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See Page 4A

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Apples Blossom Cotillion
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Lisai history event at Rockingham Library

BY BILL LOCKWOOD
The Vermont Journal & The Shopper

BELLOWS FALLS, Vt. – An overflow crowd turned out for Ellen Howard’s presentation of “Where we come from, the Lisais of Russia” at the Rockingham Free Public Library in Bellows Falls, Saturday, April 27. Bellows Falls native and well-known 36-year town employee Ellen Howard is the granddaughter of Lena and Anthony “Tony” Lisai who both came to the U.S. as immigrants and opened the Lisai’s Cash Market Grocery store in Bellows Falls in 1926. Today, Howard is one of almost 30 descendants in Vermont, many of them in Bellows Falls.

area, and many of those attended Saturday. The family-run Lisai’s Market is still going strong. The family also runs a deli in the original store location and a grocery in Chester.

Howard made an excellent and detailed presentation of her family research. She used immigration and census records and “Aunt Clara” who had written down all the names of the family she could remember, as well as a great collection of old photographs on a screen during her talk. Howard also told personal stories from her memories like “Granny” saying she remembered the

sound of wolves howling in Russia and, “There were too many churches for the Czar and too few schools for the children.” She also remembered “Grandpa’s” fondness for Buicks and fast driving.

Lena and Tony were apparently the only immigrants in Bellows Falls from Belarus at the time they came here. There were Russian populations in Springfield, Vt. and Claremont, N.H., and they were both living in Claremont when they met and married in 1919. Belarus has been independent since the break up of the old Soviet Union in the early ‘90s, but it was part of Poland and Russia as borders changed through both World Wars.

Howard said “Grandpa Tony” was from a poor family, and one of seven children in Mosty, in western Belarus. At age 18 or 19, he arrived in Philadelphia in 1907 with \$10. Prior contacts got him a job on a potato farm in Maynard, Mass., where there was a Russian immigrant population. He ended up in Claremont after traveling around and working various jobs including in a shoe factory and as a part-time grocer.

Photo of Tony Lisai being projected at the presentation. Ellen Howard presenting on the right.

PHOTO BY BILL LOCKWOOD



TONY LISAI

Lena was one of eight children of more wealthy family near Moladetchna. In 1911, she came to aid a pregnant sister who also had a 1-year-old and was supposed to go back. She stayed working in a mill in the Saxtons River area, and when the sister she had come to help died sometime after 1914 Lena went to live with relatives in Claremont.

Despite the fact that there were eight other groceries in Bellows Falls in 1926, Tony thought it would be a good place to open such a business.

They opened the original store, where the deli is now located on Atkinson Street, and lived in the house behind. Through the years the business built up, remained family-owned, and now is one of the most known businesses in town.

The Lisai family, especially Tony’s son Lolic and his son Brent, are closely associated with fireworks. Howard remembers Tony’s attachment to his adopted country and the Fourth of July when he set off fireworks in a lot near the market. One of the audience said

they were glad Tony’s love of things that exploded was passed down saying, “What would Old Home Days be without him?”

Howard ended her presentation naming some of the other groceries that were in Bellows Falls at the time Tony opened his. And she said she is sure he would be proud to know that his Lisai’s in the only grocery still in town.

The event was co-sponsored by the library and the Rockingham Historic Preservation Commission.



The original Lisai’s Cash Market on Atkinson Street in Bellows Falls. PHOTO PROVIDED

CTES principal contract approved amid controversy

BY SHARON HUNTLEY
The Vermont Journal

CAVENDISH, Vt. – The Green Mountain Union School District meeting began Thursday, April 25 in front of a standing-room only crowd of about 70 people. This was a highly anticipated meeting with an agenda item that would put Cavendish Town Elementary School Principal Deb Beaupre’s contract in front of the board for approval.

This meeting followed weeks of both social media and traditional media’s scrutiny over Beaupre’s contract renewal after an online petition had been filed by parents and other community members in early April asking for Beaupre’s contract not to be renewed, questioning safety and other nonspecified concerns they had with her leadership. What followed was support for both sides of the issue coming forward amongst community members as this meeting neared.

At the beginning of the meeting, GMUSD board chair Joe Fromberger was determined to encourage respectful commentary from everyone as the

meeting unfolded. The petition stemmed largely from an alleged incident where Beaupre was reported to have driven around and in front of a bus to stop it, and then boarded the bus to address students’ behavior concerns.

The board adopted the agenda that had placed public comment occurring after the action item of voting on Deb Beaupre’s contract. However, the board agreed to table voting on Beaupre’s one-year contract renewal with a 2.75% increase until the end of the meeting. Board member Doug McBride said, “I feel it would be inappropriate to act upon that motion until we’ve heard from the people in the audience.” Confirming he didn’t have an opinion himself, he continued, “I feel if we acted on that motion, we would be telling the people in the audience that we’re not going to listen.”

The meeting otherwise progressed as listed on the agenda, and Superintendent Meg Powden ended administrative reports to discuss appropriate steps for conflict resolution in the form of adopting a policy that

outlined the proper “Chain of Command.” Although Powden mentioned that this discussion was a result of investigating an issue concerning reports of a “Gag Order” that had been reported surrounding the CAES renovation back in the fall, this issue would resonate throughout this meeting as well.

Powden’s recommended official chain of command would be to first go to a teacher with whom there is an issue, then to principal, then to superintendent, before it would go to the board. “We have that expectation for our parents.”

McBride countered the recommendation citing, “I’m worried that adhering to a chain of command is sending a message to our students, parents, teachers and principals...it’s putting a damper on what they want to say.”

In the end, the board asked that examples for the next meeting that would look at both open door policies as

See **PRINCIPAL** on Page 2A

Easter egg hunt draws crowd –



Families gather to begin the Easter Egg Hunt.

PHOTO BY OTIS NELSON

LUDLOW, Vt. – An amazing event took place at the Ludlow Community Center over Easter weekend. For the first time in many years, the Ludlow Parent Teacher Group and the Mount Holly Parent Teacher Student Association put on a pancake breakfast in collaboration with the recreation department’s annual Easter Egg Hunt.

The breakfast featured pancakes, coffee, tea and juice and was followed by an outdoor easter egg hunt at the school’s playground. In a historic and wonderful collaboration, the event found great success. The event organizers look forward to the communities



Easter Bunny visit.

PHOTO BY OTIS NELSON

coming together more often to help support the children at the local schools.

Supporting both education and recreation opportunities for the community is a priority for all the collaborating partners. The organizers want to send out a special thank you to our sponsors: Rite Aid, Cafe At Delight, Country Girl Diner, and Green Mountain Sugar House. Their generous donations ensured the success of this event along with the hard work of many parent and student volunteers from both communities. This will be an annual event, so mark your calendars for next year!

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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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Okemo Valley Chamber offering new membership categories

LUDLOW, Vt. – The Okemo Valley Regional Chamber of Commerce recently announced new membership categories for home-based entrepreneurs and individuals.

The new Entrepreneurial Membership category is designed for home-based businesses with no employees. This level is targeted to micro-businesses such as artisans, artists, agriculture related or new businesses just starting out.

Individual Memberships are designed for retirees or second homeowners who do not operate a business in the Okemo Valley but wish to be more involved and supportive of the business community in the region. Individual members are eligible to attend chamber events and functions such as



mixers or workshops.

Regular member dues are determined by the number of employees, including the owners, in the business. In order to be considered for regular membership in the Okemo Valley Regional Chamber of Commerce, a person or business must maintain a professional license or be registered with the Vermont Secretary of State, and/or have a Federal Taxpayer ID. The business must support the Chamber, embody the spirit of the Chamber's Mission Statement, and demonstrate a desire to promote and support

the activities of the Chamber.

The OVRCC is a not-for-profit, member-driven association, and the voice of the business communities in South Central Vermont. OVRCC includes the communities of Andover, Baltimore, Cavendish, Chester, Grafton, Londonderry, Ludlow, Mount Holly, Plymouth, Shrewsbury, Weathersfield, and Weston along the Route 100 Byway. OVRCC provides advocacy, support, and unified regional marketing to promote and enhance businesses in the region as well as the four-season economy.

For more information, go to www.yourplaceinvermont.com or call 802-228-5830.

Trivial Pursuit, Ladd Scholarship fundraiser

CHESTER, Vt. – Chester Rotary is pleased to invite the public to participate in our Chester Rotary Ladd Scholarship fundraiser, An Evening of Trivial Pursuit. This event will raise money to provide scholarships for Chester and Andover students entering college or other post-graduate institu-

tions. This fun-filled evening will take place Saturday, May 25, 2019, from 6:30-9 p.m. at the American Legion Banquet Room, 635 Route 103 in Chester. There is an admission for teams as well as a walk-in admission. Complimentary finger food and a cash bar will also be available. Prizes, a basket

raffle, a wine and cork pull, and a 50/50 raffle will add to your fun.

Put a team together and register early, as we are limiting participation to 25 teams. Email dnanfeldt@gmail.com to register, ask a friendly Rotarian for a registration form, or pick up a registration form at Dakin and Benelli.

BRVCS happenings

LUDLOW, Vt. – We had another successful Bingo and luncheon last week. Thank you to our fantastic volunteer chefs, Marcia Moore and John Murphy, and our volunteer server Eileen Dunseith. Thank you to Crows Bakery in Proctorsville for the donation of the delicious bread and to Shaw's for the donation of one of our bingo prizes, a \$25 gift certificate. Our next Bingo and luncheon will be

Wednesday, May 22. Save the date!

If you are a cook or chef who would like to make a meal of your choice for one of our bingo luncheons, or a volunteer of any kind, please call the senior center at 802-228-7421.

Next week's menu:

- Monday, May 6: Meatloaf, home fries, green beans, bread, and melon
- Wednesday, May 8: Swedish steak, rice pilaf, roll, and pineapple and oranges with fluff

- Thursday, May 9: Roast pork, sweet potatoes, vegetables, roll, and fruited jello
- Friday, May 10: Beef stew, broccoli, biscuit, and pears

These meals can be enjoyed at the senior center, made to go, or delivered through Meals on Wheels. Call Senior Solutions at 802-885-2655 for more information about Meals on Wheels. If you would like to be a volunteer driver to deliver these meals, call the senior center at 802-228-7421.

PRINCIPAL

From Page 1A

well as chain of command examples and did not adopt an official chain of command policy at this meeting.

As the time for public comments approached, the board's discussion turned to how anticipated negative comments should be handled with some suggestion that they should be done within an executive session where the public, one by one, would be invited in to talk to the board or to received something in writing.

Powden reminded the board that they could not discuss personnel matters in public session. "That would be inappropriate."

Board member Kate Lamphere said she was also concerned about personnel information being shared in a public

forum. "I'm not interested in a public bashing session, and I believe that people will be respectful but it's just...it's not appropriate to me to do this in open session," she said.

Fromberger added, "I'm hoping that people will be respectful and civil and will not engage in saying things that are hurtful to anyone."

"This gets back to a social contract," Powden explained, referring to her earlier comments about establishing a chain of command. Powden urged parents who have concerns about Beaupre to come to her and ended by saying, "I have not met with any Cavendish parents."

During the discussion, it was revealed that no official petition had been submitted to the board nor had any Cavendish parent asked to meet with Powden, although three parents had

already met with Beaupre to discuss their grievances. However, it was clear that all board members were aware of the petition and had received it, in some form, via email.

Board vice-chair Deb Brown was more sympathetic to public comment. "Is there any way to hear parental comments while maintaining respect for Deb?"

Fromberger settled the issue saying, "There is no provision for an executive session that would invite the public to participate in the voicing of a written comments that were made." He further explained that the board would not do an investigation into reported issues but instead deferred that to the superintendent.

Michelle Messina, one of the parents behind the petition, asked from the floor to read a statement from someone un-

able to attend the meeting, but that suggestion was dismissed by Fromberger. "We're not going to read the other peoples' comments into the record," he said.

After 2.5 hours into the meeting, the board reached the time for public comment.

Fromberger attempted to limit both the length for each comment and the issues that people could discuss, initially trying to suggest that they would not allow any comments relating to "all of those things that we've already discussed."

Chester Telegraph reporter Shawn Cunningham reminded Fromberger that the statute would not allow him to regulate what is said.

Fromberger admitted that Cunningham was right, but added, "I'm asking to people to be mindful of how what they say can affect other people and to be

courteous and respectful." Other board members expressed the same opinion.

When public comments finally began, comments were generally subdued and included several subjects, from a budget concern about para benefits, to support of Beaupre's actions promoting bus-riding safety, to questions about the chain of command. Also included were several parents speaking in support of Beaupre's performance.

As for anticipated negative comments about Beaupre, comments focused more on general safety concerns than Beaupre herself. One parent spoke emotionally about her own mother's unrelated car accident when her mother was a little girl and her concerns about safety. In her comments, she mentioned that her research revealed that in Vermont it is legal to pass on a double yellow line, even to pass a school bus, but vowed to change that law.

Messina spoke only briefly of the safety implications of the bus incident, saying, "If my daughter had been out that day,

she could have been injured or killed. I just wanted to add that in."

Cavendish resident Justin Osher expressed his frustration with how the public comments were impacted by the board. "It was made pretty clear that there wasn't to be discussion about these incidents, that was to be repressed...we've heard from one side of the story, but I feel that the second side has been suppressed," he said.

Once public comments were concluded, Fromberger said, "I'm very encouraged that the arguments made on both sides are civil. They are to the point and I think that we are fortunate to have that kind of input from the community."

McBride encouraged anyone who felt they still needed to find a resolution that they could approach the superintendent, along with the board chair and vice-chair, as a means to settle their issues.

The board approved Beaupre's contract unanimously, and the decision received applause by many audience members.

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Southern Pie Café opens in downtown Chester

BY JOE MILLIKEN
The Vermont Journal

CHESTER, Vt. – Just imagine the smell of homemade pie, as fresh as the crisp Vermont air where it is baked, because that is what you will enjoy at the unique and friendly Southern Pie Café, located at 94 Common St. in Chester. Combining southern Dixie flavors with local ingredients, owners Scott and Leslie Blair are bringing these tasty desserts along with many other baked goods and luncheon delights, and serving breakfast, lunch, and coffee to their loyal customers every day.

Originally from Charleston, S.C., Leslie met her husband, Scott who is originally from Lebanon, N.H., when they both worked at a Vermont bakery where she was the head baker. Leslie is a graduate of Johnson & Wales University and has over 20 years of experience in the food industry, while Scott has 15 years of experience in retail sales, technology, and business management. When Scott was lucky enough to taste one of Leslie's traditional southern pies, the rest, as they say, was history!

"When I tried one of Leslie's pies, I enjoyed it so much that I told her it was time for us to focus solely on creating her wonderful pies, and we combined our food and management skills to create a business. That was four years ago now, and we continue to grow," Scott said.

In 2018, after opening the Main Street Coffee and Scoop Shoppe on Main Street in Chester, Blair decided to combine forces with the pie bakery to open The Southern Pie Café, after a larger space became available on Main Street. "Last



Check out Southern Pie Café in Chester.

PHOTO PROVIDED

summer, several local business owners were suggesting to us that the Chester Green needed a traditional cafe after the previous establishment had moved to another out-of-town location," Scott said. "As we contemplated this idea, it was suggested that the vacant leather shop building on The Green would be an ideal location for the café, so during 'mud season,' we merged the coffee/ice cream shoppe, and the pie company together and rebranded it as the Southern Pie Café."

The café offers a breakfast menu that utilizes their own fresh eggs, breakfast sandwiches and wraps, as well as fresh quiche, and a parfait made with homemade granola. They also make their own ice cream with various pie flavors, and offer homemade brownies, lemon squares, scones and, of course, their very popular southern-style pies. "We also just started carrying artisan bread from Orchard Hill Breadworks and also offer various coffee and espresso drinks," Blair added.

The café also features a small CBD shop and "chill corner" within the café, offering a small batch of CBD and hemp items such as oils, tinctures, salves, lotions, soaps, edibles, drinks, growing nutrients, and more. "The goal is to educate the public and bring reputable local products to the area," Scott added. "Every first Monday of the month we have an open forum meeting to talk about hemp and cannabis. This is open to the public to come talk to farmers, customers with stories on how they use the products and how it has helped them. A big part of this event is to also keep everyone up-to-date on laws and regulations."

The Southern Pie Café is open seven days a week, Sunday through Thursday, from 7 a.m. to 5 p.m., and Friday and Saturday, from 7 a.m. to 6 p.m. For more information, please call 802-875-7437 or visit www.thesouthernpiecompany.com.

BRGNS to hold Spring Rummage Sale

LUDLOW, Vt. – For over 10 years, Black River Good Neighbor Services has held a rummage sale twice each year at Fletcher Farm, 611 Route 103 south in Ludlow to raise funds for the area food shelf. That sale has become a destination event; drawing shoppers from several states to find bargains on quality, used merchandise. This spring the sale will occur Friday and Saturday, May 17 and 18, from 10 a.m. to 4 p.m., and Sunday, May 19, from 10 a.m. until 2 p.m., rain or shine. The BRGNS folks are now looking for volunteers to help set up and run the event.

The sale will feature clothing, housewares, books, linens, furniture, and all manner of goods. "We will have something for everyone," said Audrey Bridge, executive director of the organization. "The tables will be piled high and the prices will be marked low. However, what we really need this year is help. We need volunteers to help set up and to help staff the sale. And we need lots of people to donate baked goods for the bake sale."

Besides the spring and fall rummage sale each year selling gently used, donated items, BRGNS runs a thrift store at

37B Main Street in Ludlow, behind the Ludlow Community Center, and a used furniture store at 105 Main Street.

BRGNS is primarily a food shelf and financial assistance nonprofit organization serving Ludlow, Cavendish, Mount Holly, and Plymouth. Proceeds from the rummage sale are used to purchase food for the community or are used for various financial assistance programs.

For more information or to volunteer, please call Audrey at 802-228-3663.

Reinbow Riding Center volunteer open house and orientation day

SHREWSBURY, Vt. – This year, the Reinbow Riding Center in Shrewsbury will be busier than ever, and we need volunteers. We're looking for some dedicated individuals to help us out this summer. Our Volunteer Open House and Orientation is Saturday, May 11 at 10 a.m. at Beaver Meadow Farm, 2579 Eastham Rd., Shrewsbury.

What could be better than working with kids and horses? Don't know anything about horses, but always wanted to? No problem. We'll teach you the secrets and more. If you like to work with kids but are not quite sure about the horses, that's okay because we have jobs for everyone. If you don't think you can commit for the whole summer, come talk to us. We're flexible and will work with your schedule.

After a short orientation May 11, with coffee and goodies, we will jump right in with demonstrations and hands-on training in side walking from 11 a.m. to noon. This is the first level of training. After a short break at noon, there will be more hands-on training from 1-2 p.m. that

will include horse leading. In order to learn horse leading, you must learn side walking first. Come join us for the open house and orientation and see if you would like to be a part of our therapeutic horsemanship program this season.

For more information, go to www.reinbowridingcenter.org, email programs@reinbowridingcenter.org, call 802-236-2483. Volunteer applications

and handbooks can be found on our website. They will also be available at the open house.



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Springfield Hospital Childbirth Center closing May 3

SPRINGFIELD, Vt. – Springfield Hospital announced plans for the closure of its Childbirth Center sooner than earlier planned. The closure will be effective May 3, 2019.

Hospital staff members have contacted all expectant mothers to inform them of the situation in detail, while helping families make other arrangements for their prenatal care and to plan for their eventual childbirth experience. In cases of the emergency, rather than as a first option, Springfield Hospital's Emergency Department will be staffed to handle childbirth cases that must happen there as a last resort.

"The Emergency Department is prepared to manage all emergencies – including those of pregnant patients," said Emergency Director Guy Nuki, M.D. "However, like many other smaller hospitals, the ED does not have the specialized equipment nor the specialized obstetric nurses and clinicians. We en-

courage all pregnant patients to create a plan with their obstetrics provider for seeking care when in labor, but also to feel comfortable that, in an emergency, we are prepared."

The Women's Health Center of Springfield will continue to provide gynecology services for the region and can be reached for appointments at 802-886-3556. Patients with additional questions regarding current or planned obstetric services, please contact Lyndsy McIntyre, Chief of Patient Care Services, at 802-885-7129 or email lmcintyre@springfield-med.org.

SMCS also announced its plan to restore employee salaries and wages effective May 5, 2019 as it has exceeded an important milestone – the reduction of its operating budget by more than \$6.5 million on an annualized basis.

Continuing its ongoing efforts to balance revenue and expenses, it is also holding true to its promise to staff upon implementation of the painful, but necessary, process of wage reductions. Mike Halstead, in-

terim CEO for Springfield Hospital stated, "We explained to staff that, as soon as we possibly could, wage restoration would be a top priority."

While SMCS will likely post a loss at the end of its Sept. 30, 2019 fiscal year, the financial improvement plans recently implemented have identified approximately \$7 million in expense reductions, which will help stabilize the organization's finances into the future.

Halstead stated, "Our work is not over. This is a process of continuous improvement and a necessary operational strategy for any health system in today's challenging environment." He added, "There will be no sacrifice in quality. High quality patient care remains mission critical and access to necessary services remains our first priority."

The Board of Directors also expresses their appreciation to the community for its past support by seeking healthcare services from SMCS, and looks forward to continuing to meet the communities' healthcare needs into the future.

Empty Bowl Dinner fundraiser for CAFC

CHESTER, Vt. – The public is invited to an Empty Bowl Dinner fundraiser at GMUHS Thursday, May 16, from 4:30-6:30 p.m.

Join us as we celebrate Arts Night and raise money to support the Chester-Andover Family Center and the GMUHS Art Department. Come for dinner between 4:30 and 6:30 p.m. and stay for the Art Show at 6 p.m. and the Pops Concert at 7 p.m.

Dinner will be provided by the Green Mountain Iron Chef teams under the guidance of Chef Jason Tostrup of the Free Range. Your dinner will include a special ceramic bowl lovingly hand-painted by volunteers and local children under the coordination of Melissa Howe of Endless



Creations, the CAES After-School Program, and the art department at Green Mountain.

Tickets for this event are available at Green Mountain Union High School, the Chester-Andover Family Center, the Free Range Restaurant, and Endless Creations Studio.

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Enjoy this Week

Teddy bears made by VNH staff, volunteers

WHITE RIVER JCT., Vt. – Visiting Nurse and Hospice for Vermont and New Hampshire staff and volunteers gathered Thursday, March 21 and Tuesday, April 9 at the VNH administrative offices in White River Junction, Vt. to build fleece teddy bears to be given to VNH hospice patients.

“I’ve enjoyed every moment of sewing these huggable bears. I love that they will bring comfort to our patients receiving hospice care,” said VNH Hospice Director Beth Krefski. “The amount of love put into making the bears by the volunteers was amazing and heart-warming!”

Each night was filled with lots of tracing, cutting, sewing, ironing, stuffing, and lots of laughs. There were over 20 volunteers that participated and over 100 bears made. The teddy bears are all unique, just like the people they will be given to. The bears were handed out to all hospice patients during



Teddy bears handmade with love by VNH staff and volunteers. PHOTO PROVIDED

Patient Experience Week, the week of April 22.

“We are so appreciative of the time and materials that our staff and volunteers have given to this project,” said VNH President and CEO Johanna Beliveau. “It is a privilege and honor to provide care to those

in need in our communities, and we hope that these teddy bears will make our hospice patients smile and ultimately bring comfort to them.”

Visit www.vnhcare.org for more information.

Red Cross urges blood donations to help trauma patients

REGION – There’s no way to predict when or where an accident will happen. That’s why the American Red Cross needs donors to give blood and platelets during Trauma Awareness Month this May and throughout the year to help ensure that trauma centers are prepared the moment an injured patient arrives.

Major traumas can quickly deplete a hospital’s blood supply. By giving blood, platelets, or plasma regularly, donors can help ensure that enough blood is on the shelves for patients when every second matters.

In trauma situations, when there’s no time to check a patient’s blood type, emergency personnel reach for type O

negative red blood cells and type AB plasma because they can be transfused to patients of any blood type. Less than 7% of the population has type O negative blood, and only about 4% of the population has type AB blood.

Platelets may also be needed to help with clotting in cases of massive bleeding. Because platelets must be transfused within five days of donation, there is a constant – often critical – need to keep up with hospital demand.

Donors of all blood types are urged to give now to help meet the needs of trauma patients and others with serious medical conditions. Make an appointment to donate blood by downloading the free Red Cross Blood Donor App, visit-

ing www.RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

Upcoming blood donation opportunities May 1-23:

- May 3, 12:30-5:30 p.m., Windsor High School, 127 State St., Windsor
- May 13, 12:30-5:30 p.m., Ludlow Community Center, 37 Main St., Ludlow
- May 14, 11:30 a.m. - 5 p.m., Fraternal Order of the Eagles, 54 Chickering Dr., Unit 1, Brattleboro
- May 18, 11 a.m. - 4 p.m., Diamond Run Mall, 46 Diamond Row Place, Rutland
- May 20, 12-5 p.m., Newsbank Conference Center, 352 Main St., Chester
- May 23, 12-5 p.m., United Church of Bellows Falls, 8 School St., Bellows Falls

Free cold climate heat pump workshop

WEATHERSFIELD, Vt. – On Saturday, May 11, 2019 at 9:30 a.m. the Weathersfield Town Library on Route 5 in Acutney will be hosting a cold climate heat pump workshop. See newly installed heat pumps in action at the library.

Mini-Split Air Conditioners and Cold Climate Heat Pumps are rapidly emerging as the promising technology for Vermont homes. Come to this informal workshop to learn about heat pump options for both hot

water and space heating to see if they make sense for your home.

The workshop is free. Bring along your questions and learn how heat pumps operate in summer and winter. Pick up a copy of the Weathersfield energy flyer, compiled by the Energy Group, with further tips on saving money to help the environment.

The workshop is offered by the Weathersfield Energy Group. For more information, call 802-674-5280.



Learn more about heat pumps at this workshop. PHOTO PROVIDED

Annual plant sale at Rockingham Library

BELLOWS FALLS, Vt. – Stop by the Friends of the Rockingham Library annual plant sale to purchase some of the area’s finest plants at great prices. Held Saturday, May 11, the day before Mother’s Day, it’s the perfect opportunity to bring some-

thing special home to Mom. Perennials, annuals, bulbs, shrubs, and ornamental grasses will all be available. Organic herbs and vegetables will also be ready for pick up and planting.

If you’d like to donate some plants for the sale, place plants

in pots or plastic bags, and label them to the best of your ability, including name and light preference. All plants are welcome, as long as they are not invasive. Then drop them off at the library between Monday, May 7 through Thursday, May

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

IRS issues annual list of tax scams

REGION – The IRS recently issued its annual list of tax scams. The list highlights various scams that taxpayers may encounter, many of which occur during tax filing season.

Here are some of the scams that are highlighted on the list.

Phishing
Phishing scams usually involve unsolicited emails or fake websites that pose as legitimate IRS sites to convince you to provide personal or financial information. Once scam artists obtain this information, they use it to commit identity or financial theft. The IRS will never initiate contact with you by email to request personal or financial information. This includes any type



Remember to keep your personal and financial information private so you don’t end up becoming the victim of a tax scam. PHOTO PROVIDED

of electronic communication, such as text messages and social media.

Phone scams

Phone scams typically involve a phone call from someone claiming you owe money to the IRS or that you’re entitled to a large refund. The calls may show up as coming from the IRS on your Caller ID, be accompanied by fake emails that appear to be from the IRS, or involve follow-up calls from individuals saying they are from law enforcement. Sometimes these callers may even threaten you with arrest, license revocation, or deportation.

Identity theft

Tax-related identity theft occurs when someone uses your Social Security number to claim a fraudulent tax refund. You may not even realize you’ve been the victim of identity theft until you file your tax return and discover that a return has already been filed using your Social Security number. Or the IRS may send you a letter indicating it has identified a suspicious return using your Social Security number.

Return preparer fraud

Sometimes scam artists pose as legitimate tax preparers and try to take advantage of unsuspecting taxpayers by committing

refund fraud or identity theft. It’s important to choose a tax preparer carefully since you are legally responsible for what’s on your return, even if someone else prepares it.

Inflated refund claims

Taxpayers should be wary of anyone promising an unreasonably large or inflated refund. These scam artists may ask you to sign a blank return and promise a big refund without looking at your tax records or charge fees based on a percentage of the refund.

Fake charities

Groups sometimes pose as charitable organizations in order to solicit donations from unsuspecting donors. Be wary of charities with names that are similar to more familiar or nationally known organizations. Before donating to a charity, make sure that it is legitimate. The IRS website has tools to assist you in checking out the status of a charitable organization.

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

The 15th annual Veterans Dinner to honor all veterans

SPRINGFIELD, Vt. – On Saturday, May 11, there will be a free dinner to any veteran and their guest at Elks Lodge 1560 in Springfield. The dinner begins with a social hour 3 to 4 p.m. and dinner starts at 4 p.m. Please call 802-885-3100 by May 7 to make your reservation. The dinner is hosted by Veterans of Foreign Wars Post 771 in Springfield, American Legion Post 36 in Ludlow and Post 67 in Chester, Elks Lodge 1560 in Springfield, and Moose Lodge 679 in Springfield.

Ludlow American Legion FRIDAY NIGHT DINNER

Friday, May 03

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

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LOCAL HISTORY

BY RON PATCH

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

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

Vermont heritage

Here's a story I think many of my generation will relate to.

Instead of hiring a babysitter my parents took me most everywhere they went. My father and mother had a way of making it fun. I remember going to Brownie's garage with my father once when I was 5. He drove our 1956 Ford onto the lift for an oil change. As my father stepped out of the car, he said I could stay in the car.

The mechanic started lifting the car. The sensation sitting in the car as it rose was exciting. The view from so high in the air was a new experience. I looked down on those below listening to the men talk.

A trip to the dump on the Dump Road on Saturday mornings was another fun thing to do. There were always men there my father knew. Pawing over discarded junk, as my father talked to his friends was a lot of fun. I found an old Edison phonograph there once.

Fast forward to when I had two kids of my own, Shawn and Carrie. I took them everywhere. Most readers will know I'm an antiques dealer. I would take one or sometimes both kids with me when I went "picking." These trips covered all of Vermont, most of New Hampshire, and some of eastern New York.

On these trips, there was a lot of downtime. I made it fun by listening to the radio. When a song came on that I liked, I would tell the kids who it was, Rolling Stones or Neil Young as an example. We reached the point that when a song came on I would ask, "Who's that?" Both kids could answer correctly.

I extended this approach with most everything I did. Both kids got over being shy around strangers. I remember walking up to a house, knocking on the door, and asking to buy antiques. In the 1970s, the old ladies loved children and would welcome us into their homes.

Sometimes Shawn or Carrie would sit at the kitchen table eating cookies and talking with the old lady while I searched the attic. I treated both of my kids as adults, not children. I made us a team and shared everything. "Shawn (or Carrie), we really need to make some money today." They understood the



Samantha Patch at the Weston monument. PHOTO BY RON PATCH

urgency.

After the truck was loaded, we would discuss how well we had done and how much we might make as we searched for another house to pick.

Both kids went to Brimfield Antiques Market with me when no more than 8 years old. Here they met collectors and dealers from all walks of life. All of these experiences and countless others helped prepare my kids for their adult lives. Kids' minds are like a sponge, they will absorb as much as you can feed them. Just make it fun.

Fast forward to this past week

Shawn now lives in North Carolina with his wife Paula and his daughters Josie and Samantha. Last week Shawn came home for a visit. With him, he brought his 10-year old daughter Samantha. I don't see a lot of my granddaughters so one day last week I took Samantha with me on a trip to Weston.

I took our new book, "Pictorial History of Chester, Andover, Weston and Londonderry" with me. Now I don't know if she's going to enjoy the day or not. Our first stop was the intersection of Main and Grafton Streets in Chester. I showed her in the book how this view looked in 1910. Next we went to the footbridge. Moderate interest I thought. Let's make this fun.

Where we came down the mountain into Weston, there's an old cemetery on the left (sorry I don't know the name). I pulled over, stopped, and told Samantha, "The Patch family is buried here, do you want to go look?" "Yes" she said.

I didn't know what to expect. Soon Samantha was walking up and down the rows of graves by herself

looking for Patch grave-stones. Now I could tell she was enjoying herself.

Our next stop was the Green in Weston. On the Green is a granite monument to Weston men who died in the Civil War. One of those men was our ancestor Ransom M. Patch. When Samantha saw "R.M. Patch" on the monument, I knew had her attention. I told her what I knew about Ransom. We then went over to the Weston Town Office to do some research on the Patch family.

We were greeted by Judy Poissant who was very helpful. Judy showed us how to navigate the card files for births, deaths, and marriages. Within no time Samantha was proficient at searching the card files.

Pretty soon she said, "Grampa, here's a Patch who was born on my birthday."

"What's the first name?" I asked.

Samantha replied, "Patch No-name." Samantha asked what that meant. Judy told her the baby was not given a name because she died at birth. When we finished, we went over to the library to donate a copy of our pictorial history book.

The lady in the library asked me to sign the book. After I signed it, I had Samantha sign under my name. When we walked back to the car, I told Samantha that would be the only book we both signed. If she visited Vermont 20 years from now, she could stop at the library, see the book, and reminisce about this day. So the connection I was looking for was made. I look forward to doing more with all my grandchildren this summer. Carrie has twin boys who are just about old enough to go fishing.

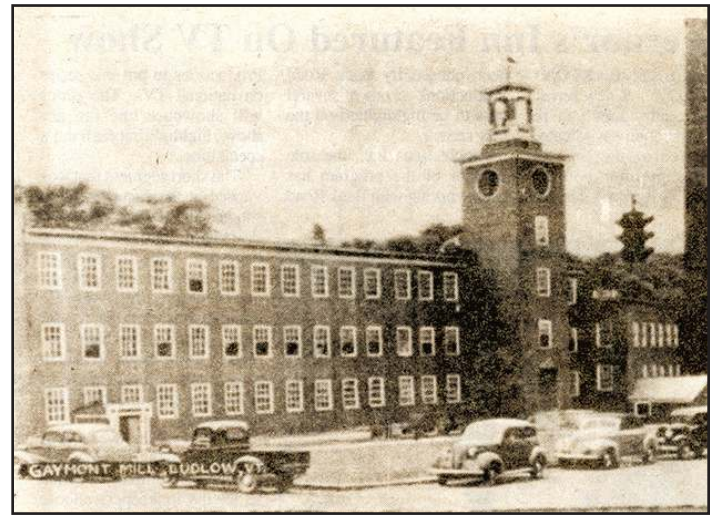


Samantha using card indexes. PHOTO BY RON PATCH

BRAM seeking information about Ludlow Woolen Mills

LUDLOW, Vt. - Do you know of anyone in Ludlow or the surrounding towns who worked in or is familiar with the woolen mill industry in Ludlow? The Ludlow Elementary School sixth graders under the direction of their teacher, Heidi Baitz, will be gathering oral histories of people who have been in that environment.

If you have had that experience or know of someone who has, please contact Georgia Brehm at the Black River Academy Museum so you can make an appointment to talk about your experiences there. Georgia can be reached at 802-228-5050. Your information is invaluable to our community, and we appreciate all of your help in gathering this history. Thank you in advance for your help.



Woolen Mills or "Gaymont Mill" in Ludlow, Vt. PHOTO PROVIDED

Mountain Towns Dine-around to benefit the Londonderry Arts and Historical Society

LONDONDERRY, Vt. - The Londonderry Arts and Historical Society hosts its first Mountain Towns Dine-around July 19. The festive gallivant begins with 5:30 p.m. cocktails at the Custer Sharp House followed by dinner at one of 20 area homes. Many of these homes have historic importance to Londonderry. LAHS President Annie Campbell said the dine-around is a different kind of community event for Londonderry. "We hope to bring lots of community members together to celebrate Londonderry and our history."

The Londonderry Arts and Historical Society hopes to raise \$20,000 with its fundraising activities. The cost of opening its buildings and managing the collections is not covered by membership contributions.



Committee members (left to right) Sally Ogden, Sharon Crossman, Annie Campbell, Hilary Bathchelor, Barb Wells, and Esther Fishman address the Save the Date postcards for the Dine-around. PHOTO PROVIDED

LAHS has made many improvements to its buildings and improved the gallery space and archives. For more information

on the Dine-around, please visit www.LAHSVT.org, email LondonderryAHS@gmail.com, or call 802-824-4406.

BF Historical Society labyrinth walk

BELLOWS FALLS, Vt. - The Bellows Falls Historical Society will be hosting a Labyrinth Walk on World Labyrinth day, May 4 at 1 p.m. The walk will happen at the Labyrinth and Poet's Seat located in the Riverfront Park by the Adam's Grist Mill Museum on Mill Street off the Square in Bellows Falls.

Thousands of people around the world will be participating in walks and the local Labyrinth Society regional representative, Sadelle Wiltshire, will be leading our walk. We'll join over 5,000-

plus walkers worldwide who are "walking at 1 as one" in their own time zones.

Sadelle Wiltshire will give a short introduction to walking the labyrinth at 12:30 p.m. and will share useful things to consider while walking. The labyrinth walk will commence at 1 p.m., to coincide with other walkers along the East Coast. We'd like to invite people to bring a favorite short poem of peace with them to share before the walk begins, or after their walk is finished, in honor of the Poet's

Seat. Folks are also welcome to bring a journal with them and to stay after the walk if they would like to share what came up for them during the walk.

Our labyrinth is situated in a beautiful and peaceful highpoint that overlooks the Connecticut River and valley vistas. It is surrounded by granite seating and is a place of contemplation and reflection. We invite one and all, walker or not, to our lovely labyrinth. As a reminder, you cannot get lost at a labyrinth, as it is not a "maze."

Pick up a copy of Ron's new book

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Mike & Tammy's
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Chester & Bellows Falls

Ron Patch 802-374-0119

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opinion

Op-Ed: Vermont Legislature needs to move the ball on Clean Water funding

Despite Gov. Scott's \$8 million commitment to restoring Vermont's waterways and funding clean water initiatives in his recent budget proposal, the Vermont Legislature has so far failed to live up to their responsibilities to help ensure we all have clean water.

The budget passed by the House has stripped the governor's \$8 million for clean water and spent the money elsewhere. We are hopeful that this choice was made because the Legislature plans to identify a new source of funding for clean water and they don't want to take money from the many other state priorities. Water quality advocates, including Connecticut River Conservancy, have

been working for years now to advocate for a stable ongoing source of clean water funding.

The Senate bill, S.96, as it currently stands only develops a cumbersome additional bureaucratic process to manage the new clean water funding that we expect to see come out of this legislative session. If there is not a significant source of additional funding, there is no point in passing this bill. Why create additional complicated administrative processes when there is nothing to administer?

Thousands of clean water projects that have already been identified are waiting for funding before they can proceed with design and implementation. All of these projects would

result in cleaner rivers and lakes throughout Vermont. For the past three years, since the Vermont Clean Water Act was first passed, the Legislature has failed to provide a long-term funding mechanism for clean water. They have kicked the can so far down the road that it is now off the road in a polluted ditch.

Vermonters want and need clean water. In addition to the obvious clean water benefits of funding the 4,000 projects in the state's database, the Legislature can help Vermont's economy in a number of ways by providing funding for these clean water projects. Millions of dollars would be spent locally, through the hiring of Vermont

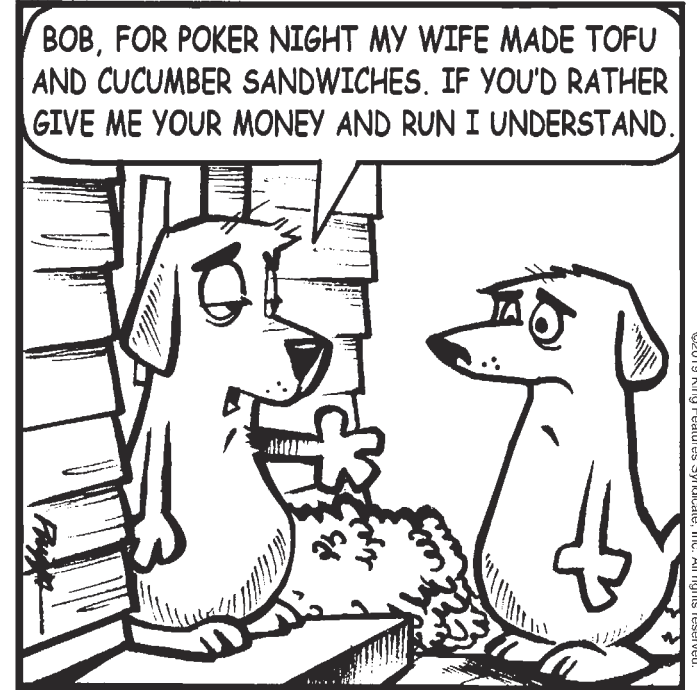
small businesses and large companies to help implement clean water projects. Property values that are currently dropping along our polluted lakes would stabilize, and we can continue to develop our recreation economy.

Many of our legislators used clean water funding as a central tenet of their re-election campaigns. It is time, past time actually, for our legislative leaders to pick up this ball and carry it across the finish line. Make the right choice this year and find the funding to protect and restore our vital waters!

Written by Connecticut River Conservancy river stewards, Kathy Urffer and Ron Rhodes.

Just Like Cats & Dogs

by Dave T. Phipps



Op-Ed: The value of a waiting period

Over the past 28 years as a primary care pediatrician and teacher at UVM's College of Medicine, and as a member of Vermont's Child Fatality Review Team, I have learned much about suicide and gun violence. I have seen too often how these public health problems affect too many Vermont individuals and families – in spite of the strong safety commitment of most gun owners.

Vermont's firearm suicide rate is higher than the nation's average, and sadly has increased more than 30% over the past 20 years. I commend our Legislature's current effort to prevent future suicides through legislation that would require a waiting period before firearm purchase. This effort has resulted not merely from one firearm suicide, but from those high and rising rates, coupled with scientific evidence that suicidal behavior often occurs as an impulsive reaction to temporary crisis.

Why does a waiting period make sense for suicide prevention? First, let us understand that it will have no power to prevent gun ownership for people who have a legitimate right to have firearms. It does provide a brief period of time for a prospective buyer to consider further whether buying a gun is a wise and safe decision. This period of time could be lifesaving for someone in a vulnerable mental state.

Studies show that suicidal behavior is often precipitated by

a crisis. Researchers from Harvard's Injury Control Research Center found that a precipitating event had occurred within two weeks of completed suicide in 36% of cases. In 61% of cases, victims had not disclosed any intent to kill themselves.

In a sudden life crisis, a suicidal individual may be especially susceptible to irrational thoughts, fear, anger, or desperate grief. Even then, he or she may be highly ambivalent about suicidal urges – but may act impulsively. The urge to reach for a gun seems far too common. Actual suicide attempts frequently occur within minutes to hours of an impulsive decision to act – making it critical to reduce a suicidal person's access to lethal means. The waiting period for firearm purchase is one way to do this, allowing time for calming down and finding a way to work through a crisis.

There is unfortunately a misconception that once someone decides to attempt suicide, the decision is fixed and permanent, so that "if we remove one method, that person will simply find another." That may happen; yet long-term follow-up research finds a high probability (90%) that even individuals who have made life-threatening attempts – such as jumping in front of subway trains – do not subsequently die by suicide. How can that be? Because neither emotional crises nor mental illnesses are necessarily permanent conditions. Treatment and compassionate support can lead to

recovery. Even a short-term reduction of access to the most lethal common means of suicide in a crisis can allow long-term prevention.

We can be confident that this legislation will save lives. A recent study of waiting period laws enacted in states from 1970-2014 showed robust evidence that they reduced gun homicide by 17%, and only slightly less robust evidence of a 7-11% reduction in gun suicide. This would mean five to six Vermont lives saved annually. Furthermore, we may not "see" all the benefits, because one rarely hears of successfully prevented suicides. Some gun suicides occur within hours after purchase – making prevention potential clear.

A waiting period will not prevent all firearm suicides. Safe storage measures are critical for guns already possessed. Still, this legislation strikes a reasonable balance around society's expectations – reflecting and helping to shape social norms for safety and public health. It offers an upstream, proactive way of reducing access to lethal means. It reminds us that we recognize both the rights and responsibilities of owning guns. Over time, it will save many lives.

Written by Eliot Nelson, M.D., professor emeritus of pediatrics, University of Vermont, Robert Larner College of Medicine.

Op-Ed: Our seriously unserious Legislature

Recently, the Lake Champlain Chamber of Commerce surveyed 500 young professionals, primarily Burlington area residents between the ages of 22 and 34, and learned that over 40% intend to leave Vermont. Why? The high cost of housing, the overall high cost of living, and the lack of upwardly mobile career paths. While the high number eyeing the exits may come as a shock, the reasons are not. We've known for a long time these are things that need fixing.

We also know that our roads are in poor shape, sewage keeps overflowing out of our waste treatment plants and into our rivers and lakes, our state pension liabilities are a financial time bomb, and the cost of pre-K to 12 education keeps inexplicably rising despite the loss of 30,000 kids.

So, given this list of real challenges as we head into the final weeks of the 2019 legislative session, here's a rundown of some of the issues our elected officials are tackling:

Allowing noncitizens to vote in Montpelier. The House passed this charter change bill 94-46 allowing noncitizens the right to vote in local Montpelier elections despite the fact that the Vermont Constitution states explicitly that you have to be a U.S. citizen in order to vote. As of this writing, the bill is under consideration the Senate.

Eliminating Columbus Day and replacing it with Indigenous People's Day. The Senate passed this on a voice vote

and the House passed it 113 to 24. Nice for Native Americans; insulting to Italian Americans. But are any of us really going to spend our day off any differently?

Banning plastic grocery bags. The Senate passed this one 27-2 and, as of this writing, it is under consideration in the House. Not only does this bill ban plastic bags, it demands that store owners charge 10 cents per paper bag. These are really not decisions government is constitutionally empowered to make for us.

A constitutional amendment to end slavery. Yes, despite the fact that the 13th Amendment to the U.S. Constitution ended all slavery in 1865, and the Vermont Constitution was the first state constitution to ban slavery, the Senate voted 28-1 to start us on the four-year path to amend the state Constitution, including a statewide vote, in order change and/or accomplish exactly nothing.

Raise the smoking age to 21. This passed in the Senate on a voice vote and in the House 124-14. What's truly comical about this is that all session many of these same legislators have been touting the wisdom and praising the policy leadership of middle and high school students on issues such as climate change and gun control, but then rule young adults are too immature, ignorant, and foolish to make personal choices on their own.

Expand the "Pay to Move" Program. The original program to pay people up to \$10,000 to move to Vermont was so successful (29 workers moved here) the Senate voted 27-2 to expand the program. Why are we reduced to having to pay people to move to Vermont? Probably because of all the nonsense listed above.

In addition, there are serious negotiations about ban-

ning fossil fuel infrastructure in the state – essentially a move to ensure cheap, low-carbon emitting natural gas is prohibited from competing with more expensive, less reliable renewable energy business and donor interests, which would deal a considerable blow to economic development. And, one can't forget the Vermont Global Warming Solutions Act (H.462), which would in effect usher in a "green" police state under which our government "shall [emphasis added] adopt and implement rules to achieve the 2025 greenhouse gas reduction requirement..., including addressing greenhouse gas emissions from the electricity sector, transportation sector, and building sector."

"Shall" means you will be forced to comply by whatever means necessary in order to accomplish approximately nothing in regard to climate change.

But isn't this just what Vermonters want and voted for? Well, as Rep. Mike Yantachka (D-Charlotte) explained, "If our constituents say 'don't do this,' we should be able to tell them we have to do it."

Maybe our state would be better off if instead we told our legislators to quit screwing around in their ideological sandbox and to focus their time and energy on actually operating the machinery of government. Fix the roads, fix the wastewater system, shore up the pensions, make sure our public schools are educating our kids effectively and at reasonable cost, and stop taxing and regulating productive people and businesses out of the state. And if they say they don't want to do this, we should be able to tell them they have to do it.

Written Rob Roper, president of the Ethan Allen Institute. He lives in Stowe.

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obituaries

Alice M. Brooks, 1946-2019

LUDLOW, Vt. — Alice M. Brooks, 72, of Ludlow, Vt., passed April 17, 2019 peacefully at Mountain View Care in Rutland, Vt. Alice was born to Reginald and Esther (Spaulding) Lombard, July 2, 1946, in Rutland, Vt. She was the first of five children, growing up in Ludlow, Vt. She graduated from Black River High School in 1964 and received a registered nurse degree from Elliot Community Hospital in Keene, N.H. in August 1967. In September 1967, she joined the United States Army, worked her way to first lieutenant in the Army Nurse Corps. She was assigned to the 24th Evacuation Hospital in Vietnam in July 1968 and returned home July 1969, serving two tours across seas. She received several medals, including National Defense Service Medal, Vietnam Service Medal, Vietnam Campaign Medal, two Overseas Service Bars, and the Army Commendation Medal.

She leaves as her legacy two children and one grandson: daughter Emily Brooks, son Eli Brooks, and grandson Cade Bourassa. She also leaves to cherish her memory two sisters, a brother, and their

families as well as the numerous people's lives she touched. She was predeceased by her younger twin brothers Leo and Cleo Lombard. Her children remember her as a hardworking, very loving mother, friend, and confidant.

Alice was a registered nurse for 32 years at Mt. Ascutney Hospital until she retired in 2011 and was passionate about affecting the most positive change in anyone and everyone she met. She also worked in Sullivan County Hospital, Dartmouth Hospital, and New London Hospital as well as the Bend, Oregon Regional Hospital during her lifetime of passionate desire to help others heal during their time of need.

A Celebration of Life is scheduled for June 1 at 1 p.m. at Camp Plymouth State Park. Following her wishes, friends and family will celebrate her life rather than mourn her death. In an effort to make the gathering the "outing," which she always enjoyed, the family has chosen to have a potluck celebration, so please bring a dish to share. A donation can be made in her honor to the American Disabled Vets.

Keith T. Cook, 1991-2019

SPRINGFIELD, Vt. — Keith T. Cook, 27, passed away unexpectedly Monday, April 22, 2019 in Springfield, Vt. He was born July 20, 1991 in Norfolk, Va., the son of Kenneth A. and Diane (Richards) Cook. He attended schools in Norfolk, Va., Chester, Vt., and Springfield, Vt., graduating from Springfield High School class of 2009.

At Springfield High School, Keith played football and basketball for the Cosmos. After graduation he played football and basketball in local men's leagues. He loved playing sports and watching sports. He worked in construction and in restaurants. Most recently, he was employed as a cook at the Crown Point Country Club. Keith also enjoyed dancing and snowmobiling and loved life. He was caring and compassionate, polite and respect-

ful, and a friend to many.

He is survived by his parents Kenneth and Diane Cook of Sparta, Tenn.; one brother Kenneth "KW" Cook and his wife Chamara of Norfolk, Va.; one sister Kristin Cook of Springfield, Vt.; maternal grandmother Frances Richards of Sparta, Tenn.; one son Lucas LaCross and Lucas's mother Jess LaCross; one niece, two nephews, several cousins, and many friends.

A Celebration of Life was held Tuesday, April 30 at Springfield Elks Club in Springfield. In lieu of flowers, contributions may be made in his memory to the Springfield Youth Football, program, c/o Springfield Parks and Recreation, 139 Main Street, Springfield, VT 05156. Checks payable to the Town of Springfield and "Youth Football" in memo.

Shirley Richardson, 1932-2019

SPRINGFIELD, Vt. — Shirley Hodgkins Richardson, 87, passed away Saturday, April 27, 2019 peacefully in her home alongside her husband Glenn Basil Richardson of 67 years. She is the daughter of Alwyn and Doris (Boudrieau) Hodgkins, born May 15, 1932.

She is survived by one brother Ralph Hodgkins and wife Gloria of Walpole, N.H. She is predeceased by her parents and a brother Reginald Hodgkins and his wife Theresa of Bellows Falls, Vt.

She was a mother of five boys: Paul and his wife June of Texas, Dennis and his wife Cindy of N. Walpole, N.H., David and his wife Diana of Drewsville, N.H., Fred

and his wife Sherry of Wisconsin, and Ronnie and his wife Robin of Burlington, Vt. She leaves behind many family and friends and most of all her 17 grandchildren, 22 great-grandchildren, and three great-great-grandchildren.

Shirley was a very active member of the Church of Christ until her health declined. She was a Sunday school teacher for 30 years.

There will be a graveside service at the Rockingham Meetinghouse May 11, 2019 at 10 a.m. and a Celebration of Life to follow at the home of Glenn and Shirley Richardson, 1058 Brockways Mill Rd., Springfield, Vt. It is wheelchair accessible.

Michael C. Wheeler, 1960-2019

SPRINGFIELD, Vt. — Michael C. Wheeler, 58, of Olive Street, passed away Saturday, April 20, 2019. Michael was born in Brattleboro, Vt., Oct. 3, 1960, the son of Alice (Vento) and Charles Wheeler Sr. He attended Thayer High School in Winchester, N.H. and was a graduate of Bellows Falls Union High School. He worked for the town of Rockingham as a laborer. He also worked for Green Mountain Traffic Control and in laundry and housekeeping for McGirr Nursing Home and Maplewood Nursing Home. Michael was a member of the Saxtons River Fire Department, Boyden Grange, and the American Legion Post 37. He loved square dancing, fishing, camping, and anything outdoors. He especially loved cookouts and spending time with his family, par-

ticularly his grandchildren.

On March 5, 1983, he married Frances Wade who survives. Also surviving are his sons Michael Edwin of Bellows Falls, Nathan Eric of Springfield, Joseph Aaron of Springfield, and Shane Michael Brown of Keene, N.H.; his brother Charles E. Wheeler Jr. of Keene, N.H.; his sister Melody A. Chase of Claremont, N.H.; nine grandchildren; and several nieces and nephews.

On Saturday, May 4, there will be calling hours 1-2 p.m. with service beginning at 2 p.m. at Fenton & Hennessey Funeral Home in Bellows Falls, Vt. Burial to follow the service in the Westminster Cemetery, Westminster, Vt. Family and friends are invited to a gathering at 4 p.m. at MacLaomainn's Scottish Pub in Chester, Vt.

Austin E. Strout

ALSTEAD, N.H. — The Celebration of Life for Austin E. Strout will be Saturday, May 11, 2019 at 11 a.m. at the St. Paul's Masonic Lodge, 119 River St., Alstead, N.H. Fellowship and food will follow. Interment will be at 1:30 p.m. at the Alstead Center Cemetery. Davis Memorial Chapel in Springfield, Vt. assisted with arrangements.

Eugene M. Bont, 1930-2019

CAVENDISH, Vt. — Dr. Eugene "Gene" Merlin Bont, who died April 13, 2019 in his home, was born to John Bont and Petranella "Nellie" Bont in Grand Rapids, Mich., on Mother's Day 1930. He was the second of four children.

Gene married the love of his life Phyllis Flint in 1951. He was a student at Hope College in Holland, Mich. where he graduated in 1952. He graduated from medical school at Northwestern University in Chicago in 1956. The Bonts found "home" July of 1957 in Cavendish. It has been home for them, their seven children, 44 foster children, three adults in need of a safe haven, and countless people who spent time in the comfort and warmth of the Bont family.

Gene was also passionate about the children of his community. He was on the school boards for Duttonville Grade School, then Cavendish Elementary and Green Mountain Union High.

Gene is survived by his adoring wife Phyllis Flint Bont, and children, grandchildren, and great-grandchildren: Sharon Jackson of San Antonio, Texas; Carole Bont, Donald, Jaime, and Juliana LoCascio of Woodsville, N.H.; Mary Stillwell of Sunapee, N.H.; Robert, Angie, Natalie, and Joseph Stillwell of Washington, D.C.; Rachel Stillwell of Randolph; Leonard Stillwell of Wallingford; Geno, Tina, and Daniel

Bont of Worcester, Mass.; Matthew, Meagan, and Ryan Bont of Clinton, Mass.; Amanda Bont of Phoenix, Ariz.; Joshua Bont of Gardner, Mass.; Beth and Bruce LaBarge of Springfield; Jonathan LaBarge of Roanoke, Va.; Laura DeRoo, Arianna LaBarge, Saily DeRoo, Riley DeRoo, and Iris Summers of Coldwater, Ohio; Erik deNeergaard and Terri Beiter of Hollis, N.H.; Rick, Lane, and Gracie Wyman of Rutland; Scott, Elizabeth, and Aaron Bennett of Sunapee, N.H.; and Christy Dickinson-Davis, Chris, Phoenix, and Raven Davis of Colorado Springs, Colo. Also surviving are a sister, Patricia and Jaye Miller of Yuma, Ariz.; sister-in-law Barbara Flint Liefbroer of Grand Rapids, Mich.; and several nieces and nephews. Gene was predeceased by his daughters Margaret Bont, Robin Lee Crowell Kendall Scannell; and his son Philip Avenango.

Memorial services will be held at the Grace Congregational United Church of Christ in Rutland Saturday, May 11, 2019 at 2 p.m. Celebration of Life will be held Sunday, May 12, 2019, at 2 p.m. in the Gethsemane Episcopal Church in Proctorsville. In lieu of flowers, memorial contributions may be made to the Gene Bont Memorial Fund, P.O. Box 22, Cavendish, VT 05142 to pay for field trips and other enhancing educational experiences for Cavendish Elementary School children.

Marlene L. Hill, 1935-2019

N. SPRINGFIELD, Vt. — Marlene L. Hill, 83, passed away Saturday, April 20, 2019 at the Gill Odd Fellows Home in Ludlow. She was born Nov. 7, 1935 in Huntington, Vt., the daughter of Ruric Liberty and Ethel (Bodah) Robitelle. She attended local schools. Her husband of 62 years, Howard D. Hill, passed away July 8, 2018.

Marlene was a VAST and past secretary of the VAST Snowmobile Club in Springfield for many years. She enjoyed motorcycling and camping, and especially loved spending time with her grandchildren and great-grandchildren.

She is survived by two sons Howard D. Hill II and his wife Regina of Northwood, N.H., and Daniel R. Hill and his wife Karla of North Springfield; three daughters Nancy E. Barror and her

husband Robert of Springfield, Lorrie A. Hill of North Springfield, and Stephanie J. Lewis and her husband Scott of Pomfret; 13 grandchildren Howard III, Jacob, Rebekah, Luke, Rachel, Ruth, Timothy, Olivia, Kimberly, Brian, Jerica, Shawn, and Daniel II; and five great-grandchildren; and many nieces, nephews, and cousins. She was predeceased by all of her six brothers and sisters.

A memorial service will be held Sunday, May 5, 2019 at 2 p.m. at the Davis Memorial Chapel in Springfield, Vt. Rev. George Keeler will officiate. Burial will follow in Pine Grove Cemetery in North Springfield. Memorial contributions may be made to the Gill Odd Fellows Home, 8 Gill Terrace, Ludlow, VT 05149.

Nancy K. Weeks, 1961-2019

SPRINGFIELD, Vt. — Nancy Kay (Allen) Weeks, 57, of Springfield, Vt., died April 21, 2019, at home with family after her battle with cancer. Nancy was born in Centerville, Ill. to Thomas and Loretta Allen Dec. 13, 1961. She attended school in Cahokia, Ill. and graduated from Parks College of St. Louis University in 1984 with a degree in travel and tourism.

After moving to New York, she married Gerald Weeks April 15, 1989. She worked at a travel agency, The Harrison Conference Center, and The Cold Spring Harbor Laboratory. At the lab, they began raising two children amongst international scientists. In 2002, she moved her family to Springfield, Vt. There she continued to use her hospitality and outgoing personality to make people smile.

She worked at Okemo Mountain Resort, Windham Northeast Supervisory Union, Springfield Prevention Coalition, Turning Point Recovery Center, and Springfield

School District. Everywhere she went she made friends. She helped children and adults alike, showing empathy, understanding, and patience. She enjoyed camping and racing, live music and dancing, and loved her children.

Nancy is survived by her husband Gerald Weeks; daughter Carly Weeks; son Kyle Weeks of Springfield, Vt.; her father Thomas Allen of St. Louis, Miss.; sister Tracey Anderson of Hillsboro, Miss.; brothers Tom Allen of Collinsville, Ill.; Tim Allen of Dupo, Ill.; and Terry Allen of Florida; and many nieces and nephews. She was predeceased by her mother Loretta Allen.

A service to celebrate her life will be held Saturday, May 4 at 11 a.m. at the United Methodist Church, Springfield, Vt. Rev. Gerry Piper will officiate. In lieu of flowers, donations may be made in her memory to the Norris Cotton Cancer Center or a cancer organization of your choosing.

Robert R. Arbuckle, 1935-2019

GRAFTON, Vt. — Robert R. "Bobby" Arbuckle, 83, passed away at his home Thursday, April 25, 2019, surrounded by family. Bob was born in Randolph, Vt. May 2, 1935, the son of Roy and Eva (McIntosh) Arbuckle.

On Oct. 28, 1967, he married Gayle Rebideau in Ludlow, Vt. He served in the U.S. Army during the Korean War then worked in New Jersey for 15 years. He returned to Vermont to work as a plumber for Bernie Clark and then for the Cota & Cota family as a master plumber. He was a past member of the American Legion Post 37. His family and grandchildren were the greatest joy in his life. His grandchildren affectionately knew him as "Big Buppa." He was a legend to his family and those who loved him.

Bob leaves his wife of 51 years, Gayle (Rebideau) Arbuckle of Grafton; his daughters Dawn Twitchell and husband Donald of Charlestown, N.H., and Heather Roberts and husband John of Charlestown, N.H.; his sister Virginia Arbuckle of Charlestown, N.H.; and eight grandchildren and two special nieces. He is predeceased by his parents, his stepmother Rita Davis, and his brothers James and Stanley Arbuckle.

There will be calling hours Monday, May 6, from 5-8 p.m., at Fenton & Hennessey Funeral Home in Bellows Falls, Vt. Burial will be at the convenience of the family in the Vermont Veterans Cemetery in Randolph.

In lieu of flowers, memorial donations may be made to Grafton Cares.

David A. Nelson, 1937-2019

SPRINGFIELD, Vt. — David A. Nelson, 82, passed away Saturday afternoon, April 20, 2019 at his home in Springfield, Vt. He was born Jan. 8, 1937 in Brattleboro, Vt., the son of Henry W. and Ethelyn (Amidon) Nelson. He graduated from high school in East Hartford, Conn.

He served peacetime service in the United States Army in Okinawa and the Philippines. Dave was an electrician with Nelson Electric for several years, and later worked as a service technician with Johnson & Dix in Springfield, Vt., retiring after 35 years of service. After his retirement, he would occasionally help out his son Don with his business Don's Heating.

On Nov. 22, 1958, he married Patricia Burke. She predeceased him May 29, 2000. On Dec. 15, 2001, he married Doris A. Farnsworth.

Dave enjoyed playing horseshoes, camping, gardening, watching westerns, trips to Maine, doing puzzles, and walks at the Springfield Dam and Springfield bike path.

He is survived by his wife Do-

ris, his children Dan Nelson, Don Nelson and wife Karen, and Doug Nelson and wife Tammy; 10 grandchildren Jessica, Dustin, Alyssa, Amanda, Chelsea, Drake, Bre, Nichole, Jennifer, and Heather; 15 great-grandchildren; one brother Ronald Nelson; several nieces, nephews, and cousins; and also by Doris's children Heather Olsen and husband Chris, Leslie Pollard and wife Karen, Cheryl Morse and husband Michael, and Barbara Suber and husband Earl.

He was predeceased by his parents, his first wife Patricia, granddaughter Ashlei, five brothers twins Henry and Harold, Carl (Vic), Richard, and Robert; and by three sisters Ruth Brockington, Marjorie Reed, and Dorothy Wonsey.

A graveside service with military honors was held Friday, April 26, 2019 at the Oakland Cemetery in Springfield, Vt. Rev. Jerry Kilyk officiated. In lieu of flowers, contributions may be made to the Alzheimer's Association, 225 N. Michigan Ave., Fl. 17, Chicago, IL 60601.

Paul W. Truax, 1935-2019

CHESTER, Vt. — Born in Huntington Center, Vt., Paul was the only child of Nina (LaForce) and Albert Truax. Although an only child, he enjoyed the company and challenges of his 18 aunts and uncles, and over 50 first cousins.

Paul married Colleen Merrill Truax, June 29, 1960, and they began a life full of adventures. Paul is survived by five children and their families: Wendalyn Truax Baker and Kevin Baker of Andover, Vt.; Maureen Truax Holland and S. Taylor Williams of Memphis, Tenn.; Brent Truax and Elizabeth Temple Truax of Mammoth Lakes, Calif.; Sally Truax Krumrie and Bill Krumrie of Ferrisburgh, Vt.; Stephany Truax Pippin and Steve Pippin of Chester, Vt. Grandchildren Margot Holland Chapman, Clay Chapman, and their children Callan and Wiley Wendall Chapman of Memphis, Tenn.; Yvette Holland Kirk and Trey Kirk of Memphis, Tenn.; Alex Krumrie and Amber Krumrie of Ferrisburgh, Vt.; Alexandria Pippin and Sawyer Pippin of Chester, Vt.; Katherine Truax of Mammoth Lakes, Calif.; Verity Baker DaCosta and Antonio DaCosta II of Ames-

bury, Mass.; Mia Baker of Ludlow, Vt.

Paul studied engineering at the University of Vermont 1953-1955 with the intent of becoming a pilot upon graduation. A severe illness changed his focus to the medical field. Upon graduation from nursing school, Paul was employed at the Mary Fletcher Hospital, becoming a charge nurse and in-service instructor.

Paul began several new projects connected with genealogical research where he helped to found the Vermont French Canadian Genealogical Society and Vermont Genealogical Library. In 2010, he took on another project and was instrumental in the reopening of The Fort at No. 4 Open Air Museum in Charlestown, N.H. Paul had also been a member of the Vermont Air National Guard and the U.S. Air Force Reserves.

A funeral service was held Monday, April 29, 2019 at the United Methodist Church of North Charlestown. In lieu of flowers, donations may be made to the Fort at No. 4, P.O. Box 1336, Charlestown, NH 03603.

Bill Jarvi

LUDLOW, Vt. — The Celebration of Life for Bill Jarvi will take place at Tyson Congregational Church Monday, May 6 at 2 p.m. The church is located at 39 Dublin Rd. in Ludlow.

ANSWERS TO TAKE A BREAK!

Weekly SUDOKU									
Answer									
4	9	8	5	7	3	1	2	6	
5	1	7	6	2	9	8	4	3	
6	2	3	1	8	4	5	7	9	
1	8	5	7	3	6	2	9	4	
7	6	2	9	4	1	3	8	5	
9	3	4	8	5	2	7	6	1	
2	5	1	4	6	8	9	3	7	
3	4	9	2	1	7	6	5	8	
8	7	6	3	9	5	4	1	2	

King Crossword											
Answers											
Solution time: 25 mins.											
B	O	L	A	N	Y	C	P	S	T		
U	P	O	N	J	O	E	P	E	E		
L	A	R	K	S	P	U	R	T	U	R	N
B	L	E	A	K	D	W	A	R	F	S	
	R	I	S	K	A	L	L				
C	O	L	A	P	O	N	D	O	P	T	
B	R	O	F	I	R	E	S	C	H	I	
S	E	C	A	N	E	W	S	K	I	M	
	K	E	N	A	T	O	M				
S	C	H	U	S	S	L	A	N	A	I	
L	E	A	R	H	E	D	L	E	S	S	
O	R	E	O	R	B	L	A	I	N		
W	E	D	S	T	A	B	S	T	A	T	

PLEASE NOTE

In order to have room for each obituary we receive each week, we ask that submissions are limited to 350 words. We reserve the right to shorten any obituary.

Church Services are subject to space with priority given to obituaries. Each service is published on a rotation every two to four weeks. All Church Services are listed online at www.VermontJournal.com.

If you have any questions, please contact Amanda at Editor@VermontJournal.com.



Apple Blossom Cotillion

Meet your Contestants



Morgan Naumann and Kaleb Chambers.

PHOTO BY MARIE LAPLANTE



Saby Hernandez and Jeff Gilcris Jr.

PHOTO BY MARIE LAPLANTE



Meghan Power and AJ Aldrich.

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Emily Barr and Evan Church.

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Ashley Quelch and Connor Starr.

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Hannah Crosby and Hayden Morancy.

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Apple Blossom Cotillion

Meet your Contestants



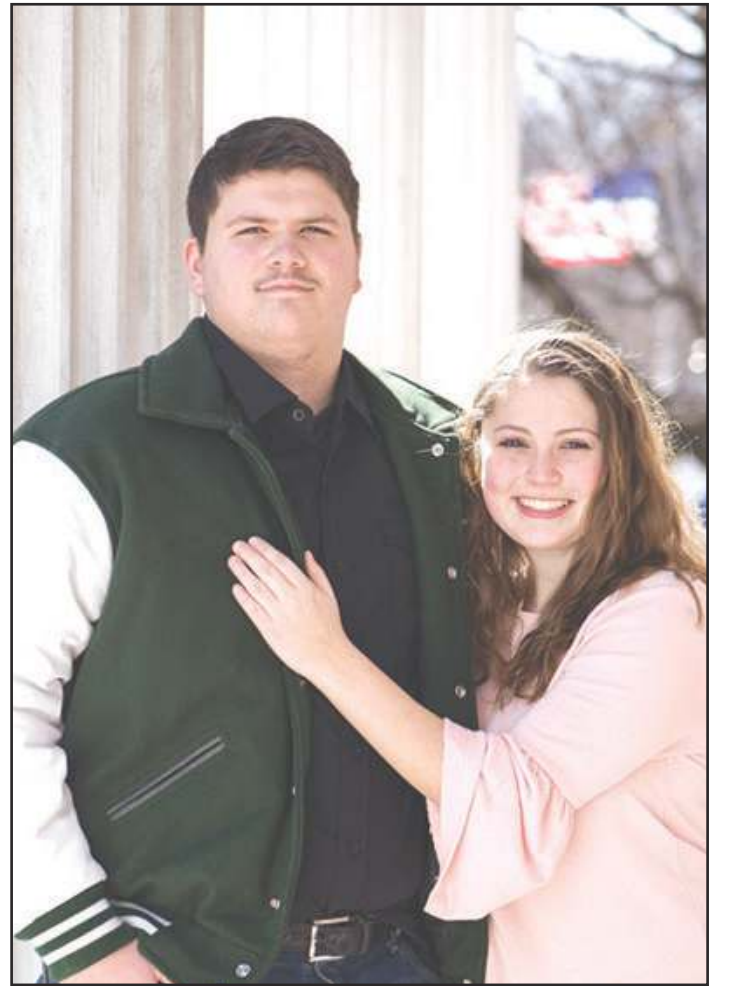
Paige Congdon and Kody Politza.

PHOTO BY MARIE LAPLANTE



Mykahla Jasinski and Adam Stokarski.

PHOTO BY MARIE LAPLANTE



Brooke Bennett and Austin Rowe.

PHOTO BY MARIE LAPLANTE



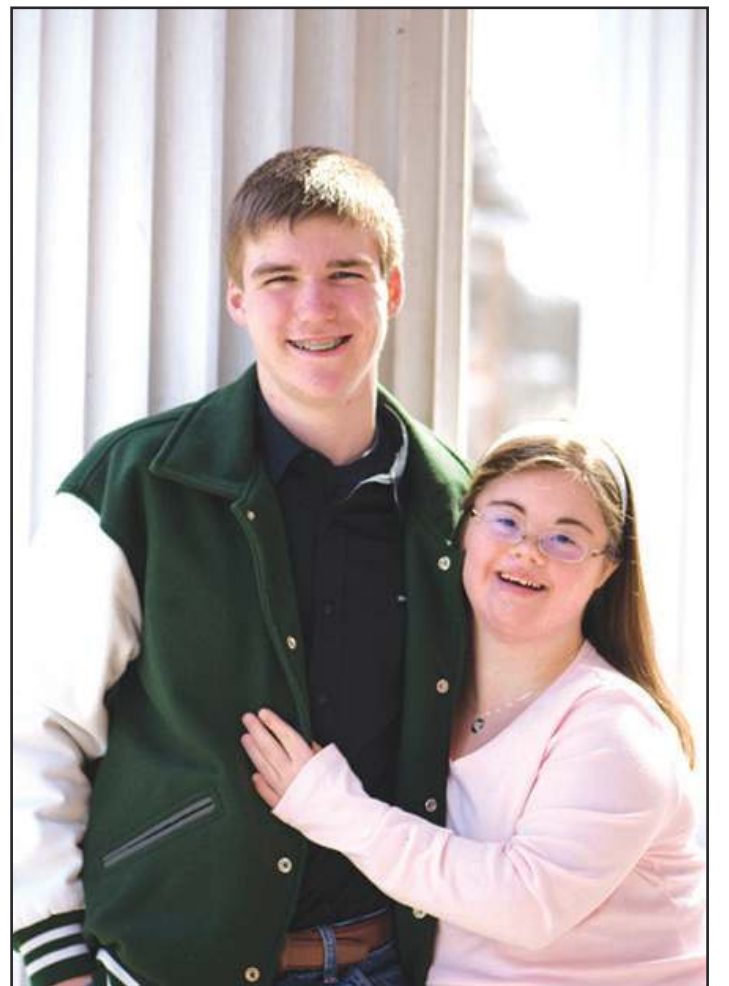
Haley St. Louis and Ethan Bertone.

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Cierra Howe and Anthony Thibodeau.

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Morgan Fontaine and Seth Martin.

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Presley Ellis, Morgan Vaughan, Morgan Jones, Brock Burnett.

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Zachary Richards, Gabryella Simmons, Abe Allen, Gwendelyn Kelley, Carter Fox, Peighton Humphrey.

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Abbie Haber, Lawson Fontaine, Michael Prince, Lyndsee Norton, Anna Deblock, Parker Nissenbaum, Jayden Paul, Sophia Lihatch.

PHOTO BY MARIE LAPLANTE



Payton Austin, Finnegan Kelley, Eben DeBlock, Camryn Jarvis, Raylyn Fratini, Kien Priestley, Asa Whitaker, Brayah White.

PHOTO BY MARIE LAPLANTE



Elizabeth Warren, Chase Hunter, Logan Merrow, Addelyn Snide, Honore Hazen, Noah Bouvia, Miles Currie, Ava Merrow.

PHOTO BY MARIE LAPLANTE



Delaney Foulois, Gavin Heath, Gabriel Cosgrove, Sierra Carlisle, Zoey Carlisle, Colton Thomas, Remy Thompson, Brynlee White.

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THIS & THAT

BY BILL MURPHY

The Vermont Journal & The Shopper

I find it tough that when events happen in high school sports that border on the outrageous, there is little answer about how to correct them. I also know I take time worrying about this type of thing more than the average person.

Today, I am referring to some recent softball scores. They were 35-0, 16-5, 23-22, 18-1, and 54-1. Obviously the two that stand out are 35-0 and 54-1. Those numbers represent the Bellows Falls Union High School softball season thus far this spring. There is good news though. The 23-22 score was a win.

Both softball and baseball seasons are highly dependent on how much strong pitching a certain team has. In softball, pitching is part of the equation but defense usually plays a higher role in the final outcome than in baseball when the pitching isn't particularly strong. I sit here wondering how can a record like BF's be addressed?

I really don't know how readers feel, but often sports enthusiasts answer that players need to work harder to get better. That's the macho answer, but I definitely don't accept it.

Terrier Athletic Director Ian Fraunfelder is working on an answer, but as we all know it will be too late for this year's team. "We are looking forward to next year," he tells me. "We are going down to Division III and the crossover games won't be as difficult."

Schools in both Vermont and New Hampshire are handicapped by the small landscape of teams they have a chance to play. First, there are league specifications and then there are state guidelines. Every athlete wants to believe when the season begins that they are competing for something, but the truth is a number of teams cannot compete at all. During my 50-plus years of following high school sports in the two states, very few teams have ever chosen to go independent. There are so few teams to schedule to begin with. If even six schools in a state chose to be independent, it would make a big difference, and every team's schedule would be impacted in the end.

Once upon a time, I coached a Bellows Falls basketball team that chose to go independent for three years. Many schools in the league we left were very mad at us. The truth is, I couldn't take time to care. We were 2-18, playing a Division I schedule we didn't belong in with some decent basketball players who competed and deserved to enjoy the sport more. They lost 11 games by five points or less. They would have been a contenting Division II team, but they had always been in Division I so that's where they belonged.

The next chapter is we wouldn't even be a third as good the next year and a couple of the Division I coaches were known to purposely run up scores. Kids don't deserve to be punned 90-35, I

believe.

The administration and the school board were concerned enough to listen to my pleas at the time, and we went on the three-year sabbatical to the independent schedule and thank goodness were aligned well when our time was up. This is not a piece to recommend Bellows Falls softball to do such a move, and more frequent alignments do help today. However, it is to say that sometimes to fix things you do have to worry about yourselves and think outside the box.

Fraunfelder said there had been no discussion about taking an independent approach in house, but he hopes the division change will play a big part in the Terrier softball future improvement. In order for Southern Vermont to function, Division I and II and Divisions III and IV play crossover games to fill out schedules. That's why Bellows Falls is playing Brattleboro (35-0) and Rutland (54-1). Thus versus Division I foes Bellows Falls' average score is 46-1 rounded up, while the average score in other games is 18-10, which is livable. Cross your fingers that the move works in the future.

If it doesn't, Fraunfelder has seen "Once where a new team did it in soccer to help them become competitive. So I know it can work."

Fall Mountain is next for Bellows Falls and the Wildcats are a very decent 4-2. Wildcat coach Kevin Hicks has the tough job of preparing his team to play Bellows Falls next. We asked Hicks, knowing in this day of social media that his athletes will be more than happy to be the next ones to pound Bellows Falls, especially since there is sort of a rivalry between the two with The Lecroix Cup at stake, how you address a game like this? He told me, "Our task is to prepare for BF and every game to prove that you are the better team. No one is going to give you the game. You must earn it," regardless of anyone's record.

It would be easy for me to say, come on Kevin, you will win easy, but there have been some unbelievable upsets I have seen in my lifetime.

Yes, believe it or not, I have seen bigger. Honest. Not many over all my years, but I have seen bigger.

Springfield softball

Andy Bladyka's Springfield girls' softball team is one of the most consistent teams in this reporting area year after year. They play that Division I/II crossover schedule and survive. The Cosmos are 4-2 early this year and one of the reasons they are competitive is that they do have pitching. Hannah Crosby has thrown for the Cosmos for a number of years now, and she was certainly a centerpiece when the locals upset DI perennial Final Four team Mount Anthony 4-3 earlier this season. Bladyka's team did lose to both Brattleboro and Rutland, but they have been known to be able to compete with them. In fact, Springfield was tied with the Raiders 9-9 going into the final frame before losing.

This year's Springfield team could compete deep into the spring, but Bladyka tells me, "There is still plenty of work to be done. This is a good group. We have a combination of experience and new players. I really like our make-up, say our chemistry. We have to particularly work on our defense to get us to where I want us to be."

The culture of Springfield softball is special, especially when they

have a night game at Robinson Field. Good crowds turn out on a regular basis for Bladyka's team and the atmosphere even makes outsiders feel like a part of their special community.

Springfield lost a tough one to Enosburgh in the quarterfinals last year and could well get to be competitive at least that far again this spring. The team also has some of the same players who enjoyed success in the basketball world this winter and they may have brought some of their momentum along.

Area high school football players nominated for award

In the end, only six were chosen and none were from this area, but two area football players were on the final list of 24 statewide finalists for becoming a Vermont High School Scholar Athlete Inductee for 2018 in the Vermont Chapter of the National Football Foundation. Bellows Falls' Reno Tuttle and Springfield's Deacon Watson both were in the group who were nominated for their outstanding football ability and performance, outstanding academic achievement, and outstanding school leadership and involvement. Good going guys!

Both are strong football players and both compete well in track and field as well. Bellows Falls track coach Tim Eno tells me that last weekend in the Windsor Invitational that Tuttle set a personal best in the shot and added that Tuttle "has been a really important part in what we have doing here in recent years."

Former Terrier Gridder remembered at Vermont Academy

The late Tim Fontaine was once an outstanding three-sport athlete for Bellows Falls. Although the majority of his notoriety came in the sport of football, Fontaine did a little bit of everything on a strong basketball team that challenged for a state title and was one of the better baseball pitchers around in his day. He went on to play football at the University of Massachusetts, where he even appeared in a nationally televised bowl game. He saw time both at quarterback and as the team's punter. Following graduation from BF, Fontaine prepped a year at Vermont Academy, where he quarterbacked the Wildcats to a strong season.

While at VA, Fontaine formed a strong bond with some teammates, especially Rossi Turner, who went on to become a renowned artistic director and choreographer and legendary dancer who made it big in Nashville. In a recent article of Vermont Academy Life, Turner remembered a time when a big school played a small school in athletics and shot out a memory of Fontaine's prowess in the tribute.

He shared of the day, "Choate Academy arrived with three buses of football players. Thus, they had more players on the buses than we had students at Vermont Academy. VA beat Choate with the greatest quarterback ever, my brother. Tim Fontaine. He led a great group of players who worked together."

Thanks for the memory Rossi.

Any questions, opinions, or concerns about this column can be addressed by emailing bmurphy@vermontjournal.com.

Springfield Unified takes on Rutland, Hartford

SPRINGFIELD, Vt. – Springfield's Unified basketball team brought their record to 6-1 Monday, April 22 with the defeat of the Rutland Raiders ending in a 39-31 score. Monday's victory was possible thanks to teamwork during the game. The Raiders and Cosmos kept their fans on the edge of the seats to see who would come out with the win. For the Cosmos, slowing it down, using their teammates, and following the coaches made them successful once again.

For Springfield, Gavin Glidden's height was powerful in his defense and offensive rebounds throughout the contest to support his fellow teammates with ball possession and points along with blocked shots and put backs. Glidden came out on top as the leading scorer with 20

points. In the absence of a few teammates, Brandon Edwards stepped up to the plate with a few key assists and a total of nine points. Edwards' assist to Glidden in the last minute of the game increased the gap with the Rutland Raiders.

Maly and Supry each added in four points. A few steals from Supry would support his team in regaining possession in the fourth quarter. Cosmos' Hannah Anderson scored her first two points of the season in the fourth quarter.

On Friday, April 25, the Cosmos unified team lost their second game of the season to the Hartford Hurricanes 28-26, bringing their overall season record to 6-2 for Vermont's south. The Cosmos hold the second seed for Vermont's southern uni-

fied teams.

In Thursday's contest, Hannah Anderson gained in her confidence on the court and shined for the Cosmos. She played great defense, always defending her opponent and made two key bank shots in the second quarter along with a couple steals for the team.

Edwards was all over the court, playing solid defense and driving to the basket. Even though some of his shots didn't sink, he played with spunk and was quick on his feet. Edwards landed four points, four rebounds, and grabbed a few steals. For the Cosmos, shots were not sinking, and the Hurricanes guarded the paint well and did not let them in to score. The Hurricanes' shots were

falling much easier than the Cosmos.

Glidden came out strong with eight points and 15 rebounds. Glidden has proven his strength and skills under the basket this season. Maly brought in four points and seven rebounds

in this contest, and her teammate, Sanborn, grabbed seven rebounds and six points for the Springfield Cosmos. With under two minutes left in the game, Maly went down in the game with possibly a sprained ankle. The team anticipates her recov-

ery heading into the playoffs.

Springfield has proved themselves this season by playing hard, sharing the ball, and having compassion for their opponents. They are the number two seed for the south. Congratulations on a great fourth season.

Girls on the Run celebrates 20th anniversary season

CASTLETON, Vt. – Twenty years ago, 15 girls at Vernon Elementary School enrolled in the Girls on the Run program. Twenty seasons and 45,000 girls later, Girls on the Run Vermont is thriving and celebrating its 20th anniversary. All program participants, alumnae, coaches, parents, board members, and supporters are invited to this noncompetitive, community event May 11, 2019 at Castleton University in Castleton, Vt. This event is presented by Carris Reels.

Participation in the 5K celebratory event May 11 is open to the public and all proceeds will benefit Girls on the Run Vermont's Every Girl Fund. This fund helps to ensure that every girl in Vermont can participate in the program through automatic subsidies and additional financial assistance to those girls who need it the most. Last season's 5K event brought together 1,100 participants including program participants, their family and friends, and community members.

This year's 20th anniversary 5K will have a birthday theme. Community members

are encouraged to help us celebrate too! GOTRVT alumni are welcomed back with a special registration offer to run. Register online at www.gotrvt.org/central-5k until 11:59 p.m. Thursday, May 10. Day-of registration will take place from 8:30-9:30 a.m. at Castleton University. All GOTRVT participants and coaches who registered for the program do not need to register for the 5K event.

Volunteers are also needed. From course volunteers and face painting, to equipment setup and breakdown, there are many opportunities to get involved. Individuals, families, and groups – school clubs, sports teams and others – can sign up in advance to volunteer at www.gotrvt.org/central5k. Community service hours are offered for high school students.

The event will begin May 11 at 10 a.m. at Castleton University and early arrival is suggested. For more information about the event, how to register, and volunteer opportunities, visit www.gotrvt.org.

As a nonprofit, Girls on the

Run Vermont relies on its generous sponsors to help make its program possible throughout the state. Returning this year are 5K presenting sponsor, Carris Reels, and proud hydration sponsor, Rutland Regional Medical Center.

Additional support for the Central 5K comes from Alderman's Chevrolet Buick GMC, Back on Track Physical Therapy, Berkshire Bank, BlueCross BlueShield of Vermont, The Bonadio Group, Cabot Creamery, Casella Waste Systems, Castleton University, ClearChoiceMD, Community Health Centers of the Rutland Region, Green Mountain Power, The Gymnasium, Heritage Family Credit Union, Hubbardton Forge, JK Hamilton Builders, Killington Resort, Market 32, Omya Inc., Southern Vermont Audiology, Trust Company of Vermont, VELCO, Vermont Country Store, Vermont Moving and Storage, Vermont Orthopaedic Clinic, and Vermont Sports Medicine Center.

Spring sports schedule, May 2-11

THURSDAY, MAY 2 –

Leland & Gray at Fair Haven, 10 a.m.

Boys Baseball

Poultney at Leland & Gray, 4 p.m.

Green Mountain at Mount Saint Joseph, 4:30 p.m.

Girls Softball

Poultney at Leland & Gray, 4 p.m.

Proctor at Green Mountain, 4:30 p.m.

FRIDAY, MAY 3 –

Boys Baseball

Bellows Falls at Mill River, 6:30 p.m.

Black River at Mount Saint Joseph, 4:30 p.m.

Fall Mountain at Monadnock, 4 p.m.

Girls Softball

Fall Mountain at Monadnock, 4 p.m.

Otter Valley at Bellows Falls, 4:30 p.m.

Twin Valley at Green Mountain 4:30 p.m.

Girls Tennis

Bellows Falls at Woodstock, 4:30 p.m.

Co-Ed Track

Newport, Stevens at Fall Mountain, 4 p.m.

SATURDAY, MAY 4 –

Boys Baseball

Proctor at Green Mountain, 4:30 p.m.

Girls Softball

Black River at Woodstock, 4:30 p.m.

Co-Ed Track

Fall Mountain at Keene, 9 a.m.

MONDAY, MAY 6 –

Boys Baseball

Bellows Falls at Windsor, 4:30 p.m.

Fall Mountain at Franklin, 4 p.m.

Leland & Gray at Poultney, 4:30 p.m.

Mount Saint Joseph at Black River, 4:30 p.m.

Girls Softball

Bellows Falls at Fair Haven, 4:30 p.m.

Fall Mountain at Franklin, 4 p.m.

TUESDAY, MAY 7 –

Boys Baseball

Green Mountain at Leland & Gray, 4:30 p.m.

Springfield at Otter Valley, 4:30 p.m.

Girls Softball

Arlington at Black River, 4:30 p.m.

Green Mountain at Leland & Gray, 4:30 p.m.

Girls Tennis

Burr & Burton at Bellows Falls, 4:30 p.m.

Co-Ed Track

Fall Mountain at Springfield CVC Qualifier, 3 p.m.

Leland & Gray at Rutland, 3:15 p.m.

WEDNESDAY, MAY 8 –

Boys Baseball

Bellows Falls at Burr & Burton, 4:30 p.m.

Hopkinton at Fall Mountain, 4 p.m.

Mill River at Springfield, 4:30 p.m.

Girls Softball

Bellows Falls at Windsor School, 4:30 p.m.

Hopkinton at Fall Mountain, 4 p.m.

Mill River at Springfield, 4:30 p.m.

THURSDAY, MAY 9 –

Boys Baseball

Black River at Poultney, 4:30 p.m.

Girls Softball

Arlington at Green Mountain, 4:30 p.m.

Black River at Poultney, 4:30 p.m.

Twin Valley at Leland & Gray, 4:30 p.m.

FRIDAY, MAY 10 –

Boys Baseball

Fall Mountain at Mascoma Valley, 4 p.m.

White River Valley at Leland & Gray, 4:30 p.m.

Girls Softball

Fall Mountain at Mascoma Valley, 4 p.m.

Girls Tennis

Bellows Falls at Otter Valley, 4:30 p.m.

SATURDAY, MAY 11 –

Boys Baseball

Arlington at Black River, 11 a.m.

Bellows Falls at Springfield, 1 p.m.

Poultney at Green Mountain, 4 p.m.

Girls Softball

Bellows Falls at Springfield, 7 p.m.

Poultney at Green Mountain, 4 p.m.

arts & entertainment

Springfield May Festival at UU Meetinghouse

SPRINGFIELD, Vt. – Mark your calendars for May 18, the 9th annual May Festival at the Unitarian Universalist Meetinghouse on 21 Fairground Rd. in Springfield. Festival hours are 9 a.m. to 3 p.m., rain or shine. Admission is free.



Check out the May Festival at the Unitarian Universalist Meetinghouse. PHOTO PROVIDED

The May Festival includes our popular plant sale. There will be perennials, annuals, vegetables, and herbs for your garden. Our garden experts will be on hand for consultation and to answer questions.

An indoor art exhibit and sale will feature our local area artists. Flea markets, craft booths, and other vendors will be set up outdoors. Musical

entertainment will keep things lively and homemade chili and hot dogs will be served in our cafe.

Vendor spots are still avail-

able. To reserve a space, go to www.uuspringfield.org for an application or call contact person JoAnn at 802-738-7726.

Wardsboro Curtain Call announces 2019 music series summer lineup

WARDSBORO, Vt. – Wardsboro Curtain Call presents their 2019 music series line up, starting May 18. The Duane Carleton Band opens the series. Duane's music, a rich blend of rock, country, folk, and blues, falls into the Americana genre reminiscent of John Mellen-camp or Bruce Springsteen. He paints a colorful landscape with his songwriting as he covers poetic ballads, to upbeat rockers, to political story songs.

On June 21, The Wyld Nightz Band returns for Wardsboro Curtain Call's annual classic rock dance party. Founding

band members Michael McKinney and Jeff Brewer work to emphasize dance music with exciting ensemble playing. Doors open at 6 p.m. for this show, which includes a potluck supper.

On July 20, bluegrass comes to Wardsboro with the Stockwell Brothers. Bruce, Barry, and Alan Stockwell's music spans traditional and progressive styles, but their trademark acoustic sound features new singer/songwriter material recast with banjo, alternative rhythms, and three-part harmonies.

On Sept. 21, Patty Carpen-ter is a pillar of the Dysfunc-tional Family Jazz Band, who delivers an incomparable jazz, Americana, soul, folk sound. Heavily influenced by Joan Baez and Roseanne Cash to Billie Holiday and Carmen McCrae, Patty will bring her fabulous jazz and blues sound in a solo show.

The final show Oct. 19 features Marty Wendell, a member of the Rockabilly Hall of Fame. He has shared the stage with Carl Perkins, John Anderson, The Hager Twins, Arlo Guthrie, The Platters and Shirley Alston Reeves...and Johnny Cash.

All shows are in the Wards-boro Town Hall Café, Main Street, Wardsboro, and fea-ture excellent refreshments and BYOB. Unless otherwise noted, doors open at 6:30 p.m. and there is an admis-sion fee. Music begins at 7 p.m. For more information, email kwkmdavis@yahoo.com or call 802-896-6810.

Main Street Arts offers dance workshops

SAXTONS RIVER, Vt. – Main Street Arts is offering a series of dance workshops with professional dancer and choreographer Neva Cockrell of Loom Ensemble on four Tuesdays in May. All workshops will run from 6:30 to 8:30 p.m.

Cockrell is the artistic di-rector of Loom, where she choreographs and directs new dance-theater works in the U.S., Dubai, and Europe. Her diverse background in gymnastics, contact improvisation, and Contemporary Dance fuse with her passion for storytelling and culture shift to make dynamic, relevant dance-theater perfor-mances.

May 7 will focus on Story-telling with Your Body. We will delve into how effective-ly the body is used to tell stories, create characters, and communicate clearly, study-ing facial expressions, ges-tures, and posture and then crafting small performances using both body and voice.

May 14 will be Contem-porary Dance for beginning and experienced dancers. Class begins with a tech-nique-based warm-up with an emphasis on strength, flexibility, and balance, fol-lowed by a series of exercises



Contemporary Partnering is one focus in the dance workshop series at Main Street Arts. PHOTO PROVIDED

to build specific dance skills and an ability to move freely and ending by learning a con-temporary phrase, practicing full-body movement and dy-namic performing.

May 21 is Contemporary Partnering to develop the basic skills of contemporary part-nering and lifting that are the baseline for moving with other people and creating duo or trio work both in dance and phys-ical theater. Ideas from Contact

Improvisation, Physical Theater, and Partner Acrobatics will be used to create a blend of techniques that allow people to move freely with each other. De-veloping physical listening skills, anatomical knowledge of lifting, and work on strength, flex-ibility, and grace are also included.

The final work-shop May 28 is Movement for Actors. Students will develop new movement skills, learn to use their bodies to com-

municate in performance, and practice the fundamentals of contemporary dance. While this workshop is designed with actors in mind, it is open for anyone interested in embody-ment practice and dance.

Pre-registration is required by contacting Main Street Arts at info@mainstreetarts.org or 802-869-2960. Further infor-mation is available at www.mainstreetarts.org or on Face-book.

The Memoir Workshops with Pam Bernard

WALPOLE, N.H. – Come join the award-winning author and writing mentor, Pam Bernard, in one of her nurturing yet rigorous memoir workshops. These eight-week sessions will begin the week of May 13 at her home in Walpole, N.H. Please email for days and times, and visit the website for the fee schedule.

A quiet revolution is tak-ing place around a big table near the village of Walpole, N.H. Participants from New Hampshire, Vermont, Massachusetts, and even Connecticut are bringing experience to the page by harnessing memory and imagination, and learning to shape their writing into compelling narratives.

Participants learn the ground rules and to experi-



Left to right: Effie MacStubbs, Fancestown; Shea McGovern, Saxtons River; Sarah Ellis, Peterborough; Brad Purinton, Westminster; Jon McGovern, Saxtons River; and Bruce Blanchette, Walpole. PHOTO PROVIDED

ment with different approaches to making the personal universal, as well as develop their unique voices to bring their

stories to life. "Our work gener-ally involves drafting short nar-ratives," Bernard says, "begun in class or at home, which may or may not be woven together at some future time. It's a mosaic process, and in that way less threatening than the idea of tackling a full manuscript." Each moment or event brought to the page becomes material to better understand one's past and make of it a story that con-veys one's deepest humanity.

Katherine Clarke, professor emeritus, Antioch University New England, and long-time participant, says, "Pam's special gift is listening for the authen-tic voice of a writer to emerge. Her groups are designed to welcome and nourish this voice. When I began to write from my life, she heard me be-fore I did."

Pam Bernard is author of four books, the latest a verse novel titled "Esther." She is a poet, painter, editor, and adjunct professor at Franklin Pierce University. She received her Master of Fine Arts from Warren Wilson Graduate Program for Writers and bachelor's de-gree from Harvard University. Her awards include fellowships from the National Endowment for the Arts and the Massachu-setts Cultural Council. "Across the Dark" was a finalist for the National Poetry Series.

Please email pam@pamber-nard.com, visit www.pamber-nard.com, or call 603-756-4177 for more information, includ-ing days and times.

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arts & entertainment

Memorial Day Welcome Home Parade planning continues

LUDLOW, Vt. – Planning continues for the upcoming Memorial Day Welcome Home parade in Ludlow. Over 60 veterans from World War II, Korea, Vietnam, Afghanistan, Iraq, and active duty have signed up to march or ride. It's time to recognize your service, especially for Vietnam veterans. So please mark your calendars and join us. Sign up, while optional, is appreciated by email to Gary Macintyre at gmac1025@gmail.com.

The Boy Scout Troop from Chester is joining us. If there's a Girl Scout or 4-H Troop that would like to march, please contact Gary Macintyre.



Memorial Day Parade coming up. PHOTO PROVIDED

A potluck luncheon at the American Legion Post 36 on

Main Street will follow the services at Veterans Park and the cemetery. All are welcome to attend. Donations of buffet-style food, salads, and desserts are welcome. Drop off before or after the parade.

The next planning meeting will be at the American Legion, second floor, Thursday, May 9 at 5:30 p.m. All members of the American Legion family and community are welcome to attend. Help is needed with the many small tasks to make things run smoothly including helping veterans in and out of cars, parade line up, chairs on the green, potluck set up, etc.

Learn watercolor painting techniques for a realistic animal

SPRINGFIELD, Vt. – Would you like to paint your pet or a wild animal? Join Joanna Alix at Gallery at the VAULT to learn "Watercolor Painting Techniques for a Realistic Animal" Saturday, May 11, from 11 a.m. to 3 p.m.

In this workshop you will focus on the watercolor techniques that will help you paint a realistic animal face. You will paint a sampler during the introductory lessons on how to use dry brushing techniques for the fur texture, how to create eyes using layering and wet into wet, and other methods of adding detail. Using this sampler and a photo, you will then paint the animal's face. Knowledge of basic watercolor is helpful, but not necessary.

Please sketch your animal before the workshop. There is a cost to attend. A materials list will be available upon



Paint your pet or a wildlife animal!

PHOTO PROVIDED

registration.

Gallery at the VAULT, 68 Main Street in Springfield, is open Monday 11:30 a.m. to 2:30 p.m. and Wednesday through

Saturday 11 a.m. to 5 p.m. For more information, call 802-885-7111, email galleryvault@vermontel.net, or visit www.galleryvault.org.

Final spring OLLI program, "The Wonders of Woodland Warbler"

SPRINGFIELD, Vt. – Bridget Butler will present "The Wonders of Woodland Warblers" at the final spring OLLI program, Tuesday, May 7 at 2 p.m. at the Nolin Murray Center next to St. Mary's Catholic Church on Pleasant Street in Springfield, Vt.



Bridget Butler, Bird Diva. PROVIDED BY BIRD DIVA CONSULTING

Who are the woodland warblers, and why do birders lose their minds over them each spring? Discover that these small songbirds are not only incredibly colorful with necklaces and eye-rings, but beautiful songsters as well. And, they're maddening! They're quick, sometimes elusive, and everyone's in a rush to get a glimpse of a little warbler eye-candy be-

fore all the trees leaf out for the summer. There's a lot to be on the lookout for! Join the "Bird Diva" to learn more about the 41 documented species of warblers in Vermont, how to find them, and get tips on how to look and listen for these winged jewels.

Bridget Butler, the Bird Diva, has been working in conservation and environmental edu-

cation for more than 20 years throughout New England. Her business, Bird Diva Consulting, has her traveling across Vermont delivering presentations, leading bird walks, and surveying birds for landowners. Bridget has worked for the Audubon Society in Vermont, Maine, New Hampshire, and Massachusetts and helped to create Audubon Vermont's Forest Bird Initiative. You may have heard her on Vermont Public Radio's spring and fall bird shows on Vermont Edition. As the Bird Diva, she feels it's important that birders use their passion for birds to make a difference by helping to protect habitat for birds and other wildlife. Bridget

lives in St. Albans with her husband and three young children whom she's grooming to be the next stewards of this wild world we live in!

This program is co-sponsored by the Ascutney Mountain Audubon Society who will also be providing a free Warbler Walk with Bridget following the program. The walk will be in Paradise Park in Windsor. Either meet at McDonald's in Springfield at 5:30 p.m. to car pool, or meet at the Paradise Park across from the Price Chopper on Route 5 in Windsor at 6:15 p.m.

This is the final program of the OLLI Spring semester. Many interesting programs are

planned for the fall semester, which begins Sept. 3. Watch for brochures in your local libraries, town offices, and businesses in August or view the complete

Springfield and statewide program list at www.learn.uvm.edu/olli. Choose statewide programs from the menu, and then click on Springfield.

Library hosts author of "Just Breathe Out"

SPRINGFIELD, Vt. – Join us at the Springfield Town Library Thursday, May 9, 2019 at 6:30 p.m. when local author Betsy Thomason shares the number one health secret that can bring well-being to all. Thomason's book, "Just Breathe Out: Using Your Breath to Create a New, Healthier You," is a how to breathe guidebook.

Respiratory therapist Betsy Thomason introduces the world to the Breathe Out Dynamic system (BODs) with three powerful words – "Just Breathe Out." BODs, the amazingly effective breathing practice developed by Olympic cycling coach Ian Jackson, focuses on the powerful and relaxing outbreath, a tidbit of

ancient yoga wisdom seldom remembered or used. "Just Breathe Out," paperback edition, will be for sale at this event.

The Springfield Town Library is located at 43 Main

Street, Springfield. For more information, please contact 802-885-3108 or stlas@vermontel.net. This program is free, accessible to those with disabilities, and open to the public.

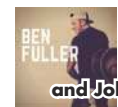
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outdoor news

Presenting “The Social Black Bear”

SPRINGFIELD, Vt. – To celebrate this year’s 20th Herrick’s Cove Wildlife Festival, Ascutney Mountain Audubon Society is having a special program Friday, May 3 at 7 p.m.

Ben Kilham, founder of the Kilham Bear Center and internationally known bear rehabilitator, will present on “The Social Black Bear: What Bears Have Taught Me About Being Human.”

Black bears, thought to be solitary, have a different type of social behavior that possibly parallels early human behavior. They show evidence of reciprocal altruism, matri-linear hierarchy, and a mix of intentional and emotional communication. Bears can live for as many as 40 years, which allows them long-term benefits from forming relationships with fellow cooperators.

Ben Kilham is a wildlife biologist based in Lyme, N.H. His love of and devotion to black



Big Girl looking at Ben Kilham.

PHOTO PROVIDED

bears has enabled him to study their habits and interact with them for more than two decades. He, his wife Debra, and sister Phoebe have accepted orphaned bear cubs into their home and enabled them to successfully return to the wild. Ben has been the focus of several news articles and documentaries, including National Geographic’s “A Man Among

Bears” and Animal Planet’s “Papa Bear.” He is also author of the books “Among the Bears: Raising Orphaned Cubs in the Wild” and “Out on a Limb: Origins of Intuition and Intelligence.”

The program is free and open to the public and will take place at United Methodist Church, 10 Valley St., Springfield, Vt.

Herrick’s Cove Wildlife Festival

ROCKINGHAM, Vt. – If you’re a wildlife enthusiast itching for spring, then be sure to check out the 19th annual Herrick’s Cove Wildlife Festival Sunday, May 5, in Rockingham, Vt., presented by the Vermont Fish & Wildlife Department and Ascutney Mountain Audu-

bon Society.

Herrick’s Cove on the Connecticut River hosts one of the most popular festivals in the area, with organizers reporting close to 2,000 people normally attending. The festival includes a turtle walk with herpetologist Jim Andrews, a bug walk

with Michael Sabourin, live hawks and owls, bird banding, a butterfly program, Let’s Go Fishing program, and several exhibits about fish and wildlife.

“Vermonters really enjoy the wild animals and wild places that make the state so special,” said Forrest Hammond, bear project leader with Vermont Fish & Wildlife. “This festival gives participants a chance to learn about our native wildlife and learn about the importance of conserving their habitats so future generations can appreciate them as well.”

Activities are scheduled from 10 a.m. to 4 p.m. There is a suggested donation. Pets are not allowed. Herrick’s Cove is located just off Route 5, less than three miles north of Bellows Falls.

Pansy Pick-Up Days

ROCKINGHAM, Vt. – Come join your neighbors young and old in celebrating spring with colorful field-grown pansies. This year Singing River Farm hosts Pansy Pick-up Days instead of our usual Pansy Festival. The dates for this two-day event are May 11 and 12, Mother’s Day weekend. Hundreds of field-grown pansies will be ready for sale between noon and 4 p.m. each day. The pansies will be on display at the farmhouse, which is one-fifth of a mile north of Vermont Route 103 at 2128 Brockway Mills Rd. in Rockingham between I-91 and Chester.

Singing River Farm’s pansies are nurtured to grow as nature intends with strong, large root systems. Compared to commercially raised hothouse pansies sold in cell pack trays, field-grown pansies are more robust and more likely to continue blooming until fall. Laurel Green, who grows the pansies, will be on hand to discuss how to care for field-grown pansies, their origins, and other pansy lore.

Since the last Pansy Festival, Steve Crofter and Laurel Green have turned their at-



Three generations of pleased pansy patrons, Emily and Luna Burkland of Chester and Marty Burkland, visiting from Fort Walton Beach, Fla.

PHOTO PROVIDED

tention from farming to social and climate justice work. Steve is the founder and executive director of the Community Asylum Seekers Project. The nonprofit organization is now hosting nine people who are legally pursuing claims for asylum under federal and international law. The CASP mission is to provide basic needs and a supportive community for those seeking asylum in the U.S. The website has more information at www.caspvt.org.

Laurel has led a series of workshops about reversing global warming with solutions described in the book “Drawdown,” edited by Paul Hawken. In the past four months, she has

presented this information to over a hundred people in this region. Community organizing around climate justice is her passion. She has also helped start Mountain Valley Climate Action, which is a local 350 Vermont working group. In addition, Laurel has various roles with Sustaining All Life and the Pachamama Alliance.

Laurel and Steve want to thank all of those loyal pansy patrons and aficionados who have shared in our past Pansy Festivals. They hope their pansies have refreshed a memory of a loved one whom you’ve cherished, added a little color to your early growing seasons, and brought a smile to your face.

Singing River Farm welcomes everyone to this community event! The Pansy Pick-up Days happen rain or shine. For more information, call the farm at 802-275-4646, or go to www.facebook.com/Singing-River-Farm-616669548476381.

Windmill Hill Pinnacle Association offers events in May

REGION – The Windmill Hill Pinnacle Association is offering the following nature programs in the month of May.

Spring wildflower walk

On Saturday, May 4, from 9:30 a.m. to noon, Libby Mills and Sarah Waldo will lead this favorite stroll to discover delicate ephemeral flowers of the hardwood forest. Meet at Westminster West Church to carpool to the mystery site. Wear waterproof shoes. For questions and requested registration, contact sarah_waldo@hotmail.com or 802-387-6036. Rain date is May 5.

The Mysterious Lives of Trees: How trees help us mitigate global warming


On Sunday, May 5, Tim Morton, Vermont State Forester, and Silos Robert from WHPA will lead this walk in the woods. We will visit the largest white ash in Vermont and discuss factors that contribute to its success while identifying other trees on the way. We’ll also talk about ways trees effect local rain cycles, carbon sequestration, and how their roots communicate. Meet at the Holden Kiosk. For questions and registration, call Tony Coven at 802-387-6650.

Bird walk on Athens Dome

Join WHPA trustee Paul Wilson Saturday, May 11 at 7 a.m.

for an early morning bird walk on Athens Dome. Yellow warbler, black-throated green warbler, and black-throated blue warbler are among the diverse species commonly identified in the area. Bring binoculars, bug repellent, water, and waterproof boots. Meet at the Athens Dome trailhead on Route 35. Register at 802-869-1166 or email wilsonunpaul@gmail.com. Check the Pinnacle website or Facebook closer to the event to make sure there is no change in the meeting location.

For more information on Windmill Hill Pinnacle Association and upcoming events, please visit www.windmillhillpinnacle.org.



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POND STOCKING!

Londonderry Hardware is now taking orders for this year’s pond stocking, we will have brook trout, rainbows and brown trout. The pick-up date is May 11th from 9:30 – 12:00 at Londonderry Hardware in the Mountain Marketplace next to Clarks IGA in Londonderry, VT. Call 802-824-3926 to place your order.

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and Facebook for Early Season Hours



Steelhead rainbow trout jumping

REGION – The steelhead rainbow trout have started their upstream migration, leaping up waterfalls in a spectacular display of determination on their way to their spawning grounds. Steelhead can be spotted moving up the falls during warmer days in mid to late April into early May during years with high, cold water. The best times to spot the fish jumping are in the late morning and early afternoon as the sun is hitting the waters.

PHOTO BY TOM ROGERS, VERMONT FISH & WILDLIFE DEPT.



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SKI & TEE WEEKEND
May 4 & 5, 2019

Ski & Tee Weekend is returning! Ski or ride for one final weekend on May 4 and 5 (weather permitting). Purchase a lift ticket online or at the ticket window, and golf for free the same day.

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The West River Community Project, founded in 2010 by local residents, came together to take over the struggling West Townshend Country Store and turn it into a nonprofit community center, which now serves as a café, community kitchen, post office, thrift store, and meetinghouse all in one.

The café has recently transitioned to a donation-based model to help support local families dealing with food insecurity. They offer coffee and tea, baked goods and dairy products, as well as hearty food for the colder seasons. The local in-store goods include bread, farm fresh eggs and cheese, canned goods, maple syrup and honey, salves and finctures, jewelry, and music and art by local artists. According to their website, "We feel this will better serve our community by providing affordable, delicious, organic food to our neighbors while still supporting small-scale local farmers and entrepreneurs!"

They have ongoing events that bring the community together such as Friday Pizza & Live Music nights. These are well-attended events featuring a wood-fired outdoor pizza oven and local talent. This helps bring the community together and raise the bulk of their profits, with pies available for a suggested donation. Away Tuesdays, offering a variety of prepared meals and a constantly changing menu, have convenient, ready-to-be-picked-up meals on Tuesday evenings. They also host other seasonal events, festivals, and musical performances and organize a monthly craft night at nearby Meadows Bee Farm.



The community kitchen, in the basement of the country store, is equipped for baking, cooking, processing, and preserving large quantities of foods. Local farmers and area cooks can use the kitchen to help preserve foods and cook in bulk.

Thrift shop is on the second floor and is stocked with quality second-hand clothes and wares.

Café hours of operation are Monday and Thursday 7 a.m. - 2 p.m., Tuesday 7 a.m. - 6:30 p.m., Friday 7 a.m. - 7:30 p.m., Saturday and Sunday 8 a.m. - 4 p.m., and closed on Wednesdays.

The Thrift Store is open Thursday 10 a.m. - 2 p.m., Friday 10 a.m. - 7 p.m., and Saturday 10 a.m. - 2 p.m.

AUCTION

N. SPRINGFIELD, Vt. - Auction held May 11, 2019 at 11 a.m. at 96 Route 106 N. Springfield. 802-683-7104. To be auctioned: Gabrielle Dimick #48 Dylan Davis #195 Pamela Davis #118 Jenelle Stromberg #36 (05/14)



BUYING JUNK CARS

REGION - Buying junk vehicles. Can pick up. Paying up to \$100 cash, price varies depending on location. Call Kevin 802-780-7540. (05/07)

ESTATE SALE

SPRINGFIELD, Vt. - May 4 & 5, from 9 a.m. to 2 p.m. at 164 Union St. Springfield. Everything's for sale from top to

bottom: tools, household items, and furniture. (05/07)

FOR SALE

CHESTER, Vt. - Golf clubs including woods, irons, putters, chipper, and bag \$99 Camping refrigerator with small freezer \$60. Call 802-875-4399. (05/07)

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YARD CLEANUP

REGION - Yard cleanup, raking or leaf blowing, lawn mowing, and driver and use of a pickup truck for moving etc. Call 802-228-4916 or 802-348-7870. (05/07)

THE Vermont Journal SHOPPER

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calendar

LEGAL NOTICES/HELP WANTED

CLASSES & WORKSHOPS

MAY 4 AND 5 – SPRINGFIELD, Vt. – The Newest Reiki I and Reiki II Certification Classes on Saturday and Sunday, May 4 and 5 at Studio Time and Space, 59 Main St. in Springfield. Reiki promotes relaxation, healing of illness and discomfort. Reiki is easy to learn for self-care and to treat others and animals. These day-long classes give you the basics and practice you need to get started. To register, please visit www.laurenpotterreikihealing.com or email laurenpottervt@gmail.com.

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

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

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

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

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

CLAREMONT, N.H. – Join us as for 3D Print Club on Tuesdays, 6 – 8 p.m. through May 14 at Claremont MakerSpace. Every week, we'll get together and participate in a freestyle design session. In freestyle, participants simply design what they want to. There will also be various design challenges each week if you're looking for inspiration, and an instructor will be present to offer advice and otherwise help troubleshoot as you create and print designs. For details, visit www.claremontmakerspace.org.

TOWNSHEND, Vt. – On Tuesdays, from May 14 through June 18, Grace Cottage Hospital is offering a free six-week Healthy Aging educational series for women 60 and up. The casual meetings will focus on matters of the mind, body, and spirit. Meetings will be held in the Grace Cottage Community Wellness Center in Townshend. Pre-registration is required. For more information or to register, email Deb at dbrown@gracecottage.org or call 802-365-3640.

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

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

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

SPRINGFIELD, Vt. – Gentle Seva Yoga, every Second Wednesday from 5:30-6:30 p.m. at the Springfield Unitarian Universalist Meetinghouse, 21 fairground Rd, in Springfield. For details call 802-885-3327.

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

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

CHESTER, Vt. – Join the Six Loose Ladies for Knit Knite on Thursdays from 5-8 p.m. at the Six Loose Ladies shop in Chester. This is not only for knitting but also to crochet, spin, or work on any other portable fiber project. We also serve sweets in the evenings – many ladies like to bake. Whether you want to learn to knit or crochet or consult with a more experienced knitter, this is a great time to join us. For more information, visit www.sixlooseladies.com.

CHESTER, Vt. – Strength-building chair yoga class with Liz Eaton, 9:30-10:35 a.m., Fullerton Inn, Main Street, Chester. This is a strength building yoga class in the hatha tradition for anyone looking to build bone density, physical strength, flexibility, and endurance. Come as you are and do what you can. Use a chair, yoga mat, or both! Drop

in anytime or purchase a few classes at once. No experience necessary. For details, contact liza@gmail.com or www.buddhafulyoga.com.

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

SPRINGFIELD, Vt. – Free family fun art and music nights run second Fridays, starting at 6 p.m., open to people of all ages. We encourage families and friends to build community and come "exercise your creativity." Try something new, make mistakes, learn, and try again at the Springfield Art Gym on 62 Clinton St., Springfield. Visit www.facebook.com/springfieldartgym.

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

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

REGION – Bone Builders to combat osteoporosis is free and open to seniors 55-plus. Call 802-674-4547. Mondays and Wednesdays classes are held at Martin Memorial Hall in Acutney from 10-11 a.m. Tuesday and Thursday classes are held at Cavendish Baptist Church from 10-11:30 a.m. or at Andover Community Church from 3-4 p.m.

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

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

TOWNSHEND, Vt. – Yoga classes at Grace Cottage Community Wellness Center, Heins Building, 133 Grafton Rd. in Townshend. Classes available Tuesdays, from 4:30-6 p.m.; Fridays, from 3:30-5 p.m. Chair yoga for beginners is on Wednesdays, from 1-2 p.m. Instructor for all classes is Crystal Mansfield. Small fee for each class. Call 802-365-3649 for details.

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

CLUBS

MAY 5 – LONDONDERRY, Vt. – Join the Green Mountain Club Manchester Section for a Hike to Angel Falls on Sunday, May 5. Meet at the entrance to Winhall Campground in South Londonderry, leave some cars here and car pool to Ball Mountain Dam. Hike 4.1 miles to Angel Falls and on to the Winhall Campground entrance. The first part of this trail with ups and downs of 50-100 feet, the second part is essentially level with handicapped access trail and then paved campground road. Rated easy. Bring extra layers, raincoat just in case, snacks, and fluids. For times and to RSVP (required), contact Joe Ninesling at 802-289-

2801 or runraft@aol.com.

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

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

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

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

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

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

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

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

COMMUNITY MEALS

MAY 3 – BELLOWS FALLS, Vt. – First Friday Supper on Friday, May 3 at the First Baptist Church, 9 Church St., in Bellows Falls. Menu includes barbecue chicken, potatoes, veggies, salads, dessert, and a beverage. Gluten-free and vegan available. Suggested donation. Net proceeds for First Baptist Ladies Aid Mission Society's quotas for local, national, and international ministries.

TOWN OF ANDOVER NOTICE OF TAX SALE

The resident and non-resident owners, lien holders and mortgagees of property in the Town of Andover, in the County of Windsor and State of Vermont, are hereby notified that the taxes assessed by such Town for the 2017-2018 and 2018-2019 tax years remain, either in whole or in part, unpaid on the following described property in such Town, to wit: It being all and the same lands and premises conveyed to Jennifer J. Pida by Warranty Deed of John M. Kimball and Jill M. Kimball, dated March 29, 2002 and recorded on April 15, 2002 in Book 40 at Page 355 of the Andover Land Records. (Parcel #005100010.300; E911 address: 10.8+/- acres of land off Newton Road.)

And pursuant to 32 V.S.A. Section 5254, so much of such property will be sold at public auction at the Town of Andover Office, a public place located at 953 Weston-Andover Road, in Andover, Vermont, on the 21st day of May, 2019, at 11:00 a.m., as shall be requisite to discharge such taxes with costs, unless previously paid.

Dated at Andover, Vermont this 11th day of April, 2019

Jeanette Haight, Collector of Delinquent Taxes

TOWN OF ANDOVER NOTICE OF TAX SALE

The resident and non-resident owners, lien holders and mortgagees of property in the Town of Andover, in the County of Windsor and State of Vermont, are hereby notified that the taxes assessed by such Town for the 2017-2018 and 2018-2019 tax years remain, either in whole or in part, unpaid on the following described property in such Town, to wit:

It being all and the same lands and premises conveyed to Bruce P. Meyer and Sylvia A. Meyer, Co-Trustees of the Bruce P. and Sylvia A. Meyer Revocable Trust dated June 26, 2012 by Warranty Deed of Bruce P. Meyer and Sylvia A. Meyer, dated June 26, 2012 and recorded on August 29, 2013 in Book 59 at Pages 418-421 of the Andover Land Records; and those lands and premises conveyed to Bruce P. Meyer and Sylvia A. Meyer by Warranty Deed of Gordon O. and Patricia R. Gates to Bruce P. Meyer and Sylvia A. Meyer, dated November 1, 1972 and recorded in Book 20 at Page 271 the Andover Land Records. Reference is made to the "Ladybird" Warranty Deed of Bruce P. Meyer and Sylvia A. Meyer to Karen K. Turner, dated August 7, 2013 and recorded on August 29, 2013 in Book 59 at Pages 422-423 of the Andover Land Records. (Parcel #011000041.200; E911 address: 401 Gates Road.)

And pursuant to 32 V.S.A. Section 5254, so much of such property will be sold at public auction at the Town of Andover Office, a public place located at 953 Weston-Andover Road, in Andover, Vermont, on the 21st day of May, 2019, at 11:00 a.m., as shall be requisite to discharge such taxes with costs, unless previously paid.

Dated at Andover, Vermont this 11th day of April, 2019

Jeanette Haight, Collector of Delinquent Taxes

TOWN OF ANDOVER NOTICE OF TAX SALE

The resident and non-resident owners, lien holders and mortgagees of property in the Town of Andover, in the County of Windsor and State of Vermont, are hereby notified that the taxes assessed by such Town for the 2017-2018 and 2018-2019 tax years remain, either in whole or in part, unpaid on the following described property in such Town, to wit: It being all and the same lands and premises conveyed to Harvey G. Parker and Tammy A. Riley (now deceased) by Warranty Deed of Kittredge Mortgage Corporation, dated February 6, 2017 and recorded on February 13, 2017 in Book 63 at Pages 390-391 of the Andover Land Records. (Parcel #011000067.510; E911 address: 48 Lee Way.)

And pursuant to 32 V.S.A. Section 5254, so much of such property will be sold at public auction at the Town of Andover Office, a public place located at 953 Weston-Andover Road, in Andover, Vermont, on the 21st day of May, 2019, at 11:00 a.m., as shall be requisite to discharge such taxes with costs, unless previously paid.

Dated at Andover, Vermont this 11th day of April, 2019

Jeanette Haight, Collector of Delinquent Taxes

TOWN OF ANDOVER NOTICE OF TAX SALE

The resident and non-resident owners, lien holders and mortgagees of property in the Town of Andover, in the County of Windsor and State of Vermont, are hereby notified that the taxes assessed by such Town for the 2017-2018 and 2018-2019 tax years remain, either in whole or in part, unpaid on the following described property in such Town, to wit: It being all and the same lands and premises conveyed to Donald L. Montano by Quit Claim Deed of Bernadette Montano, dated February 5, 1981 and recorded on February 11, 1981 in Book 22 at Page 66 of the Andover Land Records. (Parcel #005100061.000; E911 address: 469 North Hill Road.)

And pursuant to 32 V.S.A. Section 5254, so much of such property will be sold at public auction at the Town of Andover Office, a public place located at 953 Weston-Andover Road, in Andover, Vermont, on the 21st day of May, 2019, at 11:00 a.m., as shall be requisite to discharge such taxes with costs, unless previously paid.

Dated at Andover, Vermont this 11th day of April, 2019

Jeanette Haight, Collector of Delinquent Taxes

LEGAL NOTICES/HELP WANTED

calendar

MAY 4 – BELMONT, Vt. – Roast turkey supper May 4 starting at 5 p.m. to benefit the Mount Holly Fire Dept. Auxiliary, at the Odd Fellows Hall, Belmont. Roast turkey, mashed potato with gravy, stuffing, cranberry sauce, veggies, rolls, and homemade baked pies. All you can eat home style. Take-outs available. There is a fee. Call 802-259-2460 for more information.

CHARLESTOWN, N.H. – A complete Turkey Supper hosted by the Charlestown Senior Center is happening on Saturday, May 4 at 5 p.m. Menu includes turkey, potatoes, carrots, stuffing, corn, gravy, and rolls. Homemade pies for dessert. Tickets go on sale at 4 p.m. until we sell out. For take-outs please call 603-826-5987 between noon and 3 p.m. the day of the supper, to be picked up between 4 and 4:30 p.m.

MAY 10 – ROCKINGHAM, Vt. – Bartonsville Grange Community Dinner on Friday, May 10, from 5 – 7 p.m. at 116 Upper Bartonsville Rd., Rockingham. Menu includes Shake n' Bake chicken dinner with mashed potatoes, vegetable, and a variety of desserts. Children under the age of 5 eat free. If you have any questions, please call 802-376-5504.

WEEKDAYS – BELLOWS FALLS, Vt. – The Bellows Falls Area Senior Center serves lunch 11:30 a.m. - 12:15 p.m.

Monday through Friday to area seniors. The Senior Meals menu for the week is available by calling 802-463-3907. The Bellows Falls Area Senior Center is located at 18 Tuttle St. We are wheelchair and walker accessible with plenty of parking.

EVENTS

MAY 3 AND 4 – WALPOLE, N.H. – Spring Rummage and Food Sale is on Friday and Saturday, May 3 and 4 at First Congregational Church in Walpole. Friday is the rummage sale only, from 4 – 6 p.m. Saturday is rummage and food sale, from 9 a.m. to 1 p.m. We will have a wide variety of good quality spring and summer clothing, household items, and bag specials. We are handicap accessible.

MAY 4 – CHESTER, Vt. – Gassetts Grange is holding their Monthly Square Dance and Round on Saturday, May 4, from 7 – 10 p.m. at Chester Town Hall. There will be 50/50 tickets on sale along with refreshments. Menu available includes hot dogs, bags of chips, desserts, and beverages. We do ask for a door donation. Handicapped ramp out back, building is equipped with an elevator. Please come and have fun dancing, sitting, or listening. House band is Green Mountain Express. Any questions, call 802-591-4290.

TOWNSHEND, Vt. – Join us for our Spring into Health 5K, a family-friendly run/walk to

benefit Grace Cottage Hospital on Saturday, May 11 at 8:30 a.m. This event starts and ends at the Townshend Common. Flat, paved course. Professionally-timed. Prizes, raffles, snacks, water. Free tees to the first 100 to register. Free parking at Leland & Gray High School. Rain or shine. To register, visit www.gracecottage.org/events. For more information, call 802-365-9109.

CAVENDISH, Vt. – Cavendish Green Up Day is Saturday, May 4, from 9 a.m. to noon. Come to the Proctorsville Green with a friend or family members to pick up special green trash bags, protective gloves, and your road assignment. The big sweep begins at 9 a.m. and ends at noon with a free town-sponsored barbecue on the Proctorsville Green. Hot dogs, hamburgers, chips, and soda will be on hand. Rain date is Sunday, May 5. For more information, call Diane McNamara at the Cavendish Town Office at 802-226-7292.

WESTON, Vt. – Vermont Green Up Day in Weston will happen from 9 a.m. – 1 p.m. Bags may be picked up at the town office any day this week, remembering that the office closes at 1 p.m. Bags may be dropped off either at the Town Garage, on Greendale Road, or in the town truck parked across from the town office Saturday morning. There will be refreshments served in the gazebo

on the green after noon on Saturday. Volunteers are most welcome, and specific routes in town may be arranged by email aresonp@gmail.com. For those unable to come next Saturday, bags are still available, and they may be left at the town garage before or after the event.

RUTLAND, Vt. – Free flights for kids! EAA Chapter 968, the Green Mountain Flyers, is hosting a Young Eagles rally on Saturday, May 4 at Rutland-Southern Vermont Regional Airport, from 9 a.m. with registration closing at noon. Children ages 8 to 17 will receive a ground tour of an airplane and an opportunity to experience the enjoyment of flight. This free airplane ride will last approximately 20 minutes. Flights start around 9 a.m. and will continue until the last registered child has had a flight as weather conditions permit. The rally will stage to the right of the main terminal building; parking is located in the airport parking lot. Parent or guardian presence and signature required. For questions or more information, email EAA968@vermontel.net or text 802-692-0660.

MAY 4 AND 5 – CHARLESTOWN, N.H. –

French and Indian War Reenactment at The Fort at No. 4 on Saturday and Sunday, May 4 and 5, from 10 a.m. to 4:30 p.m. Reenactors/living historians personifying British and French troops, rangers, militia, camp followers, Native Americans, and sutlers gather to recreate events surrounding New England's involvement in the war. Included during this two-day event are tactical battle reenactments, open hearth and campfire cooking, blacksmithing, textile production, and colonial trades.

MAY 5 – CHESTER, Vt. – Meet the author Elayne Clift, on Sunday, May 5 at 4 p.m. at Phoenix Books Misty Valley in Chester. She will be speaking about her new book, "Around the World in Fifty Years: Travel Tales of a Not So Innocent Abroad." For details, call 802-875-3400.

MAY 11 – ASCUTNEY, Vt. – Ascutney Vol. Fire Department's Annual Mother's Day Plant Sale on Saturday, May 11, from 9 a.m. to 1 p.m. on Route 131, off Exit 8 of I-91. Contact 802-674-5021 for details.

WALPOLE, N.H. – Walpole Library Plant Sale on Saturday, May 11, from 9 – 11 a.m. on the Walpole Historical Society Lawn, Main Street in Walpole. Rain or shine. For more information, call 603-756-9806.

ALSTEAD, N.H. – The annual Mother's Day Plant Sale will be held on Saturday, May 11, from 9 a.m. to 1 p.m. at Third Congregational Church UCC, River Street in Alstead, and is sponsored by Missions. Many kinds of plants will be sold, including houseplants, outdoor plants, a variety of vegetable plants, and hanging plants, along with others. If you have houseplants you no longer want, donations for the sale will be accepted, along with baked goods. For more information, call Debbie 603-835-6014 or Sandy 603-835-6727.

MONDAYS – WESTON, Vt. – Weston Rod & Gun Club will host Monday Night Bingo, starting at 7 p.m., at their location Route 100 North, one mile north of the town center. For more

information, call 802-824-6577.

SPRINGFIELD, Vt. – Play pickleball at the Springfield Parks & Recreation Center, 139 Main Street, on Mondays from 8 – 10 a.m.

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

SPRINGFIELD, Vt. – Play pickleball at the Springfield Parks & Recreation Center, 139 Main Street, on Tuesdays from 11 a.m. – 12:30 p.m.

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

THURSDAYS – SPRINGFIELD, Vt. – Gassetts Grange is

Wilson & Lawrence Inc.
Tennis Court Contractors in Grafton, VT is Hiring Laborers at \$14/hour.
Also looking for Driver/Laborers with a clean Driver's License.
 Please call 802-869-2333. Mon-Fri, 8am-4pm.

TOWN OF SPRINGFIELD
Bookkeeper
 The Town of Springfield, VT is seeking a motivated and qualified individual to join its Finance team. The Bookkeeper position is a part-time, flex-time hourly position. Pay range is \$18.00 to \$24.89 per hour depending on experience. Primary responsibilities are performing various municipal accounting and finance functions. Applicants should exhibit a positive attitude, be able to work independently, be team-oriented and maintain the ability to operate in a fast-paced environment. Qualified applicants should also have prior experience in the accounting/finance field (preferably fund accounting), excellent customer service skills, and the ability to communicate in a professional respectful manner. Experience with computers, Microsoft Excel and NEMRC is desired. Apply at the Town Manager's Office, 96 Main Street, Springfield, VT OR tosh@vermontel.net. Applications will be accepted until May 10, 2019. EOE

Londonderry Hardware
JOB OPENING
 Londonderry Hardware is accepting applications for a sales person. The position requires a self-motivated, energetic individual with retail hardware experience. THERE IS OPPORTUNITY FOR ADVANCEMENT We offer competitive wages, excellent working conditions, and merchandise discount, yearend bonus, paid vacations.
 Please send resume to: Londonderry Hardware PO Box 397 Londonderry, VT 05148, or stop by and pick up an application.

Media Sales Professionals
\$30,000 per year guaranteed base plus commission
 Benefits after 90 days
 Selling for the:
 • Barre Times Argus
 • Rutland Herald
 • Eagle Times
 • Argus-Champion
 • The Valley Marketplace
 The successful candidates will be a self-starter, have excellent communication skills, manage their time efficiently and be goal orientated.
 Please send a cover letter and resume to:
publisher@eagletimes.com

Winterplace Condo Association
 in Ludlow, VT is seeking a full-time laborer with good carpentry skills. Year round position with competitive pay, health insurance and Simple plan. Weekends required during ski season. Please call 802-228-4934 for an application.

NURSE MANAGER (RN)
 Valley Cares Inc. is seeking an RN for fulltime work at our award-winning assisted living facility. This fulltime, exempt position has some schedule flexibility and works closely with our Executive Director, Assistant Nurse Manager, as well as care staff.
 If you are an RN with strong communication skills, ability to work well with others, long-term care/assisted living experience, supervisory experience and a passion for working with the elderly, this position is for you! Competitive pay and excellent benefits (health/dental/vision insurance, PTO, a matching retirement plan, on-call stipend and more).
 Send cover letter, resume and references to Valley Cares, attn: H.R., PO Box 341, Townshend, VT 05353 or email bschaefer@valleycares.org.

TAKE A BREAK!

Weekly SUDOKU
 by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦
 ♦ Moderate ♦♦ Challenging
 ♦♦♦ HOO BOY!

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King Crossword

1	2	3	4	5	6	7	8	9	10	11	
12					13			14			
15				16				17			
18							19	20			
21				22	23		24				
25	26	27		28			29		30	31	32
33				34					35		
36				37					38		
39	40			41			42				
43	44			45			46		47	48	49
50				51	52	53					
54				55					56		
57				58					59		

ACROSS
 1 Gaucho's weapon
 5 Big Apple abbr.
 8 Silenced "Hey!"
 12 "Once – a Mattress"
 13 Debtor's letters
 14 Duel tool
 15 Delphinium
 17 Rotate
 18 Dismal
 19 Snow White's pals
 21 Put on the line
 24 Everything
 25 Pop flavor
 28 Frogs' hang-out
 30 Make up your mind
 33 Kinsman, for short
 34 Drops from the payroll
 35 Letter after 31-Down
 36 Moment
 37 From the start
 38 Read cursorily
 39 Barbie's companion
 41 Teensy bit
 43 Go directly downhill
 46 Pacific porch
 50 Desirous look
 51 Rash

DOWN
 1 Socket insert
 2 October stone
 3 Traditional tales
 4 Turkey's capital
 5 Pinch
 6 Second person
 7 Cottage

cheese label word
 Corolla component
 Morgan of "Super Size Me"
 Lowly laborer
 Half a Vail pair
 Bankrolls
 Traditional locale
 Letterman's network
 Raw rock
 Big name in U.S. aircraft
 Mr. Gingrich

Letter before 35-Across
 Allen or Conway
 Enthusiasts
 T-shirt sizes
 Continental money
 Timeworn
 Decelerate
 Wrap in a waxy cloth
 Attempt
 Tidy
 One side of the Urals
 – It
 Romantic?
 Historic period
 Recede

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Salome's Stars

ARIES (March 21 to April 19)
 This is a good week to look at healing bruised feelings and re-establishing weakened relationships. It's also a good week to start new projects and make new job-linked contacts.

TAURUS (April 20 to May 20)
 Music and art dominate the week, giving the sensual Bovine a lot to appreciate. On the practical side, deal firmly, but fairly, with those who might try to undermine your work efforts.

GEMINI (May 21 to June 20)
 Good feelings continue to flow from your recent efforts to reconnect with family and friends. But be ready to defuse a dispute before it can disrupt all that peace and harmony.

CANCER (June 21 to July 22)
 A practical view of a romanticized situation could help to clarify some of its more confusing aspects before you make a decision that could be tough to undo later on.

LEO (July 23 to August 22)
 Pay more attention to what a recent spate of workplace criticism might say about your performance and not what you think it implies about you personally. Some flexibility might be called for.

VIRGO (August 23 to September 22)
 With new information, and new promises of support (not to mention growing self-confidence), this could be a good time to restart a project you couldn't quite handle before.

LIBRA (September 23 to October 22)
 Before you decide to close down a problem-loaded project and make a fresh start with someone else, try once more to reach a compromise with your balky partner. He or she might surprise you.

SCORPIO (October 23 to November 21)
 While you continue earning points for your sharp negotiating skills, be alert for an attempt to undercut your efforts. You'll need to provide solid facts and figures to stay in the game.

SAGITTARIUS (November 22 to December 21)
 A minor health problem might cause you to ease up on your usually busy schedule. But you'll soon be back in the saddle and ready to pick up the reins and charge ahead.

CAPRICORN (December 22 to January 19)
 The adventurous Sea Goat might be eager to take on a new challenge. But before you do, you might want to take some time to check out previously overlooked factors.

AQUARIUS (January 20 to February 18)
 A feeling of being overwhelmed by all that you have to do can be eased by setting priorities. Deal with the most urgent and time-sensitive situations first, and then work down the line.

PISCES (February 19 to March 20)
 Creating a calm, peaceful place for yourself in the middle of a roiling emotional whirlpool this week starts when you, and no one else, decide how to make decisions about your life.

BORN THIS WEEK:
 Your determination to stick with your principles wins the admiration of everyone who knows you.

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calendar

REAL ESTATE

EVENTS CONT.

THURSDAYS CONT. – holding Bingo every Thursday from 6:30-8:30 p.m. at the North Springfield Baptist Church on Main St in Springfield.

SPRINGFIELD, Vt. – Play pickleball at the Springfield Parks & Recreation Center, 139 Main Street, on Thursdays from 11 a.m. – 12:30 p.m.

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

FARMERS' MARKET

MAY 11 – SPRINGFIELD, Vt. – The Springfield Farmers' Market will be hosting a spring market Saturday, May 11

at the United Methodist Church on Valley Street from 10 a.m. to 1 p.m. and has space available for qualified vendors. For more information, call 802-885-4096 or email springfieldfarmersmarketinc@gmail.com.

KIDS' CORNER

MAY 4 – CHESTER, Vt. – Join Gramma Ray for a reading of the children's book "A Small Blue Whale" by Beth Ferry and Lisa Mundorff on Saturday, May 4, from 11 a.m. to noon at Phoenix Books at Misty Valley. A gorgeous and utterly charming picture book about a lonely blue whale who learns a true friend is definitely worth the wait. After we read together, we will have a fun activity!

MAY 6 – NORWICH, Vt. – Montshire Museum is hosting

"Books & Beyond: Science for Preschoolers" on Monday, May 6, from 10 – 11:15 a.m., and from 11:30 a.m. – 12:45 p.m. Enjoy a different book with each session of Books and Beyond, along with a fun, hands-on experiment. This program is specially designed for children ages 3–5 and their parents or caregivers.

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

TUESDAYS – CHARLESTOWN, N.H. – Story time for toddlers and Pre-K at the Silsby Free Library from 10:30 a.m.

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

SPRINGFIELD, Vt. – Springfield Town Library story time, 43 Main Street, 10 a.m. Free and open to the public with stories, songs, and activities for the youngest readers. For more information, call the library at 802-885-3108.

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

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

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

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

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

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

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

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

FRIDAYS – SPRINGFIELD, Vt. – Creative movement activities and play group are held in the gym of the Community Center, Fridays, from 9-11 a.m. All parents

with young children are welcome. Contact Parks and Rec. Dept. at 802-885-2727.

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

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

MANCHESTER, Vt. – The Northshire Bookstore is offering a weekly Kid's Storytime on Fridays at 10:30 a.m. Contact Northshire bookstore for more information.

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

LIBRARIES

MAY 4 – SPRINGFIELD, Vt. – Springfield Town Library hosts "It's Money, Honey!" on Saturday, May 4 at 11 a.m. "It's Money, Honey!" is an engaging program that helps preschoolers begin building valuable life and STEM skills. Participating children will receive a copy of the book "Oh No! Where Did All The

Money Go?" (First come, first serve.) While this program is geared to 4 to 6 year olds, all ages can participate! Free and open to the public. For more information, stop by the Springfield Town Library, 43 Main St. in Springfield or call 802-885-3108.

THURSDAYS – ROCKINGHAM, Vt. – Join genealogy enthusiast Wayne Blanchard on a quest to discover your family roots on Thursdays from 10:30 a.m. to 12:30 p.m. at the Rockingham Library. If you own a laptop, please bring it along. With the many free databases available at the library, it's hard to tell what you might find. Both beginners and seasoned genealogists are welcome. This program is free and open to the public. For more information, call 802-463-4270, email programming@rockinghamlibrary.org, or go to www.rockinghamlibrary.org.

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

MEETINGS

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

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

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

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

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

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Rockingham, \$76,000



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vermontjournal.com

Perkinsville village landmark. This c.1700's colonial has many old features giving it the old world charm with tasteful upgrades making it comfortable for modern day living. Includes four bedrooms, den, 2 baths, formal dining area with propane stove, remodeled kitchen with center island, wood cook stove, soapstone sink and views towards the village and Ascutey Mountain. Attached breezeway offers sheltered outdoor living space connected to the two car garage with overhead storage. 5 acres of open meadow is perfect for pasture, gardening or recreation and maple trees for sugaring, fruit trees and berry bushes for future harvests. Close to trails, skiing and the local airport. Handicap Accessory with Lift from breezeway to house, 1st floor 3/4 bath, den that can be converted to 1st floor bedroom, generator for limited back-up. \$249,900

So much to offer! This home offers three floors of living space. The main floor includes a bright and inviting mudroom/entry, comfortable living room with fireplace, formal dining area, sliders to the large back deck with hot tub, half bath, upgraded kitchen, master bedroom with double closets and a full bath with sauna feature. Second floor includes three bedrooms, additional living space/common areas, full bath and a walk-in closet with laundry hook-ups. Walk-out basement includes a family room with fireplace and bar area, laundry room/half bath. Detached 3 car garage/workshop. Very nice, indeed! JUST REDUCED TO \$255,000

Needing a little TLC this Weathersfield property is a great opportunity to own a home in the country with 3.4+/- open acres. The two bedroom ranch style home has a comfortable living room with hearth and large windows taking in the country scenery, functional kitchen with marble slab (perfect for baking), dining area, and a full bath. Deck for lounging/entertainment, walk out basement through the two car garage. Outside includes greenhouse and storage shelter. \$139,900

Stop to smell the sweet lilacs lining the driving to this inviting Weathersfield country Cape home. There is much to love about this property including the 38 acres of fields, forests and the lovely flowers, shrubs and ornamental trees in the landscaped yards. Enter into the cozy kitchen, family room with a beautiful wood burning cook stove. Can't you just smell the bread baking in the oven? The sizable living room-dining room boasts lovely wood floors and woodwork. Three bedrooms are on the second level with plenty of closets and storage for all the treasures. The three season porch overlooks the in-ground pool and provides a quiet place for morning coffee and bird watching. An attached 2 car garage and a separate barn-workshop will make this the perfect new home for your family. \$425,000

AUTOMOTIVE

calendar

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

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

MOUNT HOLLY, Vt. – Select Board meetings are on the second Tuesday at 6 p.m. of each month at the Town Office. For more information, call 802-259-2391.

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

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

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

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

MUSIC & THEATER

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.

SUPPORT GROUPS

MAY 10 – BELLOWS FALLS, Vt. –



Like Man's Best Friend... We're there for you.

The Connecticut Valley Ostomy Group meetings are seasonal, five times a year. The next meeting is Friday, May 10 at 5 p.m. in the Fireplace Room of the Rockingham Medical Group, the old hospital, Bellows Falls. We are UOAA affiliated, but there is no cost. For more information, contact mheale@healewoundcare.com or visit www.healewoundcare.com.

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

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

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

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

BELLOWS FALLS, Vt. – TOPS Chapter Vermont #12 meets every Tuesday at 6 p.m. at Sacred Heart Social Center, 39 Green St. in Bellows Falls. Come to TOPS, a nonprofit, noncommercial, weight loss support group that really works. Every week there are interesting programs that touch on topics that help us in our quest for weight loss. We share healthy recipes for main meals and snacks. Your first meeting is free. Bring a friend; you won't

be disappointed. Visit our website www.tops.org for more information.

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

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

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

SPRINGFIELD, Vt. – Breast Feeding Support Group is on the second and fourth Tuesdays at the Springfield Hospital Library Level D from noon-2 p.m. It is free and no registration is required. For more information, call Erin at 802-885-7511.

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

LONDONDERRY, Vt. – Weekly clean and

sober 12-Step Meeting. Support group meets at Neighborhood Connections next to the Londonderry Post Office at 5:30 p.m. every Wednesday.

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

TOWNSHEND, Vt. – Grace Cottage Family Health & Hospital will host a Mental Illness Family Support Group on the second Wednesday of each month at 6:30 p.m. at the Grace Cottage Wellness Center (133 Grafton Rd) in Townshend. NAMI Family Support Group meetings are monthly 90-minute support groups of family and friends of individuals living with a mental illness where they can talk frankly about their challenges and help one another through their learned wisdom and coping strategies. For more information, call 713-591-2857. To find a complete list of all NAMI offerings, visit www.namivt.org.

ASCUTNEY, Vt. – Twin State Depression Support Group meets on the third Wednesday at Martin Memorial Hall, Lower

Level, 5259 Route 5, Ascutney at 6:30 p.m. Do you know or think you may be depressed? Have a friend or family member who has depression? Then this group is for you! Support, empathy, sharing, education, confidentiality, and peer-led. Contact TwinStateDSG@gmail.com or 641-715-3900, ext. 650055#.

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

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

THURSDAYS – SPRINGFIELD, Vt. – Mental Health Peer Support Group meets 2-3:30 p.m. at the First Congregational Church, 77 Main Street. The group's goal will be to provide a safe and healthy

environment for people to give and receive support around mental health issues. The group is free and open to the public. Call Diana Slade at 802-289-1982.

TOWNSHEND, Vt. – Alzheimer's Caregiver Support Group meets on the first Thursday of every month, from 11 a.m. – noon at Grace Cottage Community Wellness Center, Heins Building, 133 Grafton Rd., in Townshend. Led by Grace Cottage Community Health team member Claire Bemis. Free. Call 802-365-3763.

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

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

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pet of the week

Hi! My name's Lilly and I'm a 2-year-old spayed pitbull mix. I've had a couple of homes in my short life, and I'm thinking it's time that I finally settled down. I can't wait until I have a family of my very own because I really like people! My human friends here at Lucy Mackenzie know how much I like cuddling and going for walks. I particularly enjoy the more leisurely style of walk, one where I can stop and smell the roses, and everything else in between! I'm proud to say that I'm a pretty smart girl, and am well-behaved too. I'm open to meeting other dogs and could maybe even live with one if we got along. I can't live with cats though. If you've been thinking it's time you adopted an adorable and adoring dog, stop in and meet me today!

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