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# Cavendish 2023 Town Meeting

BY PAULA BENSON  
*The Vermont Journal*

CAVENDISH, Vt. – Monday night’s town meeting was fairly quick and straightforward, as residents gathered for the opportunity to discuss the Articles on the warning and present any questions or concerns they have.

With a full gallery at the elementary school, and 17 people attending via Zoom, no one in attendance had additional comments as the first two Articles were read. Article 1, asking voters to elect town officers for the ensuing year, and Article 2, requesting that the town vote to collect all taxes, were uncontested. Article 3, pertaining to the adoption of the FY 2023-2024 Town Budget as approved by the select board, in the amount of \$1,950,584.99, generated a few questions from citizens.

One line item in the budget is \$25,000 for the Sheriff’s Department. Sheriff Ryan Palmer had initially requested \$70,000 in funds for his department to cover the new and improved plan he presented earlier this year. Town Manager Brendan McNamara explained that the town was unprepared to accommodate such a large increase in the sheriff’s budget within the current fiscal year, an expense normally bid at \$18,000 annually. The increase to \$25,000 was as high as the town was willing to go, with the understanding that a compromise and redistribution of duties and hours would need to be worked out with Sheriff Palmer.

Presenting the newly as-

sembled ARPA Fund Committee, Committee Chair George Timko stated that the plan was to reach out to the public for input on how to best use the ARPA funds, approximately \$421,000 appropriated to the Town of Cavendish. Simko noted, “We will receive applications for certain projects, review them, and determine which might be the best. Then, we’ll recommend those to the selectboard, who will make the final decisions.” Timko named the committee members, including Stephen Plunkard, Wendy Regier, Betty McEnaney, and Peter LaBelle. McNamara will serve as committee clerk, a non-voting role. The committee will meet once per month, with times, agendas, and minutes posted on the town website. Timko encouraged residents to respond with input.

LaBelle was asked to explain what ARPA funds are, and state some of the rules for appropriating the money. “This is not AARP, but ARPA, or the American Rescue Plan Act,” joked LaBelle. “As a result of the Covid pandemic, 1.9 trillion dollars in direct relief to the states was granted by the federal government, and from that, 350 billion went to the states, with about 200 million coming to the state of Vermont.” LaBelle noted that all funds must be spent by 2026.

LaBelle listed the four ways the town will be allowed to spend the money; responding to a public health emergency, providing additional funds to essential workers during the pandemic, funding government services or supple-

menting lost revenue, or to make necessary investments in infrastructure, such as broadband internet. “We can use [the money] for just about anything that the government can do,” stated LaBelle. “Construction of buildings, providing health services, road maintenance, environmental, or police, fire, or public safety expenditures.”

McEnaney stated that the money can also be put toward municipal business operations, such as digitizing records, establishing remote access to meetings, or improvements to water and sewer systems. There is the community side of expenditures such as improvements to outdoor recreation opportunities like area trails, parks, bike and pedestrian pathways, and any number of ways the money can be used. The public is encouraged and invited to weigh in and voice their ideas for town improvements.

LaBelle noted the funds were “not meant to pay bills but to benefit the community.”

The committee will distribute a questionnaire for anyone with “an interest in Cavendish” to fill out, which will be made available on the Cavendish website and various locations around town. April 15 is the deadline to identify community needs and collect input on how the town wishes to use the funds.

Tuesday March 7, 2023, voters made their voices heard.

# Chester 2023 Town Meeting

BY IAN BARD  
*The Vermont Journal*

UDLOW, Vt. – The Chester Town Meeting on March 6, 2023, opened with the reading of the town warning by the moderator. He explained that Articles 1, 2, and 3 would be voted on March 7, by Australian Ballot, and the rest would be voted on at the meeting. Article 1 is the election of town officials for the coming year. Articles 2 and 3 are votes on bonds for various paving needs as well as a dump truck and an ambulance.

Articles 4 and 5 asked the residents to allow the selectboard to appoint a town clerk and treasurer. A citizen asked how the clerk is chosen currently. Town Manager Julie Hance explained that the clerk and treasurer are elected positions and that the current clerk, Deborah Aldrich, has been in the position for 22 years and worked for the town even longer, so there is no expected change to the position from the Article. Board Chair Arnie Jonyas explained that lots of Vermont municipalities are putting a vote for this forward, mostly for the treasurer position, due to the increasing complexity of the job and the need to bring in candidates with experience. Both Articles 4 and 5 passed.

Windsor County Senator Allison Clarkson spoke at the meeting, she gave some updates on the current goals of the state senate, talking briefly about \$5, the affordable heat act. She thanked the people of Chester and Windsor County for trusting her to serve.

Board Member and State Representative Heather Chase talked about her experiences as a first time state representative. She talked about her work on the committee on commerce

and economic development and some of the bills being passed around the legislature. She thanked the people of Chester for voting her in and giving her the opportunity to serve.

Jonyas presented three letters from Vermont’s Secretary of State to selectboard members Leigh Dakin and Ben Whalen and citizen Daniel Cook, thanking them for the service they have given to the Town of Chester over the years.

During discussion for Article 6, asking the residents to accept the town budget, Hance gave a presentation on each town department’s activities for the past year and the state of the budget. The Town of Chester ended the year with a surplus of \$5,000 and the next year budget is set to increase about 6%, Hance said the budget was about as tight as could be and the increases were due to inflation and increased costs of construction materials, fuel, and other things. A citizen mentioned that they had heard that some other town’s budgets went up 30% and that 6% for a year such as the past one was impressive. Hance also explained that Article 3 is asking for a bond to purchase the town a new dump truck and ambulance, and bonds must be voted on by Australian ballot, which is the reason it is not being voted on at the meeting. She explained that the interest rates on bonds are currently better than that of traditional financing, but they will reassess when they go to purchase the vehicles to ensure the best deal is being taken. Article 6 passed.

Articles 7 through 11, asking the citizens to appropriate small sums of money for a number of reasons to a number of organizations, passed with no discussion. A citizen spoke on the help they received from Senior Solutions during discussion on Article 12, asking the town to provide Senior Solutions with \$1,200 for services to Chester. Article

12 passed.

Article 13 passed with little discussion, providing \$2,250 to MOOver Rockingham for transit services to the Town of Chester.

Article 14 asked the voters to provide Windsor County Mentors with \$800 for providing services to Chester. A citizen mentioned that upon reading the past years report by Windsor County Mentors only one person in Chester was receiving services during the past year, she was wondering why this was. Another citizen said that even if it is just one person now, organizations such as these should be supported so they are there when needed. Some members of the board mentioned how these organizations used to send representatives to the meetings to answer any questions by the citizens, and how helpful that was. Article 14 passed.

Article 15 and 16 passed with no discussion. During discussion of Article 17 a representative from the Chester-Andover Family Center thanked the town for their continued support and read some statistics from the organizations past year. Article 17 passed, giving the family center \$3,000.

Hance motioned for an amendment to Article 18, changing the amount to be appropriated to Neighborhood Connections to \$1,500 from the originally listed \$1,000. Hance explained that that was the usual amount given to them and the \$1,000 listing was a mistake. A social worker from Neighborhood Connections spoke at the meeting, thanking the people of Chester for their continued support over the years and stating that the organization had 365 clients the past year and served 8,000 meals, and that a little over 6% of their total business comes from Chester. The motion and amendment passed.

The results from March 7 voting on Articles 1, 2, and 3 will be released in the paper next week.

# Racism and bullying, reverse decision on “Chieftains” team name

BY PAULA BENSON  
*The Vermont Journal*

CAVENDISH, Vt. – “I am an eighth-grade kid student of Green Mountain Union High School in Chester, Vt., and I have been dealing with racial issues since last year and the beginning of this school year.” So began the letter written and read by Honoré Hazen at the Green Mountain Union School District School Board meeting on Feb. 15, 2023. Hazen continued reading, citing multiple examples of harassment, such as racist slurs spoken in the halls or lunchroom and written on the bathroom mirror and school bus seats.

Hazen concluded her letter by writing, “I try to be a good student and keep my grades

up, as I am an athlete for the school. This has affected me personally in a negative way for far too long and I need this to stop.” Hazen sent the letter to Gov. Phil Scott’s office, and the governor responded.

Gov. Scott wrote, “First, let me say how saddened I was to hear about your experiences at GMUHS. I also want to thank you for your bravery in bringing these issues to the forefront.” Scott stated he had asked Secretary of Education, Dan French, to investigate this matter on Hazen’s behalf.

The governor also invited Hazen to learn about additional requirements being proposed for Vermont schools, as part of a larger anti-hate curriculum and racial equity policy within his

administration’s agenda, and expressed his commitment to provide all students a safe and respectful learning environment.

At the school board meeting, Superintendent of Schools Lauren Fierman echoed Gov. Scott’s convictions. Fierman noted that with situations like this, “We need to behave as if the school is on fire. And the administration and staff need to address the issue expeditiously and in a way that makes sure the family, and most importantly the student, feel safe while there is due process.” Fierman stated that it was important rules be followed, but a safe environment for all students is top priority, and there would be no tolerance for this type of bullying.

Stating that she is not able to speak in an open forum about specific actions or reports as that violates the students right to privacy, Fierman advised, “The family can state whatever they want in open session, but the staff of the school cannot.”

In attendance at the meeting were a fairly large number of residents there to either defend or reject reinstating the arguably insensitive school sports team name, the Chieftains. Area resident Paul Nelson presented the board with a petition directing the school board to rescind its decision to retire the Chieftains name. The petition contained 531 signatures, 40 from current GMUHS students. Part of the issue with the decision was that it was not properly

warned before the board retired the name, and citizens felt they should have a voice and a vote on the matter.

Board member Joe Fromberger reported that he had received a letter from the Rutland chapter of the NAACP, and the Gedakina Group, which has ties to the Abenaki tribe, notifying the board that they will be filing a complaint concerning the use of the Chieftain name and mascot. Fromberger said the letter cited issues that were out of date, using inaccurate information, and that he had notified them that the mascot had been retired.

Fierman noted that the name itself is not the problem as much as the mascot, and the two are historically tied together, which the board had agreed was a direct vio-

lation of anti-discrimination policy.

Board member Deb Brown suggested that the board should work with the alumni and the students on how to rebrand the name, so they can make this a positive, learning, educational experience. Brown moved to rescind the decision of Jan. 19, 2023, to retire the Chieftain name, and use the opportunity for growth. After more discussion, the motion was carried with a vote of 6-4.

GMUHS is not alone in a state where reports of racism in schools and at local sporting events seem to be increasing. Dialogue and action need to begin to take place immediately as the school board, parents, teachers, and students navigate this sensitive and important topic.

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# ESBR students look at Champlain watershed —

LUDLOW, Vt. – Before school vacation there were a few great educational events at the Expeditionary School at Black River (ESBR). Lake Champlain Museum came down to our school with two huge floor maps of the Lake Champlain watershed and the geographic map of Vermont with rivers and other water and land features. These maps were placed in the community center gym floor. The instructor had the students explore them (wearing their socks) to see how these watershed areas interact with and are affected by the surrounding environment. Then, they did many activities related to water in our own region. A few days later, the students were off walking around Ludlow observing the watershed of our town. It was a rainy day, but that didn't dampen their spirits. In some ways the rain was probably most appropriate. Later in the year they will get to do further research in Lake Champlain with this organization.

The students were also able to participate at Okemo Valley TV with some doing an interview of Jake DeArruda, a graduate from Black River High School. He just succeeded as a four-day champion on Jeopardy. Students participated in questioning Jake and were able to win. Another student participated in the video and sound booth. These are just a few examples of what goes on at ESBR.

# Thrifty Attic bag sale —

LONDONDERRY, Vt. – The Thrifty Attic in Londonderry will have their Semi-Annual Bag Sale on Wednesday, March 15, and Saturday, March 17, from 8 a.m. – 12 p.m. Shoppers may fill bags with anything from the shelves.

All items must go, and our bag rates will drop later in the day on Saturday. Lots of coats, winter wear, and shoes are available. We have clothing and shoes from infant through adult, plus some bedding, games, and small housewares.

# Mount Holly retirement party

MOUNT HOLLY, Vt. – There will be a retirement party for Mount Holly Treasurer David Johnson and Town Clerk Susan Covalla on Saturday, March 11, from noon-3 p.m. at the Mount Holly Community Center at 26 Maple Hill Rd., Belmont, Vt. Come join us for good food, beverages, and cake.

# Third annual Best of Vermont Summer Festival ahead —

LUDLOW, Vt. – The Okemo Valley Regional Chamber of Commerce is excited to announce the third annual Best of Vermont Summer Festival is scheduled for Saturday, Aug. 26, from noon - 7 p.m. and Sunday, Aug. 27, from 10 a.m. - 4 p.m. The event will take place at Okemo Field on Route 103, the use of which is generously donated again by lead sponsor Okemo Mountain/Vail Resorts. This festival is a great opportunity for everyone, including locals, new residents, second homeowners, and visitors to enjoy specialty foods, wine, spirits, and brew tastings, artisan products, fine art, awesome live music, demos, children's activities, and more. The Best of Vermont Summer Festival will be marketed throughout the Okemo Valley region, the state of Vermont, New England, and the northeast.

A special thank you to William Raveis Vermont Properties of Ludlow for being presenting sponsor again this year, the third year in a row. It takes a village to support a signature event like this and those who step up to the plate are greatly appreciated. The festival will be seeking additional sponsors in various categories who will then be listed on the chamber's website [www.yourplaceinvermont.com/best-of-vermont-summer-festival](http://www.yourplaceinvermont.com/best-of-vermont-summer-festival).

The chamber is also seeking partners, vendors, and volunteers, including special event sponsors for things such as the food tent, entertainment/music tent, children's activities, design tent, contests, or other special activities. Community service groups such as civic clubs,

youth groups, and retirees are also invited to participate as volunteers to help set up and take down the event, as well as to help out during the festival. Sponsor discounts will be given to participating chamber members and returning vendors will also be given preferential locations.

The organizing festival committee is made up of new and returning chamber members from around the region. We are still looking for a few more volunteers for the committee and during the event itself.

The chamber has a festival webpage where sponsor and vendor forms will be available shortly, [www.yourplaceinvermont.com/best-of-vermont-summer-festival](http://www.yourplaceinvermont.com/best-of-vermont-summer-festival). Those interested in participating may also contact Carol directly by emailing her at [clighthall@yourplaceinvermont.com](mailto:clighthall@yourplaceinvermont.com).

The Okemo Valley Regional Chamber of Commerce is a nonprofit, member-driven association and the voice of 300-plus businesses and the communities of 12 towns and villages in South Central Vermont along the Vermont Scenic Route 100 Byway surrounded by Okemo, Ascunet, and Magic Mountains. OVRCC provides advocacy, support, and unified regional marketing to promote and enhance businesses in the region as well as the four-season economy.

# Okemo Valley Women's Club —

LUDLOW, Vt. – The GFWC Okemo Valley Women's club met Monday, Feb. 13 at the Black River Valley Senior Center.

The women were happy to welcome Scott Stearns, owner of the Book Nook bookstore in Ludlow. Scott returned this year to give the club members a look at what is new and exciting for 2023 reading for all ages and interests. The Book Nook is open every day except Tuesdays and is located at 136 Main Street in Ludlow.

The women also held a business meeting to discuss projects and club events, including the recent Christmas Project to enhance the holidays for local children by contributing gifts through Black River Good Neighbors. Another ongoing club project is the Trees of Remembrance in both Ludlow and Proctorville, which is an annual fund raising project for the club to support their community programs, including a local high school scholarship for students attending two year colleges or trade schools, a state wide scholarship for displaced women returning to the work force, and the giving of news magazines to local primary schools, among several other community causes. Contributions for the Trees of Remembrance may still be directed to chairwoman Fran Derlinga at 29 Clearwater Drive, Grantham, NH 03753.

The club also held their annual President's Day weekend bake sale on Friday, Feb. 17 to raise funds for their ongoing and future community projects.

The next meeting will be Monday, March 13 at 6:30 p.m. at the Black River Senior Center in Ludlow. Anyone wishing to attend may contact President Penny Trick at 802-975-0313, Membership Chairwoman Roxie Davis at 802-226-7417, or any club member.



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# Epitaphs

The epitaphs I include below some will find interesting. Who compiled these epitaphs, I do not know. They are in a hand-made, make-do book, and written in old ink. It dates to 1903.

The keeper of this book did not record graves or cemeteries in order, nor did they always mention the cemetery in which these epitaphs were found. I copy them as they were written.

Most of us are aware that early settlers were very religious, which is reflected in many individual epitaphs. Maybe not so well known, some of these early settlers had a sense of humor.

Old Town Rockingham, Vt.

“1805 16th year of her age

Behold and read a mournful fate

Two lovers were sincere

And one is left without a mate

The other slumbers here

Since you are left to mourn

To you these words I say

Though we are separated here

Must meet another day

And reign with God above



James Anderson headstone in Lowell Lake Cemetery. PHOTO BY RON PATCH

Upon a blissful shore

And reunite our love

Where friends shall part no more”

“1861 We have planted him in earth that he may bloom in heaven”

“1806 The decedents of Josiah White at his death. Children 15, grandchildren 160, grate grandchildren 211. Children desceased 2, grand children 26, grate grand children 35”

Another entry

“Mourn not for me my parents deer

Justice is done my boddys here

My soul to God has took its way

It will return in the last day”

“Draw near my friends and take a view

For this cold earth must cover you”

“Here lies a babe took from the breast

Her child his slumbering with the rest

Reader behold and shed a tear

Think on the dust that slumbers here

And when you read the fate of me

Think on the glass that runs for thee

Sally Stearns drowned in Saxtons River Aug 21 1797”

“1805

Remember me as you pass by

As you are now so once was I

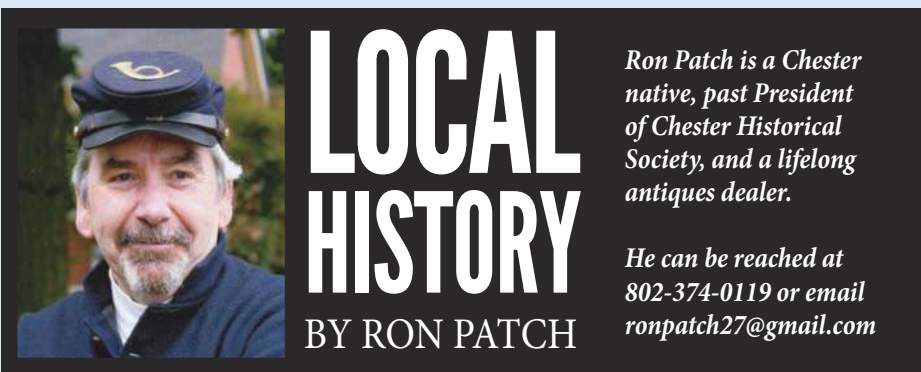
As I am now so you must be

Prepare for death and follow me”

“Epitaphs taken from cemetery at Lowell Lake Londonderry Vermont

“Messenr James Anderfon 1779

All you who read with little care



Who walk away and leave me here

Should not forget that you must die

And be entombed as well as I”

“Taken from Windham Cemetery North part 1821 aged 94

Priscilla Moor is my name

And English is my nation

Andover is my dwelling place

And Christ is my salvation

When I am dead and buried

And all my bones are rotten

When this you see remember me

That I may not be forgotten”

“Here lies the body of Solomon Peas

Under the sod and under the trees

Not the peas but only the pod

The peas shelled out and gone to God”

“Here lies the body of old

Miss Charlott

Who died a virgin and not a harlot

She lived seventy years in her virginity

An unusual thing in this vicinity”

“As I pass bye with grief I see

That my dear wife is gone from me

Taken by one who has a right

Thank God to heaven she took her flight

Saxtons River Cem”

My chosen epitaph: “If you can’t laugh...Die”

Danny Clemons and I have toured many cemeteries in both Vermont and New Hampshire towns. I have photographed hundreds of graves from dozens of cemeteries. I understand why the keeper of this book was compelled to record these epitaphs.

The photo with this article I took when Danny and I went to the Lowell Lake Cemetery. It is one of the epitaphs I include. It has a most unusual carving. It reads:

“IN MEMORY OF

Meffenr James Anderfon Son of Mr. David Anderfon who died January 7th 1779 in the 21ft year of his age”

Well March is here. March is my favorite winter month. The days are longer and the rays of the sun begin to penetrate the snowbanks. My houseplants are showing new growth and my wooden snowshoes beckon. I like snowshoeing in March. Snow fleas will appear. All of the critters in the woods emerge from their slumber. Cabin fever retreats. Spring is on the way. I look forward to my garden and long summer days.

*This week’s old saying was a question.” How many people are buried in this cemetery? Answer, “All of them.”*

# OLLI: “Jennie B Powers: The Woman Who Dares”

SPRINGFIELD, Vt. – Jennifer Carroll, Education Director of Cheshire County Historical Society in Keene, N.H., will present the OLLI-Osher Lifelong Learning Institute program “Jennie B. Powers: The Woman Who Dares” on Tuesday, March 14, at 2 p.m., at the Nolin Murray Center next to St. Mary’s Church on Pleasant St. in Springfield.

Jennie Powers took a stand against social vices in New Hampshire and Vermont in the early twentieth century. She was a humane society agent in the region from 1898-1936 and arguably the first female deputy sheriff in New Hampshire. Jennie was known across the country as “The Woman Who Dares,” cited by the Boston Post newspaper in 1906 as having arrested more men than any other woman in America. As a photographic activist, she used her camera to document animal cruelty, family violence, and widespread poverty in New Hampshire’s Monadnock region and beyond.

This illustrated presentation introduces us to Jennie’s life story, the work of humane societies at the turn of the twentieth century, and the politics of the Progressive Era (1890s-1920s) from a local perspective.

The weather postponed program from Feb. 28, “Hollywood Vs. Vermont: 100 years of film in Vermont” is re-scheduled for Tuesday, March 21, at 2 p.m.

The following program after that will be on March 28, when Hank Kaestner tells of his travels and birdwatching in “It’s Ghana Be Good,” which is co-sponsored by the Ascutney Mountain Audubon Society.

The programs are held Tuesday afternoons at 2 p.m. and last about an hour and a half. Pre-registration is highly recommended. However, if you arrive without having registered, we will not turn you away. There is a Membership Series Special Fee. Non-members are welcome and encouraged to attend individual programs for a single program fee. You may view the entire semester programs by going to the website [www.learn.uvm.edu/olli/springfield](http://www.learn.uvm.edu/olli/springfield). Registration can be done online at this website with a credit card, or by calling 802-656-5817.

If you prefer to register by mail, send your contact in-



Jennie B. Powers, “The Woman Who Dares.” PHOTO PROVIDED

formation (name, address, phone number, and email address) indicating full series membership or which specific program(s) you wish the attend. Mail this information and your check (made out to University of

Vermont-OLLI) to: OLLI at UVM, 23 Mansfield Ave., Burlington, VT 05405. If mailing in the registration, please allow 10-14 days from the date of mailing check to receipt and processing.



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# Princess Zemma



SPRINGFIELD, Vt. – Princess Zemma is a 1 year old love-bug of a dog. She adores people and other dogs, no cats please. Zemma is heartworm positive and has to stay in Vermont. We will cover her treatments. We all love Zemma and know you will too! For more information, call 802-885-3997. On March 28 at 1 p.m. there will be a Zoom

session on separation anxiety in dogs.

For more information check out our Facebook page at Springfield Humane Society VT.

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opinion

OBITUARIES

Dear Editor,

Charlestown residents will vote on Tuesday, March 14, 2023. Warrant Article 3 on the town ballot would allow multi-family housing to occur in the Zone D watershed area of town. Currently, Zone D safeguards forests and agriculture. Recreational opportunities abound in this area for hikers, hunters, snowmobilers, and scouts. The undeveloped land in Zone D protects landowners of Charlestown and surrounding towns from erosion and flooding, provides clean water, and is a haven for plants, birds, and wildlife.

Although Article 3 states multi-family housing will be allowed by special exception, no clarification is provided as to what special exceptions will be considered. Recent actions by town officials have been arbitrary and shown their unwillingness to follow state requirements and safeguard conservation lands. In granting a building permit for a mansion atop Perry Mountain accessed via an historic class VI road, town officials have turned a blind eye to their contractual obligations to protect conservation easement land, and to ensure

new development follows building code requirements. They have been unwilling to apply the watershed guidelines to prevent damaging runoff to surrounding properties. If this is done for a single-family dwelling, there is little hope town officials will apply safeguards when approving a new multi-family development.

In a recent survey, sent to all Charlestown taxpayers, 94% of respondents stated that the town should protect its natural resources. Article 3 is at odds with the declared wishes of town taxpayers. Five other zones comprising a significant amount of land are already available for development of multi-family dwellings in Charlestown. Why destroy this valuable watershed zone for this purpose? Vote NO on Article 3 and vote to protect our town's natural resources!

Respectfully submitted,  
Bonnie Remick, 603-826-3844  
Sharon Francis, 603-826-5865  
Cedric Fisk, 603-826-5275  
Charlestown, N.H.

Dear Editor,

Having come from the political "left," I have often disagreed with Stuart Lindberg in the past. I am, however, in complete agreement with his letter to the editor published in The Shopper on Feb. 22, 2023. There are two main threads in the letter: censorship and the Covid injections (in fact these two issues overlap). The amount of censorship, whether by the government directly, or through government controlling conventional and social media, or among individuals, has been growing dramatically in recent years, particularly the past three years. It seems from the majority of news reports and people's comments that many are no longer able to think for themselves – and those who do are often vilified. This is extremely troubling all around.

There was a time not so long ago when the ACLU (American Civil Liberties Union) defended unpopular groups, even those such as neo-Nazis, right to express their opinions and to peacefully assemble. No more (I abhor Nazis, yet I've dropped my ACLU membership). Now the ACLU is in favor of censoring an author whose position on gender transitioning they disagree with ("Irreversible Damage: The Transgender Craze Seducing Our Daughters"). In this instance, it matters not whether I agree or disagree with

the author. What matters is that the author has a First Amendment right to express her opinion. Whatever happened to the American tradition of "I may disagree with what you say, but I'll defend to the death your right to say it?"

In addition to the well-documented points in Mr. Lindberg's letter, I add that mandated or coerced experimental medical interventions are violations of the Nuremberg Code. The code is extremely clear that any type of coercion, such as loss of employment or restrictions of liberty due to failure to comply, is a violation. The Covid "vaccinations," (actually experimental gene therapy), since they are not approved, but only permitted under "Emergency Use Authorization" (EUA), are in this category.

I realize that most of my friends and relatives disagree with me on issues around Covid. I choose to write here out of love, because I am horrified by watching the horrible damage these "vaccines" are doing to people, and out of opposition to censorship and unconstitutional control of people. This should not be an issue of political parties.

Thank you, Stu Lindberg, for having the courage to speak out.

Sincerely,  
Debra L. Diegoli  
Weathersfield, Vt.

Dear Editor,

In 1970, I was working in London, England as a typographer for a chartered accountant whose specialty was tax evasion schemes for wealthy Brits. It was a long way from the piles of paper debits and credits that I reconciled at Bankers Trust on Wall Street in New York City, but it had its own charm. It was my transition into banking as art and not as science.

Pennies were no longer important parts of equations. Multiple funds and complicated logarithms gave birth to accounts hiding financial activity that would never again be quantified. Over the years I collected bank signature authority cards to help me keep track of local government bank-

ing activities, which was no longer the purpose of bookkeeping.

Last week I received my copy of Plymouth, Vermont's 2022 Annual Report, which purports to explain the town's financial activity for the fiscal year, which ended June 30, 2022. While the Vermont Court hasn't shown much interest in encouraging Plymouth to release public documents in response to my lawsuit, I'd like to believe that somewhere in this town is someone besides me who wants to know the truth.

Most sincerely yours,  
Nancy Kessling  
Plymouth, Vt.

Stephen L. James, 1942-2023

BELLOWS FALLS, Vt. – Stephen L. James, 80, of Atkinson St., passed away peacefully on Feb. 24, 2023, surrounded by his family and friends. He was born on Sept. 28, 1942, at his grandmother's farmhouse in Walpole, N.H., the son of Leon (Jarmacz) James and Frances Kilburn. He attended school in Walpole, graduating from Walpole High School on June 16, 1961. On June 5, 1965, he married Carol Barry of Bellows Falls, Vt., where they subsequently made a home. During his younger years, Steve worked at the A&P, then went to work for Mac McAuliffe. Steve and Carol bought the business from Mac in the 60s, renaming it James Plumbing & Heating. They owned and operated this family business for 43 years before selling it to their son, Tony James. In addition to the plumbing and heating business, Steve and Carol owned and operated Speedy Steve's Laundromat in North Walpole, N.H. for over 35 years. Steve was also an active member of the Bellows Falls Fire Department from the early 70s until 1982 when he suffered a heart attack during the Cray Block fire in Downtown Bellows Falls. Steve is known for his heroism when on Dec. 29, 1981, he rescued a woman from the Star Hotel fire in Bellows Falls.

When Steve wasn't working he enjoyed taking his children and grandchildren, their friends, and many nieces and nephews fishing, hiking, hunting, camping, and mushroom and apple picking. Steve proudly fed his family and neighbors with his bountiful annual garden. He enjoyed planting a variety of vegetables and beautiful flowers. He taught many kids to ski when he helped out in the local school ski program. Even though Steve always seemed busy he took time to support and help his kids and those throughout the community. Steve also took great pride in his home on Atkinson Street. His home was open to everyone. Steve loved cooking for his family and his neighbors. He was especially known for his fa-



Stephen L. James, 1942-2023. PHOTO PROVIDED

mous weekend pancakes. It was rare to walk into Steve's house and not find a kettle of fresh popped popcorn and a variety of snacks which he would offer to his customers and their children whenever they came to the house to pay their plumbing bill, ask questions, or just pay a visit.

He is survived by his sister Madeline (Jack) Rice of Saxtons River; his partner Judy Budzik of Saxtons River; his three children Stefan James of Rockingham, Tony James and wife Dianna James of Bellows Falls, and his daughter Julia James-Torres and fiancé Gerry Guertin of Springfield, Vt.; grandchildren Zachary James, Kyle Spaulding, Charlene Kendall, Johanna Rodriguez, Edward Rodriguez, Dorion Bolden, Brooke James, Antonio Torres, and Stefan James; great-grandchildren Nehemiah James, Dominic James, Mia Spaulding, Sincere James, and Isla Spaulding Torres; and many nieces and nephews.

Steve was predeceased by his wife Carol Barry James in 2015. He is also predeceased by his parents.

Visiting hours took place on Friday, March 3, from 4-8 p.m. at the Fenton and Hennessey Funeral Home, 55 Westminster St. in Bellows Falls. A Mass of Christian Burial took place Saturday March 4, at 1 p.m. at St. Charles Church in Bellows Falls, with burial following at St. Charles Cemetery.

Arrangements have been entrusted to the care of the Fenton and Hennessey Funeral Home in Bellows Falls, Vt. www.fentonandhennessey.com.

Deborah M. Thompson, 2023

SPRINGFIELD, Vt. – Deborah M. Thompson, 74, passed away peacefully on Feb. 21, 2023, surrounded by family and friends. Deb was born in Springfield, Vt., the daughter of Kenneth and Priscilla (Roys) Ross. Deb attended school in Springfield and worked doing chores on various farms. Deb was a lover of animals, with a special fondness for her German shepherd, Lady Tutu. Deb loved spending time with her family, friends, and caregivers. She was quick to offer hugs and truly loved those she came to know as friends. She loved to dance. Deb had a sassy personality. She loved smoking her pipe, and often used colorful language. She was known to tell people where she would like to put her boot! Deb left a mark on the hearts of all who know her and will



Deborah M. Thompson, 2023. PHOTO PROVIDED

be deeply missed.

Deb is survived by daughters Lori and Lisa; a brother Kenneth Ross of Yulee, Fla.; nephews Mark, Paul, Peter, and David Cannistraci, and Robert Stephens; nieces Rebecca Saypack, Naomi Cannistraci, Jacquelyn Stephens, and Danielle Dittmar; her shared living provider Randi LaFrance; and her dear friend Richard.

She was predeceased by her parents and sisters Rebecca Cannistraci and Diane Dittmar.

A visitation was held on Monday, March 6, from 1-2 p.m. at the Davis Memorial Chapel in Springfield, Vt.

A funeral service followed at 2 p.m.

Interment will take place in the Oakland Cemetery in the spring.

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



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Subject to space. May be edited for clarity, grammatical errors, and libelous statements. Must be kept under 400 words. Must include name and town for publication. Viewpoints do not necessarily reflect the views of The Vermont Journal & The Shopper.

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**Weekly SUDOKU**  
by Linda Thistle

8				2				1
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	4				6			
5					9	8		

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

**DIFFICULTY THIS WEEK: ♦♦♦♦**

♦ Moderate ♦♦ Challenging  
♦♦♦♦ HOO BOY!

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**King Crossword**

**ACROSS**

1 Pirate's chart  
4 "Shark Tank" network  
7 Clench  
11 Misfortunes  
13 Monk's title  
14 Jeans maker  
15 Strauss  
16 Grabbed  
17 Sailor  
17 Opposite of "sans"  
18 Lukewarm  
20 Soft shoes, for short  
22 Eggy quaff  
24 Give  
28 Limo alternative  
32 Orange variety  
33 Online auction site  
34 "Kapow!"  
36 Traditional tales  
37 Winter woes  
39 Lauded  
41 Balloon filler  
43 Little rascal  
44 Beseech  
46 Speak one's mind  
50 Big swig  
53 Profit  
55 Alike (Fr.)  
56 Sheltered  
57 — Jima  
58 Activist Parks

**DOWN**

1 Catcher's aid  
2 Skin soother  
3 Fall into a soft chair  
4 Astern  
5 "Dracula" author Stoker  
6 Ersatz chocolate  
7 Fairy-tale footwear

8 Speed (up)  
9 "— had it"  
10 Photo, for short  
12 Swimmer without a suit  
19 Medico  
21 Biz bigwig  
23 Prattle  
25 New Mexico resort  
26 Shrek, for one  
27 Garden intruder  
28 Georgia or Cal  
29 Bassoon's kin

30 Humpty's perch  
31 Knock  
35 Hosp. scan  
38 California's Big —  
40 I love (Lat.)  
42 Craze  
45 Evergreen trees  
47 Mr. Stravinsky  
48 "Apollo 13" org.  
49 Panache  
50 Tank filler  
51 Last (Abbr.)  
52 Meadow  
54 Spinning toy

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# obituaries

## Katherine Doris Lorenz, 1980-2022

CHESTER, Vt. – Katherine Doris Lorenz passed away unexpectedly at her home in Belchertown, Mass. on July 21, 2022 due to heart failure caused by an allergic reaction to a wasp sting.

Kate was born in Rutland, Vt., on April 10, 1980, the daughter of Nancie K. Lorenz and Steven J. Lorenz of Chester, Vt. Kate attended local schools in Cavendish and Chester and was homeschooled for a number of years. She graduated high school from Vermont Academy in Saxtons River, Vt., college from Wheaton College in Massachusetts and graduate school from American International College in Massachusetts.

Kate was loved by all whose lives she touched. She was an understanding, kind, joyful, sparkly, generous, thoughtful, and enthusiastic person. Kate had a way of instantly and honestly connecting to people with sincerity and caring in her heart. Kate loved people and it has been said that she collected people, or that they collected her. Kate was always a bright shining light to all who met her. She would light up any room with her infectious laugh, smile, and energy.

Kate had many circles of people she cared about, including family, friends, and acquaintances. Her friendships always remained strong among the many youngsters she grew up with; her elementary, high school, and college mates; her fans and fellow musicians from her 25 plus years of performing music; her many listeners on her radio show; and her students, parents, and colleagues from her dozen plus years of teaching – mostly preschoolers at the Sunderland Elementary School in Massachusetts.

Kate started singing and playing music very early in life and it has always been an integral part of who she is. Her voice resonated with a kind of wisdom and soul beyond her years. She has collaborated with countless musicians over the years, including but not limited to the trio Rusty Belle (with her brother Matt), her own band Kate Lorenz and the Constellations, the Rear Defrosters, the Suitcase Junket (Matt Lorenz), and many well known musicians and groups from the southern Vermont and western Massachusetts areas and elsewhere. She has been a staple in the Pioneer Valley/ western Massachusetts music scene since the early 2000s. Kate was also an avid listener whose taste in music defied convention. She collected epic amounts of vinyl records and had a radio show called the “The Vinyl Countdown” on Valley Free Radio in Massachusetts. She loved spending time with children and found them an endless source of humor and inspiration (Watch her “Slidetackle



Katherine Doris Lorenz, 1980-2022.

PHOTO PROVIDED

Into Your Heart” music video for proof). Above all, Kate believed that music was the greatest medium for connecting all humankind.

Kate loved children, music, reading, writing, theater, art, poetry, children’s literature, the natural world, and all things magical, glittery, and sparkly. When you left her house you were sure to have some glitter or sequins stuck to your clothing or body, and you always felt better in general. Kate’s gift to all of us was her modeling of how to be a generous and kind human being.

Kate’s family was very important to her and she loved them deeply. She is survived by her parents, her husband Saurabh Gupta, her daughter Pearl Lorenz Gupta, her brother Matt, his partner Christina, their two children Ezio and Fia, as well as her grandmother Barbara Kornrumpf, her family in India, many aunts and uncles, first and second cousins, as well as by her numerous friends from all across the planet.

There will be a musical tribute/concert with many regional performers in celebration of her life on May 20, 2023, at the Shea Theater in Turners Falls, Mass., with support from Signature Sounds Presents. Details and tickets will be available soon at [www.sheatheater.org](http://www.sheatheater.org). This musical tribute will also be a fundraiser for the Kate Lorenz Memorial Community Fund, which will provide support and scholarships to various arts and children’s organizations/programs/summer camps etc. Donations to the fund can also be sent to: Kate Lorenz Memorial Community Fund, PO Box 418, Chester, VT 05143. You may also make a donation on line by visiting [www.katelorenzmusic.com](http://www.katelorenzmusic.com).

Please note that allergic reactions to insect stings is a very common accident and can have very serious ramifications. Consider consulting your doctor to see if you or family members are allergic and what you can do to be prepared for such an incident.

Thank you from the Lorenz/ Gupta families to all of Kate’s family and friends who have provided support, and sent cards and messages over the last several months.

## Arthur B. O’Hare, 1940-2023

LUDLOW, Vt. – Arthur B. O’Hare, of Ludlow, Vt., passed away on Feb. 4, 2023. He was born on May 24, 1940, in New Haven, Conn., to Thomas and Catherine Basquil O’Hare, and grew up in the Centerville section of Hamden, Conn. He felt he had an idyllic childhood in the “Ville,” spending time with friends at the Frog Pond, Legion Field, Charlie Crook’s, and, of course, the Glenwood.

A graduate of Quinnipiac College, Art spent 35 years in the publishing business, starting at Reader’s Digest and going on to establish a consulting firm, O’Hare Publishing Services. Art and his wife, Mary “Kay” Keane, were married on Aug. 12, 1967. They raised their family in Guilford, Conn. In 1997 they moved to Ludlow and he became a ski instructor at Okemo Mountain. Skiing, golfing, traveling, and reading American history were his favorite pastimes. The first two, for the sport and camaraderie. The latter for the knowledge and experience gained; all just for the fun of it. He was always happiest when with family and friends.

Art was predeceased by his parents and three older brothers, John, Thomas, and Wil-



Arthur B. O’Hare, 1940-2023.

PHOTO PROVIDED

liam. He is survived by his wife Kay, sons Michael and his wife Dulce, of South Pomfret, Vt., and Brian and his wife Marie of Ludlow, Vt. He was thankful to have his sons nearby, for two loving daughters-in-law, and for the joy of his life for the past seven years, granddaughter Isabella O’Hare. He also leaves a large extended family.

A Celebration of Life will be celebrated at a future date. Contributions may be made in Art’s memory to the Ludlow Ambulance Department, P.O. Box 359, Ludlow, VT 05149.

Meet a friend at the 19th hole and raise a toast to Art.

Slainte

## Richard Ervin Fellenz, 2023

SPRINGFIELD, Vt. – Richard Ervin Fellenz of Springfield, Vt., and more recently Keene, N.H., passed away peacefully with his family by his side on March 3, 2023, after 85 years of an active, fulfilling life. The son of Veronica (Rinzel) and Arthur Fellenz, Dick’s strong German heritage helped instill his steadfast determination to always better the world around him. Service to others, education, physical activity, and family were the pillars by which he lived.

In his senior year at Marquette University, while on Co-Op and studying for a degree in mechanical engineering, he went on a blind date with Margee, the “cute, short brunette” at a nearby college. Soon after meeting, they were separated by distance, but their love letters to each other remain a testament to their strong mutual devotion. A wedding, followed by four babies within three years, marked the start of their early married life. As a Boy Scout in Wisconsin, where he earned the rank of Eagle, Dick learned the outdoor skills that he shared with his family on many memorable camping trips. And as if things weren’t busy enough in the young Fellenz household, Dick’s termination paid off with an MBA from The University of Chicago. Selling steam turbines with the Dresser-Rand Company was his calling, and he rose to become VP of Sales. His 40-year career had him settling in New York, Illinois, and Connecticut, before retiring to Springfield, Vt.

Dick often remarked that life became busier once he retired. And no wonder. He had an internal dedication to using his talents however he could. In keeping with his family’s connection to the land, he devoted himself to creating impressive gardens that he enjoyed sharing with others. A man of deep faith, he was a strong presence at St. Mary’s Church in Springfield, where he was a liturgical minister, Brother in the Knights



Richard Ervin Fellenz, 2023.

PHOTO PROVIDED

of Columbus, initiator of Friday coffee, and a general go-to guy. Additional activities include his 25-plus years in Lions, mentoring his dear friend Kendrick, running, traveling with Margee, and enjoying time with his grandchildren. He valued and lived out a well-rounded life, full of compassion, humbleness, assistance, and love.

Dick was predeceased by his sister Mary Lou (Hansen) and brother Robert. Surviving and missing Dick are his beloved wife of 60 years, Margee, brothers Peter (Cathy) and Paul (Kathy), brother-in-law Robert Hansen, and sister-in-law Mary Fellenz; his children Mary Pat (Richard) Maloney, Peter (Alison) Fellenz, Martha (Tim) Foley, and Megan (Jeff) Dec; eight grandchildren Owen and Jack Maloney, Tim Shaughnessy, Emma, Matthew, and Patrick Foley, and Madelyn and Andrew Dec, along with a multitude of nieces, nephews, and additional close relatives and friends.

A funeral Mass for Dick will be held on Saturday, March 11, at 11 a.m. at St. Mary’s Church in Springfield, Vt., immediately followed by a reception in the parish center. The service will also be live streamed and recorded for those who are unable to attend. Details can be found at [www.davismemorial-chapel.net](http://www.davismemorial-chapel.net). In lieu of flowers, memorial donations in Dick’s name may be made to the Springfield Lions Club, Windsor County Mentors, or a charity of your choice.

## John F. Martens, 1929-2023

CHESTER, Vt. – John went to be with Jesus on March 1, 2023. He was born May 21, 1929, to Henry and Lizzie Martens of Inman, Kan. He married Dorothy Swartley of Gardenville, Pa. in 1950. In 1954 God called them to Vermont, to serve a small Mennonite church in Andover. John filled many roles at Andover Community Church, including 34 years as co-pastor. He was a generous man, and steadfast in praying for others. He delivered milk for Idlenot Dairy, retiring 30 years ago. He enjoyed woodworking, selling woodcrafts at local fairs, watching his favorite basketball and baseball teams, and playing table games.

He is survived by sister Marie Regehr, Inman, Kan.; daughters Joanie Parker (Bruce), Bloomington, Ill., and Kathy Martens, Andover, Vt.; sons John Loren Martens (Martha), Middlebury, Ind., and Daryl Martens (Kathy Jo), Chester, Vt.; 11 grandchildren; and 18 great-grandchildren.

In lieu of flowers, donations may be made to Andover Community Church, c/o Patti



John F. Martens, 1929-2023.

PHOTO PROVIDED

Gordon, 2625 Simonsville Rd., Andover, VT 05143, or Bayada Hospice, PO Box 8081, Brattleboro, VT 05301.

Calling hours will be held from 6-8 p.m. on Friday, March 17 at Davis Memorial Chapel in Springfield, Vt.

A Celebration of his Life will be held on Saturday, March 18 at 11 a.m. at Andover Community Church in Andover, Vt. A private burial will be held at a later time.

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

## Beverly A. Wareing, 1930-2023

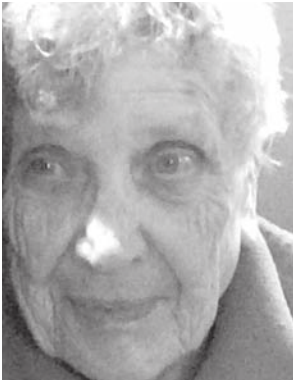
BELLOWS FALLS, Vt. – Beverly A. (Childs) Wareing passed away, surrounded by her family, on Tuesday, Feb. 21, 2023 at Presidential Oaks in Concord, N.H.

Beverly was born to Josephine (Brown) and Robert B. Childs on Oct. 4, 1930, in Hartford, Conn. Beverly attended and graduated from Bellows Falls High School, class of 1948. On Dec 10, 1949, she married William M. Wareing at Saint Charles Catholic Church in Bellows Falls, Vt.

In 1966 the family moved to Concord, N.H. In 1976 they founded and opened the S & W Sports Shop.

Beverly was a communicant and volunteer at St. John’s/Christ the King Parish Kitchen Angels ministry, and Hospitality Services at Concord Hospital.

Survivors are children Dawn Chalmers (Stephen), Stephen (Sharon), Ronald (Sherry), and Jane Davies (Roberto Leone), as



Beverly A. Wareing, 1930-2023.

PHOTO PROVIDED

well as seven grandchildren and many great grandchildren.

Beverly was predeceased by her parents, her brother Robert L. Childs, her husband William, and their daughter Carol Lee.

Services will be held at a later time.

Donations in Beverly’s memory may be sent to Christ The King Parish, Kitchen Angels ministry.

## Polly E. Johnson, 1934-2023

CAVENDISH, Vt. – Polly E. Johnson of Cavendish, Vt., passed away peacefully at home on Feb. 26, 2023, with her loving family by her side. She was born on Feb. 25, 1934, in New Haven, Conn., and was the daughter of the late Frances N. and Arthur F. Eggleston of Meriden, Conn.

Polly was affectionately known as PJ and was the loving wife of Foster (Bo) Johnson. PJ and Bo were married on Sept. 12, 1953, and shared 70 wonderful years together. Polly loved sports and played basketball, lacrosse, and field hockey in school. She was also an avid skier, sailor, and loved the water. PJ and Bo raised registered Holsteins on their farm in Cavendish and shared their love of animals with their herd of cows, a horse, a goat, several pigs, chickens, labrador retrievers, and cats. Polly’s greatest role was that of being mom to her five children.

She is survived by her loving husband Foster M. Johnson; children Jere Johnson (Sandy) of Dallas, Texas, Deborah Plummer (John) of Grafton, Vt., Linda Watson (Bruce) of Vero Beach, Fla., her identical



Polly E. Johnson, 1934-2023.

PHOTO PROVIDED

twin sister Pamela Cruickshank (James) of Ludlow, Vt., and Christopher Johnson (Ingrid) of Stratham, N.H. Polly had many grandchildren and great grandchildren who were very dear to her heart.

A private graveside service will be held at a later date in Pleasant View Cemetery in Ludlow, Vt. Davis Memorial Chapel in Springfield is assisting with arrangements.

The Johnson family is grateful to the Visiting Angels and VT/NH Hospice for the compassion and kindness that was given to Polly and our family at the end of her life.

## Lorraine Cote Miller, 1942-2023

WESTMINSTER, Vt. – Lorraine Cote Miller died Friday, Feb. 24, 2023, in the home she loved so much, surrounded by the family she loved so much. She was born Nov. 20, 1942, in Concord, Vt. She graduated from Concord High School in 1960 and from Sheldon Academy of Beauty Culture in 1961.

She began her career in North Walpole and Bellows Falls, where she met her husband, Dick Miller. They were married in 1965 and remained happily together for 57 years.

While working as a hairdresser and helping thousands of people look and feel their best, she raised her family and became deeply involved in her community. She belonged to the Greater Falls Women’s Club, volunteered at Park’s Place and Westminster Cares, and served on the board of the Westminster Institute. In 2021, Dick and her were named Westminster Citizens of the Year.

She loved spending time outdoors with friends and family. She especially loved skiing, kayaking, and hiking, and there is a well-worn track on the roads and trails around their home from daily walking and snowshoeing. Lori and Dick traveled around the US and Canada by motorcycle and found adventure and friends around the globe.

Lori expressed her creative gifts in her oil and watercolor paintings, handicrafts, and in her gardens. She earned the title of Vermont Master Gardener and was a member of the Saxtons River Art Guild. She attended Saint Charles Church, singing in the choir and spending many mornings tending the gardens there.

Lori leaves behind her husband Dick, her sons Todd



Lorraine Cote Miller, 1942-2023.

PHOTO PROVIDED

(Cathy) and Troy (Christina), brother Paul, sisters Priscilla and Linda, and her grandchildren Apollo and Nyx. She was predeceased by her parents Louise and Raymond Cote, and her brother Richard Cote.

There are no calling hours. A Mass of Christian burial will be held Saturday, March 11, at 11 a.m. at Saint Charles Church, 31 Cherry Hill St., Bellows Falls, Vt. There will be a reception directly following at the Westminster Institute, 3435 US-5, Westminster, Vt.

In lieu of flowers, donations can be made to Westminster Cares, 3532 US-5, Westminster, VT 05158, [www.westminstercares.org](http://www.westminstercares.org), or to Visiting Nurse and Hospice for Vermont and New Hampshire, 88 Prospect St., White River Jct., VT 05001. [www.vnhcare.org](http://www.vnhcare.org).

Arrangements have been entrusted to the care of the Fenton and Hennessey Funeral Home, 55 Westminster St, Bellows Falls, Vt.



**DAVIS**  
MEMORIAL CHAPEL

*Family Owned Funeral Home*  
**Funeral & Cremation Services**  
802-885-3322  
99 Summer St, Springfield, VT  
[www.DavisMemorialChapel.net](http://www.DavisMemorialChapel.net)  
Owners Scott and Angela Page

**CHURCH SERVICES:**  
Subject to space. All services  
at [www.VermontJournal.com](http://www.VermontJournal.com).

**OBITUARIES:** A basic 200-word obituary is \$75, and \$0.50 per word thereafter. A black and white photo is an additional \$10. Email to [editor@vermontjournal.com](mailto:editor@vermontjournal.com) by Monday at 12 p.m.


**David Chaves**  
**EXCAVATING**

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# calendar

# LEGAL NOTICES

**MARCH 9 –**  
LUDLOW, Vt. – There will be a community lunch on Thursday, March 9 at noon in the Black River Valley Senior Center at 10 High Street. There will be pulled pork sandwiches, coleslaw, and dessert. All are welcome, invite a friend, make new friends, and enjoy a homemade meal prepared by wonderful volunteers. Reservations are required, suggested donation.

**MARCH 12 –**  
SPRINGFIELD, Vt. – There will be a vegan potluck at the Huber Building Community Room at 80 Main Street in Springfield from 3:30-5 p.m. The event is free. Bring a plant-based dish to share. The building is handicapped accessible. For more information call 802 624-6116.

**MARCH 13 –**  
LUDLOW, Vt. – Celebrate Saint Patrick’s Day with Irish Music by Gypsy Reel. This special event will be held Monday, March 13, from 1-3 p.m. at 10 High Street in Ludlow. The event is sponsored by the Black River Valley Senior Center and is free of charge. Everyone is welcome. Reservations are suggested, as seating is limited. For information call 802-228-7421.

**MARCH 16 –**  
PUTNEY, Vt. – Next Stage Arts Project and Twilight Music present an evening of bluegrass and traditional folk music by The Foreign Landers – transatlantic, guitar/banjo/mandolin duo David Benedict and Tabitha Benedict, with bassist Nate Sabat and fiddler Julian Pinelli – on

Thursday, March 16 at 7 p.m. at 15 Kimball Hill in Putney. Advance tickets are available at [www.nextstagearts.org](http://www.nextstagearts.org). For information, call 802-387-0102.

**MARCH 18 –**  
LANGDON, N.H. – Fred Marple from Frostheaves, N.H., will be performing comedy at the Langdon Meetinghouse at 5 Walker Hill Road in Langdon on March 18, starting at 7 p.m. A donation is suggested to benefit the Langdon Church Restoration Fund.

SPRINGFIELD, Vt. – The Springfield United Methodist Church is having a Baked Bean Supper on Saturday, March 18, from 4-6 p.m. Take-out only. The menu is home-baked beans, Essem hot dogs, coleslaw, brown bread, and St. Patrick’s cake. There is a fee. The UMC is located at 10 Valley Street in Springfield.

There will be a dinner and dance with MV19 on Saturday, March 18, at the Bellows Falls Moose Lodge, located at 59 Westminster St. The traditional corned beef dinner will be from 5:30-7:30 p.m. and dancing will be from 7-11 p.m. There will be a cornhole challenge and a 50/50 raffle. There is a fee for the dinner and dance. Come out for dinner and fun and help support the Moose Heart Endowment Fund.

**SUNDAYS –**  
CHESTER, Vt. – Six Loose Ladies hosts Odd Bobbins Spinners the second Sunday of each month from 1-4 p.m. at their location on the Common in Chester.

**MONDAYS –**  
PROCTORSVILLE, Vt. – On Mondays at 6:15 p.m., join Mikayla for a yoga class. Contact Lori Wright at 603-401-8123 or visit [www.dgbodyworks.com](http://www.dgbodyworks.com) for more information. Private classes are available.

SPRINGFIELD, Vt. – On Mondays at 6:30 p.m. there will be Pub Trivia Night at Vermont Beer Makers on River Street in Springfield. Up to five people per team. Free entry.

ROCKINGHAM, Vt. – The Rockingham Library hosts a chess club each Monday from 3-5:30 p.m. led by Mike Sola. Drop-ins and all levels of player are welcome. This program is free and open to the public.

**TUESDAYS –**  
LUDLOW, Vt. – Zumba classes, Tuesdays at 9:30 a.m. at the Spring House at Jackson Gore. All fitness levels welcome. Call 802-228-1419 for more information.

LUDLOW, Vt. – Aquatic Aerobics, Tuesdays at 10:30 a.m. at the Spring House at Jackson Gore. Call 802-228-1419 for more information.

**WEDNESDAYS –**  
CHESTER, Vt. – Knitting with Friends at Six Loose Ladies on the Chester Common, Wednesdays, from 10 a.m. to noon.

women’s meeting, a 12-step recovery program for women who have a desire to stop drinking, is happening every Thursday at 6 p.m. at the St. John’s Episcopal Church at the corner of Westminster and Elm streets in Walpole, N.H. For more information, call Viva at 802-732-8330.

BELLOWS FALLS, Vt. – Genealogy enthusiast Wayne Blanchard will be at the Rockingham Library on Thursdays from 10:30 a.m. – 12 p.m. If you own a laptop, please bring it along. Both beginners and seasoned genealogists are welcome.

LUDLOW, Vt. – Cardio & Sculpt, Thursdays at 9:30 a.m. at the Spring House at Jackson Gore. Call 802-228-1419 for more information.

STATE OF VERMONT  
WINDSOR COUNTY, SS.

NOTICE OF SALE  
Charles Chasser  
Elaine Chasser  
Parcel # 362014

The resident and nonresident owners, lien holders and mortgagees of lands in the Town of Chester, in the County of Windsor and State of Vermont, are hereby notified that the taxes assessed by the Town for the years 2018-2022 remain, either in whole or in part, unpaid on the following described land in Town to wit:

Being all and the same lands and premises conveyed to Charles Chasser and Elaine Chasser by Warranty Deed of Lena Stevens August 29, 1985, and Recorded in Book 64, Page 226 of the Town of Chester Land Records.

and so much of said lands will be sold at public auction at the Town Office in Chester, Vermont, a public place in said Town, on the 28th day of March 2023, at eleven o'clock in the forenoon, as shall be requisite to discharge such taxes with costs, unless previously paid.

Dated at Chester, in the County of Windsor and State of Vermont, this 23rd day of February 2023.

Attest: \_\_\_\_\_  
Julie Hance  
Collector of Town and  
Town School District Taxes

TOWN OF CHESTER  
NOTICE OF HEARING FOR FLOOD  
DAMAGE PREVENTION REVIEW

Thomas and Elizabeth Merritt have applied for Flood Damage Prevention Review of a proposed driveway with bridge across the regulatory floodway of Great Brook at the location of approximately 1335 VT RT 10 in the Town of Chester.

The Town of Chester Development Review Board will conduct a site visit at 5:00 PM on Monday, March 27, 2023, at the location of approximately 1335 VT RT 10 and will hold a hearing on this application at 6:00 PM on Monday, March 27, 2023, at the Chester Town Hall at 556 Elm Street in Chester. A copy of the application and additional information may be obtained from the Zoning Administrator.

Participation in this hearing in person, via Zoom videoconference, or in writing is a prerequisite to the right to take any subsequent appeal.

A link to participate in this hearing via Zoom videoconference may be found on the Town of Chester website home page at [www.chestervt.gov](http://www.chestervt.gov).

Dated at Chester, Vermont this 2nd day of March 2023.

BELLOWS FALLS, Vt. – Frances Barsky leads a weekly creative writing workshop at the Rockingham Library from 1–2:30 p.m. Bring a laptop or a pen and paper.

**THURSDAYS –**  
SPRINGFIELD, Vt. – Meals on Wheels serves a senior community lunch every Thursday from 11:30 a.m. to 12:30 p.m. at the meal site, which is located on the corner of Union and Southridge streets in Springfield. For more information, call 802-885-5879.

WALPOLE, N.H. – Alcoholics Anonymous

**FRIDAYS –**  
BELLOWS FALLS, Vt. – On Fridays from 11 a.m. – 12 p.m., John Bohannon will teach Tai Chi and Qi Gong at the Rockingham Library in Bellows Falls, Vt. No special equipment or clothing is required.

**SATURDAYS –**  
SPRINGFIELD, Vt. – The Edgar May Health and Recreation Center offers Springfield residents the opportunity to come for a free swim every Saturday, from 1-3 p.m. For more information, visit [www.edgarmay.org](http://www.edgarmay.org).

**SATURDAYS & SUNDAYS**  
LUDLOW, Vt. – Yoga classes at the Spring House at Jackson Gore. Yoga Stretch with Kathy Saturdays at 10 a.m. and Slow Flow Yoga with Lisa Sundays at 10:15 a.m. Drop in rates apply. Open to all. For details, call the Spring House at 802-228-1419 or visit [www.okemo.com](http://www.okemo.com).

STATE OF VERMONT  
WINDSOR COUNTY, SS.

NOTICE OF SALE  
Mccarty Realty, Inc.  
Parcel # 262036

The resident and nonresident owners, lien holders and mortgagees of lands in the Town of Chester, in the County of Windsor and State of Vermont, are hereby notified that the taxes assessed by the Town for the years 2022 remain, either in whole or in part, unpaid on the following described land in Town to wit:

Being all and the same lands and premises conveyed to Mccarty Realty, Inc. by Warranty Deed of Robert N. Waite dated June 22, 1973, and Recorded in Book 49, Page 170 of the Town of Chester Land Records.

and so much of said lands will be sold at public auction at the Town Office in Chester, Vermont, a public place in said Town, on the 28th day of March 2023, at eleven o'clock in the forenoon, as shall be requisite to discharge such taxes with costs, unless previously paid.

Dated at Chester, in the County of Windsor and State of Vermont, this 23rd day of February 2023.

Attest: \_\_\_\_\_  
Julie Hance  
Collector of Town and  
Town School District Taxes

STATE OF VERMONT  
WINDSOR COUNTY, SS.

NOTICE OF SALE  
Richard Gilardi  
Maureen Gilardi  
Parcel # 90123

The resident and nonresident owners, lien holders and mortgagees of lands in the Town of Chester, in the County of Windsor and State of Vermont, are hereby notified that the taxes assessed by the Town for the years 2018-2022 remain, either in whole or in part, unpaid on the following described land in Town to wit:

Being all and the same lands and premises conveyed to Richard Gilardi (now deceased) and Maureen Gilardi (now deceased) by Quit Claim Deed of Richard Gilardi dated December 18, 1978, and Recorded in Book 56, Page 485 of the Town of Chester Land Records.

and so much of said lands will be sold at public auction at the Town Office in Chester, Vermont, a public place in said Town, on the 28th day of March 2023, at eleven o'clock in the forenoon, as shall be requisite to discharge such taxes with costs, unless previously paid.

Dated at Chester, in the County of Windsor and State of Vermont, this 23rd day of February 2023.

Attest: \_\_\_\_\_  
Julie Hance  
Collector of Town and  
Town School District Taxes

STATE OF VERMONT  
WINDSOR COUNTY, SS.

NOTICE OF SALE  
Susan Clay  
Parcel # 262046

The resident and nonresident owners, lien holders and mortgagees of lands in the Town of Chester, in the County of Windsor and State of Vermont, are hereby notified that the taxes assessed by the Town for the years 2022 remain, either in whole or in part, unpaid on the following described land in Town to wit:

Being all and the same lands and premises conveyed to Susan L. Clay Life Estate by Warranty Deed of Susan L. Clay dated January 23, 2019, and Recorded in Book 191, Page 256 of the Town of Chester Land Records.

and so much of said lands will be sold at public auction at the Town Office in Chester, Vermont, a public place in said Town, on the 28th day of March 2023, at eleven o'clock in the forenoon, as shall be requisite to discharge such taxes with costs, unless previously paid.

Dated at Chester, in the County of Windsor and State of Vermont, this 23rd day of February 2023.

Attest: \_\_\_\_\_  
Julie Hance  
Collector of Town and  
Town School District Taxes

STATE OF VERMONT  
WINDSOR COUNTY, SS.

NOTICE OF SALE  
Gary Outlaw  
Roger Outlaw  
Parcel # 252062

The resident and nonresident owners, lien holders and mortgagees of lands in the Town of Chester, in the County of Windsor and State of Vermont, are hereby notified that the taxes assessed by the Town for the years 2016-2022 remain, either in whole or in part, unpaid on the following described land in Town to wit:

Being all and the same lands and premises conveyed to Gary Outlaw and Roger Outlaw by Decree of Distribution of Thomas J. Outlaw, Jr. dated February 13, 2009, and Recorded in Book 99, Page 119 of the Town of Chester Land Records.

and so much of said lands will be sold at public auction at the Town Office in Chester, Vermont, a public place in said Town, on the 28th day of March 2023, at eleven o'clock in the forenoon, as shall be requisite to discharge such taxes with costs, unless previously paid.

Dated at Chester, in the County of Windsor and State of Vermont, this 23rd day of February 2023.

Attest: \_\_\_\_\_  
Julie Hance  
Collector of Town and  
Town School District Taxes

STATE OF VERMONT  
WINDSOR COUNTY, SS.

CORRECTED NOTICE OF SALE  
Randall Parry  
Parcel # 252016

The resident and nonresident owners, lien holders and mortgagees of lands in the Town of Chester, in the County of Windsor and State of Vermont, are hereby notified that the taxes assessed by the Town for the years 2015-2022 remain, either in whole or in part, unpaid on the following described land in Town to wit:

Being all and the same lands and premises conveyed to Randall Parry by Warranty Deed of Donald Webster and Janice Webster dated August 4, 1995, and Recorded in Book 78, Page 301 of the Town of Chester Land Records.

and so much of said lands will be sold at public auction at the Town Office in Chester, Vermont, a public place in said Town, on the 28th day of March 2023, at eleven o'clock in the forenoon, as shall be requisite to discharge such taxes with costs, unless previously paid.

Dated at Chester, in the County of Windsor and State of Vermont, this 23rd day of February 2023.

Attest: \_\_\_\_\_  
Julie Hance  
Collector of Town and  
Town School District Taxes

STATE OF VERMONT  
WINDSOR COUNTY, SS.

NOTICE OF SALE  
Michael Wood  
Parcel # 312021

The resident and nonresident owners, lien holders and mortgagees of lands in the Town of Chester, in the County of Windsor and State of Vermont, are hereby notified that the taxes assessed by the Town for the years 2022 remain, either in whole or in part, unpaid on the following described land in Town to wit:

Being a portion of the same lands and premises conveyed to Michael J. Wood by Warranty Deed of Nancy J. Wood dated January 25, 2017, and Recorded in Book 173, Page 172 of the Town of Chester Land Records. Being Parcel 2, containing 2.03 acres, and Parcel 3, containing 1.88 acres, shown on a survey entitled A Portion of the Property of Michael J. Wood Chester, Vermont as prepared by Southern Vermont Surveys recorded in Map Slide 443 of the map vault within the Town of Chester Land Records.

and so much of said lands will be sold at public auction at the Town Office in Chester, Vermont, a public place in said Town, on the 28th day of March 2023, at eleven o'clock in the forenoon, as shall be requisite to discharge such taxes with costs, unless previously paid.

Dated at Chester, in the County of Windsor and State of Vermont, this 23rd day of February 2023.

Attest: \_\_\_\_\_  
Julie Hance, Collector of Town  
and Town School District Taxes



LEGAL NOTICES

classifieds

BUYING/SELLING

BUYING-SELLING Coins, Paper Money, Vintage Sports-Postcards, Comics. See our displays at ANTIQUE CENTERS in Chester and Quechee. Open 7 Days. 802-379-2353. House calls available.

CLEANING

LUDLOW, Vt. – Hate Cleaning Your Home or Doing Errands? I will Clean Your Home Like I Clean my Own Home. Contact me anytime at 802-280-5589 or adorecleanliving@gmail.com.

GUNS WANTED

REGION – Guns wanted. Handguns, rifles, or shotguns. Top prices paid. Call Ray at 802-

775-2859 or 802-236-7213.

HELP WANTED

PUTNEY, Vt. – The Grammar School seeks an experienced camp director for the summer 2023; four one-week sessions from June 26 - July 21. Part time beginning immediately; full time for June 26 - July 21. Please see: www.thegrammarschool.org for complete job description.

PT Prevention Coordinator (30 hrs. plus benefits). Greater Falls Connections seeks a youth substance misuse prevention specialist. No direct support involved. Visit greaterfallsconnections.org/about/jobs.

BELLOWS FALLS, Vt. – The BF Community Bike Project is looking to hire a Bike Mechanic for up to 10 hours per week. Flexible starting date, but preferably by the end of March. Pay based on experience. To inquire, please call Bonnie at 802-460-0662 or

email bonnie@bfbike.org. We are a nonprofit bike shop, offering full service repairs and sales of used, refurbished bikes.

SEEKING

REGION – Retiring March 30 from health care in PA and wish to return to my home state of Vermont. A Senior male (70's) seeks a one bedroom apartment or studio. Nonsmoker, non-drug user, but animal lover. Hoping to give a small rescue a second chance. Countryside preferred. Current rent is in the mid \$600, Includes

heat and trash. Old schooled, respectable of other people's property. Excellent credit and have never missed or been late with a rent payment. Debt free. Inquiries from Realtors welcomed. Beagles5119@gmail.com.

VT 5¢ RETURNABLES

SPRINGFIELD SURROUNDING AREAS – If you don't want to deal with your can and bottle returnables, call Steve at 802-281-2769.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 22 mins.

M	A	P		A	B	C		G	R	I	P
I	L	L	S		F	R	A		L	E	V
T	O	O	K		T	A	R		A	V	E
T	E	P	I	D		M	O	C	S		
				N	O	G		B	E	S	T
		T	O	W	N	C	A	R		O	S
		E	B	A		B	A	M		L	O
			C	O	L	D	S		P	R	A
				H	E	L	I	U	M		I
					P	R	A		O	P	I
					G	U	L	P		N	E
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TOWN OF LONDONDERRY VERMONT  
NOTICE OF PUBLIC HEARING

The Londonderry Development Review Board will meet at 100 Old School St at 5:30 PM on Wednesday 3/15/23, at 100 Old School St to hold a public hearing for an application from Stephen and Jamie Gubb to merge two lots, do a two lot subdivision, and build a house accessed by a right of way at 1414 Spring Hill Rd.

Pursuant to 24 V.S.A. Sections 4464(a)(1)(c) and 4471(a), participation in the local proceedings is a prerequisite to take any subsequent appeal.

Application materials and information on how to attend remotely are available by emailing the town's Zoning Administrator at zoningadmin@londonderryvt.org.

TOWN OF LUDLOW, VERMONT  
POSITIONS AVAILABLE

The Select Board of the Town of Ludlow, Vermont invites letters of interest for the following available positions for 2023/2024:

- One-year Term Positions Available:**
- Black River Valley Senior Center Representative
  - Council on Aging-Senior Solutions Advisory Board Representative
  - Development Review Board (DRB) – (3) positions
  - Emergency Management Director
  - Emergency Management Assistant
  - Fence Viewers- (3) positions
  - Pound Keeper
  - Recreation Committee – (3) positions
  - Southern Windsor County Regional Planning Commission Representative
  - Southern Windsor County Regional Planning Commission Alternate
  - Southern Windsor County Transportation Advisory Representative
  - Southern Windsor County Transportation Advisory Alternate
  - Southern Windsor/Windham Counties Solid Waste Mgmt. District Representative
  - Southern Windsor/Windham Counties Solid Waste Mgmt. District Alternate
  - Surveyor of Wood & Lumber
  - Town Health Officer
  - Town Health Officer – Deputy
  - Tree Warden
  - Tree Warden - Deputy
  - Weigher of Coal

- Three-year Term Positions Available:**
- Development Review Board (DRB)
  - Recreation Committee

- Four -year Term Positions Available:**
- Development Review Board (DRB)
  - Planning Commission – (2) Positions

- Five-year Term Position Available:**
- Forest Fire Warden

Anyone interested in filling one or more available positions should submit a letter of interest no later than March 28, 2023 to the Ludlow Municipal Office. For your convenience, you may email your letter to: townhall@tds.net or send your letter to:  
Town of Ludlow Appointments  
P.O. Box 359  
Ludlow, VT 05149

Appointments will be chosen by the Ludlow Select Board at their regular meeting scheduled for April 3, 2023 at 6:00 PM.

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 2023/2024 school year. Children must be 5 years old on or before August 31, 2023.

Please contact the school office at 875-6832 or kim.leonard@trsuo.org to let us know your child will be attending.

TOWN OF LONDONDERRY

The Londonderry Town Clerk is seeking to appoint an Assistant Town Clerk. This position includes a variety of highly responsible duties that require considerable judgment, discretion and initiative in the interpretation and application of laws, regulations, and procedures, as well as constant interactions with the public. This position is appointed by the currently serving Town Clerk and is responsible for fulfilling the duties of the Town Clerk in their absence and as scheduled. This is a part time, hourly wage, in-person position with flexible scheduling. Good communication skills, attention to detail and solid organizational skills are a must.

APPLICANTS ARE NOT REQUIRED TO LIVE IN THE TOWN OF LONDONDERRY.

A job description and application can be obtained on the Town's website, www.londonderryvt.org. Accepting applications until March 13, 2023. Send cover letter, resume and application to: Town of Londonderry, Attn: Kelly Pajala, Town Clerk, Town Offices 100 Old School Street, Vermont 05155, or e-mail townclerk@londonderryvt.org.

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OFFICE OF THE SELECTBOARD  
P.O. BOX 385  
CHARLESTOWN, NH 03603

Tel: (603) 826-4400  
Fax: (603) 826-3709

www.charlestown-nh.gov

The Town of Charlestown seeks an energetic Administrative Assistant to the Selectboard.

The Town of Charlestown has an annual operating budget of approximately \$5 million and 27 full-time employees. The Administrative Assistant acts as the primary liaison between the five member Selectboard and all personnel, including contracted services. The Administrative Assistant is the primary liaison with legal counsel and coordinates in all matters to ensure the Town is properly represented, maintains an effective working relationship with all Town boards, commissions, committees, departments and the general public; and performs all other duties as assigned by the Selectboard. For a full job description please contact the Selectboard's Office at 603-826-4400 or visit the Town's website at www.charlestown-nh.gov.

Candidates should have a thorough knowledge of local government in New Hampshire and the ability to plan, organize, assign, supervise, inspect and coordinate a broad range of municipal functions. Municipal management experience is highly desirable.

Interested candidates should submit a cover letter, resume & completed application to:

Charlestown Town Office  
Human Resources Department  
PO Box 385  
Charlestown NH 03603  
Or email to Ddezan@charlestown-nh.gov.

An application may be found at www.charlestown-nh.gov or at the Town Office 233 Main St.

Position open until filled

Art Crafts Gifts

GALLERY AT THE VAULT

Vermont State Craft Center  
68 Main St., Springfield 802-885-7111  
Open Wed. 11-5, Fri. 11-7, Sat. 11-5  
Stop in for Complimentary Chocolate!

Protecting Climate is Good Medicine  
Diorama Show by Louis Scott until 3/15

Free Up-cycled Seed Jar Workshop with Gloria Dufield, March 10, 1-2. Sign up by 3/10.

Bead Soup Cuff Bracelet with Thomasin Alexander March 11, 11-2, \$35. Sign up by 3/10.

Draw Cartoons & Comics with E.B. Sciales March 23, 1-3, Free but sign-up! Especially for Middle School Students.

gallery.vault.org  
(04/26/23 - TFN - 13)

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Watch Online: okemovalley.tv & youtube.com/okemovalleytv

"Gavel-to-Gavel" coverage of local meetings (playing daily on Ed. / Gov. channel)

(Meeting Playback Guide available at bottom of okemovalley.tv/schedule) (04/05/23 - TFN - 13)



# health & wellness

## Caring for the Caregiver

TOWNSHEND, Vt. – Being a caregiver for a neighbor or a loved one comes with many responsibilities... so many so that caregivers often neglect taking good care of themselves.

Before you can take care of someone else, you need to first care for yourself. Remember the advice on airplanes: first don your own oxygen mask before helping someone else.

Caring for yourself both physically and emotionally is not selfish, it's wise and necessary.

Here are some specific ways to practice self-care. Don't let this list of ideas overwhelm you – you don't have to do everything, pick a few and get started:

- Keep your doctor's appointments and tell your provider about any changes in appetite, sleeplessness, exhaustion, or stress.
- Keep moving for your own health. Aim for three 10-minute walking sessions each day. Or find other activities that you enjoy doing.
- Remember to eat well, with whole grains, fruits,

vegetables, fish, and nuts, with limited amounts of red meat. Stay hydrated: use a favorite water bottle to make it fun and aim for 64 oz. of water each day. Adding raspberries, lemons, or other fruit may make water more appealing. Start slowly if you need to, and increase as you go.

- To care for yourself emotionally, find ways to help you cope. Go for walks, try yoga or meditation, or read a book.
- Take breaks. A break means accepting when friends and family offer to help. Let them watch over your loved one while you take a walk, or run errands, or meet a friend for a cup of coffee or herbal tea. Check into respite care, an option that is available so you can provide care for yourself.
- Coping can also mean speaking to a counselor or other support person who can provide you with a mental break.

Here's an even more abbreviated list – clip this out and post it on the refrigerator:

- Let go of feeling guilty.
- Join a support group (Many are offered virtually right now. The Vermont chapter of the Alzheimer's Association has support groups listed on its Facebook page. [www.Caregiver.org](http://www.Caregiver.org) also offers online support groups.).
- Stretch and breathe.
- Get some laughs (TV, comics, or call a funny friend).
- Talk to someone beyond your home at least once a day.
- Spend time with family and friends.
- Get rest.
- Hydrate.
- Eat well.
- Ask for help.
- Accept help when it's offered.
- Ask for flexibility at work.
- Don't feel guilty saying "no."
- Take time for spiritual practices.
- Be kind to yourself!

Written by Claire Bemis, RN, Grace Cottage Care Coordinator.

## Recreational oxygen bar opens at Jasper Forest

LUDLOW, Vt. – A new recreational oxygen bar has opened in the heart of Ludlow, Vt., at Jasper Forest, an integrative wellness and healing center owned and curated by Jennifer Esposito, providing locals and visitors with another unique experience to optimize their overall wellbeing. The oxygen bar will offer customers the opportunity to breathe in pure oxygen infused with organic plant-based aromatherapy. This type of oxygen therapy is purported to have numerous benefits, including reducing stress, increasing energy levels, reducing inflammation, and improving concentration. Other benefits may include easing muscle aches, improving sleep, relieving headaches, and even recovering quickly from hangovers.

Alongside the oxygen bar, Esposito's integrative wellness center in-



Recreational oxygen bar.

PHOTO PROVIDED

cludes a storefront that sells ethically sourced crystals, Vermont CBD, fair trade gifts, and an eclectic assortment of products created by local artisans, adding to the overall inspiring atmosphere. Jasper Forest also offers yoga, energy healing, meditation, health coaching, public classes, retreats, and private events. These offerings embody

Esposito's intention to support wellbeing for the body, mind, and spirit. With a focus on holistic wellness and with the addition of the oxygen bar, this establishment will continue to be a must visit destination for those seeking a natural way to improve their health.

Esposito, a 500-hour registered yoga teacher and Reiki Master Teacher with a background in psychology and natural health practices, is excited to bring this innovative concept to the area. She believes that there are just as many paths as there are people on the planet, which is why she offers a plethora of holistic wellness options for customers to intuitively choose and combine in their own personal way. Her intention is to create a safe, sacred space, where people can show up as their authentic selves, feel at peace, and be empowered to connect with their inner and higher guidance.

The oxygen bar is sure to be a welcome addition to the community. Esposito acknowledges that while the health benefits associated with recreational oxygen have not been evaluated by the FDA and people with certain chronic conditions, such as emphysema, should avoid recreational oxygen, it is still an attractive choice for those who want to explore alternative options for wellness or just try a new experience. The oxygen bar can be found at Jasper Forest and at various places and special events around the mountains. For more information and to book the oxygen bar for your next event, visit [www.jasperforest.com](http://www.jasperforest.com).

Written by Jennifer Esposito, Holistic Healer and Owner of Jasper Forest.

## Mental health and substance use assessment

SPRINGFIELD, Vt. – Health Care and Rehabilitation Services (HCRS), southeastern Vermont's nonprofit community mental health agency, announced today that they are collaborating with the Institute for Community Health (ICH) to conduct a community needs assessment. This confidential assessment survey seeks to understand people's needs

and experiences related to improving the system of care for mental health and substance use services in Windsor and Windham counties. This survey is focused on capturing the experiences and needs of individuals who receive services in Windham and Windsor counties, those seeking services, and those who have had services in the past. These individu-

als who complete the online survey will be entered into a drawing for one of five \$100 gift cards. A second survey was released in late February to capture the perspectives of community providers and HCRS staff on enhancing the quality of care in our communities. Both assessments are expected to run through the middle of

March. The assessment results will be a key factor in HCRS' plans to improve the quality of mental health and substance use services, and collaboration among providers, as part of their effort to become a Certified Community Behavioral Health Center (CCBHC).

CCBHC is a national model that seeks to address health disparities and social determinants of health that contribute to mental health and substance use experiences. This is achieved through a certification process, a focus on population specific, evidence-based practices, and enhanced funding through a four-year CCBHC Planning, Development, and Implementation Grant from the national Substance Abuse and Mental Health Services Administration (SAMHSA).

George Karabakakis, Ph.D., Chief Executive Officer of HCRS, said, "The rates of adults struggling with mental health issues

as well as opioid-related overdoses in Vermont are higher than the national average. We know from other community needs assessments that mental health services are one of the top three most important health issues in our communities. We also know that many in need of services in our community are mostly disconnected from services. Our community needs assessment will seek to understand why."

HCRS also intends to host a series of listening sessions for folks with mental health or substance use disorders, as well as service providers, in March and April. Information on these sessions will be posted on HCRS' website, [www.hcrs.org](http://www.hcrs.org), as soon as the schedule is available.

To complete the assessment survey or obtain further information, visit HCRS' website at [www.hcrs.org](http://www.hcrs.org).



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# health & wellness

## Breathing workshop promotes health

**TOWNSHEND, Vt.** – Are you looking for more energy? More relaxation? Better sleep? Would you like to unlock the secret of drug-free management of anxiety, fear, pain, and stress?

On Saturday morning, March 18, from 10 a.m. to Noon, the West Townshend Country store, on Route 30, presents a breathing workshop with author and respiratory therapist Betsy Thomason. This free workshop focuses on learning how to access your powerful outbreath. During this practical workshop, Betsy teaches the basics of the BreatheOutDynamic system (BODs) and coaches

you as you practice BODs sitting, standing, and walking.

Betsy has been teaching and using BODs for over 30 years, helping folks with a wide variety of health issues, not just lung problems, because breathing affects every organ in your body. This includes your autonomic nervous system. To get a jumpstart on the workshop, explore [www.outbreathinstitute.com](http://www.outbreathinstitute.com) and watch Betsy’s 10-minute YouTube video located in the media section. This video is the visual version of Chapter 3—the how-to chapter in Betsy’s book “Just Breathe Out—Using

Your Breath to Create a New, Healthier You,” which you can purchase at the workshop or at Blaire Books & More in Chester, Village Square Booksellers in Bellows Falls, and The Book Nook in Ludlow.

This is a free workshop, part of the mission of West River Community Project, a nonprofit established in 2011 to foster the revitalization of community in the West River Watershed. For more information, contact Betsy Thomason at [btzthomason@gmail.com](mailto:btzthomason@gmail.com) or call her at 551-265-7561.

## Preventing falls among our elderly

**LONDONDERRY, Vt.** – In the course of a year the Londonderry Volunteer Rescue Squad (LVRS) responds to many calls involving members of our elderly community who have fallen in their homes, sometimes resulting in serious injury. Here are some common-sense tips for our elders and their caregivers that, with a

little effort, can make home safer and help to prevent painful and often debilitating falls.

Keep electrical cords out of travelled areas and discard throw rugs, or secure them and carpets with skid-proof backing.

In bathrooms, install grab bars in showers and around tubs and toilets. Use a non-skid mat in the shower. If a person is unsteady on their feet consider using a plastic chair or bench in the shower.

Stairways are the cause of a lot of problems. Have a light switch at the top and the bottom and install sturdy handrails on both sides of the stairs. Some find it useful to mark the top and bottom steps with brightly

colored tape.

In the kitchen, use non-skid mats near the sink and the stove. Keep items most often used within easy reach. If a step-stool must be used to reach upper cabinets use a sturdy model with a handrail and wide steps. If one has a fall detection device (alarm), please wear it, especially when alone. It is also a good idea to always have a cellphone on your person in case of an emergency.

We hope you find these tips useful.

We need your help. To learn more about LVRS, to donate, or volunteer, please go to [www.londonderryrescuevt.org](http://www.londonderryrescuevt.org).

## AMD, what we know —

**SPRINGFIELD, Vt.** – Age Related Macular Degeneration (AMD) is a prominent cause of incurable blindness in older Americans. AMD is most associated with people aged 55 years and over, with increasing risk beyond 70 years of age. This disease is characterized by a creeping degradation of the retina resulting in deterioration of central vision. Some cases may advance to “wet” AMD, resulting in retinal bleeding and more severe vision loss. Though early “dry” disease may not have symptoms, patients may experience progressive distance and near blur, central blind spots, visual distortions, and difficulty seeing faces and fine detail.

There is no straightforward explanation for the cause of the disease,

as there are many contributing factors. Age, genetics, smoking, systemic disease, inflammation, near-sightedness, nutrition, and behavioral factors may all play a role. Unmanaged high blood pressure may incur a three-fold risk to progress from dry to wet AMD. Smoking is a known risk factor for the development of AMD, some studies citing a 2.5x to 4x increased risk.

Macular degeneration can be diagnosed with a detailed patient history and dilated eye exam. Your eye doctor may report the accumulation of drusen, yellow retinal deposits made of lipids and proteins. When drusen accumulates in the retina over time, the body triggers the immune system to attack the drusen and results in permanent cellular damage to the retinal tissue. Retinal photographs and

scans may be used to examine changes in number, size, and location of drusen over time.

Although there is no cure for AMD, the latest research shows nutritional supplementation and lifestyle changes may slow progression of the disease. Your doctor may recommend certain dietary supplements and incorporating green leafy vegetables and colorful fruits into your diet. Exercise, quitting smoking, and getting blood pressure and cholesterol under control will also aid in slowing the progression of AMD. Regular eye exams and proper management from an eye care professional can significantly slow the advancement of this debilitating disease.

*Written by Dr. Mercedes Smith, Optometrist, Springfield Family Eyecare.*

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**Pals virtual support group:** The Thompson Senior Center in Woodstock is offering a virtual support group by the Vermont Association of the Blind and Visually Impaired (VABVI). This is a peer assisted learning and support group that meets on the first and second Tuesday of each month at 10-11:30 a.m. by phone and on Zoom. Contact The Thompson Center at 802-457-3277 for the phone-in number or for a Zoom link. You also can call VABVI’s Melinda Underwood at 802-254-8761 for more information.

**The Gathering Place adult day service in Brattleboro:** The Gathering Place is back with a multitude of activities and services for adults who need a safe and helpful environment, including physical therapy. Activities include games, meals, and many opportunities for socialization. To top it off they offer door-to-door transportation. For more information, call 802-254-6559 and speak with the director Maggie Lewis.

**ServeSafe course for all meal sites:** Senior Solutions has purchased a block of seats for the nationally recognized ServSafe Food Handler Course. Volunteers and employees of the senior meal sites around southeastern Vermont may take the course for free. Upon completion of the course, participants will receive a Certificate in Food Handling. For more information, please contact Nutrition and Wellness Director Thom Simmons at [tsimmons@seniorsolutionsvt.org](mailto:tsimmons@seniorsolutionsvt.org).

**General reminders:** Check [www.seniorsolutionsvt.org](http://www.seniorsolutionsvt.org) for health and wellness programs, volunteer visitor programs, the free GETSETUP Learning Platform, Public Health AmeriCorps family caregiver respite volunteer program, new Tai Chi teacher training opportunities, and more. If you want to learn if you qualify for 3SQt benefits or Medicare and Medicaid benefits applications, call 802-885-2669.

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# arts & entertainment

## Calligraphy with “Hope”

SPRINGFIELD, Vt. – Hoping for spring? Make a little hope and get a taste of two styles of calligraphy.

Gallery at the VAULT is delighted to have Jorika Stockwell back by popular demand teaching calligraphy by writing the word “Hope” on Saturday, March 18 from 11 a.m. – 3 p.m.

Learn to calligraphy the word “hope” in both Uncial and Italic script and make a card or two that will be ready to uplift a friend.



Samples of Jorika’s work with hope. PHOTO PROVIDED

We will discuss the history of both scripts, learn basic techniques of calligraphy broad nib pens, practice, and create. All materials provided, but bring your own pen if you have one. Pens available for purchase.

There is a fee for members and non members. Please register by Wednesday, March 15.

Gallery at the VAULT is located at 68 Main Street in Springfield. We are open Wednesdays and Saturdays from 11 a.m. – 5 p.m. and Fridays from 11 a.m. – 7 p.m. For more information, call 802-885-7111, email galleryvault@vermontel.net, or visit www.galleryvault.org.

## River Artisans Cooperative welcomes Deborah Stuart –

BELLOWS FALLS, Vt. – River Artisans Cooperative is pleased to announce their newest artisan member, Deborah Stuart.

It’s so useful to have a little pocket notebook for your backpack or purse where you can jot down to-do lists, reminders, and deep thoughts. And why not use ones that

are unique stitched booklets from one of our new artisans, Deborah Stuart of Doublebrook Books. Come into the shop and choose one that is just right for you.

Who can resist a tiny book? No child I know. “Real” books as small as 1½ inches x 2 inches can actually be used for writing. One

young girl we know put a single word on each page to create a story. Here’s an inexpensive and charming gift for some child or teen in your life. Each one is handmade and unique.

Run by artisans and staffed by artisans, River Artisans Cooperative’s shop contains the work of local quilters, print makers, woodworkers, silversmiths, fiber artisans, basket makers, and many others.

The River Artisans Cooperative has been a welcoming space for artisans of all ages and mediums since 1975, making it one of the oldest craft cooperatives in the state of Vermont.

Located at 28 Square, Bellows Falls, VT 05101, for information call 802-591-2085 or go online at www.riverartisanscooperative.com. We are open Thursday – Sunday from 11 a.m. – 5 p.m.

## The Spongebob Musical at Bellows Falls High School –

BELLOWS FALLS, Vt. – The Bellows Falls Union High School Drama Club presents The Spongebob Musical, by Kyla Jarrow & Tina Landau, on March 10 and 11

in the Bellows Falls Union High School Auditorium. Tickets can be bought in advance.

The showings will take place on March 10, at 7 p.m. and on March 11, at 2 p.m.

and 7 p.m. The Bellows Falls Union High School is located at 406 High School Rd. in Westminster.

Presented with special permission by Concord Theatricals.

## Wild Goose Players will present “Urinetown”

BELLOWS FALLS, Vt. – A side-splitting sendup of greed, love, and revolution (and musicals) in a time when water is worth its weight in gold, “Urinetown” is also the winner of three Tony Awards, (including best book and best original score), three Outer Critics Circle Awards, two Lucille Lortel Awards, and two Obie Awards. A hilarious musical satire, “Urinetown” occurs

during a devastating water shortage brought on by a 20 year drought. The government has banned private toilets, and the only legal place to pee is a public amenity run by the Urine Good Company-which charges a hefty fee.

What do people do if they can’t pay? Come see the show and find out!

Touted for stretching the boundaries of the modern musical, Urinetown is a comedic romp with its finger

on the pulse of modern society! Get ready for a night of fun!

There will be a showing on Fri, March 24, at 7:30 p.m., Sat, March 25, at 2 p.m. and 7:30 p.m., Sun, March 26, at 2 p.m., Thu, March 30, at 7:30 p.m., Fri, March 31, at 7:30 p.m., and Sat, April 1, at 2 p.m. and 7:30 p.m. Tickets are available through the Bellows Falls Opera House at www.bellowsfallsoperahouse.com/special-events.

## “Celebrating Women Composers: Music HerStory”

CHESTER, Vt. – World-renowned pianist Carolyn Enger will bring the music of women composers to the First Universalist Parish of Chester, at 211 North St., on Thursday, March 30, at 7 p.m.

“Celebrating Women Composers: Music HerStory” exalts contributions that women have made to the world of classical music. Compositions spanning 1805-1982, including works by Fanny Mendelssohn, Clara Schumann, Caro-

line Shaw, and others will be featured. Pianist Carolyn Enger is dedicated to performing compositions by under-represented female composers. She strives to inspire audiences to appreciate the importance of diverse creators, underscoring the universality of music.

Enger has performed in venues as nationally familiar as Carnegie Hall and Lincoln Center, and as far away as the National Gallery of Oslo and the Felicia Blumenthal Center in Tel Aviv. Her 2013 Naxos recording of music by Ned

Rorem, “Piano Album I,” was selected as one of The New York Times’ “Best in Classical Recordings.”

Proceeds from this performance of “Music HerStory” will benefit the Chester Andover Family Center, and the First Universalist Parish of Chester. A donation is suggested.

For more information, contact chestervtuu@gmail.com.

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