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Wellness Weeks

See Page 4A



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

Springfield's historic J&L building to be demolished

BY JO ROBBINS
The Shopper

SPRINGFIELD, Vt. – One of Springfield's historical icons and a symbol of the prosperous days of the Precision Valley's industrial past is scheduled for demolition by the end of the calendar year.

The Selectboard, at its regular meeting Feb. 10, voted to appropriate funds to begin the process of demolition of the Jones & Lamson Plant I, a massive brick structure of approximately 270,000 square feet that fronts on Clinton Street.

Article 3 of the 1999 Correctional Facility Agreement provided the town with \$1,000,000 to be used toward the J&L site. The current balance of that reserve fund is \$755,066. An appropriation of \$25,000 is to be taken from those reserve funds for the project management of the bid documents for the demolition and to cover the application fee for a \$1,000,000 Community Development Block Grant.

Stone Environmental Inc.,

a firm out of Montpelier, has been working on the site for years and will provide the project management of the bid process, and the Southern Windsor County Regional Planning Commission will write the grant application. The \$25,000 appropriation will pay for both.

To better identify the beginning and end of this enormous structure, it incorporates all of the real estate between 140 Clinton St. – the Edgar May Recreation Center – and 200 Clinton St., which is occupied by LBL Fabrications, a stone-cutting operation that opened for business late last year in the 60,000-square-foot most southerly part of the connected buildings. The former 10,000-square-foot office area at the northern end, which still has the vine-covered Jones & Lamson sign above the door, will remain.

According to Bob Flint of the Springfield Regional Development Corporation, the entity that has owned the property since 2003 when it purchased Plant I following the bank-



J&L Plant I scheduled to be demolished by the end of the year.

PHOTO BY JO ROBBINS

ruptcy of Goldman Industrial Group, "The building has been empty since 1986, has not been heated, the roof is falling in, and it is contaminated."

At the time of the purchase, Goldman owned J&L, Bryant Chucking Grinder, and Fellows Gear Shaper, and the bankruptcy closed down the operation of almost 800,000 square feet of industrial manufacturing space in Springfield.

The CDBG dollars will be paid to SRDC, and Flint said

the combined funds from the block grant and the reserve fund may still not be enough to complete a project of this size with hazardous materials on site.

For nearly 100 years, Springfield employed as many as 3,000 people in a thriving machine-tool industry up until about 1980. These were the heydays when the town was bustling, employment was strong, and these landmark businesses provided the town

with a prosperous economy. According to an article published by Seven Days, "The Rise and Fall of Springfield, Vermont's First 'Tech Hub,'" the town was on Germany's list of bombing targets during World War II because of the innovative production of products too many to name. It included a machine to cut gears, the flatbread turret lathe that used a chuck, interchangeable

cutters, an optical comparator that accurately measured screw threads, and machines that drilled gun barrels. All of these designs and more were spawned from the collective genius of the men responsible for J&L, Bryant Chucking Grinder Company, Fellows Gear Shaper, and Lovejoy Tool Company. Lovejoy has been manufacturing standard and special cutting tools on Main Street since 1916. Gear Works Inc. operates in the original

Fellows factory on Pearl Street and has been manufacturing gear shapers since 1995. Vermont Machine Tool purchased Bryant in 2002 following the Goldman bankruptcy.

Flint told the Selectboard that a revised Corrective Action Plan has been approved by the state of Vermont, the bid documents and specs have been approved by the EPA, and the SRDC will be ready to solicit bids within the next few weeks. The CDBG application is due in April.

TSCA, a division of the EPA, still needs to sign off on the Site Stabilization Plan, which will address what happens to the site once the building is torn down. Flint said over \$1 million has already been spent cleaning up what he said is one of the most complicated brownfield sites in the state.

When The Shopper asked Flint if the future plans for the site are known at this time, he said there is a lot more to come with this project; and as it unfolds, there will be announcements at a later date.

Rockingham residents vote to add \$119,500 for public works director

BY BETSY THURSTON
The Shopper

BELLOWS FALLS, Vt. – Roughly 130 voters were at the Rockingham annual meeting Monday, March 2.

The Rockingham Town School District asked the voters to approve a budget of \$10,888,771.78, which would result in \$19,621.46 per equalized pupil spending. The Rockingham School Board answered questions about needed improvements and the increase in per pupil cost – 12.64% higher than current year spending.

Paul Ries moved to give only half of the fund balance of

\$50,000 for improvements and suggested closing one of the schools. He reminded residents that the high school was built for 720 students, and the School Board said currently there are 306. The motion was defeated.

Rick Cowan of Cambridgeport said, "[It's] eight times the rate of inflation. Help us understand that."

Board member Rick Holloway explained the per equalized pupil number is calculated by the state. Articles 1-3, and 5 for the Rockingham Town School District were passed during the meeting.

Article 5 for the Rockingham Town Meeting proposed

a budget of \$6,208,639 with \$5,003,444 to be raised by taxes.

Ann DiBernardo moved to amend the budget, adding \$119,500 to reinstate the public works director position. DiBernardo said, "I think it is a mistake to cut this position."

Amy Howlett agreed, saying it is a "false economy to lose the [public works director] with the depth of experience and the credentials," acknowledging Everett Hammond's valuable engineering experience.

Moderator L. Raymond Massucco explained that the citizens should understand the "Selectboard has the discretion to spend or not to spend" and

choose where the additional money is spent.

David Lambert recollected that from 2010 through 2018 it was his perception that "the roads suffered" without a public works director. He also suggested the school's budgeted \$1.6 million paving project could be done by the town if they had an engineer. He asked the Selectboard for the rationale on removing the position.

Vice Chair Gaetano Putignano said, "We spent a long time on this budget," going line by line to get it down. He added, "I believe [Hammond's] services are invaluable, [but] funding led my decision and I voted in favor

of removing the position."

Putignano explained there were no upcoming projects that needed engineer services and paving grants were not eligible until 2024.

MaryAnn Bennett said it seemed short-sighted of the board and reminded them that if the town had a big project next year, someone would need to be hired.

Municipal Manager Wendy Harrison had compared staffing with neighboring towns and agreed there were "no requirements that the [public works director] be an engineer." However, she said, Hammond provided the town good value for

his engineering services.

Village President Deborah Wright reminded residents there was no guarantee the Selectboard would use the money to reinstate the position.

Board member Susan Hammond said that it was not a unanimous vote, passing 3-2.

The vote then passed on the floor, 79-49, to add the \$119,500 back into the budget.

Ann DiBernardo moved to make Development Director Gary Fox's position full-time, which would add \$30,000, and Wright requested a paper ballot. The motion was defeated 66-48.

See **VOTE** on Page 3A

Results of Springfield Town Meeting Day

SPRINGFIELD, Vt. – Between absentee ballots and voter participation at Riverside Middle School Tuesday, March 3, 2,378 voters were accounted for. The town budget of \$12,612,404 passed 1,408 to

825. The voters also approved allocating \$700,000 for repaving and road improvements, 1,804 to 439; \$100,000 for sidewalk reconstruction planning, 1,332 to 893; and \$30,000 for improvements in paving and

drainage for Riverside Middle School parking lot, 1,393 to 814. However, the article to allocate \$278,000 to the completion of Comtu Cascade Park was defeated 1,178 against to 1,046 for.

Likewise, both Articles 14 and 15 for the school district budget of \$32,654,523 and \$125,333 for two full-day prekindergarten classrooms were defeated – 1,195 "no" to 1,052 "yes" and 1,254 "no" to 980 "yes," respectively.

Larry Kraft was approved to be the next town and school district moderator. Michael Mar-

tin and Kristi Morris both were reelected for three-year seats on the Selectboard. Patti Kemp ran unopposed for the school director three-year term, as did Jane Waysville for three-year term for trustee of public funds, Gerald Patch for five years as cemetery commissioner, Stephen Ankuda for town agent for one year, David Coleman as lister for three years, Paul Stagner for first constable for one year, Patrice Jones for library trustees for two years, Cathryn Feickert for three years as cemetery commissioner, Marc Aube for one year as trustee of public

funds, and Kristin Durand and Greg Supernovich for library trustees for three years.

The voters also approved the following budgets for area organizations:

- Springfield Community Band, \$2,500
- SEVCA, \$9,000
- Visiting Nurse and Hospice, \$63,500
- Senior Solutions, \$8,500
- Valley Health Connections, \$4,000
- The Current, \$12,500
- Green Mountain RSPV, \$2,500
- Meals on Wheels, \$10,000

• Windsor County Mentors, \$3,000

- Springfield Supported Housing, \$5,000
- Springfield Family Center, \$55,000
- Women's Freedom Center, \$4,000
- Springfield Art and Historical Society, \$9,500
- Turning Point Recovery Center, \$9,000
- HCRS, \$10,000
- River Valley Technical Center, \$2,984,585

For more information, go to www.springfieldvt.govoffice2.com or www.ssdvt.org.

CORRECTION

In last week's March 4 edition, The Shopper misreported the headline "Springfield Town Manager resigns." Town Manager Tom Yennerell has retired, which he announced back in September 2019 and was made effective as of Feb. 1, 2020. Congratulations, Tom, on your retirement!

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Prevent Lyme and other tick-borne diseases

SPRINGFIELD, Vt. – On Tuesday, March 17 at 7 p.m. at the Springfield Town Library, Dr. Alexis Chesney will present findings from her new book, "Preventing Lyme Disease and Other Tick-Borne Diseases."

Alexis Chesney M.S., N.D., LAC is a naturopathic physician and acupuncturist specializing in Lyme and other tick-borne diseases. Originally from New York, Dr. Alexis Chesney received a B.A. from Holy Cross College in Worcester, Mass. She earned a Master in Science in acupuncture from the University of Bridgeport Acupuncture Institute and a doctorate in naturopathic medicine from the University of Bridgeport College of Naturopathic Medicine



Dr. Alexis Chesney. PHOTO PROVIDED

in Connecticut.

She is one of the first naturopathic students to complete a hospital-based medical rotation.

With five of her colleagues from across the nation, she founded the Naturopathic Medical Student Association, which is a recipient of the AANP President's Award. Naturopathic residency brought Alexis to Vermont, where she has continued to work with a team of integrative practitioners at Sojourns Community Health Clinic in Westminster.

She has dedicated her practice to the treatment of Lyme and tick-borne diseases. She also has a private practice in Northampton, Mass. She is a member of the American Association of Naturopathic Physicians, Vermont Association of Naturopathic Physicians, the International Lyme and Associated Diseases Society, and a founding full member of International Society for Environmentally Acquired Illness.

Dr. Chesney serves on the Board of Directors and as the Naturopathic Medicine Committee Chair for the ILADS. She has been featured as an expert on tick-borne illness at the ILADS conference, as well as at other professional and patient-focused conferences, on local talk radio, and in various news publications.

Her book will be available for purchase and signing.

The Springfield Town Library is located at 43 Main Street in Springfield. As with all library programs, it is free, accessible to people with disabilities, and open to the public. For more information, contact the library at 802-885-3108 or stlas@vermontel.net.

Douglas Johnston is executive director of New England Association of Chiefs

SPRINGFIELD, Vt. – On Jan. 14, 2020, Douglas Johnston, former Chief of Police in Springfield, filled in as interim executive director of the New England Association of Chiefs of Police, the position of John Coyle who retired after 38 years of service to the organization as executive director.

Doug Johnston was Chief of Police in Springfield for 18-and-a-half years and was

with the department for over 40 years. Doug has an associate's as well as a Bachelor of Science degree from Champlain College in Burlington. He has taken numerous leadership courses and has attended and graduated from the FBI National Academy. He was elected twice as president of the NEACOP, Vermont Association of Chiefs of Police, and president of the Vermont Police Association.

Doug has been appointed

by the Vermont governor on the following boards: Vermont E-911, Vermont Communications Board, and the Windsor County Special Investigations Board.

Doug has also serviced approximately 23 years in the U.S. Army and served overseas in Desert Shield/Storm. He has earned several medals for his service in the military. He retired from the Military July 5, 2009 at the rank of Master Sergeant.

Suiko McCall artist in residence at Springfield Unitarian Universalist-

SPRINGFIELD, Vt. – Artist Suiko McCall is the minister and artist in residence at the Springfield Unitarian Universalist meeting-house this March. She will lead a service March 15 and will offer special sessions after the service.

Suiko McCall is a painter, video maker, social sculptor, founder, and abess of the Art Monastery. The Art Monastery, located in Springfield, aims to cultivate personal awakening and cultural transformation

through contemplation, creativity, and community.

Raised in Buffalo, N.Y., and garnering degrees from Yale University and San Francisco Art Institute, Suiko brings her experience as a competitive synchronized swimmer, professional knitter, and founder of the Art Monastery Project to inform her work. Investigating the relationships among contemplative practice, studio practice, and other kinds of practice, her work explores breath, repetition, and pattern. McCall's visual work has been

exhibited from San Francisco and New York to Amsterdam and Rome.

In 2013, she published a book, "Hosting Transformation: Stories from the Edge of Changemaking." Her paintings have been published in International Interiors Magazine, Leaping Clear literary magazine, and Cream City Review.

The March 15 service is free, accessible, and open to the public. All are welcome to Springfield Unitarian Universalist at the Meetinghouse, 21 Fairground Rd., Springfield, Vt.

Springfield Elks Lodge 1560 annual special awards night

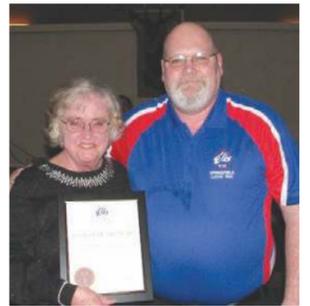
SPRINGFIELD, Vt. – Springfield Elks Lodge held their annual Awards Night during February's Valentines dinner and dance Feb. 15, 2020.

Exalted Ruler Jim Morse started out by giving out four Most Valuable Elks Awards to Kathi Williams, Ed Knoras, Ed "Jigger" Barton, and Thomas Snide. He remarked that without these four members doing their thing for the lodge, he doesn't know



Exalted Ruler Jim Morse presents Gloria Gunn with Elk of the Year plaque.

PHOTO PROVIDED



Exalted Ruler Jim Morse presents PER Vicki Siliski with Officer of the Year award.

PHOTO PROVIDED

where 1560 would be. Next was Chairperson of the Year, which was awarded to Victor Baskevich who is chairman of the hoop and soccer shoots youth activities.

Each month, there is an Elk of the Month award. Morse awarded the accumulative Elk of the Year award to PSP Andy Cook. The Pot Stirrer Award went to Heidi LaCerte as she gets things done and sometimes stirs up ideas to make the lodge a better place. The two Grand Exalted Rulers Awards went to two deserving members: Murchie and Karen Whitney. Maureen Blais was awarded the Elks Citizen of the Year, which is a person that not only helped our lodge but also helped the community.

This year, Morse chose PER Vicki Siliski for Officer of the Year. Siliski filled in for the late Michael Luurtsema as esquire and also did a fantastic job as the lodge's veterans' chairperson this year. Morse felt that she not only dedicated herself to helping our veterans, but she dedicated herself to helping our lodge now and will continue to help veterans in the future.

The last award of the night was Morse's selection of Gloria Gunn as the Elk of the Year. Gunn helped with all of the day to day operations of the lodge, from helping with weekly cash up, the weekly drawings, purchasing items, volunteering at events, and taking linens home each week to be laundered. She was also the Elks National Foundation chairperson.

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Local JMMDS creating landscape designs around the world

BY JOE MILLIKEN

The Shopper

BELLOWS FALLS, Vt. – With a new office now located on the Square, 17 Rockingham St., in Bellows Falls, Julie Moir Messervy Design Studio is a full-service design studio specializing in a signature process that includes the envisioning, creating, managing, and refining of one-of-a-kind landscape and garden projects. She is also a published author on the subject.

“For 16 years, we worked happily at our sunny studio in an old tinsmith building in Saxtons River, but recently the building was converted to residences,” Julie Moir Messervy said. “Fortunately, the third floor of the old firehouse in Bellows Falls was available. It was perfect for us with high ceilings, lots of sunlight, and a view of the Square, train station, and Fall Mountain, which

makes it a great space to work.”

Julie’s passion for landscape creations was a love that blossomed over time. “I was first inspired as a child playing in the woods and fields around my family’s home, but I didn’t know then that I wanted to design landscapes,” she said.

“I went to college and majored in art history, then I got a master’s degree in both architecture and city planning. While in graduate school, I came upon a book of Japanese gardens and thought ‘these remind me of mossy places where I played as a child. How can I create spaces like this?’”

This idea eventually prompted Julie to apply for and receive a Henry Luce Scholars Fellowship to work with the highly respected garden master, Professor Kinsaku Nakane in Kyoto, Japan. She learned about setting stones, pruning, and maintenance techniques, and visited nearly 100 gardens, and would

return to Kyoto five years later on a Japan Foundation Fellowship grant.

“While Japanese gardens have always been the deepest influence in my life as a designer, I was able to extend my knowledge of landscape styles when I wrote my first book, ‘Contemplative Gardens.’ For that book I traveled to many different ‘garden realms’ around the world, including Italy, Russia, England, Morocco, and Kashmir. Since then, I’ve been very eclectic in style, taking inspiration from any number of places, sources and ideas.”

Julie has now been designing gardens for over 40 years, first in the Boston area before moving her studio to southern Vermont 16 years ago. Julie and her team of designers collaborate with planners, architects, engineers, contractors, artists, and residential clients to create and install unique, sustainable, environmentally sensitive proj-

ects. Their clients have included public parks, museums, arboreta memorials, cemeteries, children’s gardens, academic and corporate campuses, and residential homes.

“My best-known work is the Toronto Music Garden, which I designed in collaboration with eminent cellist Yo-Yo Ma,” Julie said. “This three-acre public park is located on Harbourfront in Toronto and its design is inspired by a piece of music: ‘The First Suite for Unaccompanied Cello’ by J. S. Bach. The park is 20 years old this year and has been enjoyed by millions of people a year. Music is performed in the garden every Thursday night throughout the summer – it is a joyful place!”

A couple of JMMDS’s recently completed projects include a Japanese and Scottish-style garden in Edinburgh, Scotland in which Julie set some of the oldest stones in the world from the Isle of Lewis. Locally, they



A local residency design.

PHOTO BY JENNIFER SILVER

recently designed and created a beautiful new park in the village of Saxtons River.

As for residencies, there are homeowners who wish they could afford to landscape their property, but feel they can’t afford to hire a designer. To accommodate this, Julie wrote “Home Outside: Creating The Landscape You Love,” to help homeowners landscape their own property. From there, they created the “Home Outside” online service, which offers their expert landscape design online.

“Once I wrote the book, I realized it would make a great app. Home Outside offers the 800 pre-drawn elements that are part of every property. From the house to the driveway, patios and planting, all the way down to the composite pile.”

Homeowners can upload their property from Google Earth and design right on their

tablet by simply dragging and dropping elements into place. JMMDS utilizes the app to remotely design homeowners’ properties all over the world. They have completed hundreds of designs for people who could not necessarily afford such landscape services. The app is designed for iOS and Android and has garnered over 500,000 downloads.

“I have a team of five women: two landscape architects, two landscape designers, and a communications manager. We’ve worked on many local residential projects large and small,” Julie concluded. “We’ve had the privilege of working with homeowners with very special properties and budgets that allow for total blue-sky creativity, but we also want our local friends to know that we love doing smaller projects and have services for a whole range of budgets.”

Ellen Wood joins Kurn Hattin as director of residential services

WESTMINSTER, Vt. – Kurn Hattin Homes welcomes Ellen Wood as its new director of residential services. Ellen joins us with 27 years of experience working in various positions in all aspects of residential life at Landmark College, most recently as resident dean and director of transition planning.

“I’m excited to join the wonderful Kurn Hattin community and be a part of an organization with a focused mission helping

children learn both in and out of the classroom. The students, staff, and faculty here have given me such a warm welcome which has made my start this past January feel like I’ve been here for years and not just a few weeks,” said Ellen.

“We are delighted to have Ellen join our Kurn Hattin team as director of residential services. She brings a wealth of knowledge and experience in residential life that will contin-

ue to enhance the experience of every student on our campus. Ellen’s warm, compassionate, and nurturing presence is a fantastic addition to our community, and we are thrilled to have her with us,” remarked Sue Kessler, assistant executive director.

For more information, visit www.kurnhattin.org.



Ellen Wood.

PHOTO PROVIDED

VOTE

From Page 1A

Other articles that passed were \$3,000 for Restorative Community Justice, \$5,000 for the Community Bike Project, \$22,000 to fund Rockingham Meetinghouse improvements, \$12,500 for environmental surveys and appraisals of the train station, and \$12,500 for the Rockingham’s Volunteer Fire Department turnout gear.

Articles 11 and 12 for the meetinghouse repairs added \$22,000 in taxes and \$42,000 from the reserve fund. Fox explained the estimated cost would be \$100,000-180,000 for plaster ceiling repair, and that the \$62,000 would repair the lower level.

Article 13 requested \$12,500 for environmental surveys and appraisals for the train station, and Wright said this building is not town owned nor “appropriate to add to the budget.” She agreed that “the building should be saved,” but the current owners should take care of it.

Laurel Green said it was clear from the community forums that “tourism is an important potential for income” and said, “A decent train station... makes good sense to me.”

Fox explained the intent of the article was Rockingham’s eventual purchase of the building using federal grant funds, and providing commercial appraisals and environmental surveys would offer liability protection for contamination. The goal was a partnership for a private business owner to contribute funds and increase economic activity for the town.

The final budget totaled \$6,328,139 with \$5,122,944 to be raised by taxes.

Declaration of other business started with Lambert, who said, “It is the intent of the assembly that the public works director be retained.”

Barbara Ternes commended the Selectboard and Trustees “for hiring Wendy Harrison. She is professional, hard-working, and dedicated.” Harrison then received flowers and applause.

Howlett thanked both boards

for inviting the Vermont Council for Rural Development and said, “I feel so proud of this community.”

Earlier, Massucco had reminded residents of what Michael Harty used to say, “We arrived as neighbors and friends, and we will all leave as such.” At 11 p.m., Rockingham residents did just that.

On Tuesday, March 3, 1,001 total votes were tallied for the Rockingham School Board budget articles. The school budget passed with a 619-381 vote; District 27 budget of \$7.2 million passed 663-338; and River Valley Technical Center budget passed, 753-237.

Susan Hammond won the three-year term for the town of

Rockingham Selectboard with 546 votes followed by Ben Masure with 437 and Stefan Golec with 232.

Ben Masure won the one-year term Selectboard seat with 687 votes, followed by Stefan Golec’s 513 votes, and Michelle Ohayon’s 481 votes.

L. Raymond Massucco will continue as both town and school moderator and town agent, as will lister Paul Noble. The Trustees for the Public Library were Mary Shepard with 820 votes, Brady Weinstock at 576, and Duane Whitehead with 568 votes.

The school directors for three-year term were Brenda Farkas with 681 votes and Deborah Wright with 630 votes.

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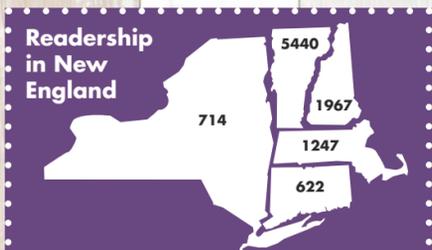
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Tai Chi returns to BRVSC

LUDLOW, Vt. – Tai Chi is coming to the Black River Valley Senior Center for the spring. This beginner level class is based on Dr. Paul Lam's "Balance and Fall Prevention" techniques.

Tai Chi is a steady, rhythmic series of motions that use the whole body. Movements can be modified to meet students' individual needs and chairs are provided for mobility challenged.

Anyone with the desire to strengthen body, mind, and spirit may participate. Side effects may include increased energy and inner peace.

This eight-week class starts Monday, March 30 at 10 a.m. and lasts one hour. Class is free and limited to 10 participants. Registration required at Black River Senior Center, 10 High St., in Ludlow. Call 802-228-7421.

Acupuncture offers great benefits and continues to gain acceptance

BY SHARON HUNTLEY
The Vermont Journal & The Shopper

LUDLOW, Vt. – Acupuncture is an ancient system of healing attributed to the ancient Chinese culture and predating recorded history. The basis of modern acupuncture was established during the Ming Dynasty with the publication of "The Great Compendium of Acupuncture and Moxibustion," but used in the West since the 17th century.

For those not familiar with the practice, acupuncture uses thin needles, placed on

the body along what are called meridians, which are pathways that energy travels in the body. This energy, known as 'Chi' or 'Qi,' is considered the essence of all life in Chinese medicine. If Chi is disrupted in some way, either blocked or overactive, the body suffers. The goal of the acupuncturist is to restore healthy flow of the energy, restoring balance to the body and promoting healing and symptom relief. A skilled acupuncturist knows what points along the meridians correspond to organs and systems in the body that need attention and determine where to place the nee-

dles. For practitioners like Ludlow acupuncturist Susan McNulty, who has been practicing for nearly 40 years, part of her skill is as a health investigator; looking for clues, symptoms, and signs objectively and subjectively to determine how best to treat her patient. All patients are a blank canvas according to McNulty, and there are no pat treatments. She takes pulses, looks at tongues, evaluates skin, hair, and nail quality, and asks questions about patterns, habits, and history.



Experience the benefits of acupuncture. STOCK PHOTO

"All the organs work together, and most people have multiple things going on at once. I like a holistic approach...if someone has a headache, it may not be about their head...could be all kinds of things," she said. McNulty has learned over her many years of practice to never underestimate what acupuncture can do for a person. "The body is always looking to find its own homeostasis," she said.

Whatever the body is telling her patients, that helps her to know where the imbalances lie. That's how she decides where to place the needles with a goal of trying to unblock stagnation, strengthen weaknesses, and disperse excesses to return the body to a state of balance, of Yin and Yang; a Chinese concept of relationship, balance, and duality.

Treatment is an unhurried, relaxing, and thoroughly enjoyable affair. After the lengthy and completely confidential

consultation, a patient changes into a flannel robe, leaving undergarments in place. Patients lie on a comfortable treatment table in a warm room with low lighting, facing up to start.

The needles themselves are thin, disposable one-time use stainless needles with plastic handles. When they are inserted, there is little or no sensation of placement. McNulty chose six points in a recent session, which equates to 12 needles since she treats everything on both sides of the body. Then the patient is left to relax, doze, or nap. Music is a personal option. After about 20 minutes, she returns and removes the needles. The patient then turns over and another set of needles is placed along the meridian near the spine to reinforce the treatment points and left for several minutes.

Acupuncture has a well-earned reputation for pain relief, help with addiction, and many other ailments. McNulty has seen many illnesses, conditions, and issues treated over the years. Some results are immediate, and some build over time.

She is happy to finally see acupuncture becoming more available, noting that treatments were now being done at the VA. However, insurance companies still often don't cover treatment.

Thankfully, the medical community is embracing acupuncture more and more. In 1997, the National Institutes of Health, after mounting evidence from clinical trials, formally acknowledged acupuncture for its value in relieving pain, nausea after surgery or chemotherapy, and morning sickness; and effectiveness in treating conditions, such as headaches, asthma, stroke rehabilitation, and fibromyalgia. The NIH also recommended that acupuncture be taught in medical schools.

According to National Center for Biotechnology information website, "Acupuncture occupies a unique place in modern medicine. Research on acupuncture has taken place in many universities and research institutions around the world, increasing our understanding of how the human body works. Knowledge has been greatly increased especially in the areas of physiology, biochemistry, pharmacology, kinesiology, neurology, and neuroanatomy. By integrating Eastern and Western medicines, both disciplines can be complementary to each other for the benefit of patients."

The benefits are nothing new to McNulty. "Nothing makes me happier than to make somebody feel better and help relieve suffering," she said.

For more information, go to www.susanmcnultyacupuncture.com.

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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

The barbershop

In the 1960s, Chester had two barbers.

Jake Howe

Jake Howe lived in the house next to the People's United Bank. In the front of his house is where Jake cut hair. Jake had a barber pole out front on the porch post. There was one barber's chair with a razor strop attached. I remember watching Jake sharpen his razor with the razor strop. It seemed so effortless.

Jake was an avid fisherman and loved to tell stories. On Saturday mornings, there might be three or four men waiting for a haircut. All were entertained with Jake's stories and often added to the conversation.

Jake had a large brown trout mounted on the wall. Jake claimed he caught it in the Williams River. It was a monster weighing six pounds. In later years, we learned Jake may have caught the trout in Chittenden Dam.

In the 1960s, the Beatles with their long hair made us kids want long hair too. I remember going to Jake's for haircuts at my parents' insistence. I too wanted long hair, but my folks forbid it. Arnold: "As long as you're under my roof."

I remember sitting in the barber chair getting my haircut. Jake was telling me a fishing story in detail as he cut my hair. I was facing the mirror and thought, "My god, he's scalping me." While my hair was already too short, Jake wasn't done telling the story, so he kept clipping.

Tom Hildreth moved to Chester in 1979. It wasn't long before Tom discovered Jake's. Tom told me a story when he went for a haircut. Jake's was an interesting and different atmosphere.

Tom sat waiting his turn, listening to two old men giving each other directions.

One described a large tree well off the beaten path deep in the woods. Tom sat and listened to these old men talking about this location that they both knew well. Tom had grown up in the Holyoke area, so this was new to him.

Tom couldn't believe two men in their 80s knew this remote location and still hunted. This was Tom's introduction to the Vermont way. It was not lost on Tom.

John the Barber

The other barber was John Emerson. John was a bachelor and had a reputation of being a womanizer. He had other equally fine qualities. He couldn't be considered a good role model, but he was fun. John was younger than Jake, and so more hip. My parents forbid me going to John's. This is where my friends and I liked to get our haircuts.

When you walked into his shop, he would bark some insult. Once you sat down in the chair, John became civil and friendly. It was a fun place to be. He treated us as equals. This was something teenagers seldom encountered.

John was cool. He kept a few girlie magazines in his shop. John, too, was a hunter and fisherman. John had some great stories. John's barbershop was located in the rear of the Henry Office Building.

He lived on High Street in a small cottage next to our house. I would sneak over after dark to see him. John was rude, crude, vulgar, and living life his way.

In the mid-1960s, Vermont had very few moose. If a moose was spotted in Vermont in those days, it was major news. It was about 1965 when hunt-

ers found a dead moose in Mount Holly. It had been shot in deer season and left to rot. There was a rumor that John Emerson had shot the moose while deer hunting. This may or may not be true.

Neighborhoods

If you're my age, you grew up in a neighborhood. It doesn't matter if you grew up in Brooklyn or Boston; you had a neighborhood. You had neighborhood stores, delis, butchers, barbers, and you knew your neighbors and other kids. Chester was my neighborhood.

Over the years, I've talked with many transplants from the city. Many of my generation, regardless of where they grew up, have similar childhood memories. I've always been inquisitive about where people come, their background, or what they did for a living.

A while back, I was in the plaza in Springfield. A little old lady was bent over, almost double, pushing her shopping cart. As I overtook her, I said, "I'll race ya." She replied, "Don't bother. You don't stand a chance."

This week's old saying. "If you're giving away an old coat, don't cut the buttons off."

Maple



A current photo of Jake's barbershop. PHOTO BY RON PATCH

Double-stack trains in Chester

CHESTER, Vt. – Westbound Pan American Railways detour train photographed as it passed through Chester Depot Sunday, March 1, 2020 at 8:50 a.m. While it is commonplace in other parts of the country, this is the first time double-stack container cars have been carried on the Green Mountain Railroad. These detour trains are coming through Chester because what has been described as a "partial collapse" last month near the west end of the famed Hoosac tunnel near North Adams, Mass.



PHOTO BY TOM HILDRETH

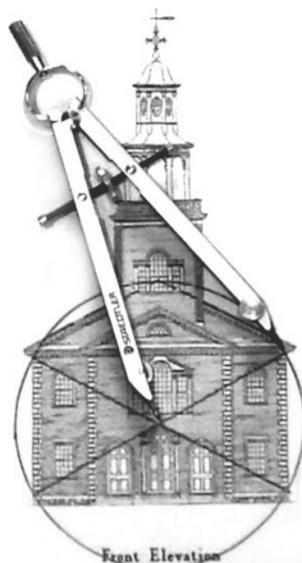
Early American Architecture presentation

SPRINGFIELD, Vt. – Architectural historian Jane Griswold-Radocchia will present "Early American Architecture" Saturday, March 21 at 2 p.m. at the Springfield Art and Historical Society facility at 65 Route 106 in North Springfield.

How did early Americans build such beautifully proportioned homes and buildings with just dividers and a straight edge? The early schools, meetinghouses, and homes in Springfield were built using geometry. Builders knew it as "practical geometry." With a compass, straightedge, and a scribe, carpenters set out modules, parts, and diameters to plan and measure for construction. This way of designing, known by the Egyptians and Greeks, mentioned in the Bible, discussed by Vitruvius, and understood by Palladio and Christopher Wren, was also used here.

With Springfield's historic homes as examples, Jane Griswold-Radocchia will introduce this geometry and show how it was used for layout and design before dimensions were fixed or standardized – before we needed interchangeable parts and before the Industrial Revolution. She will also touch on Benjamin Asher and his 1797 book "The Country Builder," the first architectural handbook published in America.

This program is free and open to all. For more information, email sahs@vermontel.net or call 802-886-7935. There is no snow date for this program at this time.



Architecture of the Old First Church. PHOTO PROVIDED

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Saturday: NO MOVIE - MSA's Cabaret
Sunday: 2:00pm
Monday: 7:00pm
Tuesday: 2:00pm, 7:00pm

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Friday, March 13

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\$12.00
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Seatings from 5:30 to 7:00 pm
Seatings will be from 5:30 to 7:00 p.m.
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Chester Lego Contest cancelled

CHESTER, Vt. – The 2020 LEGO Contest, sponsored by St. Luke's Episcopal Church in Chester, Vt., scheduled for March 14 has been cancelled for this year. The corporation that owns the conference center where the contest has been held for many years has closed the building

to the public out of concern for COVID-19 and the safety of its corporate employees.

Because of the lateness of the notice and the large size of the event, as well as the fact that health reports, cautions, and instructions change daily with no guaranteed relief in sight, the

Chester LEGO Contest is cancelled for 2020.

St. Luke's Church and all the volunteers who work the event apologize for the disappointment and look forward to hosting the event in a healthier March 2021. For questions, please contact Lillian Willis at 802-875-1340.

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Pub Opens at 3pm
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Sat, March 14
Jake Kulak, 5-8
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Tuesday, March 17 ~ St. Patrick's Day
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- Chicago Prime Rib - \$13.00
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- Baked Shrimp, Haddock, Scallops - \$13.00
- Teriyaki Steak Tips - \$10.00

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Roast Turkey with Stuffing • Prime Rib Baked or Fried Haddock Fried Whole Clams • Grilled Salmon
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8 A.M. TO 11:30 A.M.
Includes: Omelet Station • Scrambled Eggs • Bacon Sausage • Pancakes • French Toast Home Fries • Potatoes • Fresh Fruit • Juice & More
\$11.00 Kids under age 12 for half price!

obituaries

April L. Desoto, 1973-2020

BELLOWS FALLS, Vt. – April L. Desoto was reunited with her guardian angel, Sandra McKeone, Feb. 29, 2020. April was born in Waukegan, Ill., April 23, 1973, the daughter of Gilbert Desoto and Carol Christenson. April lived in many places, most recently Bellows Falls, but the place she called home was Deland, Fla.

April is remembered for her kind smile, big heart, and willingness to always help. She enjoyed spending time with her children and grandsons, Jayden and Jeremiah Smith. She also enjoyed caring for plants, doing

word searches, and spending time at the beach. April left us at the young age of 46, but her love and kindness will keep her memory alive for ages to come.

April is the beloved mother of Jamie Patterson, Anton Lutz, and Tehya and Alana Martin.

There will be a celebration of April's life Saturday, March 14, from 12-5 p.m., at the Potato Barn, Potato Barn Road in Walpole, N.H. Arrangements are in the care of Fenton & Hennessey Funeral Home.

Donations in April's memory may be made to the Bellows Walpole Inn.

Rita L. Parker, 1936-2020

BELLOWS FALLS, Vt. – Rita Lottie Parker, 83, of Green Street, passed away Wednesday, March 4, 2020 at her home. Rita was born in Springfield, Vt., Aug. 31, 1936, the daughter of Leonard and Winifred (Hall) Parker. She loved to spend time with her grandchildren and was a member of the Keene Bowling League. She also enjoyed playing bingo, watching the Cooking Channel, gardening, and four-wheeling. She was proud of getting her first

tattoo – at the age of 75.

Surviving are her daughters Rita Fletcher of Bellows Falls and Tammy Gay of Athens, Vt.; her brother Elvin Parker of Westminster; six grandchildren and 13 great-grandchildren. She is predeceased by her parents and four brothers.

There will be a memorial service Saturday, April 4 at 2 p.m. at Fenton & Hennessey Funeral Home in Bellows Falls with burial in the Simonsville Cemetery at a later date.

Georgette Savoy, 1930-2020

BELLOWS FALLS, Vt. – Georgette Savoy, 89, of Atkinson Street, died Wednesday, Feb. 5, 2020 at the Springfield Health and Rehab. She was born Oct. 20, 1930, the daughter of Joseph and Emma (Arbere) Noel in New Brunswick, Canada. She attended school in Canada and worked as a nurse for many years. Georgette enjoyed sewing, which included making dolls, for many years. She also enjoyed traveling with her husband and spending time with her grandchildren.

On Nov. 25, 1954, she married

her husband of 65 years, David Savoy, who survives. She is also survived by her son Phil Savoy of Westminster, Vt.; her daughter Cathy Savoy of Charlestown, N.H.; her sisters Anita and Emma; her grandchildren Jessica, Lisa, Laura, Katelyn, and Eric; and great-grandson Liam. Georgette was predeceased by her son Roland Savoy.

There are no services planned at this time. Arrangements are in the care of Fenton & Hennessey Funeral Home. Donations in Georgette's name may be made to your area hospice.

Thomas C. Hagan, 1953-2020

BELLOWS FALLS, Vt. – Thomas Charles Hagan, 66, passed away peacefully at home with his family March 6, 2020, after a time of failing health. He was born in Philadelphia, Pa., March 15, 1953. He most recently made his home in Rockingham, Vt., with his life partner of 30 years Mary Fredette.

Thom was a career long haul truck driver and was proud of his 45-year career, logging over a million miles across this country and gathering a network of friends who became extended family. He was an animal lover, never without one or two by his side – all becoming what he termed "last bite Hagans," always sharing the last bite of

whatever.

In 2012, he and Mary returned to Vermont where he enjoyed living close to daughter Heather (Fredette) Robertson, her husband Craig, and grandchildren Collin and Joel, all of whom survive. He wore the title of "Pappy" with pride. He is also survived by his beloved dogs Lucy and Romeo, and by so many dear friends near and far.

At Thom's request, there will be no calling hours or service. Memorial contributions to honor Thom may be made directly to The Gathering Place, 30 Terrace St., Brattleboro, VT, 05301, or Saint Joseph Regional School, 92 Wilson St., Keene, NH, 03431.

Roy S. Rabtoy

PERKINSVILLE, Vt. – Roy Stanley "Stan" Rabtoy, 91, passed away March 5, 2020 at Springfield Hospital. He was born in Shrewsbury, Vt., the son of Francis and Nina Agnes (Balch). He and his wife Verna (Blanchard), who passed away in 2002, had been married for 51 years. Stan made his home in Perkinsville for 68 years.

Stan was a jack-of-all-trades, but his legacy was as a dad and a friend to all. He was a family man who earned the respect of his children and grandchildren by his deeds and daily example.

Stan was predeceased by his brothers Chauncey, Babe (Francis), and Leonard; sisters Gertrude (Spaulding) and Joan (Colm). He is survived by his older brother Calvin of Clarendon; children Vernon and wife Sabrina (Morey) of Norfolk, Va., Teena Fuller of Perkinsville, and Rhonda Dean of Springfield; grandchildren and great-grandchildren Sean Rabtoy, Jessica, and sons Isaac and Aiden of Wilder, Christopher Rabtoy of Burlington, Sarah MacDougall, Cedric, and children Hannah and Michael of Essex Jct., Amy Davis and sons Glenn and Garrett Turco of Cavendish, Vt., Jeffrey Davis, Courtney (Millay), and sons Abel and Brody of Cavendish, Nicholas Dean and children

Nicholas Jr. and Catherine of West Hartford, Conn., Nathaniel Dean, Miranda (Fedchenko), and sons Elijah and Ethan Stanley of Chester; and friends Lloyd Dean, Gary Lloyd, Fernanda and Maia Burk, Marilyn Rabtoy, and April Lafleur.

The family would like to wholeheartedly thank the nurses and therapists from the VA home-based primary care program; the nurses from the VNA with special thanks to Judy Corliss, his home health aide; Meals On Wheels – the daily interaction with the delivery people was very important. A special thank you to Bonnie Butler, the best neighbor anyone ever had.

Finally, we would like to say that every person at Springfield Hospital who had any interaction with our father in his last days was top notch. Not only were they professional, they were kind, respectful, gentle, and took care of the man, not the illness. They made a very difficult time a little easier.

There will be a get-together at Stan's home in Perkinsville in June for friends and family. Donations may be made to the Visiting Nurse and Hospice, P.O. Box 881 Brattleboro, VT 05302 or Meals On Wheels, 139 Main St., Springfield, VT 05156.

Ronald J. Apuzzo, 1942-2020

BELLOWS FALLS, Vt. – Ronald John Apuzzo, born Dec. 29, 1942 in New Haven, Conn., suddenly passed peacefully in mid-February 2020 of natural causes in Bellows Falls, Vt.

Ron was a photographer, jeweler, welder, and all-around artist. Ron co-owned a pizza shop in Putney, Vt. and was an art teacher at the Putney School. He enjoyed working with youth and teaching his trades. Ron was the heart of the area and has touched many

souls. Ron spent the last of his days playing cards at the Flat Iron Exchange. Ron is survived by his close friends Diana Jones of Bellows Falls, Vt. and Isabel Vinson of Brattleboro, Vt.

Ron's memorial services will be held at the Flat Iron Exchange at 51 The Square in Bellows Falls, Vt., Sunday, March 15 at 1 p.m. In Ron's honor, please make a monetary donation in his name to Insight Photography, located at 183 Main Street, in Brattleboro, Vt.

Richard A. Pearce, 1927-2020

WALPOLE, N.H. – Richard A. Pearce, 92, of Walpole, passed away in the comfort of his home March 6, 2020 in the company of his daughter Ellie and his friend Dermot. He was born Dec. 18, 1927 in Chesterfield, N.H., the son of the late Gertie (Mathers) and Edwin Pearce. He attended area schools and graduated from Walpole High School with the Class of 1945.

As an adult, he formally learned how to service Ford automobiles. He was proud of his high score in the Ford course and his mechanical abilities. In the '70s, he took computer classes; although he did not make this a career, he went out of his comfort zone to learn something new in this emerging field.

On Nov. 15, 1957, Richard married Ellen McAfee. They celebrated nearly 55 years of marriage before her passing in July of 2012.

Richard worked at various jobs throughout his life. Farming, car mechanics, building houses, school maintenance, selling Amway, doing odd jobs,

and carpentry, electrical, and plumbing work. He was often called upon to "fix" something. In his home, hammers, screwdrivers, and other tools were never very far away.

In his leisure time, he enjoyed listening to fiddle music. If he went on a trip, he took back roads. One of his friends called him Back Roads Pearce. He also enjoyed visiting his wife's family home in New Brunswick, Canada where they traveled back and forth for over 50 years.

He is survived by his daughter Ellen (Ellie) Pearce and her husband Mike Bubnis, nieces Anne Hill and Janet Pearce, nephew Chris Pearce, sister-in law Ruth Grandy, and friend Dermot Murphy.

He was predeceased by his wife Ellen and all of his siblings Edna Koson, Clayton Pearce, Ruth Pearce, Clarence Pearce, Doris Shattuck, and William Pearce.

At his wish, there will be no services. In lieu of flowers, memorial donations may be made to the charity of one's choice.

Thomas A. Thompson, 1985-2020

SPRINGFIELD, Vt. – Thomas Alan Thompson, 34, passed away unexpectedly Wednesday, March 4, 2020. Tommy was born June 8, 1985 to Joy Streeter Fletcher of Springfield, Vt. and Leonard Thompson of Albany, Vt.

Tommy is survived by his four children Tucker, Annika, Chloe, and AJ; his parents Joy and Shannon Fletcher, Leonard and Peg Thompson; his sister Terrisa Clark and brother Anthony Thompson (Rebecca White); stepbrothers Justin, Jimmy, and Brian Naylor; grandparents Lucinda Adams, Jayne Streeter, Leonard Thompson Sr., and Gene Adams; god parents AJ Jackson and Sue Compo; and also by many aunts, uncles, nieces, nephews, and cousins.

Tommy's reason for living was his kids; he adored all of them. He will be missed by many. Tommy was kind-hearted, funny, and brutally honest at all times. He was forgiving and



Thomas A. Thompson, 1985-2020. PHOTO PROVIDED

gave the best big hugs.

Tommy was naturally good at everything. He loved adventures and could always get himself out of a pickle. He also had an amazing ability to handle and attack any task he started.

There will be an open service at the Assembly of God Church in Springfield Saturday, March 14, 2020 at 11 a.m. Burial will be at a later date in the Oakland Cemetery in Springfield, Vt.

Davis Memorial Chapel is assisting with arrangements.

OBITUARY NOTICE

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.

PLEASE NOTE

We did not have room for Opinion letters in this week's paper due to the number of Obituaries. We do have the submissions on file, and will run them as space allows. Thank you for your understanding.

TAKE A BREAK!

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

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King Crossword

ACROSS

- Symbol of intrigue
- Jet forth
- Faucet problem
- Shade
- Part of the foot
- Solemn promise
- Geological period
- Silver salmon
- Wrinkly fruit
- Informal game
- "Absolutely"
- Deposit
- Brilliance
- Cotillion honoree
- Blond shade
- Proper subject?
- Stop running
- Toll road
- Pooch
- Cover
- Bizarre
- "A mouse!"
- Donkey
- Uncanny ability to make money
- Memory unit
- Tittle
- Aye canceler
- Practice pugilism

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- Heal, as a fracture
- Little demon
- Bouquet
- Withered
- Ball prop
- Uncertainty
- Sitarist's music
- "- have to do"
- Collins or Donahue
- Greenish-blue
- Bathroom fixture
- Conclusion
- Bill's partner
- Drag along
- Accomplished
- Football fall
- Go downhill rapidly?
- Haw preceder
- Long-snouted antelopes
- Mexican moola
- Mainlander's memento
- Will subject
- Nail smoother
- Moving about
- Recipe meas.
- Syringe, for short
- Greek vowels
- Top-notch
- Troop group
- Arrived
- Advertise

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Publisher, Robert Miller
publisher@vermontjournal.com

Assistant Publisher / Ad Designer, Shawntae Webb
ads@vermontjournal.com

Editor, Amanda Wedegis
editor@vermontjournal.com

Calendar Events / Staff Writer, Sharon Huntley
calendar@vermontjournal.com

Billing Department, Sharon Huntley
billing@vermontjournal.com

Corporate & Production Office:
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Dari Joy Baseball Contest

BY BILL MURPHY

The Vermont Journal & The Shopper

Calling all baseball fans to the 2020 Dari Joy Baseball Contest! Try your expertise – or possibly luck – against other area enthusiasts in picking standings and winners of the 2020 Major League Baseball season. For yet another season, The Vermont Journal and The Shopper have teamed up with Dari Joy in Bellows Falls to give readers the opportunity to test their prediction skills versus other participants. Eight separate area prognosticators have been crowned the winner over the nine yearly competitions held.

Newport's Danny Budd is the king of kings, having captured two separate titles. The other winners are Tyler Clough, Mike O'Brien, Kathleen Korstange, Joseph Samsell, Ian Clark, Charlie O'Brien, and Evan Haley. Budd won the inaugural contest in 2011 and again brought the magic in 2015.

Is this the year you add your name to the list? There are prizes given to the first six top forecasters in the competition each season.

This contest requires contestants to pick the order of finish in each of baseball's six divi-

sions from top to bottom. Each entry must designate whom the two wild card teams will be in each league and also designate both the winner and the loser of the 2020 World Series. Competitors are vying for prizes, which start at a minimum of \$50, \$25, and \$15 gift certificates to the Dari Joy, as well as three autographed Red Sox baseballs. There is a scenario in which the cash prizes could be doubled!

Dari Joy owner Rich Demuzio and yours truly make predictions as well, and the field of entries competes to find out if they can outperform those in charge of the contest. Winners who earn the cash prizes can have the original monetary amounts listed above doubled if they personally accumulate more points than both of us. Our predictions for 2020 are listed below.

Last year's winners can pick up their prizes beginning April 4 when the Dari Joy opens for the 2020 season. In review, those winners were first place Evan Haley, followed by Jeff Miller, Tim Clark, Robin Haley, Kyle O'Brien, and Ian Clark. Please bring a photo ID to claim your prize. Spring hours for Dari Joy are Sunday

through Thursday, 11 a.m. to 9 p.m., and Friday and Saturday, 11 a.m. to 10 p.m.

The importance of every selection from first place to fifth in every division was highlighted by the fact last year's contest featured ties for every one of the top six places with the exception of fourth. There was actually a three-way tie for first with Evan Haley, Miller, and Clark all accumulating 18 points. Haley picked five of the six division fifth place finishers correctly to claim the top prize, while Miller only had three of those correctly and Clark two, determining the final order of finish.

Believe it or not, not one of the 100-plus contestants last year chose World Series champion Washington to win it all.

There was also a tie for fifth place. Where three fifth place choices were good enough to decide that position. Although last year's contest saw fifth place choices break every tie, there have been years where tiebreakers were tied after going through fifth place and one year ties were not broken until a progression went all the way up to third place.

How to enter:

To enter this year's contest,

either email your selections to bmurphy@vermontjournal.com or mail them to P.O. Box 228, Ludlow, VT 05149, Attention Baseball Contest. All correspondence must be post-marked or emailed by April 1, 2020.

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

In making your selections, you should:

1. List the order of finish, top to bottom, in each of baseball's six divisions
2. Note two wild card teams in each league
3. Select an American and National League champion
4. Pick the World Series champion.

How points are awarded:

- 7 points for choosing the World Series champion. You will be awarded 2 points if your champion selection is in the World Series and loses.
 - 4 points for choosing the World Series loser. You will be awarded 2 points if this selection is in the World Series and wins.
 - 3 points will be awarded for each division champion selected. You will get 1 point if your division champion choice makes the post season as a wild card.
 - 1 point for wild card choices who are in the playoffs either as a wild card or as a division winner.
- Tiebreakers:**
- Ties will be broken from last place on up. If you tie for one of the winner's spots, the tie will be broken by how many last place teams each

participant chooses correctly. If a tie still exists after last place consideration, you move up next to fourth place and continue up the standings ladder as many places as needed until the tie is broken.

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

DEMUZIO PICKS

American League East

New York
Tampa Bay
Boston
Toronto
Baltimore

American League Central

Minnesota
Chicago
Cleveland
Detroit

American League West

Houston
Oakland
L.A.

Texas

Seattle

Wild Cards

Tampa Bay

Oakland

National League East

Atlanta

New York

Washington

Philadelphia

Miami

National League Central

St. Louis

Cincinnati

Chicago

Milwaukee

Pittsburgh

National League West

L.A.

Arizona

San Diego

Colorado

San Francisco

Wild Cards

New York

Cincinnati

World Series

L.A. Dodgers over N.Y. Yankees

MURPHY PICKS

American League East

New York

Tampa Bay

Boston

Toronto

Baltimore

American League Central

Minnesota

Cleveland

Chicago

Kansas City

Detroit

American League West

Houston

Oakland

L.A.

Texas

Seattle

Wild Cards

Tampa Bay

Oakland

National League East

Washington

New York

Atlanta

Philadelphia

Miami

National League Central

St. Louis

Chicago

Cincinnati

Milwaukee

Pittsburgh

National League West

L.A.

Arizona

Colorado

San Diego

San Francisco

Wild Cards

N.Y. Mets

Atlanta

World Series

L.A. Dodgers over Minnesota

Springfield wrestling put forth best effort

SPRINGFIELD, Vt. – Springfield's varsity wrestlers trekked to Bennington last weekend for the two-day State Championship Varsity Tournament. The seven-man team went in strong and steady with each wrestler putting forth some of his best effort of the season.

David Rigney and Bryan Stafford each placed a solid sixth place, and senior Brandon Bennett nailed a pair of strong wins to place fourth in the state of Vermont at his weight class. Tim Amsden had a nail-biter of a match, prevailing against a long-time foe from Otter Valley.

Senior Skylar Wallace wrapped up his varsity career with some excellent matches. Both Logan Webster and Cole Wright each chalked up a win.

Head Coach Don Beebe is extremely proud of all the boys, as are coaches David Wright, John Stafford Jr., and Bradley Bennett. The team wishes to thank all the coaches as well as Managers Tanya Clark and Angela Ferland; the load doesn't lighten as the K-6 team is just getting their tournament season underway and continues until late April.

Sincere thanks also go to the many dedicated parents who

support the wrestlers for months on end – special appreciation to Dale Ferland and Chester Clark for recording and assisting in every way possible and to many more who provide rides for wrestlers, food for tournaments, a cheering section for each and every kid on the team, and so much more.

Stay tuned to the wrestling action as the youth team rocks the mats all around the state. Many photos and videos are posted to the team's Facebook page at www.facebook.com/SplfdVTWrestling.

OMS students compete at 2020 Burton U.S. Open

LUDLOW, Vt. – Okemo Mountain School and the Okemo Competition Center were well represented in the 2020 Burton U.S. Open, Feb. 24 to 29. Two young riders, Tommy Okesson and Summer Orr, and one senior athlete, Joey Okesson, traveled to Vail, Colo., to compete in the Junior Jam and Pro Pipe events. Tommy Okesson and Orr competed in the Junior Jam comprised of an invited field of 16 of the world's best up-and-coming halfpipe riders under the age of 15. The pipe build this year varied from the traditional 22-foot construction; it was a modified pipe, which consisted of a 13-foot pipe that rolled into a traditional 22-foot superpipe. The course setup was challenging for some, but both boys adapted quickly during practice and were able to put together some creative lines and tricks on event day. Tommy Okesson end-

ed up in ninth place with some stylish airs, smooth spins, and a mctwist. Orr made an impression with his mctwist – runner-up for Best Trick – and had some of the highest airs and spins of the day.

Joey Okesson, an OMS student-athlete in his senior year, was able to secure a number two alternate spot in the Pro Division. He received a last-minute call from Burton's Head of Events to invite him to compete with the top athletes in the snowboard industry. The Pro semifinals took place under bluebird skies with spring temperatures with a star-studded lineup of the world's best pipe riders that included Scotty James (AUS), Yuto Totsuka (JAP), and Danny Davis (USA). Okesson was one of the first to drop and handled the pipe with ease with one of his stock runs that put him in the middle of the field. He nailed his

last run, placed seventh and qualified for the finals!

In the finals, the format switched from a two-run format to a three-run format and Okesson's first two runs were technical and full of big tricks, but he was unable to stand up on his last hit, a frontside 1080. With one run left and immense pressure going into his last and final run, Okesson was able to put down one of the most impressive runs of the day, starting with a skate-influenced upper section in the mini pipe, followed by some of the highest airs of the day with a massive double crippler, followed by a super smooth back nine, and he punctuated the run with a soaring front-side 1080. With a high score of an 84.6, Okesson ultimately placed fifth and was the top American finisher at the event.

Bowling Team Championship

BARRE, Vt. – On March 7, 2020, Twin City Lanes in Barre hosted the Vermont High School Bowling Team Championship. It wasn't hard to find great bowling and unbelievable excitement.

Each match winner was decided by the team winning four out of seven games. Playing into the quarterfinals, No. 9 White River Valley defeated No. 8 Springfield, 4-2; No. 7 Burlington defeated No. 10 Enosburg, 4-0; and No. 11

Hartford defeated No. 6 Brattleboro, 4-1.

In the quarterfinals, No. 1 Windsor defeated No. 9 White River Valley, 4-0; No. 4 South Burlington defeated No. 5 Essex, 4-1; No. 2 Randolph defeated No. 7 Burlington, 4-3; and No. 3 Fair Haven defeated No. 11 Hartford, 4-0.

In the semifinals, No. 4 South Burlington defeated No. 1 Windsor, 4-0, and No. 3 Fair Haven defeated No. 2 Randolph, 4-2.

The final match was No. 4 South Burlington versus No. 3 Fair Haven. After five games into the match, Fair Haven was up at 3-2. Fair Haven attempted to end the match in six games; however, South Burlington proved to be the stronger in this game, forcing a seventh game. In game seven, Fair Haven found the strikes and made the spares to win the game and become the 2019-2020 Vermont High School Bowling Team champions.

Public deer, moose hearings

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

The hearings will include results of Vermont's 2019 deer seasons and prospects for hunting next fall as well as an opportunity for people to provide their observa-

tions and opinions regarding deer. The hearings held March 19, 23, and 24 will also include information about the proposed moose hunt to improve the health of moose in Wildlife Management Unit E in the northeastern corner of Vermont.

The hearings are scheduled for 6 to 9 p.m. as follows:

- Thursday, March 19 on deer and moose at St. Johnsbury

Academy, Black Box Theater, 1000 Main Street, St. Johnsbury

- Monday, March 23 on deer and moose at Middlebury Union Middle School, 48 Deerfield Ln., Middlebury

- Tuesday, March 24 on deer and moose at Williamstown Middle High School, 120 Hebert Rd., Williamstown

- Thursday, March 26 on deer at Putney Central School, 182 Westminster Rd., Putney

Public meeting on Big Game Management Plan 2020-2030

BETHEL, Vt. – The Vermont Fish and Wildlife Department is holding a public meeting March 18 in Bethel to answer questions and record public comment on the proposed 2020-2030 Big Game Plan.

The meeting will be at the White River Valley School, 273 Pleasant St., Bethel, Wednesday, March 18, 2020, from 6:30 to 8:30 p.m. People are urged to review the document prior to attending so they can share their comments to the department.

Vermont's 2020-2030 Big Game Management Plan will guide deer, bear, moose, and wild turkey management over

the next decade. The draft plan identifies the issues these species face, such as habitat loss and disease, it establishes sustainable population and management goals, and it prescribes the strategies needed to achieve those goals.

While these strategies act as a road map for regulation development, the 2020-2030 Big Game Plan is not a regulation setting document.

"The 2020-2030 plan is the culmination of two years of public survey data, biological data, public meetings, and department thinking," said Fish and Wildlife Commissioner Louis Porter. "These are four very im-

portant species to Vermont, and we welcome comments from all Vermonters prior to finalizing the plan."

The plan is updated every decade and the previous plan is set to expire.

The draft 2020-2030 Big Game Management Plan is available on Fish and Wildlife's website, www.vtfishandwildlife.com, and the department would like to receive comments by Friday, April 3. Comments can be submitted electronically to FWPublicComment@vermont.gov or by mail to Vermont Fish and Wildlife Department, One National Life Drive, Montpelier, VT 05620.

Conservation partners host free no-till practices workshop

WALPOLE, N.H. – The Cheshire County Conservation District and the Windham County Natural Resources Conservation District invite the public to a free informative workshop March 17, from 10 a.m.- 12 p.m., at the Westminster Historical Society in Westminster, Vt.

Conservation partners from a range of local groups and organizations will share their knowledge regarding soil health and

no-till practices on the farm, review available farm rental equipment in the region, share stories and experiences implementing no-till practices, and discuss a range of cost-share programs available to the public.

This event is free and open to the public. Registration is not required. If you have questions regarding this event, please contact Cory Ross at ross.wcnrcd@gmail.com or call 802-689-3024.

Partners on this project include WCNRC, CCCD, UVM Extension, Connecticut River Watershed Farmers Alliance, Vermont Agency of Agriculture Food & Markets, and the USDA Natural Resources Conservation Service. The USDA is an equal opportunity employer, provider, and lender. If you need accommodations, please contact Joshua Allen at 802-689-3037 x3022.

arts & entertainment

Mandalas from nature at Gallery at the VAULT

SPRINGFIELD, Vt. – Gallery at the VAULT is excited to bring you a show of mandala creations by photographer Gene Parulis now through April 29.

Gene sees the possibilities in simple nature forms and is able to turn them into magnificent works of art. The longer you look at them, the more you see. Bring the whole family, as all will enjoy looking for all sorts of interesting manifestations.

You are invited to the reception Thursday, March 12, from 5 to 6:30 p.m. Gene will talk about and



"Treasures from the Sea" by Gene Parulis. PHOTO PROVIDED

photo into a mandala.

Gene has been taking pictures and making images since childhood. He is a professor of comparative religion and mythology and an avid traveler.

Gallery at the VAULT, 68 Main Street in Springfield, is open Wednesday through Saturday, from 11 a.m. to 5 p.m., and Monday, from 11:30 a.m. to 2:30 p.m. For more information, call 802-885-7111, email galleryvault@vermontel.net, or visit www.galleryvault.org.

Community band seeks members

SPRINGFIELD, Vt. – The Springfield Community Band is seeking new members. The band is a 35-40-piece year-round community-level concert band that presents concerts in and around Springfield, Vt.

All musicians are welcome – those who have had band experience in the past and want to return to playing as well as those who are playing cur-

rently. There are no auditions. Clarinets and percussion are especially welcome.

Rehearsals for summer concerts are scheduled for Sunday evenings from 6-8 p.m. beginning April 19 in the Riverside Middle School auditorium. Use the upper Fairground Road entrance. Concerts in Springfield take place Tuesday evenings from late June to mid-August.

The Springfield Community Band is committed to bringing joy to the community with diverse and exciting music and to having fun while doing it. Please join us!

To learn more, visit the band's Facebook page or contact a board member at info@springfieldcommunityband.com.

Fine art ceramics show at Canal Street Art Gallery Night

BELLOWS FALLS, Vt. – All are invited Friday, March 20, from 5-8 p.m., to view the Canal Street Art Gallery ceramics show, "A Changing Form." Meet the artists and share their creative process and experience.

In this exhibit, nine artists create sculptural and func-

tional artwork using clay as a primary medium. This amazing mash-up of local artists and their 110 rarely seen pieces are on view throughout March. The nine artists are Ernster and Kathie Gatto-Gurney, Deborah Goodwin, Caren Helm, Irene Lederer LaCroix, Carla Liguori,

Naomi Lindendorf, Amanda Ann Palmer, and Alan Steinberg.

Well into a third year of promoting the local creative economy, Canal Street Art Gallery, 23 Canal St. in Bellows Falls, continues to share new art while helping to support the artists who create it. Canal Street Art Gallery offers a sliding commission structure to provide the most revenue possible directly to the artists.

For more information, go to www.canalstreetartgallery.com, call 802-289-0104, or email artinfo@canalstreetartgallery.com.

World Under Wonder auditions for "Twisted"

ASCUTNEY, Vt. – World Under Wonder Playhouse is pleased to announce auditions for its upcoming spring production of the musical comedy, "Twisted: The Untold Story of a Royal Vizier" Saturday, March 28 and Sunday, March 29, from 1-3 p.m., at the theater located at 5755 Route 5 in Ascutney.

Auditions are open to adults and older young adults with parent or guardian permission. Please note that "Twisted" contains mature subject matter and risqué humor and is not a show for child actors. Those auditioning will be expected to prepare a three-minute Disney song and bring sheet music. Auditions will also consist of cold readings from the script. Performance dates are to be announced.

"Twisted: The Untold Story

of a Royal Vizier" is a musical with music by A.J. Holmes, lyrics by Kaley McMahon, and book by Matt Lang, Nick Lang, and Eric Kahn Gale, all members of the popular theater company Starkid.

The musical parodies the 1992 Disney film "Aladdin," telling the story from the point of view of the villain Jafar, the royal vizier. Long ago in a Magic Kingdom, one misunderstood royal vizier will go on a quest to save his city from its bumbling sultan, an invading prince, and the most notorious thief to ever live. With the help of the kingdom's free-spirited, teenage princess, the vizier must find a magical lamp containing a wish-granting djinn to defeat the city's most-wanted criminal – Aladdin! This musical adventure celebrates and lovingly pokes fun at the animated film. It also includes

many nods and homages to the musical "Wicked," which similarly retells a popular story from the villain's point of view.

The production will be directed by Sam Maskell with choreography by Nicholas Bailey. World Under Wonder Playhouse is a 501(c)(3) arts organization that strives to create an all-inclusive artistic community in Vermont and the surrounding area through live productions, classes, workshops, and more. We encourage people of all ages and abilities to participate and experience the personal growth that comes with creative exploration through the performing arts.

For more information, email artdirector@worldunderwonder.org, call 603-381-3344, visit www.worldunderwonder.org, or find World Under Wonder on Facebook.

Author talk on media literacy at the Rockingham Library

BELLOWS FALLS, Vt. – The Rockingham Free Public Library will host a presentation by Dr. Nolan Higdon, co-author of "United States of Distraction: Media Manipulation in Post-Truth America (And What We Can Do About It)," Saturday, March 21 at 5 p.m.

The role of news media in a free society is to investigate, inform, and provide a crucial check on political power. However, the explosion of social media and targeted analytics means people are increasingly getting their news from a wide swath of sources, some legitimate, many not.

"We have this conundrum where we have more media consumption than ever before in history, but a society that is unable to sift through it," said Dr. Higdon.

"United States of Distraction," co-authored by Mickey Huff, focuses on how modern politics successfully exploit media vulnerabilities to campaign and govern. It also explores how the electorate gets their news and the need for media literacy training.

"Because we have access

to so much information, we are able to customize the media we consume, which sort of sounds great, except that it also means we customize our reality," Higdon said. "We can do this overtly where we can cut out anything we don't want to see or hear, but algorithms are also feeding you things you are more likely to click on. You can create a media environment where you insulate yourself from facts or reason. In addition, we have an education system that doesn't really teach people how democracy works or values critical thinking – so a lot of things politicians, including Trump, do go unquestioned."

With the 2020 Election coming, Higdon and Huff remind readers, "Democracy is a full-time job and not a spectator sport."

Dr. Nolan Higdon is professor of history and communication at California State University, East Bay. His academic work primarily focuses on news media, propaganda, critical me-

dia literacy, and social justice pedagogies. He has been a guest commentator for news media outlets such as The New York Times, San Francisco Chronicle, CBS, NBC, ABC, and Fox. He is a board member for the Media Freedom Foundation, frequent contributor to Project Censored's annual "Censored" books series, a co-founder of the Global Critical Media Literacy Project, a program advisor for Sacred Heart University Media Literacy and Digital Culture Graduate Program, a steering committee member for the Union for Democratic Communications, and co-host of the Project Censored radio show and "Along the Line" podcast.

This presentation is free and open to the public. For more information, contact the library at 802-463-4270, programming@rockinghamlibrary.org, or online at www.rockinghamlibrary.org. You can also visit the library at 65 Westminster St. in Bellows Falls, Vt.

Dan Weber and The Milkhouse Heaters co-headline

BELLOWS FALLS, Vt. – Dan Weber and The Milkhouse Heaters will co-headline Stage 33 Live in Bellows Falls Sunday, March 15 at 7 p.m.

Dan Weber won first place in the 2019 Woody Guthrie songwriting contest and is a rare three-time finalist in Kerville's New Folk competition. His songs have been described as "reminiscent of early John Prine" and "insightful and awfully funny." His album "What I'm Lookin' For" rose to No. 2 on the folk charts, and he's toured extensively across the country.

The Milkhouse Heaters are beloved in the region for their strong writing and performances, ardent support of local live music, and compassionate living. Refugees of the Boston music scene, they were nominated

for a Boston Music Award and have shared stages with The Black Crowes, Corey Glover, Fuel, Feeder, and Hum. Their songs are on compilations with G. Love and Special Sauce, Jack Johnson, Burning Spear, and The Mighty Mighty Bosstones.

Performing as The Milkhouse Heaters, they have closed for Billy Bragg and opened for Fred Eaglesmith. Two of their songs are featured on the "Shoulder to the Plough" CD, and they are repeat invited performers at the Roots on the River Festival.

The performances will be recorded and filmed. Seating is limited to 40. Tickets are available in advance online at www.stage33live.com.

Coffee, soda, water, and snacks by donation. For more information, go to www.stage33live.com.



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arts & entertainment

Jeanne Carbonetti watercolor paintings to be displayed

SPRINGFIELD, Vt. – The Great Hall, at 100 River St. in Springfield, Vt., will host Chester, Vt. artist Jeanne Carbonetti's display of her luminous watercolor paintings. The show, entitled "Beauty and the Soul," will run from March 16 through June 13 and encompasses more than 40 paintings, including several pieces from her "Vivaldi Suite," a group of large paintings based on composer Antonio Vivaldi's Four Seasons Concertos. There will also be a selection from her "Summer Still Life" series, as well as other floral, still life, and landscape paintings.

from this show are to be donated to Springfield on the Move, a non-profit organization working to help revitalize Springfield's downtown and the surrounding areas.

While there will not be an opening reception, Carbonetti encourages people to visit the exhibit and to spend time with these works so that they can experience them on a personal level. Her paintings have ap-



Jean Carbonetti painting.

PHOTO PROVIDED

Washington, D.C., and have been exhibited in private galleries in New England, California, Virginia, and New York City. Her art has been purchased by the Art in Embassies Program of the U.S. State Department, and the IBM Corporate Offices Executive Division collection,

appeared in the fifth annual Juried Art Auction at the Corcoran Museum in Washington, D.C. among others. Her work is also held in private collec-

tions throughout the United States, England, France, Germany, Spain, Italy, and Canada. By invitation, she displayed her paintings in the Fifth International Biennial of Contemporary Art, Florence, Italy in December of 2005. Her one-person show, "The Power of Beauty," served as the grand opening for the Vermont Institute of Contemporary Art.

Specializing in the power of the creative process, she is the author of "The

Tao of Watercolor," "The Zen of Creative Painting," "The Yoga of Drawing," "Making Pearls: Living the Creative Life," "The Heart of Creativity: Imagination, Inspiration and Destiny," and "The Magic Heart: Three Myths to Live By." She is currently preparing a new book, "The Soul of Creativity: A Path for Inspired Living" and a children's book, entitled "The Myth of the Sacred Triangle."

The Great Hall is sponsored by Springfield Regional Development Corporation and is located at 100 River St. in Springfield, Vt.

ional Development Corporation and is located at 100 River St. in Springfield, Vt.

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"The King and I" featured in Heald Auditorium



"The King and I" to be played in Heald Auditorium.

PHOTO PROVIDED

LUDLOW, Vt. – On Saturday, March 14 at 7 p.m., FOLA will screen the 2015 Broadway production of Rogers and Hammerstein's "The King and I." As usual, it will be shown in the Heald Auditorium, upstairs in the Ludlow Town Hall. United Church of Ludlow will provide water and Berkshire Bank will provide popcorn.

"The King and I" musical was adapted from Margaret Landon's 1944 novel, "Anna and the King of Siam," which is based on the memoirs of Anna Leonowens, governess to the children of King Mongkut of Siam in the early 1860s. Before Rogers and Hammerstein turned it into a musical, the book became the basis for a 1946 Hollywood film starring Rex Harrison and Irene Dunne. Harrison was Rogers and Hammerstein's first choice for the musical as well, but Harrison was not available, so they settled on TV actor and director Yul Brenner.

At its heart, "The King and I" is about the clash of cultures. It centers on Anna, a genteel British widow, who comes to Siam with her young son Louis to teach the many children of that country's many-wed king. Troubles flare up between the King and the Anna, but also a mutual admiration and attraction as well. This leads to a complicated relationship between the two characters that propels the musical's narrative along.

We will be screening the 2015 Broadway revival starring Kelli O'Hara and Ken Watanabe. This production won a Tony for Best Revival. The screening will run two hours and 39 minutes.

Like many Rogers and Hammerstein produc-

tions, "The King and I" is a sumptuous musical filled with pomp and spectacle. Please join us Saturday, March 14 at the Ludlow Town Hall to experience this wonderful production.

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This is a well maintained townhouse condo with two bedrooms, laundry and full bath on the second floor and a comfortable living room, half bath, kitchen/dining and enclosed three season porch on the first floor. Efficient and easy to keep up with, this condo is a great opportunity. **JUST REDUCED AGAIN TO \$95,000**

Weathersfield treasure located just off Skyline Drive. This 3-4 bedroom home offers great detail throughout including an open/bright kitchen with abundant corian countertops, viking range, canadian pantry. Formal dining area with windows taking in bright light and views of the back yard. Living room with cathedral ceilings and stone fireplace. Den/Bedroom with catwalk storage on first floor, 2nd bedroom and 3/4 bath with fossil stone tile. 2nd floor balcony currently hosts a baby grand piano to the Master Bedroom with 3/4 tiled bath. Walk-out daylight basement includes family room, laundry room, half bath, office and bedroom. Attached 2 car garage, multi-tiered deck, gazebo. Detached barn with garage bay, workshop space, carport and overhead 23X16 seasonal living space. Kennel, shed and a heated green house. Situated on 5.3+/- landscaped acres with gardens and pond. Just beautiful! **JUST REDUCED TO \$399,000**

Weathersfield Land. This 10.85+/- acre parcel has been partially cleared exposing views of Ascutney Mountain and the hills surrounding the area. Located in the country with access to I91 makes it ideal for commuting. Easy access to recreation sites, including ski-mountains, golfing, river activities and so much more. **\$55,900**

Cross a covered bridge to access this lovely Vermont home in a true country setting with 10+ acres backed by woods and meadows to the front. This ranch style home includes a very comfortable interior with custom kitchen/dining area with a bright sitting room, comfortable living room with woodstove, master bedroom with walk-in closet and a 3/4 bath, 2nd bedroom and a full bath, family room (perfect guest suite), oversized four season porch, foyer, an extra long hall closet and two covered porches for outdoor living space. The home has been extensively upgraded to include hardwood floors, efficient heat and central air conditioning, added insulation, efficient windows, LED lighting and Broadband connection. Exterior includes heated 2 car garage with workshop, sheds for added storage and ample parking for recreation vehicles and cars alike. Only minutes away from I-91, fishing along the Black River, Okemo Ski-Resort, Golfing and so much more! **\$210,000**

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community news

Katrina Taylor named chief medical officer

SPRINGFIELD, Vt. – Springfield Medical Care Systems is pleased to announce Katrina Taylor, D.O., has been named chief medical officer effective Feb. 12, 2020.

Dr. Taylor completed her internship and residency in internal medicine at Bassett Healthcare in Cooperstown, N.Y.; and earned her Doctor of Osteopathic Medicine at the University of New England College of Osteopathic Medicine in Biddeford, Maine. She joined SMCS in September 2006, caring for patients at Ridgewood Internal Medicine on River Street in Springfield, Vt. as well as in the hospital. In 2008, she became the first full-time hospitalist at Springfield Hospital.

Dr. Taylor has held the po-



Katrina Taylor, D.O., has been named chief medical officer. PHOTO PROVIDED

sition of Springfield Hospital medical staff president, medical staff quality officer, and participated on the Credentials, Strategic Planning, and Medical Staff

By-laws committees.

Dr. Taylor's work will include clinical oversight of all community health center locations, ensuring best practices are developed and utilized, and FQHC policies and procedures are followed. She will also work with the medical staff and administration on areas such as the electronic health record, provider recruitment and retention, and quality improvement initiatives seeking to maintain the highest level of quality of care and customer service.

Dr. Taylor's office is located at Springfield Health Center, 100 River St., Springfield, Vt. She can be reached at 802-886-8969 or ktaylor@springfieldmed.org.

Next Start Your Own Business workshop March 20

SPRINGFIELD, Vt. – The Vermont Small Business Development Center would like to announce an upcoming workshop for those thinking about starting their own business. This workshop, titled "Starting Your Own Business," is aimed at helping future entrepreneurs turn their passions into a full-fledged business venture. The workshop will be held Friday, March 20 at the Springfield Regional Development Corporation office on Clinton Street in Springfield, from 9 a.m. to 1

p.m.

Starting a business can be challenging. The workshop, conducted by an experienced business advisor, is designed as a guide for the first-time business owner. Participants receive a comprehensive start-up workbook, handouts, and resources in marketing, financing, management, and operations. By the end of the workshop, they will be well-informed about the tools and resources available to them and the "next steps" involved in launching a

successful business. Register online at www.vtsbdc.org under the training tab.

A few workshop highlights include how to: use the "Business Model Canvas" to evaluate whether there is a viable business in their good idea; identify target customers and "unique selling proposition(s)"; register their business and apply for tax numbers; consider start-up costs, sales, expenses and financing options; pitch their idea and develop a business plan; plus much more.

Vermont Small Business Development Center is a nonprofit partnership of government, education, and business, organized to help Vermont small businesses succeed. No-cost, confidential advice is provided to existing business owners and new entrepreneurs throughout the state. The local VTSBDC office is located at Springfield Regional Development Corporation. For more information, visit www.vtsbdc.org or contact Debra Boudrieau at 802-885-2071 or dboudrieau@vtsbdc.org.

Veterans' group applicants for nurses training scholarships

REGION – The local chapter of The Forty and Eight, a national veterans' organization, is offering scholarships to qualified undergraduate students enrolled in academic programs of study leading to either associate's or bachelor's degrees in nursing. Although military experience is not required, these scholarships can help veterans in related military occupations prepare for civilian careers in the nursing profession.

The deadline is May 14,

2020 for submitting applications for scholarships to be awarded for the 2020 fall academic semester. Awards to successful applicants will be made by July 1, 2020. At least one stipend of no more than \$1,000 will be available.

A national program to help alleviate the shortage of skilled nurses in this country has long been a special interest of La Societe des Quarante Hommes et Huit Chevaux, the veterans' organization founded in 1920 and also known as "The Forty and

Eight"

Since 1955, La Societe has provided over \$33,400,450 and assisted more than 54,530 nurses in obtaining nursing degrees. In 2019, over \$418,186 were donated with 330 nurses in training and 171 nurses graduated.

For more information about The Forty and Eight, the Nurses Training Program, and the Nurses Training Scholarship and application forms, please call Karlene DeVine at 802-877-6392 or email kdevine@myfairpoint.net.

Isaac Wilkinson second place in Good Citizen program

BELLOWS FALLS, Vt. – The Cavendish William French DAR chapter is proud to announce that Isaac Wilkinson of Bellows Falls Union High School has been selected by the Vermont DAR

as second place winner in the Good Citizen scholarship program. This is the first year that Vermont DAR has awarded first and second places both in the female and male category.

Isaac and his family are in-

ited to attend the DAR spring meeting to be held May 2, 2020 at the Langevin House in Randolph Center, Vt.

Isaac is the son of Chris and Kim Wilkinson of Bellows Falls, Vt.

Introducing Vermont's new Governor's School

REGION – A Vermont Governor's School is being launched by the Governor's Institutes of Vermont in summer 2020.

Designed to provide academic or artistic alongside leadership training for advanced high school learners, Governor's Schools exist in more than 20 other states. Vermont has had its own non-profit iteration, the Governor's Institutes, for 38 years. In that time, GIV Institutes have let more than 10,000 students representing every Vermont community shape better futures by diving deep into the topics they care about, such as arts, technology and design, science, math, and engineering, but the new Governor's School will be the first to add

a formal experiential leadership piece alongside each student's chosen area of study.

GIV Executive Director Karen Taylor Mitchell explains, "Last year, a statewide survey of rural community leaders including youth leaders revealed a pressing unmet need for youth leadership development. With GIV's statewide reach and accessibility, it was logical for GIV to step in and help fill that void."

"We are delighted that renowned leader and role model Hal Colston has stepped aboard to direct the Institute," continued Taylor Mitchell. Harold "Hal" Colston, a Vermont legislator, Winooski City Council member, and serial social and educational entrepreneur, will lead the eight-day session and help author the leadership curriculum.

"The Governor's Institutes provide unique enrichment activities outside of regular school, which is important for our kids," said Gov. Phil Scott. "This new Governor's School will fill a specific need for our rural communities, offering greater opportunity for Vermont students to learn critical leadership skills."

GIV partners throughout the state with colleges and professional experts to help students envision themselves in potential futures and careers. Students who are currently in ninth, 10th, or 11th grade can apply now at www.giv.org for summer 2020. Like all Governor's Institutes, tuition is sliding scale and designed to be affordable for all Vermonters. For more information, contact 802-865-4448 or apply@giv.org.

Keys to the Valley survey

REGION – Have you or someone you know been affected by the limited supply or high cost of homes in the region? Did you grow up here? Do you have concerns about new housing? Did you move for a job, family, school, or adventure? Are you living with roommates, friends, or other relatives? Are you rent-

ing an apartment, telecommuting, looking to move, or happy with your neighborhood? Has it been difficult to find a place to call home? Are you worried about how more development would affect you?

Take the Keys to the Valley public opinion survey and share your story. Your responses to the Keys to the Valley

Initiative survey will provide a deeper understanding of what kind of homes are needed for those who want to move here, return here, and stay here. To take the public opinion survey, go to www.keystothevalley.com.

The Keys to the Valley Initiative is a collaboration between the Upper Valley Lake Sunapee Regional Planning Commission, Two Rivers-Ottawaquechee Regional Commission, and Southern Windsor County Regional Planning Commission. The project seeks to better understand the need for homes in our 67-town region and to find solutions to the housing challenges that our communities and residents face.



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ON THE SNOW SNOW REPORT	MONDAY, MARCH 9, 2020		
	Lifts	Snow Depth	Snowfall
Killington Resort	17 / 22	36"	0" (3/9)
Okemo Mountain Resort	12 / 20	36"	0" (3/9)
Stratton Mountain	9 / 11	22"	0" (3/9)
Sugarbush	13 / 16	61"	0" (3/9)

Weather & Snow information is provided to OnTheSnow directly from the resorts. We cannot be held liable for incorrect or missing information.

Click on a mountain to open a more detailed report in a new tab, providing ticket prices, trail details & maps, and more!

CALENDAR

CLASSES & WORKSHOPS

MARCH 13 – LUDLOW, Vt. – Hypnosis Certification Course begins March 13 at The Synergy Center in Ludlow. The National Guild of Hypnotists official 100-hour course for certification as a hypnotist will be taught over a few weeks. There is course homework and flexibility built into the schedule to meet the demands of working professionals. More information, including pricing and full schedule, is available at www.synergycentervt.com and www.patientwhisperers.com.

MARCH 15 – SPRINGFIELD, Vt. – “Breath Portraits: Introduction to Painting as Meditation” Sunday, March 15, from noon-1:30 p.m. Explore the liberated land of creativity as illuminated by the clear and bright heartmind with artist, founder, and abbess of the Art Monastery, Suiko McCall. In this workshop, you will learn to meditate with the paintbrush in hand and play in the spontaneous freedom of gestural abstraction. Held at the UU Meetinghouse, 21 Fairground Rd. in Springfield. No charge, but must contact uspringfieldvt@gmail.com to reserve a spot.

MARCH 17 – SPRINGFIELD, Vt. – “Understanding Lyme: Lecture and Book Signing” Tuesday, March 17 at 7 p.m. at Springfield Town Library. Alexis Chesney M.S., N.D., LAc is a naturopathic physician and acupuncturist specializing in Lyme and other tick-borne diseases.

Her book is “Preventing Lyme and Other Tick-Borne Diseases.”

MARCH 20 – WESTMINSTER, Vt. – “Native Foods and Seeds” presentation Friday, March 20, from 6:30-8 p.m., at the Congregational Church of Westminister West, 44 Church St. in Westminister West. Roger Longtoe Sheehan of the Abenaki Elnu Tribe will talk about native food plants and medicine plants, Linda Longtoe Sheehan will display and sell her wonderful native-style jewelry, and Toni Kessler from Townshend will tell us about her project West River Seeds. For more information, contact Caitlin Adair at pcadair@sover.net.

THURSDAYS – CHESTER, Vt. – Six Loose Ladies is offering a separate skill building workshop on the third Thursday of the month at 6 p.m., geared toward those who want to move on to more challenging projects. Participants must be able to cast-on, knit, and purl confidently. If you’re not there, please check into our basic learn to knit class. The skill building workshops are free, but you must reserve a spot by calling the shop at 802-875-7373 or email 6looseladies@gmail.com.

FRIDAYS – CHESTER, Vt. – International Folk Dancing Classes at the Chester Town Hall on Fridays, from 10:30 a.m. - noon, running through May 29. Beginner to intermediate level. No partner needed. For details, email 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.

CLUBS

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 Mark Huntley at ludlowrotary@gmail.com.

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.

SPRINGFIELD, Vt. – The Great Hall Handcrafters group meets every Thursday morning at 10:30 a.m. at The Great Hall Gallery, located at 100 River St. in Springfield. Bring a

project to work on, including knitting, crocheting, embroidery, quilting, rug hooking, rug braiding, basket making, or anything alike.

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 every Sunday, from 3:30-6:30 p.m. at Squadron Headquarters, 13 Airport Rd., N. Springfield. Cadets ages 12-plus at these meetings go through indoor and outdoor classes learning about becoming a ground team member. For further information, contact Captain Williams 802-886-8199 or the squadron at 802-558-5571.

FIREWOOD FOR SALE

REGION - Mountain and Valley, cut split delivered green firewood. \$200 per cord. Seasoned firewood \$250 per cord. Within 20 miles of Perkinsville, Vt. 802-263-5939. (03/31)

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pet of the week



My name is Sammy, and I have a twin sister named Sophia. We are both orange tiger mixed kitties. We are 4 years old, been vet checked, and are fixed. We love children and love to play. Catnip is one of our favorites. Our family had to move and couldn't take us with them. We are looking for another forever. I really want to stay with my sister. We don't like to be outside; we like to stay indoors so

that we don't get into trouble.
On March 21, 2020 at 5:30 p.m. at the VFW on Lovers Lane in Charlestown, N.H., River Valley Animal Protection League will be having a potluck dinner to help support the shelter. There will be raffles, a cake auction, and door prizes. Hope to see you all there to help support our furry friends.
River Valley Animal Protection League
60 Cummings St., Charlestown, N.H.
603-826-3061
www.rivervalleyapl.wordpress.com
Monday, 4-7 p.m., and Saturday, 2-4 p.m. or by appointment

ANSWERS TO TAKE A BREAK!

— Weekly SUDOKU —
Answer

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

— King Crossword —
Answers
Solution time: 24 mins.

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

LEGAL NOTICES/HELP WANTED

COMMUNITY MEALS

MARCH 13 – ROCKINGHAM, Vt. – Bartonville Grange Dinner Friday, March 13, from 5-7 p.m. Located at 116 Upper Bartonville Rd. in Rockingham. Menu includes corned beef dinner with all the fixings and a variety of desserts. Children under the age of 5 are free. If you have any questions, please call 802-376-5504.

MARCH 13 – GRAFTON, Vt. – St. Patrick's Noon Time Supper Sunday, March 15, from noon -3 p.m., at the Grafton Chapel, 3 Main Street in Grafton. Tickets available in advance and at the door. Proceeds to benefit the Grafton Historical Society. For details, email grafhist@vermontel.net.

MARCH 14 – LUDLOW, Vt. – Corned beef and cabbage dinner with Irish soda bread and homemade desserts! Come join us Saturday, March 14 at the Annunciation Church Parish Hall at 7 Depot St., from 5 p.m. until gone. Take-out available. Come hear the bagpipers!

SPRINGFIELD, Vt. – The United Methodist Church free second Saturday Supper will be Saturday, March 14 at 5 p.m. at 10 Valley St. in Springfield. This month's Lenten menu is flavorful creamed tuna, salad, rolls, and a delicious dessert. The supper will be served at 5 p.m. and everyone is welcome!

MARCH 18 – LONDONDERRY, Vt. – Winter Soup Social at Neighborhood Connections Wednesday, March 18 at noon at The Meeting Place at Neighborhood Connections. Meals are free; donations are welcomed. Residents of all ages are welcome. Any questions, including transportation needs, please call Neighborhood Connections at 802-824-4343.

MARCH 21 – SPRINGFIELD, Vt. – North Springfield Baptist Church will hold a ham supper Saturday, March 21, from 4 to 6:30 p.m. Menu includes ham, raisin sauce, mashed potatoes, carrots, coleslaw, breads and rolls, dessert, and beverage. Children 5 and under are free. Take-out available - call ahead at 802-886-8107 and we'll do our best to have them ready for you. The church is handicapped accessible.

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

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

FRIDAYS – CHARLESTOWN, N.H. – Meatless Lenten meals, fully cooked, to go only on Fridays through Friday, April 10 during Lent at the Charlestown Congregational Church in Charlestown. All meals include a side dish and dessert. Pick up times are from 10 a.m. to 1 p.m., or 4-6 p.m. For cost and menu details and to reserve meals, contact Jo Bacon at 603-826-3969.

SPRINGFIELD, Vt. – St. Mary's annual Lenten Fish Fry every Friday, now through April 10, featuring fried or baked haddock, from 5-7 p.m., at St. Mary's Nolin-Murray Center in Springfield. Take-out available.

SATURDAYS – CHESTER, Vt. – Gassetts Grange Community Breakfast is on the second Saturday of the month, from 8-9:30 a.m. Menu includes bacon, sausage, sausage gravy on biscuits,

eggs, homefries, pancakes (blueberry and plain), toast, real Vermont syrup, orange juice and tomato juice, coffee, tea, or cocoa. Cost per person.

EVENTS

MARCH 14 – ASCUTNEY, Vt. – Weathersfield ninth annual Town Trivia Challenge Saturday, March 14 at the Weathersfield School in Ascutney. Representatives from at least nine boards and committees will compete in seven categories: spelling, town history, current events, sports, "Name that Tune," geography, and literature. Prizes for the winning team and the team that shows the most spirit. Door prizes and refreshments. Optional donation at the door and opportunity to sponsor a favorite team. Sponsored by Weathersfield Proctor Library. Call 802-674-6863 for further information.

SPRINGFIELD, Vt. – Join us for a fun evening of games and crafting at the UU Meetinghouse in Springfield Saturday, March 14, from 6:30-8:30 p.m. Bring a craft, knitting, mending project, or coloring. Bring your own game or play one of ours. All welcome!

BELLOWS FALLS, Vt. – Join us Saturday, March 14 at Wunderbar at 22 Rockingham St. in the square in Bellows Falls for our monthly Discoteca Latin Dance Party featuring DJ El Duque. No cover. Nightclub dance party atmosphere in the beautiful spacious restaurant, bar, and biergarden Wunderbar. Bespoke cocktails all made in-house all night.

MARCH 19 – WESTON, Vt. – Londonderry Conservation Commission presents a showing of the film "The Pollinators" Thursday, March 19 at 7 p.m. at the Walker Farm in Weston. For details, email andi.fusco@gmail.com.

MARCH 21 – BELLOWS FALLS, Vt. – Wundergroove Dance Party at Wunderbar in Bellows Falls Saturday, March 21, from 9:30 p.m. - 1 a.m. No cover.

DJ D.V.A. will be spinning a diverse mix of funky dance tunes through the ages. Nightclub dance party atmosphere, loud music, flashing lights, and great bespoke cocktails and mocktails all made in-house. Inclusive happy vibe, all welcome, come dance with us!

KIDS' CORNER

MONDAYS – CHESTER, Vt. – Community Art Garden is having Family Art Class for babies, toddlers, and siblings every Monday from Feb. 24 through March 30, from 10-11 a.m. This is a class for babies, toddlers, and their caregivers. Older siblings welcome as well. This is a time to bond with your young children in a safe, fun environment with other families. Sensory art stations, messy art play, child led process art, take home projects.

TUESDAYS – CHESTER, Vt. – Tuesday Tinkers at Community Art Garden Tuesdays now through March 31, from 3-4:30 p.m. Loose parts art exploration geared towards artists who like to tinker and construct. First project will be to build a robot that really moves. Each participant will purchase a tinker kit, which includes a DC hobby motor and two AA batteries to get their robot moving.

LIBRARIES

MARCH 12 – SPRINGFIELD, Vt. – "Planning Your Vegetable Garden" at Springfield Town Library Thursday, March 12, from 6-7 p.m. This event is free and open to the public. All attendees will receive free seeds; a handout listing the dates for starting, sowing, and transplanting seedlings in our region; and a bottle of Dr. Bronner's soap for washing up after gardening. The Free Seed Library is a project of VINE Sanctuary in coordination with the Springfield Town Library.

MARCH 14 – LONDONDERRY, Vt. – The South Londonderry Free Library is celebrating St. Patrick's Day with a

special program for kids Saturday, March 14 at 10:30 a.m. Casey Junker Bailey, who has traveled to Ireland and is somewhat of an expert on fairies, will share stories and help children make their own leprechauns and fairy folk. Please join us for the fun. The program is free of charge and appropriate for kids of all ages. For more information, contact the library at 802-824-3371.

THURSDAYS – PUTNEY, Vt. – Join the Westminster West Public Library for Community Board Game Night on the first Thursday of the month through May 7. Teens and adults are invited to join their fellow board gamers for a fun night of strategy and community! Bring your own favorite game or play one of ours. Multiple game tables will be available.

MEETINGS

WEDNESDAYS – 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

FEB. 26 – MARCH 15 – WHITE RIVER JCT, Vt. – Northern Stage presents "Citrus" from Feb. 26 – March 15 at the Barrette Center for the Arts in White River Jct. A riveting choreopoem, "Citrus" chronicles the struggle and resilience of black women in America from 1840 through the present day with music, dance, and spoken word. For show times and tickets, visit www.northernstage.org.

MARCH 14 – WESTON, Vt. – Walker Farm Music presents Upstate at Weston Playhouse at Walker Farm Saturday, March 14 at 7:30 p.m. Upstate first emerged from New York's Hudson Valley in 2015 with their critically acclaimed debut, "A Remedy." For details, show times, and tickets, visit www.westonplayhouse.org.

BELLOWS FALLS, Vt. – The second-to-last session of the Second-Saturday Synthfest Series at Stage

33 is Saturday, March 14 at 7 p.m. at 33 Bridge St. in Bellows Falls. Live celebrating synthesizer performance, circuit-bending, and sound manipulation. Donation requested. More information at www.stage33live.com.

MARCH 15 – CHARLESTOWN, N.H. – "A Stroll Down Main Street by Slideshow" Sunday, March 15 at 2 p.m. at Charlestown Town Hall. The public is invited to this free program. The Charlestown Heritage and Historic District Commission will present a narrated slideshow of the Main Street National Register District update.

SUPPORT GROUPS

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

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.

TUESDAYS – 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.

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.

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.

WEDNESDAYS – 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#.

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.codavt.org. For more information regarding this meeting, contact Sarah E. at sarahcodavt2016@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.

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#.

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.

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

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

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Imerys Talc, the leader in the talc mining and processing, has openings for an Electrician, Mine Manager, and an Operator C in Ludlow, Vermont. The ideal candidate(s) for these roles will support the locations health, safety, environmental and quality programs (HSEQ).

Electrician - The Electrician performs layouts, installation, repair, programming, maintenance and replacement of electrical, PLC components. Runs wire, cable, and conduit. Position pays at \$27.19.

Operator C - This position operates packaging equipment, including hauling product away from the packaging station. Performs other duties related to loading and shipping to accomplish a safe and efficient operation. (2nd and 3rd Shifts available). Position starts at \$19.20 per hour, after successfully completing probationary period wage increases to \$21.33.

Operator B - This position operators plant/packaging equipment and forklift, loader, and manlift. Insures bulk trucks and bulk railcars are loaded properly. Position starts at \$20.14 per hour, after successfully completing probationary period wage increases to \$22.38.

For more complete information and to apply go to www.indeed.com and search under Imerys - Ludlow, Vermont.

Imerys is an Equal Opportunity Employer - M/F/D/V

Chester-Andover Elementary School KINDERGARTEN REGISTRATION

Chester-Andover Elementary School has begun the process of registration for children who will be eligible for Kindergarten for the 2020/2021 school year. Children must be 5 years old on or before August 31, 2020.

Please stop by or call the office at (802) 875-6832 to let us know that your child will be attending.

TOWN OF CHESTER OPPORTUNITIES AVAILABLE TO SERVE YOUR COMMUNITY

The Town of Chester would like to extend an invitation to get involved in your community. There are volunteer positions that are open for reappointment. These are great opportunities to serve your community and get involved.

Planning Commission Member – 3 year term
Development Review Board Member – 3 year term

All interested parties should send their *letter of interest no later than 3:00 p.m. on March 12, 2020* to the Town Manager's Office at the Chester Town Office, P.O. Box 370, Chester, Vermont, 05143, or contact the Chester Town Office at 875-2173.