for a highly successful food drive on March 10.

Each spring and each fall, Okemo holds its Cares and Shares food drive to benefit Black River Good Neighbors in the true spirit of community giving. Skiers who donate cash or food receive a discounted lift ticket for the day. It's a winning situation for everyone.

This spring the drive resulted in filling the constant need for nonperishable items that go directly onto the food shelves. Volunteers from Black River Good Neighbors, along with Okemo employees, collected the donated food from various points at Okemo's main base lodge and at Jackson Gore's base. They were kept busy all morning.

BRGNS serves clients in Ludlow, Mount Holly, Belmont, Cavendish, Proctorsville, and Plym-

outh with food and financial assistance for all who qualify. For information about the food shelf, please call 802-228-3663 and ask for Krey. For information about volunteer programs,

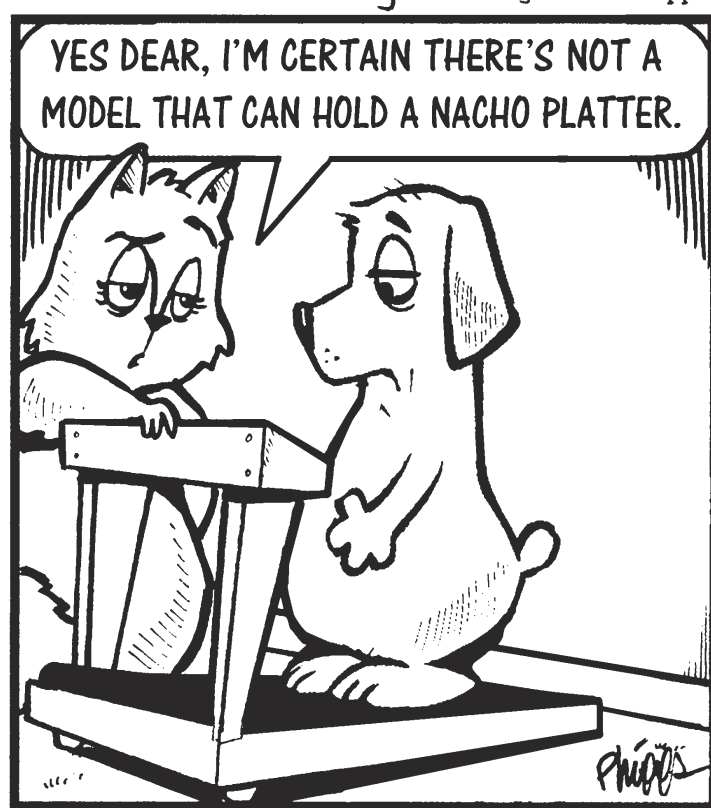
mission to make a difference in our community by providing resources for financial assistance, nutritional food, affordable clothing, and household goods. We are most appreciative.

Sincerely,
Bake Sale coordinators
Chester-Andover Family Center

ask for Audrey.

Sincerely,
Black River Good Neighbor Services
Ludlow, Vt.

Just Like Cats & Dogs by Dave T. Phipps



Op-Ed: Sunshine Week keynote address of Sen. Patrick Leahy

Sunshine Week is an opportunity for us to reflect upon the foundational principle that a democracy hidden from the people is no democracy at all. Our government's legitimacy is derived entirely from the consent of the governed. But how can the governed consent to that which is concealed from them? This week we recommit ourselves to the idea that the path toward a more perfect union requires us to lay bare and scrutinize our imperfections.

From the beginning of my tenure in the Senate, 45 years ago, transparency has been a guiding force. That is why for 20 years as the chairman or ranking member on the Senate Judiciary Committee, I worked to both protect and bolster the Freedom of Information Act. I am proud to have led bipartisan reforms to FOIA over the years, including, most recently, the FOIA Improvement Act of 2016, which codified the "presumption of openness."

My dedication to an open government has not dwindled since I transitioned from being the top Democrat on the Judiciary Committee to the top Democrat on the Appropriations Committee. In the FY 2018 Omnibus Appropriations Bill, enacted in March of last year, I included a provision making Congressional Research Service reports available to the public. It was unacceptable that American taxpayers funded these reports — which often provide the research informing major legislation impacting their lives — only for well-moneyed lobbyists to enjoy through expensive subscriptions. Now these superb national resources are available to all Americans.

More recently, in the FY 2019 Appropriations Minibus, I authored provisions instructing both the Departments of Homeland Security and Justice

to apply FOIA requirements to private contractors housing detainees and inmates. Rampant abuses at private detention facilities and prisons have largely remained hidden from public view because they have not been subject to federal transparency requirements. But these private contractors are engaged in fundamentally governmental operations, and they should not escape public scrutiny because of a blind spot in our laws. Our government should never operate in the shadows by proxy.

Despite these important gains, we'd be fooling ourselves by failing to acknowledge the challenges facing FOIA and transparency in the months and years ahead. According to a recent audit of government-wide FOIA requests, the average processing time at most agencies is hundreds of days longer than the 20-day response time established in law. There are a few pending FOIA requests that are breathtakingly decades old. And there are some agencies with tens of thousands of backlogged FOIA requests.

While many administrations have had less than stellar track records under FOIA, the Trump administration has demonstrated a particular aversion to transparency — and to the truth. Just last week, I joined a bipartisan group of Congress members — including my FOIA partner Senator John Cornyn, who spoke here earlier today — in condemning the Department of Interior's recent proposed FOIA rule. Although Congress made it crystal clear that agencies shall not deny FOIA requests for reasons unrelated to the core interests protected by statutory exemptions, this proposed rule would allow the agency to do precisely that — providing a laundry list of bureaucratic justifications to deny or simply

ignore requests.

In the last two years, we've seen numerous examples where regional agency offices were ready to provide responsive records to FOIA requestors, only to be overruled by political appointees in the agency's D.C. headquarters. We've seen agencies absurdly denying requests for very specific reports or a narrow set of documents as being "overbroad." And we've seen a proliferation of pro forma responses rejecting requests on grounds entirely unrelated to the underlying request. In one instance, a draft report was nonsensically withheld because the requestor did not provide a date of birth or a death certificate for the subject of the request. Such examples make a mockery of our nation's premier transparency law.

The list of threats to transparency under the Trump administration goes on, and expands far beyond just FOIA itself. President Trump's ongoing, opaque ties to his business organization make it impossible to know whether foreign governments and corporations are able to curry favor with him by spending money on his business. The Trump administration has also issued an unprecedented number of lobbyist waivers to its appointees in secret — preventing the public from knowing whether Trump agency officials are simply continuing their advocacy on be-

half of special interests in their official capacities.

Most recently, there are serious concerns that the Justice Department will conceal much of the Special Counsel's report from public view due to two separate, internal DOJ policies: the first that a president should not be indicted while in office and, the second, that unindicted individuals should not have their reputations sullied by the Department. But neither of those policies should serve to hide presidential misconduct, if the Special Counsel so finds. That's why I'm a lead cosponsor of the bipartisan Special Counsel Transparency Act that would compel public disclosure of the report. And that's why I will support any and all efforts to ensure the American people are not left in the dark about perhaps the most critical national security investigation of our time.

Although the task of transparency is an uphill climb, there are many reasons to be hopeful. The American people spoke resoundingly in November for more transparency and accountability in our government. Congress is now better suited to serve as a real check on the executive branch. Just know that your work is my work, and our work is the American people's work. Together, let us recharge our spotlights and shine them into the darkness.

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ASCUTNEY, VT.

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 Sunday school at 9:45 a.m. Morning service at 11 a.m.
 Afternoon service at 1:15 p.m. Wednesday evening Bible Study and Prayer at 7 p.m. For more information, please call or text Pastor Daniel Anderson at 802-230-5307 or at the church 802-

674-2266. Visit www.obbcvt.org.

CHARLESTOWN, N.H.

North Charlestown United Methodist Church, Rt. 12A River Rd.
 Sunday worship begins at 9 a.m. Church is handicap accessible. Contact 603-826-0381.

Charlestown Congregational Church, 71 Main St.
 Sunday service on starts at 10 a.m. All are welcome. For more information, call 603-826-3335.

are welcome to join us. Call 802-885-5728, email fccucc@vermontel.net, or go to www.fccuccspfdvt.org for additional information and directions.

WALPOLE, N.H.

St. John's Church, corner of Westminster and Elm St.
 Sunday school at 9:45 a.m. Services begin at 10 a.m., followed by coffee hour. For more information about Art After School program, our outreach efforts, call 603-756-4533.

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The Old Parish Church, 644 Main St.
 A diverse, informal, & welcoming congregation. Sunday service begins at 10:30 a.m. Coffee and social time follows. For more information, contact Jon Bliss, minister, at 802-824-4452 or email easthillfarm@vermontel.net.

All Church Services are listed online!

Preston R. Mansfield, 1993-2019

ROCKINGHAM, Vt. - Preston Robert Mansfield of Rockingham, Vt. passed away due to complications due to an ongoing illness Feb. 25, 2019, while surrounded by his whole family and so much love at Dartmouth Hitchcock Medical Center.



Preston R. Mansfield, 1993-2019.
 PHOTO PROVIDED

Preston was born April 26, 1993 in Essex, Mass., and he is survived by his caretaker, best friend, and mother Darlene Doane of Rockingham, Vt.; father Erik Mansfield and wife Terry from Essex, Mass.; stepfather Chuck Atwater; sisters Willow Atwater and Devon Mansfield; grandparents Robert and Ida Doane, Mary Posie Mansfield; aunts and uncles Debbie Doane, Danny Doane and wife Melissa; nieces and cousins Aimee Mansfield, Ali Mansfield Ness and husband Chris, and John Mansfield and wife Lisa; and his loyal dog Jake. He was predeceased by John G. Mansfield Sr.

Preston went to Green Mountain Union High School in Chester, Vt. Preston will be remembered by his quick wit and kind, compassionate smile. Preston was one of the most amazing illuminated human beings this planet has ever seen. With his contagious, deep laughter, you never forgot him once you met him. Preston's jovial spirit and loving soul was the real core of who he was. His kindness, good heartedness, loyalty to his friends and family was unwavering. Preston was a gentle giant, and in the wake of meeting him you knew you had just acquired a new friend.

His love of his family and the love of his Pizza Stone tribe was unshakeable. It was there where you would see him most nights throwing pizza, laughing, smiling, and enjoying people who came in at the restaurant. Preston was a presence. Preston was a force. Everyone who met him and loved him felt it.

Growing up by the ocean in Essex, Mass., he loved fishing

with Papa Tink and Uncle Dan. Preston was most at home in nature, outdoors, driving around in his car, his love of music and festivals, and of course his love of the kind bud.

Living at Highview in Andover, Vt. with his mother, stepfather, and two sisters, as well as a plethora of friends, were the best times of his life.

Preston's battle with his illness brought many days' stay in the hospital over the last 12 years. He knew that his time here on the physical plane would be short-lived. With this knowing, he lived life to the fullest and did life the way he chose to.

His struggles over the past year caused Preston to pull in from those he loved. He knew his time on the physical plane would be shortened. He had deep love and was truly so genuine and caring with how he felt about others. His spirit is in the wind, and his love will forever be felt in our hearts.

Preston would want us all just for today to be kind, do something good for yourself and others, but most of all love each other as much as you can. A celebration of his life will be Sunday, March 24. Arrive at 3 p.m. at The Pizza Stone VT, 291 Pleasant St., Chester, Vt. A further date will be announced for a celebration this spring with his Massachusetts tribe.

CHESTER, VT.

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

Chester Baptist Church, 162 Main St.
 Sunday school at 9 a.m. for children and adults. Sunday service at 10:30 a.m. Childcare is provided for toddlers through preschool. Youth group meets Thursdays at 6 p.m. Parking is on the street or in the lot at the rear of the building. Wheelchair accessible. Call 802-875-2638. Email churchoffice@chesterbaptist.org or visit www.chesterbaptist.org.

LUDLOW, VT.

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

Tyson Community Church, Corner of Rt. 100 and Dublin Rd.
 Regular worship begins at 10:30 a.m. on Sundays. Call 802-522-8249. All are welcome!

SPRINGFIELD, VT.

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

First Congregational Church UCC, 77 Main St.
 Worship for all ages begins at 9:30 a.m. with young people leaving for church school after the children's sermon. All

Sandra M. Pinkham, 1942-2019

GRAFTON, Vt. - Sandra M. Pinkham, 77, died Thursday, March 7, 2019 at Kobacker House in Columbus, Ohio. Sandra was born Jan. 14, 1942 to F. Rolf and Lillie (Westberg) Morrall. She was preceded in death by her parents and her son David A. Stewart. She is survived by her husband Galen T. Pinkham of Grafton, Vt.; her brothers Frank R. and Linda J. (Backus) Morrall of La Jolla, Calif.; John E. and Dorothy (Chambers) Morrall of Columbus; sisters Ann I. and John M. Sandor of Richmond, Calif.; Harriet E. and James G. Perkins III of Columbus; her daughter Julia A. Pinkham who now manages Pinkham Medical Systems and her son Richard E. Pinkham and his partner Renata Pelicicio of New York City. She also leaves grandchildren, nieces, nephews, grandnieces, grandnephews, uncles, and aunts in the U.S. and around the world in England, Spain, and Sweden.



Sandra M. Pinkham, 1942-2019.
 PHOTO PROVIDED

We have lost a ray of sunshine and the world has lost an exceptional expert on Cadmium. She especially enjoyed collaborating on Cadmium research with Dr. Richard K. Miller and colleagues at the School of Medicine and Dentistry in Rochester, N.Y. She really appreciated the support of friends like Evie Pappas and Connie Bird who helped her continue seeing patients. The last joys she had to give up were helping her patients and being able to read with her granddaughter. Take two minutes of quiet and see if you can remember a story you could share about Dr. Sandy.

You may email condolences to the family at www.davismemorialchapel.net.

"I think of the Dalai Lama as a doctor of the mind offering medicine and specific counsel and cures in the way a great doctor would." Pico Iyer

A service of memory will be held at First Community Church in Grandview, Ohio, Saturday, March 30, 2019 at 11 a.m.

"In the beginning of time, the skies were filled with flying elephants. The stars you see at night are the unblinking eyes of sleeping elephants, who sleep with one eye open to best keep watch over us." www.gregorycolbert.com

If you are unable to attend the service, the link to "Ashes and Snow" above may interest you. Our favorite CD "Love call me home" is available at www.hallowell-singers.org.

In lieu of flowers, please consider listening more deeply to those who are still alive. Always try to remember her by paying it forward.

Albert E. Wilkins, 1940-2019

LUDLOW, Vt. - Albert E. Wilkins, 78, a lifelong resident of Ludlow, Vt., passed away Sunday, March 10, 2019 at the Gill Home. He was born in Ludlow, Vt., Sept. 5, 1940, son of Charles "Fred" and Mildred (Holcomb) Wilkins.



Albert E. Wilkins, 1940-2019.
 PHOTO PROVIDED

Albert was a member of the class of 1959 of Black River High School and a supervisor at many woolen mills in Ludlow, Vt. and New Hampshire. He enjoyed woodworking, posting on Facebook, looking out the window, and visiting with his nephews and other family members.

He is survived by his wife of nearly 60 years Joyce (Wells) Wilkins of Ludlow; a son Chris Wilkins and his wife Jackie of Petersburg, N.Y.; two daughters Peggy Olney and her husband Rob of Proctorsville and Kelly Willard and her companion Todd Sweet of Ludlow; daughter-in-law Kimberly Wilkins of Brattleboro; a brother Kenneth Wilkins of Ludlow; five sisters Doris Wilkins of Ludlow, Kathy Starks and Nancy Brown, both of Proctorsville, Sue Bates and her husband Ron of Cavendish, and Sandy Tyrrell and her husband Billy of Proctorsville; and 14 grandchildren, 6 great-grandchildren, and several

nieces and nephews. Albert was also known as "Poppy" to many children throughout the years.

He was predeceased by his parents; his son Charles Wilkins, his sister Dolores, brother Donald, brother-in-law Todd Starks, nephew Mark, niece Tammy, and many aunts and uncles.

A graveside service will be held July 8, 2019 at 10:30 a.m. in Pleasant View Cemetery in Ludlow. In lieu of flowers, the family suggests donations in his memory be made to a charity of one's choice.

Davis Memorial Chapel of Springfield is assisting with arrangements.

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

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S	B		H	A	T	E	L	A	I	R	
U	R	L		E	M	I	L	A	B	L	E
E	G	O		B	O	L	L	I	Y	O	O
R	E	C	U	R			Y	A	M		
			K	E	R	N		W	E	D	G
S	H	E	R	W	O	O		N	E	O	N
C	A	N		S	U	M	O	S		C	G
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Health & Wellness Weeks

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Committed to a fitter you? There's an app for that

BY SHARON HUNTLEY
The Vermont Journal & The Shopper

REGION – Although some might eschew the lack of personal connection in this day and age, when it comes to fitness, diet, mindfulness, and overall self-improvement, sometimes your best guidance can be found right in the palm of your hand.

Anyone embarking on a fitness and diet regimen can benefit from a personal coach, trainer, calorie counter, nutrition expert, cheering squad, goal setter, mindfulness guru, menu planner, and fitness class instructor. Not easily found at your local gym, you can find all

that guidance at the app store. There are now over 350,000 health and fitness apps available that can help guide you to your best self. Apps help people overcome barriers like a lack of organization or discipline, which can lead to better exercise habits.

The prices can vary from completely free to free introductions, tiered pricing based on how many programs you want to access, to monthly and yearly fees. Most apps let you try them for a week or two for free to see what they offer and how they can benefit your overall goals.

Nutrition/calorie counters
MyFitnessPal is one of the

most popular apps for counting calories, as well as figuring out how many calories you need to eat, balanced against calories expended, to reach your fitness goals. MyPlate, Noom, and 8fit are similar apps. They also encompass exercise logging, community support, and feedback on food consumption. Apps like Noom and 8fit also host personalized programs for people who are looking for a lot of guidance and reminders to stay on track with their health goals.

Workout plans

If you're looking for an app that coaches you through specific workouts, Wahoo's 7-Minute Workout offers quick sets of exercises that can be used anywhere with no special equipment. This is a good tool for anyone trying to fit in a quick workout into a busy schedule. An app like NEOU might be more beneficial if you're looking for on-demand workouts such as kickboxing or Pilates that can fit into your timeframe. If you do have time to hit the gym or go for a run but need a little guidance or inspiration, Jefit or the FIT Radio might be what you're looking for. Jefit is an app that designs lifting exercise and routines and allows you to log how many repetitions you complete. FIT Radio is a music-streaming app that

also includes guided sessions for stretching, abdominal work, meditative breathing, and recovery exercises.

Workout motivation

If you're looking for a little more motivation to exercise, these apps might be what you're looking for. Charity Miles donates money to the organization of your choice when you use the app

to log miles running, walking, or bicycling. It's a great fitness app for anyone who's motivated by charitable causes. Runtastic Pro lets you measure and track your runs, walks, and other exercises, and it doubles as a coaching app to motivate you to keep working toward your fitness goals and train for races. RockMyRun is another music app. You can choose different playlists based on a beat you like, have the music in the app match the beat of your footfalls while you run, or connect the app to a heart rate monitor and have the tempo adjust automatically to your internal beat. Strava is a tracking app for runners and cyclists (and some swimmers) who are looking for a bit of competition, whether



Try an app for your physical and mental wellness needs. STOCK PHOTO

against their own personal records or against other people in the Strava community.

Meditation and relaxation

If mindfulness, meditation, stress reduction, and improved sleep are what you seek, consider these apps that vary from guided meditation to tracking your sleep cycles. Sleep Cycle tracks sleep, including wake up phase, and helps you get the most out of your sleep. Aura offers meditations, sounds of nature, short stories, life coaching sessions, melodious music, and gratitude journal. Unplug also provides simple but powerful meditation videos to inspire and change your life, guided by our world famous teachers. Calm helps users sleep better, boost confidence, and reduce

stress and anxiety, all with the help of guided meditations, soothing music, nature sounds, and bedtime stories.

Yoga

If you're looking to add a little yoga, there are apps that can integrate meditation and movement or just add a little more instruction. Yoga Studio and

Pocket Yoga hosts yoga and meditation classes with instruction. And an app like Yoga Wake Up is unique in that it is an alarm clock that wakes you up with a meditation and yoga session.

There are also many hydration apps that will remind you to drink enough water throughout the day including Quench, Daily Water, Waterlogged, and Hydro Coach.

This list is in no way an endorsement for the apps listed, just a smattering of the types of apps that are available. Once you determine what kind of workouts, nutritional guidance, mindfulness, or other disciplines you want to include into your routine, begin your research in your app store.

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An exploration of bodywork

REGION – Over the years, I have become fascinated by how the human body moves and adjusts to outside and internal influences. Day after day, our bodies find ways to continue to move despite injury, poor eating habits, sedentary lifestyles, and poor posture. As time passes, our bodies develop compen-

sations in how we move, which allows us to keep functioning. After all, we still need to work and take care of our families, our homes, and ourselves despite our many aches and pains.

Unfortunately, our bodies push through these habits for only so long before it starts to talk back at us through pain.

Sometimes pain is a whisper reminding us to slow down or make changes, but other times it is a loud gong begging us to stop! When we experience pain, we form additional compensations with how we move or not move, how we stand, how we sleep, etc., and things begin to snow ball.

A bodyworker has the skills learned to be able to help a person address areas within the body that may be contributing to symptoms of pain, muscle weakness or tightness, loss of joint range of motion, and issues with balance or agility.

Bodywork is an umbrella term for a variety of hands-on techniques such as Craniosacral Therapy, "a gentle, hands-on approach that releases tensions deep in the body to relieve pain and dysfunction and improve whole-body health and performance" according to Upledger Institute; Myofascial Release, "a safe and very effective hands-on technique that involves applying gentle sustained pressure into the Myofascial connective tissue restrictions to eliminate pain and restore motion," according to Myofascial Release Treatment Centers and Seminars; Reiki, a form of energy healing; and soft tissue work such as massage.

Approximately a year ago, I began to practice yoga and started my 200-hour yoga teacher training in September. Yoga has been a great way for me personally to learn how to manage my anxiety and become more "in my body." Due to the stresses and demands of daily life, it can be very difficult for us to quiet the chatter of our busy minds. Yoga provides a way to integrate movement to promote strength and flexibility, while focus on your breath gives your mind an opportunity to become quiet. An increase in physical strength can improve emotional strength and well-being.

Bridging bodywork with yoga is such an opportunity for improving general well-being and quality of life.

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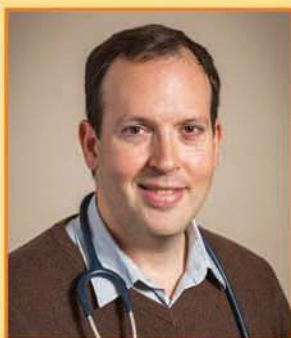
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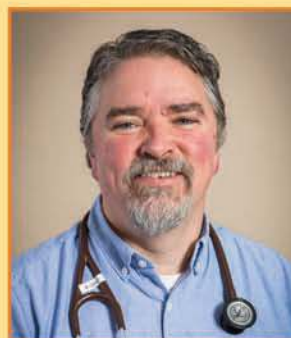
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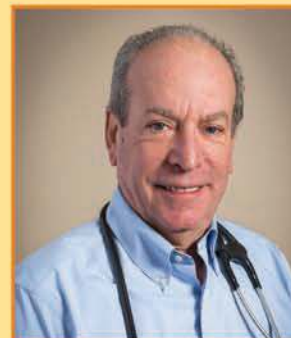
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Is lifestyle medicine the answer?

REGION – Despite our earnest effort to control our weight, we are losing the battle. One only needs to look at the number of available diets to know we are trying but getting nowhere. We watch our weight creep towards measures we never imagined, and we are shocked when we see the number on the scale. Some of us see the pounds creep up as we age. Whatever the situation, we often feel frustrated and even hopeless.

In Windsor County, one in four people are obese. In the United States, 70.2 percent of adult men and women are overweight or obese. In 2000, the American Medical Association

declared obesity a disease, which increases the odds of developing Type 2 diabetes, depression, heart disease, stroke, high blood pressure, obstructive sleep disorders, and fatty liver disease. The same year, obesity reached epidemic proportions across the globe. How do we explain this dramatic increase in the rate of obesity? Is it something about the foods we eat, or our sedentary lifestyle? There is a promising approach that can help us regain control over our weight – Lifestyle Medicine.

Lifestyle Medicine is the use of evidence-based lifestyle therapeutic approaches, such as predominantly whole food,

plant-based diet, regular physical activity, adequate sleep, stress management, avoidance of risky substance use, and other non-drug modalities to treat, and often times, reverse and prevent lifestyle-related chronic diseases. Lifestyle Medicine has proven when used as the first line approach to preventing, and in some cases reversing chronic diseases, to be highly effective.

A study conducted in 2009 found that 80 percent of chronic diseases can be prevented by adhering to four healthy lifestyle factors: never smoking, maintaining a body mass index lower than 30, being physically active for 30 minutes per day,

and adhering to a healthy diet consisting of high intake of fruits, vegetables, whole-grain bread, and low meat consumption. Numerous studies have been published supporting the efficacy of Lifestyle Medicine. The findings are so convincing that the American Medical Association recently declared that all medical education programs in the United States will include training in Lifestyle Medicine. More information about Lifestyle Medicine can be found online at the Institute for Lifestyle Medicine. You may also call your primary care provider to ask for a referral to your local Lifestyle Medicine Physi-

cian, Dr. Scott Durgin, who is currently providing Lifestyle Medicine at Springfield Health Center and Ludlow Health Center. Please call 802-886-8902 to schedule an appointment.

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Springfield Art Gym, VAULT Wellness Show

SPRINGFIELD, Vt. – In honor of Springfield Wellness Week, the Springfield Art Gym and Gallery at the VAULT have joined together to bring you art-work created by Art Gym participants and displayed at the

VAULT from Saturday, March 23 through Monday, April 1.

The Art Gym is a safe and healthy place for people to exercise their creativity. VAULT is excited to partner with them to showcase their work and cele-

brate health. While here, do also enjoy two other shows: "The Art of Calligraphy" and "Contrasts."

For more information, please call or come into Gallery at the VAULT, 68 Main Street, Spring-

field. We are open Monday, 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 galleryvault@vermontel.net, or visit www.galleryvault.org.



Deprivation tanks

REGION – When "Altered States" was released in 1980, it was a movie that both my wife and I loved. William Hurt starred as a psychopathologist who, during his studying schizophrenia, decided to explore "other states of consciousness." He began experimenting with a floatation tank or sensory deprivation tank to heighten his inner experiences. This looked like great fun and immediately became something I wanted to do. This was 1980, and while eventually "floatation spas" began popping up in the late '80s and early '90s, by then I had settled with my wife and we were in the midst of raising seven children. We had neither the time nor financial freedom to explore our inner world.

Now, 39 years later with our last child nearly out of high school, we have been indulging in all of the things we have wanted to try over the years. Binural Audio Meditations, Salt Cave Meditations, and visits to Ashrams have been checked off our bucket lists. Recently, my wife was searching and found Satori Float Spa in Shelburne. We excitedly booked our first session and felt like giddy teenagers.

Rahn, who runs Satori, met us in the comfortable lobby area, and after we filled out our initial paperwork, took us into one of the two float rooms to go through the 10-minute orientation. There's a process to getting in and out of the tanks.

Like a fine hotel, you are provided with everything you need, including towels. First you have to shower to make sure you are not introducing any foreign material into the tank's filtration system. The tank solution contains a lot of salt – 800 pounds. If you have cuts or scrapes, you'll want to put Vaseline on them, which they provide. There are earplugs to put in to keep the solution out of your ears. There are goggles to wear to keep the salt solution out of your eyes. The goggles are optional, and I decided to go without goggles while my wife did use them.

The water and air in the tank are kept at 94 degrees, and when you open the tank it feels like a sauna. Very humid, salty air greeted the senses as I first inspected the tank. Inside the tank are controls to turn on the light and the heater. Some people get chilly floating in the tank even though the water is 94 degrees. The heater will warm the air to their comfort level.


While floating you can listen to music even though you have earplugs in. The speakers are under the tank and the solution conducts the sound directly into your head – no eardrums involved. We decided to listen to

music for the first 30 minutes and silence for the remainder – though they do use the music to give you 5-minute warning that your session is ending.

It was an absolutely wonderful sensation to float in the dark. With the light out, the tank is so dark it's hard to tell if your eyes are open. It literally felt like I was floating in space. I had the sensation that I was gently tumbling head over foot – though I knew I wasn't. My wife and I meditate regularly and this was a wonderful new way to experience meditation.

During this first session, much of my attention was on the mechanics of floating and the new sensations, but as we continue to float I will be able to put more attention on my inner journey. I am very much looking forward to exploring those inner realms while floating in the dark.

Written by Val Davis, an IT specialist for Vermont Electric Co-Op in Johnson, Vt.



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Springfield Wellness Week

March 24, 2019 - March 30, 2019

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ALL EVENTS ARE FREE TO THE COMMUNITY!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:30 am - 12:30 pm Tai Chi with Betsy Edridge @ Studio Momentum	10:30-11:30 am Tai Chi with Meredith Tipps-McClain @ The Great Hall	10-11 am Music with Martha @ Springfield Town Library	9-10:30 am Mindfulness with Roger Guest @ HCRC	3-4 pm Home Meds Medication Management @ Springfield Town Library	6-6:45 am Sunrise Power @ Studio Momentum	1-4 pm Intro to Reiki with Lauren Potter @ Studio Time and Space
12-1 pm Tai Chi with Anne Bower @ Unitarian Universalist Church Meetinghouse	1-2 pm Savvy Shopping at the Grocery Store with Jill McKinney @ Shaw's Grocery Store	12-1 pm Money Matters with Nicole Picard @ Claremont Savings Bank	10 am - 12 pm Art for All Ages with Mona Frye from the Art Gym @ Springfield Town Library	4-5 pm Springfield Walks with Dr. Scott Durgin @ The Dam	4-5 pm Moving with Ashley for School Age Children @ Springfield Town Library	2-4 pm Family Free Swim @ Edgar May Health and Recreation Center
	4-5 pm Exploring Spiritual Practices with Jeff Taft-Dick @ Unitarian Universalist Church Meetinghouse	1-2:30 pm Senior Wellness with Mark Boutwell and Catherine Wisniewski AND Affordable Home Repair for Seniors with Daphne Okumus @ Senior Solutions	10:15-11:15 am Gentle Yoga @ Studio Momentum	5:15-5:55 pm Chair Yoga with Nancy Schaefer @ HCRC		6 pm Musical Treats from Claudine Langille @ Springfield Town Library
	5-7 pm Springfield Wellness Week Fair & What is Lifestyle Medicine? with Dr. Scott Durgin @ The Great Hall	5:15-6:15 pm Sugar: Friend or Foe? With Corinna Johnson @ Springfield Health Center 3rd Floor Conference Room	5:6:30 pm Crockpot Cookoff @ Riverside Middle School	6:6:30 pm Non Traditional Yoga with Nancy Schaefer @ HCRC		
		5:30-6:30 pm Simplifying Self Care with Joni Foster-Robinson @ Wholistic Wellness Center	5:30-7 pm Plant Protein Power with Robyn Priebe @ Springfield Health Center	6:30 - 8 pm Just Breathe Out with Betsy Thompson @ Springfield Town Library		
		5:30-7:30 pm Knit Night @ Springfield Food Coop	6-7 pm What Do Horses Teach Us About Wellness? With Cindy Aldrich @ Wholistic Wellness Center	6:45-7:30 pm Quick/Healthy Meals for Busy People with Nancy Schaefer @ HCRC		
		6:30 pm Student Panel Discussion about Teen Center w/ Community Action Class Students @ Springfield High School Library				



Health & Wellness Weeks

Physical • Nutritional • Spiritual • Emotional • Intellectual • Environmental • Social

Springfield Wellness Week calendar of events

SPRINGFIELD, Vt. – The second annual Springfield Wellness Week takes place Sunday, March 24 through Saturday, March 30. Attend fun and engaging activities, classes, and presentations. All events are free!

Springfield Wellness Week is coordinated by The Vermont Department of Health, Springfield Medical Care Systems, Edgar May Health and Recreation Center, Windham and Windsor Housing Trust, Springfield Town Library, and Claremont Savings Bank.

SUNDAY, MARCH 24

Tai Chi with Betsy Edridge at Studio Momentum, 71 Main Street, 11:30 a.m. to 12:30 p.m. Discover the benefits of this ancient form of martial arts, which will improve balance, agility, strength, and coordination. This unique class will help you flow through your every day. For more information, call 802-885-2568 or email info@myreccenter.org.

Tai Chi with Anne Bower at Unitarian Universalist Church Meetinghouse, 21 Fairground Rd., 12-1 p.m. This introductory

class will be held after the church service and introduce the healing powers of Tai Chi. Fend off the stresses of modern life and maintain your agility, balance, and overall health. Practice mindfulness and enjoy the mood-lifting experience of practicing these engaging movement forms with others. For more information, email uusingfieldvt@gmail.com.

MONDAY, MARCH 25

Tai Chi with Meredith Tipps-McClain at 100 River St., The Great Hall, 10:30-11:30 a.m. Tai Chi is a gentle, slow-moving series of controlled movements that have been clinically proven, when done regularly and consistently, to lower the risk of falling and to help people suffering from arthritis. Learn a simple sequence of movements that you can easily practice on your own or with friends. The class environment is low-key, funny, and judgement-free. Wear comfortable clothing and flat shoes. All of the moves can be done from a seated position so don't let concerns about your ability to stand keep you from

attending! For more information, email Sdoyle@springfieldmed.org.

Savvy Shopping at the Grocery Store with Jill McKinney at Shaw's at the Springfield Plaza, 1-2 p.m. Come learn how to navigate grocery store shelves with confidence and ease! On this grocery store tour we will discuss how to buy produce on a budget, read nutrition labels, compare unit prices, and how to identify whole grains in the foods you love! Join us to learn how to make smart, healthy choices for you and your family. For more information, email Sdoyle@springfieldmed.org.

Exploring Spiritual Practices with Jeff Taft-Dick at Unitarian Universalist Church Meetinghouse, 21 Fairground Rd., 4-5 p.m. Some folks find that having a regular spiritual practice is essential to holding steady through life's ups and downs. This session is an opportunity to explore spiritual practices. We will talk about a wide variety of practices that would appeal to different people and how to try out a practice if one is not familiar with you. Teens and adults welcome. Accessible to those with disabilities. For more information, email uusingfieldvt@gmail.com.

Springfield Wellness Week Fair and Keynote Address with Dr. Scott Durgin at The Great Hall, 5-7 p.m. Dr. Scott Durgin will give a keynote presentation "What is Lifestyle Medicine?" Many Springfield organizations will be participating in this event. Lots of local resources will be available. We'll have a smoothie bike for the kids too! For more

information, email craig@myreccenter.org.

TUESDAY, MARCH 26

Music with Martha at Springfield Town Library, 10-11 a.m. There will be old favorites and new songs too! Music and movement for wellness! Includes story time for families with children ages birth to 5. For more information, email stlys@vermontel.net.

Money Matters with Nicole Picard at Claremont Savings Bank, 12-1 p.m. Financial planning, saving, and budgeting. For more information, email npicard@claremontsavings.com.

Senior Wellness with Mark Boutwell and Catherine Wisniewski and **Affordable Home Repair for Seniors with Daphne Okumus** at Senior Solutions, 38 Pleasant St., 1-2:30 p.m. Affordable home repair solutions for seniors and evidence-based senior wellness programs. For more information, email mboutwell@seniorsolutions.org or dokumus@homematters.org.

Sugar: Friend or Foe? with **Corrina Johnson** at Springfield Health Center, 3rd floor conference room, 5:15-6:15 p.m. Call 802-885-2568 or email cjohanson@myreccenter.org.

Simplifying Self-Care with Jani Foster-Robison at Wholistic Wellness Center, 160 Wall St., 5:30-6:30 p.m. Call 802-263-5249 or email innerhealth@tds.net.

Knit Night at the Springfield Food Co-Op, upstairs Community Room, 5:30-7:30 p.m. Come knit in our community room upstairs whether you're a beginner or a pro! Email gm@springfieldfood.coop.

Student Panel Discussion about Teen Center with Community Action students at Springfield High School Library, 6:30 p.m. A panel discussion about a proposed teen center. For more information, call 802-885-7900, email janderson@ssdvt.org or clievense@ssdvt.org.

WEDNESDAY, MARCH 27

Introduction to Mindfulness with Roger Guest at HCRS, 390 River St., 9-10:30 a.m. Participants will focus on being fully present and self-aware using meditation and some gentle movement exercises. Mindfulness has been shown to reduce stress or anxiety, help you feel more focused and calm, and to suspend feelings of judgment. Call 802-886-4500 or email abraadeen@hcrs.org.

Art for all Ages with Mona Frye at The Springfield Town

Library, 10 a.m.-12 p.m. This event is for all ages; relax, focus, and have fun with an art project provided by the Springfield Art Gym. Call 802-885-3108 or stlvprograms@gmail.com.

Gentle Yoga at Studio Momentum, 71 Main Street, 10:15-11:15 a.m. Practice slow, relaxing yoga sequences that help joints and muscles feel good. Appropriate for all levels and abilities. Call 802-885-2568 or email info@myreccenter.org.

Crockpot Cook-off at Riverside Middle School, 5-6:30 p.m. Families cook their favorite crockpot dish. Bring enough to share, and bring the recipe! For more information, email tstagner@ssdvt.org.

Plant Protein Power with Robyn Priebe at Springfield Health Center, 5:30-7 p.m. Many people attempting to follow plant-based diets such as Mediterranean diet or vegetarian diet may worry about getting enough protein without meat. Plant proteins to the rescue! Plants are a good source of protein, but it may take time to learn how to use or prepare plant-based proteins such as beans, lentils, nuts, seeds, tofu, tempeh, and the like. In this class, we will discuss how much protein we need, how to obtain that from plant foods, the benefits of plant based eating for reducing your risk of chronic disease, and look at different ways to incorporate plant based proteins into your meals and snacks. For more information, email Sdoyle@springfieldmed.org.

What Do Horses Teach Us About Wellness? with **Cindy Aldrich** at Wholistic Wellness Center, 160 Wall St., 6-7 p.m. Horses have many things to teach us – by their way of life, their way of being, and their powerful presence. Come experience how horses teach us about connecting to ourselves, others, and the community we live in. Email caldrich@vermontel.net.

THURSDAY, MARCH 28

Home Meds – Medication Management at Springfield Town Library, 3-4 p.m. Are your medications putting you at risk? Learn about this vital program from Senior Solutions, which includes free medication screenings to help seniors safely manage medications. Call 802-885-3108 or email stlvprograms@gmail.com.

Springfield Walks with Dr. Scott Durgin at The Dam 4-5 p.m. Take an early spring walk with Dr. Durgin, our Springfield Wellness Week keynote speaker! This event is weather dependent. Email Sdoyle@springfieldmed.org.

Chair Yoga with Nancy Schaefer at HCRS, 390 River St., 5:15-5:55 p.m. Learn how to incorporate physical activity into your life while seated or standing and holding onto a chair. Chairs make an excellent prop for those with physical limitations. Or if you just want to take it easy, you can still get an excellent workout using a chair. This class consists of joint freeing, range of motion, sun and moon salutations, and breathing and relaxing segments. Call 802-886-4500 or email abraadeen@hcrs.org.

Non-Traditional Yoga with Nancy Schaefer at HCRS, 390 River St., 6-6:30 p.m. Become balanced, flexible, and strong. This yoga series blends various styles with the use of hand weights, resistance bands, and gymnastic balls. Individual

anatomic and structural differences are honored and poses or exercises are adapted to each person's physical make up and limitations. Call 802-886-4500 or email abraadeen@hcrs.org.

Just Breathe Out with Betsy Thompson at Springfield Town Library, 6:30-8 p.m. Manage stress and pain more effectively by learning and using the Breathe Out Dynamic system. This way of breathing focuses on the active, spine-stretching outbreath. Learn how this daily practice promotes relaxation as well as strength. Call 802-885-3108 or stlvprograms@gmail.com.

Quick & Healthy Meals for Busy People with Nancy Schaefer at HCRS, 390 River St., 6:45-7:30 p.m. This hands-on class will focus on quick and healthy breakfast, lunch, and dinner options. Health conditions and food allergies will be addressed with food choices. Call 802-886-4500 or email abraadeen@hcrs.org.

FRIDAY, MARCH 29

Sunrise Power at Studio Momentum, 6-6:45 a.m. This powerful and challenging class utilizes Vinyasa style yoga poses at a faster pace to hit flexibility, balance, strength, and increase blood flow. This class is designed to give you a balanced workout to condition muscles for increased strength and stamina, while propelling your body through a fuller range of motion. Call 802-885-2568 or email cjohanson@myreccenter.org.

Moving with Ashley for School Age Children at Springfield Town Library, 4-5 p.m. Come celebrate health and happiness through movement while moving and grooving with choreographer Ashley Hensel-Browning! Geared towards elementary school students and their families. Younger siblings are more than welcome to join in on the fun! Call 802-885-3108 or email stlvprograms@gmail.com.

The Healthcare Movie at Unitarian Universalist Meetinghouse, 21 Fairground Rd., 7 p.m. This documentary provides the real story of how the health care systems in Canada and the United States evolved to be so completely different when at one point they were essentially the same.

SATURDAY, MARCH 30

Intro to Reiki with Lauren Potter at Studio Time and Space, 59 Main Street, 1-4 p.m. Reiki is a gentle hands-on or hand-above-the-body therapy that can enhance energy flow in the body. This can help you feel more relaxed and have a greater sense of well-being. A brief overview of Reiki will be offered at the beginning of each hour. After each overview, participants will have the opportunity to experience a free mini-session. Call 802-591-0507 or email laurenpottervt@gmail.com.

Family Swim at the Edgar May Health and Recreation Center, 2-4 p.m. Bring your family in for an evening swim at the EdgarMay. Call 802-885-2568 or info@myreccenter.org.

Family Music Night with Claudine Langille, 6 p.m. Claudine plays a mix of original and traditional acoustic music from around the world. Claudine will be joined by student Ernie Zellis, a 15-year-old fiddler from the Youth Tradition ensemble. Playing rootsy tunes and songs that are good for cookin'. It's a musical treat that can't be beat!

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sports



THIS AND THAT

BY BILL MURPHY

The Vermont Journal & The Shopper

The 9th annual Dari Joy Baseball Contest

Today's column is introducing the 9th annual Dari Joy Baseball Contest. For the past eight baseball seasons, The Vermont Journal & The Shopper and the Dari Joy in Bellows Falls have teamed up for readers to have an opportunity to show their baseball knowledge and prediction skills. Seven area prognosticators have risen to the top and been crowned the leader of the pack during that time.

Newport's Danny Budd has captured the championship twice with Tyler Clough, Mike O'Brien, Kathleen Korstange, Joseph Sampson, Ian Clark, and Charlie O'Brien each winning in years since. Budd won the inaugural contest back in 2011. Budd won again in 2015. Budd has retired to the Florida sun and no longer sends in entries to the contest, but the former teacher, post office worker, and umpire who even rose to the level of working minor league games, is well known in much of the sporting area.

The contestants pick each division in baseball from top to bottom and compete with fellow readers. Competitors are vying for prizes, which include gift certificates of \$50, \$25, and \$15 and three autographed Red Sox baseballs. These prizes are awarded to the six highest point-scorers.

Dari Joy owner Rich Demuzio and yours truly make our predictions as well, and the field of entries compete to find out how they stack up against those in charge of the contest. Winners who earn cash prizes can have their monetary amount doubled if they

personally accumulate more points than we do.

Last season's winners – Charlie O'Brien in first place, Ian Clark in second place, Lewis Clark in third place, Willie Moore in fourth, Kyle O'Brien in fifth, and Ron Logerfo in sixth – have likely already begun working on their choices and they all certainly know how important each selection is. Last year, there were ties for five of those six winning slots and tiebreakers had to be used to separate the winners. More about that in the rules section later.

Those winners from 2018 can pick up their prizes by May 15 at the Dari Joy in Bellows Falls. The popular ice cream spot opens their 2019 season Saturday, April 6. Winners need to bring a photo ID to claim their prize.

One may enter this year's pick contest by either emailing their selections to bmurphy@vermontjournal.com or mailing them to P.O. Box 228, Ludlow, VT 05149, Attention Baseball Contest. All correspondence must be emailed or postmarked by April 9.

In making your selections you should: 1. List the order of finish, top to bottom, in each of baseball's six divisions; 2. Note two wild card teams in each league; 3. Pick the American and National League champion; 4. Pick the World Series champion.

How points are awarded

- 7 points for choosing the World Series champion. You will be given 2 points if your champion selection is in the World Series and loses.
- 4 points for choosing the World Series loser. You will get 2 points if your selection is in the World Series and wins.
- 3 points awarded for each division champion selected. You will get 1 point if a division champion choice makes the post-season as a wild card.
- 1 point for wild card choices who are in the play-offs, either as a wild card or as a division winner.

Tiebreakers

Ties will be broken from last place up, thus every one of your choices is very important. If you tie for one of the winners' spots, the tie will be broken by how many last place teams each tied participant chooses correctly. If a tie still exists after last place consideration, you move up to next to last place and continue up the standings ladder as many spots as needed until the tie is broken.

Remember in the 2018 contest, five of the six prize-winning spots ended in ties. First place was a tie and then third place finished alone. Then there was a three-way tie for fourth. Points are only part of the

competition.

Only one entry is allowed per person. Please include contact information with your selections. A mailing address or an email address, plus a phone number would be helpful.

Below are Rich Demuzio's and Bill Murphy's picks to study and to follow for your own format.

DEMUZIO PICKS

American League East
New York, Boston*, Tampa Bay, Toronto, Baltimore
American League Central
Cleveland, Minnesota, Chicago, Detroit, Kansas City
American League West
Houston, Los Angeles*, Oakland, Seattle, Texas
National League East
Philadelphia, Washington*, Atlanta, New York, Miami
National League Central
Chicago, St. Louis*, Milwaukee, Cincinnati, Pittsburgh
National League West
Los Angeles, Colorado, San Diego, San Francisco, Arizona
World Series:
Houston over Chicago

MURPHY PICKS

American League East
New York, Boston*, Tampa Bay, Toronto, Baltimore
American League Central
Cleveland, Chicago, Minnesota, Detroit, Kansas City
American League West
Houston, Oakland*, Los Angeles, Seattle, Texas
National League East
Washington, New York, Philadelphia, Atlanta, Miami
National League Central
Milwaukee, Chicago*, St. Louis*, Pittsburgh, Cincinnati
National League West
Los Angeles, Colorado, San Diego, Arizona, San Francisco
World Series
Houston over Milwaukee

*Wild Cards

Bellows Falls basketball teams

Bellows Fall Middle School Girls White Team ended the season with a trip to Keene State to watch them finish their regular season. We had a lot of growth and focused on development. Some of the highlights include a total of 13 players finished the season, 11 players scored, 5 new-to-basketball girls join this year and really found the love of the game, fundamentally they improved every day, and it was a good season.



The boys White Team had a great season. We were presented with a challenging schedule and played against tough teams, but the players stayed positive and gave their best effort at all times. They consistently worked together as a team. The progress from all players from the beginning of the season to the last game is impressive. All players demonstrated increased confidence and improved skills. Additionally, all team members scored this season!

The Bellows Falls Middle School Purple Boys Basketball Team completed a successful 2018-19 season. The team, made up of 5 seventh graders and 6 eighth graders progressed throughout the season. "I was impressed with the young team's defensive skills against older opponents. This was one of my most enjoyable teams out of the 30-plus years I have coached!" said Coach Ferenc.



Bellows Falls Purple Girls team started with a challenging schedule in the beginning of the season. But their hard work, focus, and enthusiasm helped them end the season by winning a few games and ending on a strong note.

PHOTOS PROVIDED

Vermont Basketball All-Stars in Windsor all day Saturday

BY BILL MURPHY

The Vermont Journal & The Shopper

WINDSOR, Vt. – One of the most popular fan events each calendar year is the annual Vermont Basketball Coaches Association Senior All-Star Games held in Windsor a week after the Green Mountain State Title contests. Eight all-star teams are put together each March and athletes compete in a North-South format in four separate contests. There are also a number of filler contests held between games and during breaks, which en-

ertain the large crowds that attend the event. This year's fun is this Saturday, March 23 beginning at 11 a.m.

The competition commences with the Division 3/4 girls game at 11 a.m., followed in order at 1 p.m. with the Division 3/4 boys, at 3 p.m. with the Division 1/2 girls, with the nightcap staged at 5 p.m. when the Division 1/2 boys collide. Large awards ceremonies take place at approximately 2:30 and 4:30 p.m.

This celebration of basketball put together by the VBCA features the four games, recognition of individual accomplishments throughout

the state, 1,000 point scorers, Dream Dozen Underclass Stars, Players and Coaches of the Year, Hall of Famers, the presentation of several scholarships by the VBCA organization, as well as the popular three-point shooting contest.

There will be area players who will compete or be recognized. Unfortunately, final lists of competing participants will not be made available until Thursday, March 21.

Former Mt. Anthony coaching legend Dave Fredrickson is in charge of the event and he said, "We expect this Saturday to equal those great days of the past."

Springfield Wrestling host home events

SPRINGFIELD, Vt. – They say "It takes a village," and that was no more true than the weekend of March 2 and 3 as over 300 grapplers from around New England descended upon Riverside Middle School's gymnasium. The Springfield Wrestling Team hosted two back-to-back events: the Schweitzer Memorial K-8 tournament on Saturday for boys and girls, and the Precision Valley Classic K-12 all-girls championship on Sunday. Scores of volunteer parents and students stepped up to make the weekend happen. A single tournament can take months of planning to execute smoothly; a pair of them is that much more of a challenge.

Saturday's action was fast and furious, and the competition was fierce. Springfield walked away with first-place champs Carter Brown, Jace Beamon, Seth Markwell, and Dmitri Jasinski; nabbing the silver medals were Hunter Ferland, Cole Wright, Armando Stettner, Ayden Smith, Dillan Lacasse, Liam Parker, Kien Priestly, Troy Sliker, and Logan Mills. The third-place spot on the podium went to Jace Preston, Emilyn Rodgers, Jay Mouser,



Sophia Perry, left, with two other champions of the all-girls tournament.

PHOTO PROVIDED

Crocco stepping into second place and Emilyn Rodgers taking the bronze. Honorable mention goes to SHS wrestler Skyler Congdon for her tough battles in the tournament.

They also say "A rising tide lifts all ships," and that was also very true over the

Nelson Bosley, Tristan Perry, Landon Webster, Tanner Watuszewski, Jayden Armstrong, Kairi Sliker, Garrett Brickey, Jonathan Lake, Brydon Rumrill, Noah Markwell, John Jasinski, and Marshal Simpson. Also wrestling hard were Odellia Crocco, Christopher Rabtoy, Irvin Barbour, Sophia Perry, Owen Mills, Derek Rabtoy, David Crocco, Emelia Wiese, Mitchell Shaw, Kaleb Little, and Zandria Colburn.

The ladies returned on Sunday to enjoy a fantastic clinic taught by 4X U.S. Open Champion Erin Clodgo, and then roll into a short tournament. Springfield's youth wrestlers scored big: Sophia Perry nailed the Champ spot with Odellia

weekend as several Springfield businesses reported being "slammed" with customers from the tournaments.

The list of people and businesses and organizations to thank is far too long so please "like" the team's Facebook page, www.facebook.com/SpringfieldVTWrestling, to stay updated on all the action, supporters, volunteers, photos, videos, and more. While the high school season has ended, the youth season is just warming up! Any questions about the all-volunteer program should be directed to springfieldvtwrestling@gmail.com.

More photos online with this article at www.vermontjournal.com.

art & entertainment

Next OLLI program looks into “Andrew Wyeth’s World”

SPRINGFIELD, Vt. – Katie Wood Kirchhoff will present the OLLI-Osher Lifelong Learning Institute program Tuesday, March 26. “Andrew Wyeth’s World” will be presented at 2 p.m. at the Nolin Murray Center next to St. Mary’s Catholic Church on Pleasant Street in Springfield, Vt.

Join Kirchhoff for an exploration of 12 paintings by Andrew Wyeth chosen for the United States Postal Service’s 2017 Forever Stamp series. Selected to commemorate the 100th anniversary of the painter’s birth, these iconic scenes from Pennsylvania and Maine include favorites like “Wind from the Sea” (1947), “Christina’s World” (1948), and “Shelburne Museum’s Soaring” (1942-50).

Wyeth (1917-2009) was a visual realist artist, working predominantly in a regionalist style. In his art, Wyeth’s favorite subjects were the land and people around him, both in his hometown of Chadds Ford, Penn., and at his summer home in Cushing, Maine. He often noted, “I paint my life.” He was one of the best-known U.S. artists of the middle 20th century.

Kirchhoff, associate curator at the Shelburne Museum, was trained as a specialist in American art history, decorative arts, and material culture. She holds a B.A. from Smith College, an M.A. from the Winterthur Program in American Material

Culture and a Ph.D. from the University of Delaware. She has worked for a range of museums and cultural organizations including the American Philosophical Society, the Philadelphia Museum of Art, and Winterthur Museum and Country Estate. At the Shelburne Museum, she researches and organizes exhibitions focusing on the museum’s historic collections of fine, folk, and decorative arts.

OLLI-Osher Lifelong Learning Institute, affiliated with the University of Vermont, is a local membership program geared towards seniors 50 years and older who want to engage in meaningful learning “just for the fun of it!” People of all ages who are interested in this type of program are welcome to attend.

The OLLI series programs are selected with input from the local members and carry varied themes from semester to semester including history, art, music, literature, health, nature, science, travel, and current events.

Programs are held at 2 p.m. on Tuesday afternoons and last about an hour and a half.

Membership for the semester includes nine programs. Non-



Katie Wood Kirchhoff.

PHOTO PROVIDED

members are encouraged and welcome to attend individual lectures for a single program fee. Memberships, as well as single program fees, may be paid at the program.

The following OLLI program will be two weeks later Tuesday, April 9, and will be “Etiquette in the 21st Century” with Daniel Post Senning, great-great grandson of Emily Post.

Brochures have been distributed throughout the area towns at businesses, the local libraries, town halls, and Chamber of Commerce offices. The complete Springfield and statewide program list is available at www.learn.uvm.edu/olli. Choose statewide programs from the menu, and then click on Springfield.

For weather-related changes to the schedule you may check the above mentioned website or SAPA TV, 802-885-6248, or call 802-885-3094.

Songwriters Carolann Solebello and Joe Iadanza —

BELLOWS FALLS, Vt. – Kindred spirits and longtime friends Carolann Solebello and Joe Iadanza are perhaps the yin and yang of performing songwriters. Solebello’s smooth, warm voice and precise rhythm guitar perfectly dovetail Iadanza’s raw, honest vocals and graceful six-string virtuosity. Smart songwriting chops and emotional eloquence possessed by both blur the lines between tough and tender, masculine and feminine, Americana and folk.

The two are currently on an ongoing double-bill concert tour, sparked by positive energy generated in the recording studio. After Iadanza served as producer for Solebello’s 2018 album, “Shiver,” the two continued meeting to collaborate on additional songs and arrangements, re-awakening Iadanza’s desire to get out onstage again after several years behind the con-

trols.

“Joe’s songwriting chops and emotional honesty in performance have always been top-notch,” says Solebello. “While he has proven himself a great producer in recent years, bringing out the best in other artists, I am thrilled to be part of Joe’s re-emergence onto the touring troubadour scene, where he can shine his own light again.”

Carolann Solebello and Joe Iadanza will bring their deeply affecting double bill to Stage 33 Live Saturday, March 23 at 8 p.m. Doors open at 7 p.m. Stage 33 Live is located at 33 Bridge St. in Bellows Falls. Advance reservations for only 40 chairs may be made online at www.stage33live.com. A chair is not guaranteed for walk-ups if all have been filled, but listeners may bring their own chairs if they wish. The event will be recorded and filmed.

Carolann Solebello is best known to folk audiences as a founding member of Ameri-

cana trio Red Molly. Solo since 2010, Carolann’s smooth, compelling voice and warm acoustic guitar style nod to rural folk traditions but bend those sounds into more contemporary shapes with a decidedly urban sense of rhythm and sophisticated vocal phrasing. Her fifth solo album, “Shiver,” produced by Joe Iadanza, was released in February 2018.

Joe Iadanza has been heralded for his deeply personal songwriting, and fluid, percussive guitar playing. He continues to work with artists as a producer and songwriting coach after producing “Shiver” for Carolann Solebello and The Social Music Hour, Vol. 1 for Sputyen Duyvil, nominated by the folk community for an Album of the Year award. Joe will be heading into the studio to work on his third album of solo material this spring.

For more information about the venue, go to www.stage33live.com.

Murder, mayhem, and music mix in “Chicago”

SAXTONS RIVER, Vt. – The stage is set as Main Street Arts prepares to raise the curtain on murder and mayhem at the Cook County jail when its production of “Chicago” opens Thursday, March 28.

The longest-running American musical in Broadway history will have a two-weekend run at the Bellows Falls Opera House, with shows Thursday, Friday, and Saturday, March 28-30 and April 4-6, at 7:30 p.m., with Saturday matinees both weeks at 2 p.m.

The Jazz Age setting in Chicago’s Cook County jail features a mix of women all charged with murdering their significant others. Under the watchful eye of matron Mama Morton (played on alternate nights by Libby McCawley and Marilyn Tullgren), they plead their cases and hope to catch the eye of jailhouse lawyer Billy Flynn (Izzy Serebrov). But when new cellmate Roxie Hart (Kyla White) comes on the scene, Velma Kelly (Morganna Ekkens) fears she has lost out to the big-time vaudeville star in securing Billy’s help in the fight to win her freedom and her own piece of celebrity.

The play has been described as “a sexy, cynical search for the American dream: fame, fortune and acquittal.” The right lawyer is all it takes to escape justice and become famous, it proposes.

Winner of six Tony awards and two Olivier awards, “Chicago” is based on a 1926 play about actual criminals written by the reporter (played here in the person of Mary Sunshine by Connie Bryan) who covered the crime beat. It features music by John Kander, lyrics by Fred Ebb, and book by Ebb and Bob Fosse.

Some of its stand-out musical numbers directed by Ken Olsson are “All That Jazz,” “Cell Block Tango,” “When You’re Good to Mama,” “We Both Reached for the Gun,” “Razzle Dazzle,” and “Mr. Cellophane.”

The stage design melds the grit-

ty reality of the hoosegow with the bright lights and glitz of the big top, set off by the inventive costumes of designer Liz Guzynski and her bevy of seamstresses. The hoopla includes an aerialist, bubbles, confetti, feathers and a disco ball, with lots of razzle-dazzle dance moves worked up by co-choreographers Shoshana Bass and Annesa Hartman.

Adding to the festivities, there will be a contest at every performance to win prizes to local businesses. Dubbed “Behind the Seams of Chicago,” it involves removing pieces of clothing on a mannequin until the prize is uncovered.

Other performance-related activities include an opening night cocktail party at Popolo restaurant beginning at 5:30 p.m. and a “Speakeasy Spectacular” planned for Saturday, April 6, starting at 9:30 p.m. at Wunderbar restaurant just down the block.

Performances are Thursday, Friday, and Saturday, March 28, 29, and 30 and April 4, 5, and 6 at 7:30 p.m., with matinees both Saturdays at 2 p.m. Tickets for reserved seats can be purchased at www.mainstreetarts.org or by calling MSA at 802-869-2960.

MSA advises parents to use discretion because the play contains mild adult themes and the sound of gunshots. Further information, including a complete cast list, can be found on the MSA website.

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arts & entertainment

“Downtown Crabby” mystery dinner production

CHARLESTOWN, N.H. – River Theater Co. and the Charlestown Rotary will again present a murder mystery dinner event, “Downtown Crabby,” a “Downton Abbey” inspired parody Friday and Saturday, March 22 and 23, with doors opening at 5:30 p.m. in the old Town Hall on Summer Street in Charlestown, N.H. Those attending are encouraged to come dressed in costumes of the era.

Set in 1900, a hotel inspector is due to inspect Downtown Crabby, a hotel designed for young American travelers to feel at home in London. His arrival is causing something of a panic, but unfortunately (for him) he is found dead before he can begin his work. Over the course of the dinner, the audience will be able to sort

out the clues provided by actors in scripted scenes and improvisational interactions with the audience who can then attempt to solve the mystery of his death.

Over the years, these two organizations collaborated on a number of popular similar events. Last year they presented a very successful production of “Poetry to Die For.” It was directed by Sam Maskell who has returned to repeat that role again this year, assembling a cast of River Theater regulars – Samira Aldrich, John Luther, Fran Kemp, and other local actors. Maskell has also directed a previous murder mystery, “Murder at Hartness House,” that she wrote, as well as a variety of other local area productions including “Love Letters,” “Elegies for Angles, Punks, and

Raging Queens,” an AIDS benefit at the Latchis Theater in Fall 2016, and most recently directed a V-day benefit production of “The Vagina Monologues” this February at World Under Wonder Playhouse in Ascutney, Vt.

Tickets prices include a three-course dinner with a main entree, salad, rolls with butter, dessert, and non-alcoholic beverages. Guests may bring their own alcoholic beverages.

Seating is limited and reservations may be made by emailing cedarhedge@my-fairpoint.net or by calling 603-543-0433. Tickets can be purchased online at www.charlestownrotary.org or at Heart and Soul Music on Main Street in Charlestown.

Maple Open House Weekend grows in 2019–

REGION – Vermont leads the nation by a commanding margin as the top maple producing state. Total U.S. maple syrup production in 2018 was 4.1 million gallons, with Vermont’s contribution accounting for more than 1.9 million of those gallons. In the spirit of friendly competition, Maple Open House Weekend, March 23-24, is a chance for Vermont sugar makers to do their victory dance while opening the doors of their sugarhouses for visitors traveling from near and far wanting to see, taste, and experience firsthand why people should think of Vermont first when they think of maple syrup.

With over 40,000 visitors touring the state for last year’s event, we can expect that number to grow with the expansion and draw from 22 new participating locations on the map in 2019. In addition to sugarhouse experiences, event weekend visitors can expect to be amazed by the extensive display of maple uses showcased by partnering local Vermont businesses who specialize in their own craft and support Vermont’s maple industry by including maple in their ingredients, on their menus, and offered for sale at their locations.

Not all just fun and games, visitors will be welcomed by their sugar maker hosts who



Maple Open House Weekend is March 23-24.

STOCK PHOTO

are eager to educate and share with the public the sap to syrup process. With each sugarhouse providing a different experience, visitors are encouraged to plan travel routes to visit sugarhouses in all corners of the state. Some traditional Open House activities include sampling syrup; pancake breakfasts; horse-drawn sleigh rides; sugar-on-snow parties; and plenty of maple products to taste including maple donuts, maple cotton candy, and maple

creemees.

Each partner location impressively capitalizes on the flavor qualities of maple as a key component for the unique and diverse recipes and menu items appearing throughout the weekend. For more information about the weekend and to view the map and list of participating sugarhouses, partnering businesses, and incredible Vermont lodging options, visit www.vermontmaple.org/mohw.

Painting spectacular flowers in watercolor at VAULT

SPRINGFIELD, Vt. – Robert J. O’Brien is offering a workshop in “Painting Spectacular Flowers in Watercolor” at Gallery at the VAULT, from 9:30 a.m. to 4 p.m. Saturday, April 6. This is an opportunity to learn from a first-rate artist and instructor.

Students will learn basic floral painting techniques, with an emphasis on values and composition. Layering and blending color into soft edges will also be taught. The course will focus on painting from close-up photo references of flowers in an artistic setting. A critique and class discussion will be held at the end of the session.

If there are more than six students, the workshop will be held at the Art Gym in Springfield; therefore, registration and payment are required one week



“Rose Mallow” by Robert O’Brien. PHOTO PROVIDED

prior to the workshop. Bring your own photos or sketches for reference. A materials list will be provided at registration.

All levels welcome.

For more information, please call or come into Gallery at the VAULT, 68 Main Street, Springfield. We are open Monday, 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 galleryvault@vermontel.net, or visit www.galleryvault.org.



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Flip, fly, stretch your way —

BRATTLEBORO, Vt. – Fearless. Fly more. That is the motto for spring session of classes at the New England Center for Circus Arts. NECCA offers world-class coaches eager to teach flipping, flying, stretching, and strengthening in a circus playground for youth and adults.

The doors are open to all interested students including first-timers, aspirational performers, and curious fitness seekers. NECCA offers a variety of classes in trapeze, aerial silks, trampoline, handstands, tumbling, wheel, clowning, juggling, and more. There are over 60 classes a week with introductory through advanced options for age 18 months to adult.

NECCA’s philosophy includes teaching with attention to the capacity and dreams of every student, meeting each at their own level of fitness and aspiration. Coaches are trained to adapt content for mobility limitations or learning differences and regular students range from 1-and-a-half to 87 years of age.

Spring session is open for enrollment and classes begin Monday, March 25. Summer camps for youth are also open for enrollment. Register now for age 3-5 years in half-day options or 5-17 years in full-day options.

Schedule and registration is available online at www.neccenterforcircusarts.org. For more information, call 802-254-9780.

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outdoor news

Fish & Wildlife suggests removing bird feeders by April 1 –

April 1 –

MONTPELIER, Vt. – The Vermont Fish & Wildlife Department says warm spring weather and melting snows will cause bears to come out of their winter dens in search of food. The department recommends taking down bird feeders by April 1 to avoid attracting bears.

“Many bears went into their winter dens in poorer than normal condition due to a shortage of acorns, beechnuts, and apples last fall,” said Forrest Hammond, Vermont’s bear biologist. “Some bears will be coming out of their dens more hungry than normal due to low fat reserves.”

Bears are very fond of suet and bird seed, especially black oil sunflower seed. Bringing feeders in at night doesn’t work because bears will still feed



Vermont Fish & Wildlife recommends taking down bird feeders by April 1 to avoid attracting black bears that are waking from hibernation.

PHOTO BY KRIS AND NORM SENNA

on seed that is spilled on the ground.

Bird feeders are just one of the things that can attract hungry bears. Other sources of food that bears find appealing are pet food, barbecue grills, garbage, household trash containers, open dumpsters, and camp-

sites with accessible food and food wastes. Purposely feeding a bear is not just bad for the bear, it’s also illegal. Fish & Wildlife also offers the following tips to avoid bear problems:

- Keep chickens and honeybees secure within an electric fence or other bear-proof enclosure.
- Never feed bears, deliberately or accidentally.
- Feed your pets indoors.
- Store trash in a secure place. Trashcans alone are not enough.

“We are asking anyone who has a problem with a bear to report the incident in a form that we have on our website (www.vtfishandwildlife.com) under Living with Wildlife,” said Hammond. “There is a section in the form where you can ask us to call you to provide advice.”

A reminder to remove ice shanties

MONTPELIER, Vt. – Vermont state law requires that ice fishing shanties be removed from the ice before the ice weakens, according to the Vermont Fish & Wildlife Department.

The shanty must be removed before the ice becomes unsafe or loses its ability to support the shanty out of the water, or before Sunday, March 31, whichever comes first. All contents, debris, wood, and supports must also be removed so

they do not become a hazard to navigation in the spring.

The fine for leaving your ice fishing shanty on the ice can be \$1,000, and shanties may not be left at state fishing access areas.

State Game Wardens are available for questions via the Vermont State Police radio dispatcher.



Ice shanties in Vermont must be removed. PHOTO PROVIDED

“Keep Your Edge” this boating season

REGION – It may not feel like boating season yet, but the Vermont State Police, along with boating safety advocates nationwide, are urging boaters to #KeepYourEdge by enrolling in a boating education course this spring. The Vermont State Police is participating in the national Spring Aboard – Take A Boating Education Course campaign. The Spring Aboard campaign encourages boaters to get educated prior to the kick-off of the boating season so they can make the most out of their time on the water.

A boating safety course provides critical boating knowledge that anyone who plans

to get out on the water should have, and better prepares you for the risks you might face while boating. U.S. Coast Guard statistics indicate that of the accidents where the level of operator education was known, 81 percent of boating deaths occurred on boats where the operator had never received boating education instruction.

“Education is the key to having a safe and enjoyable day on the water,” said Sgt. Trevor Carbo with the Vermont State Police Marine Division. “Even though the operator has the ultimate responsibility for the safety of the vessel, its crew and passengers, everyone who plans to be on board should consider taking a boating safety course to prepare for their time on the water. If a boater has taken a boating safety education course, the likelihood of their time spent on the water being a safe and enjoyable experience is much greater. Spring is the perfect time to take a course before the summer boating season begins.”

The Vermont State Police is

partnering with the National Association of State Boating Law Administrators to inform boaters about the benefits and necessity of taking a boating education course. In Vermont, all persons born after Jan. 1, 1974 must complete an approved boating safety education course successfully to operate any motorized vessel legally.

Discounts and other incentives are being offered nationwide to boaters who enroll in or complete a boating safety course during the week of Spring Aboard, March 17-23, 2019. Boaters are encouraged to take a boating education course if they have never taken one before, or to take a course as a refresher in order to prepare for the boating season ahead.

Find out about more available courses by visiting www.springboard.org or www.vsp.vermont.gov/auxiliary/marine. With today’s wide variety of courses available, from classroom courses to online offerings, there’s a course for every boater and every schedule.

Public hearings on deer and moose

MONTPELIER, Vt. – Hunters, landowners, and anyone else interested in deer and moose should plan on attending one of the Vermont Fish & Wildlife public hearings being held this spring.

The hearings will include results of Vermont’s 2018 deer hunting seasons and prospects for deer hunting next fall as well as an opportunity for people to comment.

Three of the hearings in the north will cover deer but also include 2018 moose hunting results and the Fish & Wildlife Department’s proposal to not hold

a moose hunt this year because of needed regulation changes. The hearings are scheduled for 6:30 to 9 p.m. as follows:

- Monday, March 25: Deer; Rutland High School, 22 Stratton Rd., Rutland
- Wednesday, March 27: Deer and moose; Montpelier High School, 5 High School Dr., Montpelier
- Thursday, March 28: Deer and moose; St. Albans Town Education Center, 169 S. Main St., St. Albans
- Monday, April 1: Deer; Mt. Anthony Union High School, 301 Park St., Bennington
- Tuesday, April 2: Deer and moose; Lake Region Union High School, 317 Lake Region Rd., Orleans
- Thursday, April 4: Deer; Riverside Middle School, 13 Fairground Rd., Springfield

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Okemo Mountain Resort	10 / 20	38"	0" (3/18)
Stratton Mountain	8 / 11	28"	0" (3/18)
Sugarbush	15 / 16	36"	0" (3/18)

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TOWN OF ROCKINGHAM Request for Proposals: Paving & Chip Sealing

The Town of Rockingham is requesting proposals for the paving and chip sealing of Town Roads. Interested individuals are asked to submit sealed proposals, clearly marked "Paving Bid", and "Chip Seal Bid" no later than 2:00 p.m., Tuesday, April 9, 2019 to Everett Hammond, Public Works Director, Town of Rockingham, P.O. Box 370 Bellows Falls, VT 05101. Contact the Town for a copy of the RFP at 802-463-3964 ext 1116 or dpw@rockbf.org.

NOTICE Town of North Walpole

Residents of the North Walpole Village District are hereby notified: Voting on the 2019 Budget & Warrant Articles is scheduled for 7:00 pm Thursday, April 04, 2019 at St. Peter's Church basement on Church Street, North Walpole, NH.

Residents may pick up the Village Report, after March 28, 2019, at the following locations in the Village: Village Hall, North Walpole Library, 5 Star Beverage, Food Discount

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REAL ESTATE

calendar

SUNDAY, MARCH 24 – MANCHESTER, Vt. – Manchester Section Green Mountain Club Annual Meeting and Spring/Early Summer Planning Potluck on Sunday, March 24 at 6 p.m. Join us for a potluck dinner, our annual meeting, and planning meeting. We are meeting at Phyllis Lewis' house in Manchester Center. Non-members are welcome. RSVP to Phyllis and to get directions at 802-362-3359 or lewisphyllis@hotmail.com.

TUESDAYS – CLAREMONT, N.H. – Join us at the Claremont Makerspace for 3D Print Club Tuesdays through April 2. There will be various design challenges each week, and an instructor will be present to offer advice and otherwise help troubleshoot. Instructor-supported software includes Tinkercad and Fusion 360. Bring your laptop and favorite design software! We'll also spend time cleaning up our prints and discussing what goes into making the best print possible. At the end of each session, we'll collect our favorite and best prints and have an open showing. There is a fee for nonmembers, and it is free for CMS members. Located at 46 Main Street, Claremont, N.H. Call 603-504-3419 or visit www.claremontmakerspace.org.

TOWNSHEND, Vt. – Men of all ages are invited to Grace Cottage Family Health & Hospital for coffee and a series of casual lectures Tuesday mornings through March 26 from 8 to 9 a.m. in the Grace Cottage Community Wellness Center (Heins Building) in Townshend. The group will be led by Grace Cottage Community Outreach Coordinator Bill Monahan, R.N. Each week's gathering will have a health-related theme with presentations, short videos, and time for discussion and friendly banter. Coffee provided. The program is free. To register or for more information, contact Bill Monahan at WMonahan@gracecottage.org or at 802-365-3762.

COMMUNITY MEALS

SATURDAY, MARCH 23 – CHARLESTOWN, N.H. – Join us for the River Valley Animal Protection League annual Potluck Dinner on Saturday, March 23, from 5:30 – 7:30 p.m., at the VFW, Lovers Lane Road in Charlestown. Please bring a dish to share. The event includes raffles, door prizes, games, and our popular cake auction. Come support the shelter. All are welcome.

SPRINGFIELD, Vt. – Join us at the Springfield Unitarian Universalist Meetinghouse for a Latin American dinner on Saturday, March 23, from 5:30 – 6:30 p.m., to benefit the Community Asylum Seekers Project, a local nonprofit that provides basic needs and a welcoming community for those in the process of seeking asylum. The menu will include Cuban pollo fricassee (chicken fricassee), Mexican tamales, rice and beans, tortillas, and flan. There

will be vegetarian, vegan, and gluten-free options. Reservations are required before March 21. Please email uspringfieldvt@gmail.com or call 802-885-3327 to reserve a spot.

EVENTS

SATURDAY, MARCH 23 – RUTLAND, Vt. – Fundraiser Basket Raffle for Hunter Garrow on Saturday, March 23, from 11 a.m. to 2 p.m., at Godnick Adult Center, 1 Deer St. in Rutland. In addition to the basket raffle, there will be a 50/50 raffle, door prizes, and a food concession. Hunter Garrow is a 3-year old who was born with two congenital heart defects. He will be going to Boston Children's Hospital in early May to have two different procedures. The family is raising money so his mom and dad can be by his side during his weeklong expected stay at the hospital.

SPRINGFIELD, Vt. – Yearly fundraiser Raffle Party and Tour for Life at the

Springfield Humane Society on Saturday, March 23, from noon to 3 p.m., located at 401 Skitchewaug Trail, in Springfield. You can purchase tickets in advance or get them the day of the raffle. Prizes are from local businesses and crafters. Food, drinks, and fun for all ages! We will be offering 10 percent off the adoption fee for adult dogs and cats over the age of 2 years. Contact the SHS for details. There will also be a "Reiki and Massage Practitioner Share with the Animals," from 1 - 3:30 p.m., at Springfield Humane Society. Practitioners are asked to participate by giving Reiki and/or massage sessions to the Humane Society animals. Please bring a charitable donation, if possible, for the upkeep of the humane society. For more information, please email laurenpottervt@gmail.com.

SUNDAY, MARCH 24 – SPRINGFIELD, Vt. – Reiki and Polarity Therapy Public Clinic on Sunday, March 24, 2 - 4 p.m., at Studio Time &

Space, 59 Main St. in Springfield. Enjoy an anxiety, pain, stress, and illness reducing session by donation. Reiki and Polarity Therapy are both relaxing, helpful therapies for healing physical, mental, emotional, and spiritual issues. Sessions are given on a massage table or sitting in a chair with recipient fully clothed, covered by a warm blanket. No appointment necessary. The general public is invited to attend. For more information, please email laurenpottervt@gmail.com or visit www.laurenpotterreikihealing.com.

HARTLAND, Vt. – Psychic Mediumship Readings on Sunday, March 24, from 1 to 3:30 p.m., with Tish Lewis at Vision of Light Church of Spiritualism and Healing, 10 Legion Dr. in Hartland. To schedule a reading, and for cost information, please email bonnie_songgarden@hotmail.com or call 802-299-5083. Also, readings with Bonnie Waters and Reiki with Dawn Hancy and Phil Yacovella. Tish will also be our guest

speaker at our 10 a.m. service.

THURSDAY, MARCH 28 – WESTMINSTER, Vt. – Open House at the Compass School for grades 7 - 12 on Thursday, March 28, from 8:15 a.m. to 4 p.m., at the Compass School in Westminster. Visit classes, join us for an award-winning lunch, and participate in after-school exploratory classes. If this day doesn't work for you, visit our new website at www.compass-school.org to schedule a different day.

SUNDAY, MARCH 31 – MIDDLEBURY, Vt. – Join us for the 19th annual Middlebury Bridal Show on Sunday, March 31, at the Courtyard Middlebury, 309 Court St., in Middlebury. Doors open at 1 p.m. General prize drawings begin at 2 p.m. Grand prizes 3 p.m. Come meet the area's top wedding professionals who will work with you to help make your day magical! Sign up to win grand prizes. Be sure to visit www.middleburybridalshow.com for updated grand prize list. Tickets and registration are at www.middleburybridalshow.com. With 4 paid tickets, the bride's ticket is free! For more information, call 802-459-2897.

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

KIDS' CORNER

FRIDAY, MARCH 29 – NORWICH, Vt. – Come to the Montshire Homeschool Science Fair on Friday, March 29, from 10 a.m. to 2:30 p.m., at the Montshire Museum of Science in Norwich. This spring, show off the cool science you're doing at home at the Montshire's Homeschool Science Fair! Develop and conduct your own experiment at home. Then create a display that presents your project and its results. Share all your hard work and teach others about what you learned at the Montshire.



TRSU AFTER SCHOOL PROGRAM SUMMER STAFF NEEDED

The TRSU After School Program is looking to hire staff for summer 2019! Our 8 week program will serve students from across our districts in one central location. Staff will be responsible for providing programming, building relationships with students and parents, engaging with the community, and upholding the Vermont Child Care Licensing Regulations. TRSU ASP provides programming for children in grades 1-7.

Priority will be given to college students, or recent graduates with a major in education, as well as individuals with significant experience with school age children.

Hiring:

- Summer Camp Director— BA in Education preferred 40 hours/week
- Tutors: Licensed teachers p/t, flexible schedule and hours
- Summer Camp Counselors: Education Majors/ recent graduates. 40 hours/wk
- Summer Camp Jr. Counselors: 16-18 year olds 40 hours per week. Previous experience needed.
- Summer Food Service—Previous experience desired. 25 hours/wk

Send Letter of interest and resume to:
Venissa White, Director of After School Programs
Two Rivers Supervisory Union
 609 VT Route 103S
 Ludlow, VT 05149
 Venissa.white@trsu.org

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 Office Building/Apartment Set on 2.09+/- Acres Lots of Upgrades & Improvements Rockingham, \$274,900	 5 Unit Apt. Building Totally Refurbished Inside Great Income! Springfield, \$247,000	 Charming Cape w/Views of Magic Mountain! 5 Bedrooms, 2 Baths, 2.8+/- Acres Londonderry, \$215,000
 Victorian-Era Farmhouse Old World Charm w/Modern Amenities, 4 Bedroom, 2 Baths, 0.50+/- Acres, Chester, \$159,000	 Easy To Maintain & Move In Condition, Open Concept 3-4 Bedrooms, 3 Baths, 0.75+/- Acres, Springfield, \$149,900	 1930's Gambrel w/One Car Garage Open Concept & Hardwood Flooring, 3 Bedrooms, 1 Bath Springfield, \$135,000
 108+/- Acres w/Long Road Frontage & Stream Frontage All Wooded Townshend, \$139,900	 Beautiful 5+/- Acre Lot & Large Pond Short Drive To Chester Village Chester, \$124,900	 4.77+/- Acre Country Lot Long Range Views! Conventional Septic & Well Exists Andover, \$98,000

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Lori Muse, Broker/Owner **Carol Cole, REALTOR**

Raw Land in Chester. This 3.88+/- acre parcel is located in a country location on a town maintained road. Power at the road offering great possibilities for an affordable primary, second home or recreational site. **\$29,900**

Country Setting on 1.5+/- acres. This three bedroom Ranch offers a spacious living room with picture windows overlooking the large terraced back yard, updated kitchen and full bath. Walk-out basement offers a laundry room and potential family room. Convenient, practical, comfortable...a nice home. **JUST REDUCED TO \$135,000**

What a beautiful piece of land located in Weathersfield. 16+/- acres sloping down from the road a good distance to a large pond (most of which is included) with views of Ascutney Mountain. Includes a mix of woods and trails. Multiple access points off Route 131 (right off 191). What a gem of a property. **REDUCED TO \$89,900**

This 68.2+/- acre parcel covers it all. Located in Weathersfield on a town maintained paved road with additional access off a town maintained gravel road (approximately 4,000 feet of road frontage for easy access). This land offers a mix of open/maintained pasture and wooded land of sloping topography to offer views to the east (including a view of the country club). Well worth a look... imagine the possibilities! **\$199,900**

This pleasant home is a real charmer. C1800's with three bedrooms, den/study, living room, formal dining room, eat-in kitchen, two baths and a walk out basement. Deck and wrap around three season porch overlooks the lawn/gardens along the Black River (a total of .39+/- acres). Situated on the bike/walk path and easily accessible to I91. **\$129,900**

A Vermont classic farmhouse located in North Springfield located within walking distance to park, churches, post office and general store. Includes a farmer's kitchen, storage room, large living room, first floor office, master bedroom, laundry room and full bath on the first floor; three to four more bedrooms on the second floor. Lots of living space and plenty of storage. **\$113,500**

calendar

AUTOMOTIVE

LIBRARIES

SATURDAY, MARCH 23 – ASCUTNEY, Vt. – The Weathersfield Proctor Library will host the

8th annual Town Team Challenge on Saturday, March 23, at 7 p.m., at the Weathersfield School in Ascutney. Come watch and support your favorite town organization as

they compete in a six-category trivia contest. Prizes also awarded for most team spirit and most funds raised. Door prizes and refreshments too. Donations to the

library may be given at the door. Refreshments will be available. Call 802-674-2863 for more information.

TUESDAY, MARCH 26 – MANCHESTER, Vt. – Jazz History through the Lens of the Piano on Tuesday, March 26, from 5:30 – 7 p.m. Sponsored by Green Mountain Academy for Lifelong Learning. Eugene Uman, the director of the Vermont Jazz Center, will continue his talk about the history of jazz

piano, providing a lens to experience the evolution of jazz from a distilled perspective. To register and for cost information, please call 802-867-0111 or visit www.greenmtnacademy.org.

WEDNESDAY, MARCH 27 – BELLOWS FALLS, Vt. – The public is invited to the Andrews Inn Oral History Project's Community Discussion and Potluck at the Rockingham Library on Wednesday, March 27, at 5:30 p.m. Andrews Inn was a gay disco, bar, hotel, restaurant, co-counseling site, and community space on the Square in downtown Bellows Falls from 1973-1984. Thom Herman and Jeremy Youst bought Andrews Inn and took over ownership and daily operation in 1979. In their first year, Herman and Youst contended

with an anti-gay parade and thousands of dollars in broken plate glass windows. The inn's history brings to light the complex cross-currents of the '70s and early '80s and the power of shared social space in defining personal and collective identities. This program is free and open to the public. The library is wheelchair accessible. For accessibility questions, please call in advance. For more information, go to www.rockinghamlibrary.org.

advance or at the door. For information, call 802-387-0102. Advance tickets are available at www.nextstagearts.org, Turn It Up in Brattleboro, and Putney Food Co-op in Putney.

TUESDAY, MARCH 26 – NORWICH, Vt. – A musical performance by Sound of Ceres at Montshire Museum on Tuesday, March 26, from 6:30 – 7:30 p.m. Sound of Ceres is an audio and visual experience with sounds ranging from 1960s exotica to majestic, synthesizer-adorned, future horizons. Light projections and fiber optics pierce the darkness and smoke, creating a web of ever-changing constellations.

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

MUSIC & THEATER

SUNDAY, MARCH 24 – PUTNEY, Vt. – Next Stage Arts Project and Twilight Music present an evening of traditional Celtic and folk music from Ireland and New England by County Clare-based trio "Socks in the Frying Pan" and fiddler/singer Zoe Darrow on Sunday, March 24, at 7:30 p.m., at Next Stage at 15 Kimball Hill in downtown Putney. Tickets are available in

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