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Hot Dog Cook-off winners take home Top Dog prize

BY AMANDA WEDEGIS
The Vermont Journal

CHESTER, Vt. – Despite the overcast weather and the first hour of rain, Stone Hearth Inn’s 7th annual hot dog cook-off drew in crowds for an afternoon of music, raffles, a silent auction, and of course, the tasting and judging of seven unique hot dogs.

Seven chefs from area businesses, community groups, and families participated this year. With a few first-time entrants – and the absence of Billy, who won Best in Show two years in a row – this year guaranteed two new chefs would be awarded Best in Show and Top Dog.

Team one, Stone Hearth Inn, was the dynamic duo of Chef Ben and Sous Chef Damien. Their hot dog was dressed in buffalo blue cheese with Fritos on top for a nice crunch. Their dressing was made by scratch in house, as are all their dressings and sauces, which are also showcased at Sunday wing nights. Many

hot dog fans returned to their table for seconds, thirds, and fourths! Halfway through the event, they had to run back to the store for more dogs.

Next team was Chester Andover Recreation, represented by Matt, Shanna, Kaiden, and Dylan McCarthy, and their friend Tanner Swisher. Kaiden and Tanner were the team’s “eaters” according to Matt McCarthy. Their team was returning for the fifth year and this year drew their inspiration from summer freshness. The hot dog was topped with a pesto mayo, diced tomatoes, shredded Parmesan cheese, and fresh basil, all in a garlic butter roll.

The third team was Southern Pie Co, Leslie and Scott Blair were showcasing their southern dog – a hog dog with pulled pork and Carolina coleslaw. Leslie is originally from South Carolina and decided that their first-ever entry into the hot dog cook-off would have a southern twist.

Team four was Stampede, the local basketball club, represented by Chef



2018 Best in Show and Top Dog awards. PHOTO BY WALLACE HENRY

Justin Anderson. The local basketball club operates during the spring and summer months following the GMUHS school team’s winter season. They’ve also participated in the hot dog cook-off “since day one” says Anderson. His hot dog this year was a sweet and salty fusion of sweet caramelized onion barbecue sauce and Funyuns.

Team five was a family with a house just down the street from the Stone Hearth Inn, and they loved to cook. Lisa, Garrison, Mason, and Chec Smith knew all about serving hot dogs. Having operated a conces-

sion stand in Massachusetts for five years, they were well seasoned with getting food out fast to participants. Their hot dog was an all-beef dog stuffed with Gouda cheese, covered in barbecue sauce and bacon, with a mango pineapple salsa on the side. Jalapeno and Serrano pepper completed the dog.

Echo Lake Inn brought a three-man team of Innkeeper Tom Gianola, Executive Chef Phil Lewis, and Kyle Barnes. According to Lewis, they were the “new guys on the block,” but were excited to participate. They had previously competed in a chili cook-off at Killington Resort. Their unique hot dog was served in a tortilla instead of a bun. It was topped with Cuban refried beans, a pineapple relish with peppers and cilantro, cheese, Mexican crème, and a papaya and mango salsa.

The final team was G Fraser Excavating, represented by Greg and Jennifer Fraser and friends Katherine and Clifford Shaw. This was their second year in the cook-off contest and they decided to go all out. Their hot dog was topped with a lobster mac and cheese with bacon and jalapeno on a garlic-buttered roll.

Participants spent the afternoon going for seconds from their favorite teams, trying their chance at the basket raffle and the silent auction, and sitting outside talking with friends. The crowd included one hot dog fan, Bruno, who wore a hot dog hat on a bet with his wife and her friend. It felt like wearing the big cheese hats in Wisconsin, he explained. After receiving many compliments, he decided he’d wear it again next year.

At 3:30 p.m., the votes were gathered and this year’s winners were announced. The Smith family won Top Dog and Echo Lake Inn won Best in Show. Congratulations to both teams. The proceeds for the Hot Dog Cook-off, silent auction, and basket raffle will go to the Chester-Andover Family Center Food Shelf.

More photos can be viewed at www.VermontJournal.com.

Handmade Quilts of Valor

BY AIYANA FORTIN
The Vermont Journal

CHESTER, Vt. - Thirty-nine quilts covered the Chester Green last Saturday, Aug. 11. These quilts were handmade and part of a national effort to thank the brave men and women who have been touched by war while serving our nation. Nine quilts were awarded by Lynn Carrier, Vermont coordinator for the Quilts of Valor Foundation, to thank these veterans in the community who have served our country. More of the quilts will be awarded in person at a later date to veterans who couldn’t make it to the ceremony Saturday, and Chester is hoping to make this an annual event to thank all of the veterans in the community and surrounding area.

Quilts of Valor began 15 years ago when Blue Star mother Catherine Roberts had a dream partly inspired by her son, Nat, who was deployed in Iraq. In her dream she saw a young man sitting on his bunk, lost, afraid, alone, and in despair. Immediately after, like a scene change in a movie, the man was wrapped in a quilt and felt comforted, full of hope and well-being. This dream inspired her to create the first Quilt of Valor, which was awarded in November 2003 at the Walter Reed Army Medical Center to a young soldier from Minnesota who had lost his leg in Iraq.

The Quilts of Valor Foundation is now a national, nonprofit organization and has awarded over 194,000 quilts to men and women who’ve



Veterans from all conflicts are awarded Quilts of Valor for their service and sacrifice. PHOTO BY AIYANA FORTIN

served in any conflict at any time. These lifetime awards simultaneously serve as a token of appreciation and as a way to connect people. Civilians are united in a national service effort, they’re connected with service members and veterans, and often veterans are connected with other veterans in a heartwarming way. It’s a beautiful gesture to say “thank you.”

John Henry, resident of Chester and graduate of Chester High School, served in the Vietnam conflict. “It’s been a long time since I served. Today has been nice. It’s a good feeling to have the support and love of the community.”

The quilts that covered the Green were created by the ladies of the community over the past two years, with special help and organization from Sue Ashe, owner of Country Treasures in Chester. Ashe hosted and taught special workshops on the first Friday of each month, bringing in anywhere from four to 12 people who donated their time to iron, cut, and sew, in the process learning very important skills. All the quilts are machine-quilted lap quilts, with a hand-sewn binding and label. Each pattern is chosen by the maker, and lots of variety can teach even the most experienced quilters something new.

Contact Sue Ashe at 802-875-4377 or stop in the shop at the Commons in Chester if interested about learning more.

Thank you to all who have served. Contact Lynn Carrier, 802-368-7720, for more information about receiving a Quilt of Valor.

Donohue, chair, or John Bannon, co-chair, at blackriveracademy@gmail.com. The committee also has a Facebook page @blackriveracademy.

Donations can be made payable to Black River Independent School Committee and mailed to P.O. Box 485, Ludlow, VT 05149. Meetings are held weekly Thursdays at 6:30 p.m. in the BRHS library. All are welcome to attend.

Black River Independent meeting

LUDLOW, Vt. - BRISC will host an informational event Monday, Aug. 20 at the Fletcher Memorial Library at 5:30 p.m. Students, parents, and community members are encouraged to stop by with their questions and input for the committee.

The Ludlow-based Black River Independent School Committee, an official tax-exempt organization, is pursuing their mission to open a local independent school. BRISC has

been actively working on approval from the Vermont Board of Education to establish Black River Academy, an independent school serving grades seven through 12 in Ludlow and Mount Holly and beyond. The school would be free of charge to students living in Ludlow or Mount Holly.

If you would like more information or would like to get involved with BRISC, please contact Uli

Area quilters celebrated at 32nd annual Quilt Exhibition

BY KAREN ENGDAHL
The Vermont Journal & The Shopper

WINDSOR COUNTY, Vt. - Vermont’s 18th century settlers created an agrarian lifestyle based on hard work, skill, thrift, and imagination. Recognizing the ongoing pattern of these traits in modern Vermont life, especially reflected in the all-American art form of patchwork quilting, the Billings Farm Museum in Woodstock has presented annual shows of the work of Windsor County quilters for the past 32 years.

This year’s show features a variety of quilts created by 36 Windsor County women. Their work ranges from the classically practical bedcover to whimsical wall hangings, some using patterns handed down from earlier generations and executed fully by hand, others adapting the traditional craft to modern materials and methods.

As they enter the gallery, shoppers are met by a richly colored wall hanging made by Diane



“Doodle Dandy” by Norma Ippolito. PHOTO BY KAREN ENGDAHL

Holme of Chester. Describing her experience creating a quilt with modern technique and traditional-design fabrics, Holme said, “Our quilting group at the First Congregational Church in Springfield invited Beth Ezold to teach us the pattern called Elegance, using a technique of cutting layers of identical patterns and arranging them in a kaleidoscope design.”

Holme chose fabrics in an Aboriginal design that “features the flying glider at night which is a symbol of strength in the spiritual world. It is a quilt that celebrates the designs found in ancient living works of art. You have to be com-

fortable with night flyers and bugs to curl up with it!”

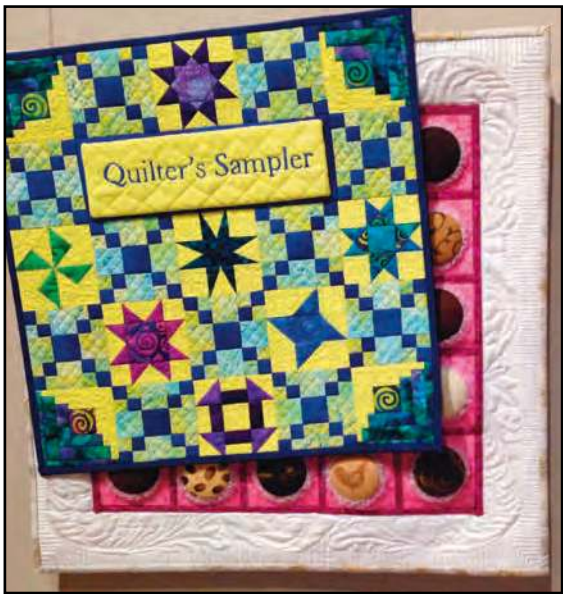
Weathersfield quilter, Harriet Wood, described the inspiration for her quilt, created in shades of aqua and blue, as: “I laid out my fabrics on the guest bed in a possible pattern. My husband happened to come along. He looked at the layout, smiled a happy smile, and said, ‘Wow! It looks as if I could jump right in and be swimming in the Caribbean!’ Needless to say, I had the title and the layout for this quilt.”

Claire Pullinen of Springfield created a quilt for her niece’s husband on active duty in San Diego. Inspired by a World War II quilt, it features a block that looks like a boat anchor. Pullinen says, “I am honored to have made this Quilt of Valor for this man, and I hope he enjoys and uses it. His family is very proud of his service.”

Norma Ippolito of Chester has been an award-winning quilter for many years. For the Billings Farm exhibit she created a small wall hanging, a “free-form fabric collage,” of a colorful rooster. Mara Novak, another distinguished area quilter, crafted a whimsical wall hanging evoking the Whitman’s Sampler box of chocolates called “Quilter’s Sampler.”

The Billings Farm Quilt Exhibition will be on display until Sept. 16. For hours and directions to the museum, visit their website at www.billings-farm.org.

More photos can be viewed at www.VermontJournal.com.



“Quilter’s Sampler” by Mara Novak. PHOTO BY KAREN ENGDAHL

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OFFICE ADDRESS:
8 High Street • PO Box 228 • Ludlow, VT 05149

MAILING ADDRESS:
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ATTENTION!

The Vermont Journal & The Shopper accrued The Message of the Week in April of 2018.

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

Celebrating 150 years!

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Celebrating 150 years

LONDONDERRY, Vt. - On Sunday, Aug. 19 - 150 years to the day of its founding - the Second Congregational Church in Londonderry will celebrate its 150th anniversary. A special anniversary service takes place at 9:30 a.m. and a community barbecue follows at Pingree Park in Londonderry at 4 p.m. All are warmly invited to both. Please call the church office at 802-824-6453 for more information.

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Jersey Girls has light-protected packaging

CHESTER, Vt. - Noluma International LLC has partnered with Jersey Girls Dairy of Chester, Vt., to design their new light-protected packaging for their pasteurized fresh milk brand. The packaging is designed to protect milk's nutritional value and maintain its freshness longer. Research has shown that retail, refrigerator, and home fluorescent and LED lights degrade the vitamins and nutrients in milk and affect its sensory characteristics as soon as an hour after light exposure. The patented light protection technology that Noluma uses assigns a light protection factor that is tied to the integrity of the contents. Noluma internationally certifies only packaging that achieves an LPF high enough to block damaging light. Jersey Girls' and Noluma light-protected pack made its debut in Vermont this summer. No other fresh milk packaging in Vermont can claim an

LPF high enough to protect contents from light damage.

Noluma chose to launch their services in the state of Vermont because of our renowned dairy industry and specialty food culture. Jersey Girls

and Noluma are running a summer-long broadcast and digital marketing campaign to educate Vermont consumers about the problem of nutrient degradation in milk due to artificial lighting, and demonstrate

how Noluma ensures that the nutritional content and quality of Jersey Girls artisanal milk is preserved in their certified light-protected bottle.

Jersey Girls is performing demonstrations at several area farmers markets to show consumers the negative effect of light on milk and the benefit of certified light-protected packaging.

Most consumers don't know that by the time milk is taken home from the grocery store, many of its nutrients may already be gone. This information can be surprising, especially to parents who rely on milk to provide important nutrition to their young children or to medical professionals prescribing milk to address nutritional deficiencies. Research has shown that degradation of taste and nutrients can start even after only an hour of light exposure. Learn more at www.jerseygirlsnoluma.com.



Jersey Girls Dairy owner Lisa Kaiman is with the cow in sunglasses at her dairy.

PHOTO PROVIDED

Free drawing for backpacks with school supplies

CHESTER, Vt. - The Chester Andover Family Center is sponsoring a free drawing for backpacks filled with school supplies. Stop in to the thrift shop during business hours Thursday, Aug. 16 through Saturday, Aug. 25 to sign up for the drawing. No purchase is necessary. We will notify the lucky winners at the end of the day, Saturday, Aug. 25.

Thrift shop hours are Thursdays and Fridays 10 a.m. to 4 p.m. and Saturdays 10 a.m. to 3 p.m. Call us at 802-875-3236 or visit our website at www.cheseran-doverfamilycenter.org.



Backpacks filled with supplies.

STOCK PHOTO

Ludlow Fire Department tag sale and auction

LUDLOW, Vt. - The Ludlow Fire Department is holding their 40th annual Tag Sale and Auction Saturday, Sept. 1, rain or shine. The Tag Sale will start at 8:30 a.m. at the Fire Station on Route 103 in Ludlow. There

are new items, slightly used items, gift certificates from restaurants, ski shops, and from most of the local businesses, and dry split firewood. The auction will start at 9 a.m. and run until everything is gone so plan to stay all day. We will be serving hot dogs, sausages, hamburgers, onions and peppers, and more. The proceeds go towards new equipment for the Fire Department.



Ludlow Garden Club

LUDLOW, Vt. - Susan Kneebone, former president and longtime member of the Ludlow Garden Club, was awarded an honorary lifetime membership in the LGC recently by club president, Anne Cherico. In making the award, Anne noted the many years Susan had dedicated to the work of the organization and her contributions to the various beautification projects sponsored by it. Susan Kneebone is seated. Standing from left to right are LGC members Janet Pace, Anne Cherico, and Beth Almond.

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do not allow any charging of meals. We encourage everyone to maintain a positive balance in their lunch account. Parents can access their child's account simply by going to www.mymealtime.com and setting up an account. We do offer a la cart items such as drinks, ice cream, and chips. These items are purchased on a cash only basis. All menus can be seen on the school's website.

We offer both breakfast and lunch with options to choose from at both meal services. We offer two serving lines: one is the hot meal of the day and the other is the grab-and-go line offering many selections to choose from for you to create a healthy lunch - everything from cold sandwiches to pizza. We also offer our salad bar daily with all meals. There is really no reason why students would not be able to find a great healthy lunch.

We began a program last school year to eliminate any paper products from our serving line. It was very successful with the help of many students. We were able to eliminate paper plates, plastic ware, paper cups, any portion packets like ketchup, mayo, and mustard, and salad dressings. We were able to save at least \$700 just in paper plate usage.

Our next step is in the works right now. We are currently in the process of creating a composting of food scraps program for the entire district. We have been speaking with a company called Grow Compost Vermont. They offer a very efficient program of dealing with all food scraps. This will reduce even more what we send to the landfills. This is an attempt to set up a program for our food scraps and be a bit proactive due to the fact it will be the law in two years that no food scraps go in the dumpsters.

Our Jr. Iron Chef Vermont program is alive and well. The teams are looking forward to starting up practice this fall. The famous Senior Citizen Luncheons will begin for this year Wednesday Sept. 5 at noon. We offer our luncheon the first Wednesday of each month all school year.

Please call me with any questions or concerns at 802-952-9133.

Written by Jack Carroll, GMUHS and CAES food services.

BRAM rescheduled fundraising dinner and class

LUDLOW, Vt. - The Black River Academy Museum has rescheduled their fundraising dinner for Thursday, Aug. 23 from 5-8 p.m. If you are tired of trying to figure out what's for dinner tonight, give yourself a break. Treat the family to a night out. Join us at Willie Dunn's restaurant located at the Okemo Valley Golf Club at 89 Fox Lane in Ludlow. Relax and enjoy the beautiful surroundings with family and friends. A portion of all proceeds will be donated to BRAM for the preservation and conservation of this historic building. This event is open to the public; everyone is invited. Hope to see you on the patio

enjoying tasty appetizers, salads, and sandwiches and partaking in a refreshing summer drink. This is the perfect place to wind down after a busy day. See you there.

Chair Caning has also been rescheduled for Saturday, Sept. 8 at the Black River Academy Museum. The class is from 10 a.m. to 4 p.m. so please bring a boxed lunch with you. Please RSVP by Sept. 4 and mention what type of chair you are caning so the correct materials are provided. RSPV to 802-228-5050. Please email photo of chair to glbrehm@tds.net.



Chair caning. STOCK PHOTO

Wrights tell Ludlow Rotary Club about fishing in Alaska

LUDLOW, Vt. - While many of us have taken the inland water way tour of Alaska and perhaps Denali, the Ludlow Rotary Club recently was entertained by George Wright and his wife Marion about their 16 treks to an Alaska that most of us never see. During a slideshow history of their Alaskan adventures, the couple described their journey to Alaska via the Alcan Highway to go fishing. Staying in a remote section of that great state, George told of the many fishing expeditions they enjoyed and the fish they caught. In particular, they concentrated on salmon and halibut, the size of which amazed the Rotarians.

"I didn't realize that fish got that big!" one Rotarian was overheard exclaiming.

The Wrights' presentation also included spots where the only way in was via plane and photos of some of the other competing fishermen - black and brown bears.

In introducing his parent to the LRC, Brett Wright noted that the couple, married for over 70 years,



From left to right are George and Marion Wright, Sandy Predom, and Brett Wright.

PHOTO PROVIDED

miles through the Yukon wilderness to their favorite fishing spots in eastern Alaska.

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

Legion fundraiser for Marcia Moore

LUDLOW, Vt. - The American Legion Family at Post #36 in Ludlow, Vt. is hosting a fundraiser for Marcia Moore Sunday, Aug. 26, 2018 from 3 to 7 p.m. Due to an injury, Marcia has not been able to work for over two months and is in need of assistance.

A buffet will be served for a cash donation. Please make a reservation at the Post. We are respectfully requesting that you prepay your donation at the time of the dinner reservation for the event. Please call 802-228-9807 after 12 p.m.

A 50/50 raffle, silent auction, and other raffles will be held.

Please join us to help us assist this Ludlow food and beverage icon.

Donations via check can be made as well. Please make your check out to Marcia Moore and mail to Ray Martel, 74 Greven Rd. Proctorsville, Vt., 05153. Or you can leave a donation at the Post. Put your donation in one of the jugs at the Post.

One hundred percent of the proceeds go to Marcia. Thank you for your support.



Million Dollar Quartet

WESTON, Vt. - An impromptu meeting at Memphis' Sun Records brings Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins together for perhaps the most iconic moment in modern musical history. The show runs to Sept. 2 at the Weston Playhouse at 8 Park St. in Weston. Show times are at 7:30 p.m. Tuesday through Saturday, 2 p.m. Wednesday and Saturday, and at 3 p.m. Sunday. Tickets can be purchased by calling the box office between 10 a.m. to 6 p.m. at 802-824-5288, or by visiting www.westonplayhouse.org.

PHOTO BY HUBERT SCHRIEBL



Golden Stage Inn

LUDLOW, Vt. - Okemo Valley Regional Chamber announced the Member of the Month at the mixer at the Windsor Mansion in Windsor, Vt. Board President Tom Gianola and Executive Director Carol Lighthall presented the award to the Golden Stage Inn of Proctorsville and owners Julie Lynn and Michael Wood. In presenting the award, Tom expressed that Julie and Michael run a great business and make time for the community too. Carol added that in making the nomination, the award committee enthusiastically agreed that all award criteria had been met.

PHOTO BY DONALD DILL



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“The Boys Next Door” performance in Springfield —

SPRINGFIELD, Vt. - Join the Springfield Community Players as they bringing a humorous set of vignettes to the stage, “The Boys Next Door.” First produced in 1988 and written by playwright Tom Griffin, “The Boys Next Door” is set in a Boston area group home. Through a series of vignettes that take place over a two-month time period, the audience follows around the lives of four men with various mental disabilities. This play provides not only humorous commentary on the men’s lives but also moments of vulnerability among the men as people enter and exit their lives. “The Boys Next Door” was adapted into a television film in 1996 for the Hallmark Channel.

“The Boys Next Door” will introduce the audience to the five main characters and a handful of supporting characters. Arnold Wiggins, played by newcomer Dmitri Freeman, is a man who works at a movie theater as a janitor. Norman Bulansky, played by veteran player Todd Hutchinson, is a middle-aged man who works at a doughnut shop. Lucien P. Smith, played by Tuck Wunderle, is a young man who cannot read but insists on checking out armloads



Left to right: Norman Bulansky played by Todd Hutchinson of Springfield, Vt., Lucien P. Smith played by Tuckerman Wunderle of Bellow Falls, Vt., and Jack Palmer played by Scott Stearns of Ludlow, Vt.

PHOTO PROVIDED

of books from the library. Barry Klemper, played by newcomer Andrew Freeman, is a 20-something-year-old man with schizophrenia who believes he is a pro golfer. Jack Palmer, played by veteran player Scott Stearns, is the social worker for the four handicapped men.

Other supporting cast members include Shelia played by the amazing Anna Kendall, Mr. Klemper played by newcomer Barbara Ball, Mr. Corbin played by newcomer Chuck Austin, husband and wife team Fred and Irene Ramen play the roles of Senator Clarke and Mrs. Warren respectively, Mrs. Fremus played by the fabulous Samantha Holmberg, Mr. Hedges played by newcomer Stephen Lawrence, and Clara played by newcomer Natasha Fortin.

John MacDonald makes his directorial debut with the Players and also serves as the Springfield Community Players president.

The performances for “The Boys Next Door” will be hosted at the Springfield Community Players Studio located at 165 South St. in Springfield, Vt. Show dates are Aug. 17, 18, 24, and 25 with all shows starting at 7:30 p.m., with doors opening at 7 p.m. Tickets can be purchased in advance by visiting the Springfield Community Players website, www.springfieldcommunityplayers.org or by calling the Ticket Box Office from noon to 8 p.m. at 866-967-8167. Tickets may also be purchased at the door on a first come, first served basis.

Mount Ascutney community picnic and dance —

BROWNSVILLE, Vt. - The village of Brownsville welcomes the surrounding Mount Ascutney communities to join them for a community picnic and dance.

The event will be held Saturday, Aug. 18, in Brownsville at the Albert Bridge School field. Admission is free and the event is open to the public. This event is sponsored by Albert Bridge School and Ascutney Winds. Tax-exempt dona-

tions are gratefully welcomed.

Bring your folding chairs and a picnic. Dinner music will be provided by the Amherst Jazz Orchestra beginning at 4 p.m. The dance will start at 5 p.m. Wear your dancing shoes - a dance floor will be provided - or just kick off your shoes and dance in the grass. The 1940s swing-style dance tunes will include Glenn Miller’s arrangements of “Moonlight Serenade,” “American Patrol,” “Little Brown Jug,”

“Moonlight in Vermont,” and “In the Mood.” Other well-known tunes will include Hoagy Carmichael’s “Stardust,” Les Brown’s “Sentimental Journey,” Carlos Jobim’s “The Girl from Impanema,” Louis Armstrong’s “Hello Dolly,” Benny Goodman’s “Jersey Bounce,” and many other familiar big band tunes inspiring variations of swing dance styles including the hop, shag, jive, boogie woogie, and the many other styles of swing dancing.

Battle of the Sexes silent comedy —

LUDLOW, Vt. - The scene: Europe. The cast: rich people. Get swept off your feet by not one but two privileged ladies, both played by amazing actress Constance Talmadge, in this effervescent battle-of-the-sexes comedy.

Silent film with live music returns to the Heald Auditorium with a screening of the comedy “Her Sister from Paris” Saturday, Aug. 18 at 7 p.m. The special program will be presented with live music by silent film accompanist Jeff Rapsis. The screening is free and open to the public with donations accepted and refreshments for sale.

In “Her Sister from Paris,” Ronald Colman and Constance Talmadge play a wealthy American society couple living in Vienna. Due to an argument, she leaves to stay with her mother. At the railway station, she meets her identical twin, a celebrated dancer in Paris - also played by Talmadge - who agrees to trick the husband to help rekindle her sister’s marriage. The fun starts when both the husband and his friend, an official at the British Embassy, fall in love with the sister, leading to a dizzying round of complications.

Among the most popular stars of the silent era, Constance Talmadge specialized in light “society” comedies. However, she had



Constance Talmadge and Ronald Colman in “Her Sister From Paris.”

PHOTO PROVIDED

acting and pantomime skills that made her a versatile actress able to tackle any role. In “Her Sister From Paris,” Talmadge delivers a virtuoso performance playing both sisters. Although their appearance is identical, each woman is quite different from the other, which Talmadge conveys through body language and on-screen attitude.

Ronald Colman, whose career would go on to span radio and television, was already a popular leading man in films at the time “Her Sister From Paris” was made. Colman more than holds his own as the two sisters conspire against him.

The screening of “Her Sister from Paris” provides local audiences the opportunity to experience silent film as it was intended to be shown: on the big screen, in restored prints, with live music, and with an audi-

ence. “If you can put pieces of the experience back together again, it’s surprising how these films snap back to life,” said Rapsis, a New Hampshire-based silent film accompanist who creates music for silent film screenings at venues around the country. “By showing the films as they were intended, you can really get a sense of why people first fell in love with the movies.”

In creating music for silent films, Rapsis performs on a digital synthesizer that reproduces the texture of the full orchestra and creates a traditional “movie score” sound.

The feature-length “Her Sister From Paris” will be preceded by a short subject from the silent era. “Her Sister From Paris” (1925) starring Constance Talmadge and Ronald Colman will be screened with live music Saturday, Aug. 18 at 7 p.m. at the Heald Auditorium, 137 Depot St. in Ludlow, Vt.

The screening is sponsored by the Friends of Ludlow Auditorium. Admission is free; donations are encouraged. For more information about the FOLA and its events, visit www.fola.us or call 802-228-7239. For more information on the music, visit www.jeffrapsis.com.

David E. Sanger returns to Weston for one night only

WESTON, Vt. - New York Times’ national security correspondent David E. Sanger returns to Weston Playhouse for a special one-night-only lecture Aug. 19: “A World Turned Upside Down: Russia, North Korea, and the Crises of the Trump Era.”

Tickets are on sale now and in-

clude Sanger’s take on current events and a moderated audience question and answer session, followed by a book signing reception for David’s newest release, “The Perfect Weapon: War, Sabotage, and Fear in the Cyber Age,” plus an opportunity to meet, mingle, and discuss.

Sanger is a national security correspondent and a Times senior writer. In a 36-year reporting career for The New York Times, he has been on three teams that have won Pulitzer Prizes, most recently in 2017 for international reporting.

He is also the author of two Times best sellers on foreign policy and national security: “The Inheritance:

The World Obama Confronts and the Challenges to American Power,” published in 2009, and “Confront and Conceal: Obama’s Secret Wars and Surprising Use of American Power,” published in 2012. For The Times, Sanger has served as Tokyo bureau chief, Washington economic correspondent, White House correspondent during the Clinton and Bush administrations, and chief Washington correspondent.

Sanger spent six years in Tokyo, writing about the emergence of Japan as a major American competitor, and then the country’s humbling recession. He wrote many of the first articles about North Korea’s emerg-

ing nuclear weapons program.

In reporting for The Times and “Confront and Conceal,” he revealed the story of Olympic Games, the code name for the most sophisticated cyber attack in history, the American-Israeli effort to sabotage Iran’s nuclear program with the Stuxnet worm. His journalistic pursuit of the origins of Stuxnet became the subject of the documentary “Zero Days,” which made the short list of Academy Award documentaries in 2016.

A 1982 graduate of Harvard College, Sanger was the first senior fellow in The Press and National Security at the Belfer Center for Science and International Affairs at Harvard. With Graham T. Allison Jr., he co-teaches Central Challenges in American National Security, Strategy and the Press at the Kennedy School of Government.

On Sunday, Aug. 19 at 8 p.m., join Sanger and moderator Wayne Granquist for a stimulating, participatory discussion of the current Administration, Washington’s political climate, and other issues and events of interest. Proceeds benefit the Weston Playhouse Theatre Company. Reserve online at www.westonplayhouse.org or with the box office at 802-824-5288.

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\$12.00 to Benefit the American Legion

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See Pet of the Week on Page 10B

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LOCAL HISTORY

BY RON PATCH

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

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

Harvesting corn the old-fashion way

Below is a story written by Philip Tiemann of Cavendish. You may recall previous stories written by Tiemann. He had just moved from the city to Cavendish in 1933 knowing nothing about country life.

“To mow the oats I had a horse-drawn machine which required a team, so I borrowed a little brown mare from next door to go with my big white Dan, an odd-looking combination if ever there was one. But they got along fairly well once they were hitched, which sometimes required persuasion. The oats were nicely headed out, and when I got the feel of it it was a pleasure to ride back and forth laying down a broad yellow swath each way. One or two places gave trouble where the thick growth had ‘lodged,’ that is, been flattened and tangled by wind and rain, and these areas needed to be gone over with a scythe. Oats are heavier than hay, and the following afternoon I had to shake out the rows with a fork so the straw would be well dried by sun and breeze.

“The corn came next. Some of it I traded in payment for wood, but kept enough to feed the cow for a while as chopped fodder. (We inherited a hand-chopper (a waist-high stand with a square iron form and a heavy knife, -a small bundle of stalks was pushed thru the form and sliced into about two-inch lengths.) Field corn is harvested later than sweet corn; it takes longer to mature. The ears will keep only if the kernels have hardened. The farmer will often take the risk of the stalks being frozen in order to have better ears, and it not infrequently happens, perhaps due to the short growing season but more apt to be because of late planting. (‘Plant corn when the maple sprouts are the size of a mouse’s ear,’ and it should be ‘knee high by the Fourth of July.’) – Of course if there is a silo, which I did not have, corn may be harvested without regard for ripeness, whenever convenient. Our method was old-fashioned and,



Cows and rows of corn stooks.

PHOTO PROVIDED BY TED SPAULDING

like other things about which I write, has been superseded by far better practices.

“My own corn that I got that year I got in only slightly frosted. Crouching along the rows I slashed off the clusters of stalks close to the ground with a corn knife (somewhat like a sickle but with almost-straight blade) and left them lying in small convenient piles. These were then bound with heavy twine and then stacked against each other in ‘stooks.’ Later as I had time these were carted down to the buildings and put under cover. I picked the ears and stored them in bins, but not before the energetic mice had worked them. Unfortunately, some of the ears not being thoroughly dry became moldy. I filled a number of grain bags with good ears and carted them down to the local grist mill (two miles on the way to the village) where they were ground into corn-and-cob meal, a fairish feed. The stalks I put thru the chopper as needed....

“....A few days were spent helping another neighbor get in his corn. He had a big silo. We cut the stalks by hand, but instead of being tied in bundles they were loaded loose into a wagon, driven to the barn, and fed into a machine which chopped them into short lengths and blew the so-called ensilage thru a long upright pipe into the top of the silo. Being green and heavy, this product settled (with the aid of some

tramping down as the silo got full) into a dense mass. The sides of the silo were narrow tightly fitted vertical boards bound with iron straps which could be taken up with a turnbuckle to keep the boards tight. On top of the ensilage was placed a tarp, weighted with boards; the theory being that the green feed would keep without spoilage until shoveled out of the bottom for the cow’s daily ration. It worked well, but when it had settled down in the spring to the last few feet it got pretty potent; from fermentation.”

The next meeting of the Chester Historical Society is Thursday, Aug. 23, at 7 p.m. at the Academy Building. The monthly slideshow will be Ted Spaulding’s photos. All are welcome.


The Chester Historical Society is seeking donations for our annual antiques sale this Sept. 15 and 16. We are accepting antiques only: paintings, barn and attic contents, baskets, jugs & crocks, woodenware etc. Give me a call at 802-374-0119 and I’ll come pick them up. And we’ll give you a donation slip for tax purposes.

This week’s old saying a farmer told me 40 years ago when I was complaining about the heat. “Corn don’t grow good if the wife can’t sleep naked.”

Calling all craft and food vendors to annual Vermont Apple Festival

SPRINGFIELD, Vt. - Do you make a special craft or delicious food that you’d like to share with the community? Join us for the Springfield Regional Chamber of Commerce’s 36th annual Vermont Apple Festival. The event will be held at Riverside Middle School Saturday, Oct. 6, 2018 from 9 a.m. to 4 p.m. Last year we had over 60 vendors filling the gym, cafeteria, and outside grounds. Crafters from all over Vermont as well as New Hampshire, Massachusetts, and Pennsylvania attend with their locally produced handcrafted items. The festival features live music, puppet shows, pony rides, apple cider making, amusement rides, a train for kids and adults, kids’ races, and a pie eating contest. Share your unique creations with over 1,700 visitors. Don’t get left out of this fun event! To register, please email the Springfield Regional Chamber of Commerce at caitlin@springfieldvt.com or call 802-885-2779. For more information, you can also visit our website, www.springfieldvt.com.

Springfield in 1913 - 1914



Commemorating the Establishment of the First Hospital

A Program by
Rosanne “Bunni” Putnam, August 18, 2 PM
at the Nolan-Murray Center, Pleasant Street, Springfield
Information from Springfield Art & Historical Society

Women’s Community Club of Grafton finds long-lost box

GRAFTON, Vt. - The Women’s Community Club of Grafton will celebrate 100 years of community, philanthropy, and higher education at a Centennial Gala Aug. 18 with all the fixings. Judy Rowley, the club’s historian, eager to present a little history about the club, was puzzled that the Grafton Historical Society didn’t have any records or old photos on the club.

After hours and days of searching throughout the entire Grafton Historical Museum and insisting that “something” must exist, she and the Grafton Historical Society administrator, Maureen Fisher Fletcher, discovered a box that apparently had never been opened. The society was organized in 1962 so it could be a lost cause, but they hit pay dirt. The original minutes from 1918-1928 were found in the box. Not only that, but the original will from 1938 by Susan Daniels that left money to the club to focus on education and other beautification and maintenance projects was inside along with other historical gems.

Rowley was thrilled about the discovery and vows to store the historical documents in a very safe and prominent place in the museum. She now has the records she needs to bring the 100-year history of the club to light.

Looking back over the years, through wars, a depression, and



Original documents of the Women’s Community Club of Grafton, dated 1918 to 1928.

PHOTO PROVIDED

times of recession and prosperity, the women of the WCC have helped make Grafton a better place to live. As described in the minutes of Feb. 8, 1918, it all started on that date when 75 women gathered in the Baptist Vestry to organize the Ladies Knitting Club, which raised money, knitted clothing, and gave aid and support to American soldiers during World War I. The idea for such an effort became the “seed” for the Women’s Community Club that exists today.

After the war, and with a name change, the club turned its attention to efforts within the commu-

nity. The scholarship program was launched thanks to Susan Daniels’ will. She was also the club’s first lifetime member. The gift was earmarked to promote higher education, maintain the Village Park, and tune the pianos in the Town Hall, Chapel, and Village School. Barbara Fisher Rogers received the first scholarship of \$100 in 1966-67.

This year, the club awarded \$20,000 in total to seven students. It has given out 225 scholarships to 127 Grafton students totaling \$250,000 in just over 50 years - an accomplishment for a town of 600.

At this date, the Centennial Gala is sold out, but those eager to attend can put their name on a waiting list by writing to wccgala@gmail.com. The gala will feature a half-hour concert with musicians from Boston’s A Far Cry along with an Arts and Crafts benefit auction to highlight the artists and arts tradition in Grafton.

Money raised through this event will fund scholarships given to local students pursuing post-secondary education. Absentee bids can be placed by contacting wccgala@gmail.com. More details, photos, and description of auction items can be found at www.facebook.com/Grafton.WCC or email wccgala@gmail.com.

Remember when...

Ron Patch sent in a photo donated by Ted Spaulding. He thinks it could be Saxtons River, possibly after a fire.

Does anyone remember when or where this photo was taken?

Contact Ron with any information at knotz69@gmail.com.

PHOTO PROVIDED BY TED SPAULDING



BELLOWS FALLS OPERA HOUSE

..... Aug. 17 - Aug. 21

“MISSION: IMPOSSIBLE-FALLOUT”
(Rated PG-13)

Friday: 7:00pm
Saturday: 2:00pm, 5:00pm, 8:00pm
Sunday: 4:00pm, 7:15pm
Monday: 7:15pm
Tuesday: 7:15pm

WEDNESDAY NIGHT CLASSICS
Wednesday, Aug. 22 @ 7:30pm

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• Chicago Prime Rib - \$13 ⁰⁰	
• Baked Shrimp, Haddock, Scallops - \$13 ⁰⁰	
• Teriyaki Steak Tips - \$10 ⁰⁰	
• Maple Glazed Salmon - \$9 ⁰⁰	All Specials Include your Choice of: Baked Potato, Sweet Potato Fries, OR Regular Fries; AND a Choice of Vegetable of the Day OR Coleslaw.

Excludes Holidays

CHURCH SERVICES

ALSTEAD, N.H.

Third Congregational Church UCC, River Street
Sunday service and Sunday school is 10:30 a.m. For more information, contact alsteadthirdchurch@gmail.com or 603-835-6358.

Community Worship, Vilas Pool Park
On Sunday, Aug. 26, area churches will gather at Vilas Pool Park for a worship service at 10:30 a.m. Rev. James Berry and Pastor Maureen Adams will be leading the service. A potluck will follow. Hot dogs and fruit punch will be provided. Anyone is welcome to bring a dish to share. For more information, please contact Maureen Adams at 603-835-2144.

BELLOWS FALLS, VT.

Immanuel Retreat Center, Currier Hall, 12 Church St.
Celtic worship service at 7:30 p.m. on Thursdays.

Immanuel Episcopal Church, 20 Church St.
Holy Eucharist Services are offered at 8 a.m. (quiet service) and 10 a.m. (with music) every Sunday. Immanuel Church is handicap accessible.

Christ’s Church, 24 Main Street, Saxtons River
On the first Sunday of every month, service begins at 10 a.m. and is followed by a potluck luncheon. For more information, call 802-376-6178. All welcome.

CAVENDISH-PROCTORSVILLE, VT.

Cavendish Baptist Church, 2258 Main St.
Sundays at 10 a.m. More at CavendishBaptist.com or call 802-226-7131.

Holy Name of Mary Catholic Church, Main St.
Sunday Mass at 9:30 a.m. Call 802-228-3451.

CHESTER, VT.

St. Joseph’s Church, 96 S. Main St.
Mass at 4 p.m. on Saturday and Thursday at 9 a.m. Confession from 3 – 3:30 p.m.

St. Luke’s Episcopal Church, 313 Main St.
Sunday service is at 8 a.m. Service with music, Sunday School, and nursery care available at 10 a.m. Wednesday morning prayer at 9:40 a.m. Website www.stlukesepiscopalvt.org or call 802-875-6000.

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

Chester Baptist Church, 162 Main St.
Sunday school at 9 a.m. for children and adults of all ages, it’s a time to learn from and discuss the Bible. Sunday service at 10:30 a.m. Childcare is provided for toddlers through pre-school. Youth group meets at 1 p.m. and prayer meeting at 6 p.m. Parking is on the street or in the lot at the rear of the building. Wheelchair accessible. Call 802-875-2638. www.chesterbaptist.org.

GRAFTON, VT.

The Grafton Church (UCC and ABC), 55 Main St.
Worship begins at 10 a.m. All are welcome!

LONDONDERRY, VT.

St. Joseph Chapel, High St.
Mass on Saturday at 6 p.m.

The Village Church, 35 Church St., Belmont, Vt.
The Sunday service and children’s church is at 9:30 a.m. Contact 802-259-2440; vbch.weebly.com.

James R. Laplante, 1951 - 2017

SPRINGFIELD, Vt. – It is with great sadness that we announce the passing of James “Jim” Raymond Laplante of Springfield, Vt., one year ago this month. He passed Aug. 10, 2017 while living in Port Richey, Fla. James was born in Springfield, Vt., to Virginia Wescott Laplante and Raymond Laplante March 27, 1951. He graduated from Springfield High School and Community College of the Air Force with an associate’s degree. James retired as a Master Sergeant from a 22-year career in the U.S. Air Force. For a short time, he owned and managed a small computer store in the Springfield Plaza.

He enjoyed listening to music, singing, fishing, and riding his Harley. He is preceded by his father Raymond Laplante and second wife Darlene Melanson Laplante. Survived by mother Virginia Laplante Champney, wife Yvonne “Bonnie” Wedge Laplante, sister Jean Reynolds Greer, brother John Laplante, sons James and Jason, stepson Taylor Melanson, grandson Austin, and numerous other relatives. Graveside service will be Aug. 17 at 1 p.m. in Oakland Cemetery. In lieu of flowers, please make donations to the Springfield VFW. A private family potluck gathering to follow.

Kenneth C. Tyrrell Sr., 1930 – 2018

PROCTORSVILLE, Vt. - Kenneth C. Tyrrell Sr., 88, passed away Wednesday, Aug. 1, 2018 at the Dartmouth-Hitchcock Medical Center in Lebanon, N.H. He was born March 19, 1930 in Danby, Vt., the son of Llewellyn and Nora (Nichols) Tyrrell. On Feb. 22, 1975, he married Chee-Chee Goddard in Ludlow, Vt. Kenneth worked on the family farm as a young man, as a logger in the area, and as a tinsmith at Parks & Woolson Machine Tool Company in Springfield, Vt., for 33 years.

He loved hunting, fishing, wood-working, and building furniture, picture frames, and cabinets. He is survived by his wife Chee-Chee, nine children, 38 grandchildren, 19 great-grandchildren, and two great-great-grandchildren. A graveside service will be held at 11 a.m. Saturday, Aug. 18, 2018 in the Hillcrest Cemetery in Proctorsville, Vt. A gathering will follow at the Proctorsville Fire Station Hall. Davis Memorial Chapel in Springfield, Vt. is assisting with arrangements.

Landgrove Meeting House, 88 Landgrove Rd., Landgrove, Vt.
On Sunday, Aug. 19, we welcome Pastor Margaret from the Peru Congregational Church. Sunday services at the Landgrove Meeting House feature fellowship, music, lifted voices, and inspirational words. Set in a classic 160-year-old building in a pastoral Vermont landscape, services are held Sundays at 9:30 a.m. Through Aug. 26.

LUDLOW, VT.

The United Church of Ludlow (UCC and Methodist), 48 Pleasant St.
Sundays starting at 10:15 a.m. followed by a time of fellowship and coffee hour. Call 802-228-4211 or email unitedchurch@tds.net. Visit us online at www.unitedchurch.us.

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

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

PERKINSVILLE, VT.

First Congregational Church of Weathersfield, Weathersfield Center Rd.
Summer season services are Sundays at 10 a.m. Coffee/social hour to follow. Day care will be provided for families with small children. All are welcome. Services will run through Sept. 2. Call 802-263-9394.

Perkinsville Community Church, 35 Church St.
All are welcome. Call 802-263-9539.

SPRINGFIELD, VT.

Church of Christ, Route 11, 972 Chester Rd.
Sunday school starts at 10 a.m. Worship service at 11 a.m. Wednesday Devotional is at 6:30 p.m. Enter through the back downstairs door. Check out the Facebook page: Springfield Church of Christ.

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

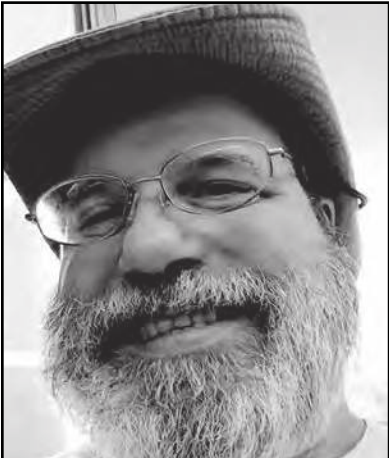
Precision Valley Baptist Church, 69 Route 106
Adult Bible Study on Sundays from 9 -9:45 a.m. Services start at 10 a.m. Located right next to Cota & Cota.

Mary M. Durand, 1928 – 2018

SPRINGFIELD, Vt. – Mary M. Durand, 90, passed away July 5, 2018. She was born June 11, 1928 in Springfield. Tuesday, Aug. 21, 2018 at 11 a.m. in the Pine Grove Cemetery in North Springfield, Vt. Davis Memorial Chapel is assisting with arrangements.

Todd M. Friedman, 1964 – 2018

WESTMINSTER WEST, Vt. - Todd M. Friedman, 53, of Westminster West, Vt., passed away unexpectedly Thursday, Aug. 10, 2018 at Pine Heights at Brattleboro Center for Nursing & Rehabilitation. Todd was born Aug. 20, 1964 in Bethpage, N.Y., the son of Ruth Friedman and the late Charles Friedman. He is survived by brothers Russell Friedman of Florida, Stewart Friedman and his wife Linda of Vermont, and sister Kim Friedman Clark and her husband Charles of Massachusetts. Todd persevered through several health challenges to live a full, meaningful life. Todd graduated Bellows Falls High School in Bellows Falls, Vt. in 1982. He proudly served as a deacon at the First Baptist Church in Bellows Falls for many years. Todd may have been best known for his quick wit and tremendous sense of humor. He had a joke for every occasion and a distinctive, infectious laugh that filled a room. He was an avid reader and loved movies of all kinds. He possessed an impressive knowledge on topics ranging from music, literature, film, and history. Todd also had a fond appreciation for his pets, especially his Siamese cat, Tai. Todd enjoyed spending time



Todd M. Friedman, 1964 – 2018. PHOTO PROVIDED

with his family, including his siblings, nieces, and nephews. Most of all, Todd was known for his “heart of gold.” He was a truly kind and caring person who valued his relationships with his family and friends above all else. Visiting hours will be held at Fenton and Hennessy in Bellows Falls Friday, Aug. 17 from 5 to 7 p.m. There will be a celebration of life service at the First Baptist Church in Bellows Falls Saturday, Aug. 18 at 3 p.m. Light refreshments will follow. All are welcome to attend.

United Methodist Church, 10 Valley St.
On Sunday, Aug. 19, if you BELIEVE, then come FLY AWAY with us to a WONDERFUL WORLD. We welcome the Clef Hangers to share their gift of music. Sunday worship is 9:30 a.m. Come and praise God through music, scripture, and prayer. Christian education and child care available during worship hour. Communion available weekly for those who wish to receive. Fellowship and refreshments after service. Service by the Rev. Gerry Piper. For more information, call 802-885-3456.

WALPOLE, N.H.

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

Walpole Unitarian Church, corner of Union and Main St.
Sunday Service begin at 10 a.m. Minister is Rev. Elaine Bomford who will be present twice a month. The first Sunday of each month is Family First Sunday with breakfast and spiritual activities for the while family. Check www.walpoleunitarianchurch.org.

WESTMINSTER, VT.

Christian Family Circle Chapel, 1512 Back Westminster Rd.
Sunday song service begins at 10 a.m., Sunday school at 10:30 a.m. Fellowship lunch on first Sunday of each month. Non-denominational. Visit www.christianfamilycirclechurch.com and like us on Facebook.

The First Congregational Church of Westminster, 3470 US Route 5
Regular Sunday worship is at 10 a.m. All are welcome! The church has a ramp and lift for wheelchair access and a handicapped bathroom. For more information, call 802-772-4148.

Kimberly S. Cobb, 1959 - 2018

WESTMINSTER, Vt. - On Aug. 10, 2018, Kimberly Sue Cobb of Westminster, Vt., was given her angel wings at the Jack Byrne Center, Lebanon, N.H. She walked through the gates of heaven while surrounded by her family that she loved so very much. Her wings were given as a result of complications from surgery April 30 at DHMC. Kim was born March 10, 1959 to Hollis & Alice (Rhoades) Cobb at Rockingham Memorial Hospital in Bellows Falls, Vt. She was the surviving premature twin who was diagnosed months later with cerebral palsy. After many complications and surgeries in her early childhood, she eventually had to make her way around in her wheelchair. She was often seen with her brothers “popping wheelies” or “four wheeling.” At the age of 9, Kim entered the Brandon Training School, in Brandon, Vt., where she resided for the next 23 years exploring all her capabilities. She returned back home at the age of 32 to live with Mom and Dad, where she was loved and cared for through the rest of her life.



Kimberly S. Cobb, 1959 - 2018. PHOTO PROVIDED

Kim was in a day program at HCRS in Bellows Falls, Vt., where she gained the love and admiration of many wonderful people, most of them becoming lifelong friends. She was a very determined young woman who earned many medals and ribbons competing in the Vermont Special Olympics. She was also a Green Mountain Advocate. Kim made hundreds of beaded necklaces for family, friends, and the annual Shoebox Campaign - Christmas boxes for children in foreign countries. She spent every day getting “loaded” with pennies, which she saved and sent to Joni & Friends, an organization that provides wheelchairs and equipment to children in need in many different countries. Her hobbies were also scrapbooking and various crafts. She could be seen many times “bee-bopping” to her favorite music, especially Elvis Presley. Kim found great joy every year attending fairs, concerts, and plays with

family and friends. Her family was everything to her. She now “walks” in the clouds of heaven singing, dancing, and enjoying the freedom of her body and soul being whole. Kim was a member of the Athens Community Christian Church and the Westminster Congregational Church. Kim is survived by her mother Alice; brothers Gary (Jean), Joel (Tammie), James (Carol), Michael (Marjorie); a sister Cindi Haskell; stepsisters Janet (Mike) Swain, Patty (Mike) Sweeney; and stepbrother Jon Rogers Jr. (Sherrylynn). She is also survived by several aunts, uncles, nieces, nephews, cousins, and many loving caregivers. Kim’s arrangements will take place Aug. 18, with burial service at 10:30 a.m. in the New Westminster Cemetery, on Kurn Hattin Rd., followed by a memorial service at the Athens Community Christian Church in Athens, Vt. at noon, led by Pastor Harold Noyes. A time of fellowship and celebration of Kim’s freedom will follow downstairs immediately following the service. Kim’s family would like to thank everyone that ever touched her life and those that were touched by her. Donations in Kim’s memory may be made to New England Kurn Hattin Homes or Westminster Cares, both of Westminster, Vt.

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

— King Crossword —

Answers

Solution time: 21 mins.

R	U	S	H	N	I	P	Z	E	R	O		
O	G	E	E	A	C	E	O	R	E	O		
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David Rosane & The Zookeepers come to town

BELLOWS FALLS, Vt. - International music collective David Rosane & The Zookeepers bring their intellectually driven, fun-but-serious activist rock to Stage 33 Live in Bellows Falls Sunday, Aug. 19 for the only scheduled southern Vermont appearance during their “Across the ZOO-niverse” tour.

Head zookeeper David Rosane has strong ties to Vermont, but for much of the year lives and works in Paris, France, where he also maintains a French version of the band.

The core Zookeeper members in the U.S. are Don Sinclair and Jennifer Grossi of Bradford, Vt. This summer

the band chose to skip playing traditional venues almost entirely in favor of doing a library benefit tour to raise money and awareness for literacy in small, rural, economically challenged communities in Vermont.

The library tour coincided with the release of their third CD, “Book of ZOO.” The library tour and album have both received enthusiastic reviews.

Stage 33 Live is a scrappy, volunteer-run, nonprofit upstart supporting music, humanities, sciences, and spoken word arts. It’s located in a former industrial building turned arts-econo-

my incubator on the island in Bellows Falls, 33 Bridge Street, a couple blocks toward the river from the downtown intersection of Flat Iron Exchange coffee shop and Popolo restaurant. More information online at www.stage33live.com.

David Rosane & The Zookeepers play Stage 33 Live Sunday, Aug. 19; doors open at 5 p.m., show starts at 6 p.m. All ages are welcome. Admission is a suggested donation. Intimate seating is limited to 40 plus standing room.

The event will be recorded and filmed.

Addressing youth homelessness

REGION - Senator Patrick Leahy hailed the announcement that the Vermont State Housing Authority will receive from the U.S. Department of Housing and Urban Development a fiscal year 2017 grant of \$2 million to address youth homelessness. The funds, as part of HUD’s Youth Homelessness Demonstration Project, are being granted to VSHA on behalf of the Vermont Balance of State Continuum of Care, and in partnership with the Vermont Agency of Human Services and the Vermont Coalition of Runaway and Homeless Youth programs. The Balance of State Continuum of Care facilitates a coordinated approach to addressing homelessness.

Vermont’s \$2 million grant is one of only 11 awarded to communities, including five rural states and regions across the United States, and will be

available for use across the state. This grant funds an area of acute need after a 2017 estimate found that about 660 Vermont youths experience homelessness. The funds will be used by providers to create a plan to end youth homelessness and provide direct support to homeless youth.

Leahy said, “Young people are especially vulnerable, and even one homeless youth is too many. As a rural state, Vermont faces many unique challenges, it’s only by dedicating resources to fight this problem that we can end youth homelessness. This grant is an important step toward this goal, and as Vice Chair of the Senate Appropriations Committee I’m proud to fight for resources to end homelessness and improve the lives of our most defenseless friends and neighbors.”

As vice chair of the Senate Ap-

propriations Committee, Leahy has secured dramatic increases in funding for the Youth Homelessness Demonstration Project, specifically expanding the focus on communities with rural populations. Congress provided \$43 million in fiscal year 2017, an increase of \$10 million compared to the fiscal year 2016 enacted level, and Leahy secured \$80 million in fiscal year 2018. Leahy worked to ensure that this grant program also includes requirements to fund projects in rural communities like Vermont. Leahy has long been the Senate’s leading champion of programs to reduce youth homelessness, and he is the lead author and sponsor of the bipartisan Runaway and Homeless Youth Trafficking Prevention Act.

The Trump administration has sought to cut many key programs that fight homelessness, including proposing to eliminate the Youth Homeless Demonstration Program. In his role as Appropriations Committee vice chair, Leahy has fought hard against the Trump administration’s proposed cuts.

The new estate tax rules

REGION - The 2010 Tax Act provided that in 2011 and 2012, the gift and estate tax basic exclusion amount was \$5 million indexed for inflation in 2012, the GST tax exemption was also \$5 million (indexed for inflation in 2012), and the maximum rate for both taxes was 35 percent. New to estate tax law was gift and estate tax applicable exclusion portability: generally, any gift and estate tax basic exclusion left unused by a deceased spouse could be transferred to the surviving spouse in 2011 and 2012. The GST tax exemption, however, is not portable. Starting in 2013, the American Taxpayer Relief Act of 2012 permanently extended the \$5 million basic exclusion amount and GST tax exemption and portability of the gift and estate tax applicable exclusion amount, but also increased the top gift, estate, and GST tax rate to 40 percent. The Tax Cuts and Jobs Act doubled the basic exclusion amount to about \$11.2 million in 2018. After 2025, the exclusion is scheduled to revert to its level prior to 2018 and be cut by about one-half.

Exclusion portability

Under prior law, the gift and estate tax exclusion was effectively “use it or lose it.” In order to fully utilize their respective exclusions, married couples often implemented a bypass plan. They divided assets between a marital trust and a credit shelter, or bypass, trust. Under the recent Tax Acts, the estate of a deceased spouse can transfer to the surviving spouse any portion of the basic exclusion amount it does not use. The surviving spouse’s applicable exclusion amount then is increased by the DSUEA, which the surviving spouse can use for lifetime gifts or transfers at death.

The portability of the exclusion coupled with an increase in the basic exclusion amount to \$11,200,000 per taxpayer allows a married couple to pass on up to \$22,400,000 gift and estate tax-free in 2018.

The assets of the surviving spouse, including those inherited from the

deceased spouse, may appreciate in value at a rate greater than the rate at which the basic exclusion amount increases. This may cause assets in the surviving spouse’s estate to exceed that spouse’s available applicable exclusion amount. On the other hand, appreciation of assets placed in a credit shelter trust will avoid estate tax at the death of the surviving spouse.

The distribution of assets placed in the credit shelter trust can be controlled. Since the trust is irrevocable, your plan of distribution to particular beneficiaries cannot be altered by your surviving spouse. Leaving your entire estate directly to your surviving spouse would leave the ultimate distribution of those assets to his or her discretion.

A credit shelter trust may also protect trust assets from the claims of any creditors of your surviving spouse and the trust beneficiaries. You can also include a spendthrift provision to limit your surviving spouse’s access to trust assets, thus preserving their value for the trust beneficiaries.

A/B trust plans with formula clauses

If you currently have an A/B trust plan, it may no longer carry out your intended wishes because of the increased exclusion amount. Many of these plans use a formula clause that transfers to the credit shelter trust an amount equal to the most that can pass free from estate tax, with the remainder passing to the marital trust for the benefit of the spouse.

For example, say a spouse died in 2003 with an estate worth \$11,200,000 and an estate tax exclusion of \$1 million. The full exclusion amount, or \$1 million, would have been transferred to the credit shelter trust and \$10,200,000 would have passed to the marital trust. Under the same facts in 2018, since the exclusion has increased, the entire \$11,200,000 estate will transfer to the credit shelter trust, to which the surviving spouse may have little or no access. Review your estate plan carefully with an estate planning professional to be sure your intentions will be carried out under the new laws.

Wealth transfer strategies through gifting

By making gifts up to the exclusion amount, you can significantly reduce the value of your estate without incurring gift tax. In addition, any future appreciation on the gifted assets will escape taxation. Assets with the most

potential to increase in value, such as real estate, expensive art, furniture, jewelry, and closely held business interests, offer the best tax savings opportunity.

Gifting may be done in several different forms. These include direct gifts to individuals, gifts made in trust, and intra-family loans. Currently, you can also employ techniques that leverage the high exclusion to potentially provide an even greater tax benefit.

For high-net-worth married couples, gifting to an irrevocable life insurance trust designed as a dynasty trust can reduce estate size while providing a substantial gift for multiple generations. The value of the gift may be increased by the purchase of second-to-die life insurance within the trust. Further, the larger exclusion enables you to increase, gift tax-free, the premiums paid for life insurance policies that are owned by the ILIT or other family members. Premium payments on such policies are taxable gifts, so these premium payments are often limited to avoid incurring gift tax. This in turn restricts the amount of life insurance that can be purchased. But the increased exclusion provides the opportunity to make significantly greater gifts of premium payments, which can be used to buy a larger life insurance policy.

Before implementing a gifting plan, however, there are a few issues you should consider. Can you afford to make the gift in the first place? Do you anticipate that your estate will be subject to estate taxes at your death? Is minimizing estate taxes more important to you than retaining control over the asset? Do you have concerns about gifting large amounts to your heirs? Does the transfer tax savings outweigh the potential capital gains tax the recipient may incur if the asset is later sold?

The recipient of the gift gets a carryover basis for income tax purposes. On the other hand, property left to an individual as a result of death will generally receive a step-up in cost basis to fair market value at date of death, resulting in potentially less income tax to pay when such an asset is ultimately sold.

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

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THIS AND THAT

BY BILL MURPHY

The Vermont Journal & The Shopper

SPRINGFIELD ATHLETICS CHANGING ATTITUDE

Back in 2005, Todd Aiken was playing football for the Springfield Cosmos. The Green and White did not have a winning season, but Aiken knew his team was pretty good because they came close to a winning season. In Springfield, over time, that is considered good.

Todd Aiken has now been charged with guiding the Cosmos football program. He has always cared about the ways of his alma mater, but now wins and losses are on his official record. He wants athletes, like those who were in his class, to put the program in the best place possible.

“Back then, we had a number of guys who flat out wanted to play. These guys were willing to sacrifice and do what it takes to get the most out of what we had. They also liked and wanted to hit,” Aiken remembers.

Aiken was a part of teams for his sophomore and junior years. They then competed in Division II. They recorded records of 2-7 and 0-9 respectively. One of the reasons his class may have felt much more successful during their senior year is Springfield dropped down to Division III.

The team grew in confidence just because they were competitive week in and week out. Aiken was particularly excited about a 6-0 game the Cosmos played with Burlington. “That game showed we had a really good team,” he said. Burlington was in a higher division, but because the overall Cosmos schedule was not so daunting, the team was fresher each week.

Springfield is now a Division III team and there is no lower division to play in. However, Aiken thinks the “magic can be captured again. We first will work on getting the numbers up. We will even encourage players to join once school begins. We need to develop role players and show them that everyone’s role is important.”

As for changing the culture, Aiken admits there has to be some luck involved. He told me, “If we can make our own breaks and win a few in a row, these guys should forget all about the losing.” Aiken certainly realizes putting together one of those streaks will not be easy.

The Cosmos have assembled what appears to be a pretty good coaching staff. Ben Romeo will be the defensive coordinator. He saw the posting and the veteran assistant, recently toiling in some good programs in Connecticut, has joined the ranks. Cosmo Track Coach Jim Fogg, last year a volunteer, has an official position this fall and is working with the linemen on both sides of the ball. The third paid assistant is Brendan Donahue who will pay attention to the linebacking corps and the tight ends. The entire paid staff played college football, a rarity in Vermont coaching circles. Aiken competed at Norwich, Romeo at Sacred Heart, Fogg at Hamilton, and Donahue at Bates College.

Additional volunteer staff lending a hand are Bill Presch, a veteran from the middle school program, John Brown, a retired firefighter who will be counted upon to contribute in many ways including assessing injuries, and Ryan Duford who will pay attention to receivers and defensive backs.

This staff is being counted upon to set the atmosphere to increase overall numbers and Aiken talked about another goal this group is being charged with in hopes of erasing a culture of years of lack of success: “We are not going to let this group be intimidated.”

When Springfield won their play-off game at Bellows Free Academy of Fairfax last fall 18-3, it was clear growth was setting in and the Cosmos were trending in the upward direction. Since then, Head Coach Rich Saypack had a health incident and in the end decided stepping down from the position was necessary.

A week before practice began this fall, Saypack told me he felt strongly he made the correct decision. He actually traded coaching football and baseball for running the athletic department. The former coach is now the Cosmos athletic director.

“I know I have the feeling I am ready for this job,” Saypack said to me, “but I am still not sure if I would have been ready for the other one (being the head football coach). Every fall when you get near the field you identify with the smells of the game that make you eager to come back. Every day I feel better, but doing what I’m doing is probably best for me.”

Rich is now in charge of the entire Cosmos athletic kingdom and he feels there is reason to believe that boys sports may improve in the years

Springfield football, Walpole baseball



From the left: Ben Robinson, Hayden Anastasio, Curtis Hosley, Lucas Roy, Noah Blake, Morgan Smith, Nick Pelletier, Hunter Pauquette, Ethan Pelletier, assistant coach Mike Paquette, Noah Gueferez (kneeling), head coach Kevin Tidd, and assistant coach Tim Roy. Not pictured: Finn Scott, Hudson Willett, Foster Willett, Luke Gay, and Porter Willett.

PHOTO PROVIDED

ahead. The school’s lack of success on the boys’ side since 2010 and in many sports goes beyond the norm.

I asked Rich how much the closing of the shops keyed the downturn, but the dates don’t exactly line up. Soccer has had the most up years with teams in seven out of eight years period putting up a 69-18-10 mark, mostly under the guidance of Paul Kendall, who you might have seen on a Red Sox ad or two lately.

In the other sports, success has been much more fleeting. Football has had six winning campaigns in 30 years, but it is the 10th anniversary of the 2008 team, which went undefeated and captured the Vermont Division III State Title with a victory over Windsor 52-28. The Cosmos actually appeared in back-to-back title games versus the Yellow Jackets, falling to Windsor 19-8, the following year.

Baseball has had things even rougher. They have only had three winning seasons in the past 30 years. Basketball can’t equal soccer’s success in an eight-year period, but they do have 10 winning seasons over the 30-year stretch, including that Vermont Division II title over Vergennes in 2009, another 10th anniversary coming up.

To Springfield’s credit, they stayed in Division I in both baseball and basketball, long after CVL rivals, Bellows Falls and Windsor, left and even though that has no effect on where Cosmos’ programs are today, it contributes heavily to the numbers over 30 years.

In closing, Saypack, who is charged with running the Cosmo athletic machinery - obviously a throwback term - says, “I think the trend will start to change soon.”

The first step in such a direction, would be for as many athletes in as many sports as possible to come up with the mentioned attitude Aiken craves in his athletes. Remember when he spoke of some past Cosmo success, he noted, “We had a number of guys who flat out wanted to play. These guys were willing to sacrifice and do what it takes to get the most out of what we had.”

It has been very impressive how strongly the Springfield community has supported their athletes during the down times. Certainly crowds are not like the good old days, but both the numbers and the positive vocal vibes need to be saluted.

WALPOLE BABE RUTH SUCCESS

It’s been four years in a row now that Walpole has advanced to the championship game of the Fall Mountain Baseball League. The league has undergone quite an upheaval in that time, losing teams and gaining teams, with the 2018 season, possibly one of the strongest in the league’s 50-plus-

year history.

Walpole survived this year to capture the title of the eight-team expanded league. A decade ago, the league looked very much like it had looked for most of its history with almost every entry inside of 30 minutes from Bellows Falls. Now, gone are the Saxtons Rivers, the Westminster, the Charlestown, and the Alsteads and having arrived are the Sunapees, the Lebanon, the Claremonts, and the Newports. The towns are bigger, but Walpole is the winner again for the second time in three seasons.

Walpole defeated Claremont 13-1 in the game that counts and moves to the winners’ circle. Claremont beat Walpole in a thriller for last year’s title 4-3, while Walpole had defeated Springfield for all the marbles back in 2016. Even though Walpole romped in the title game, they may not have been the best team in the league this year.

One constant with all the Walpole winning has been Coach Kevin Tidd. The veteran coach knows the league inside out and he told me, “Sunapee was definitely the best team in the league this year. They were really tough. They ran into a conflict when it came to the tournament, as many of their players were going to soccer camp and they couldn’t field a team.”

Walpole was the second best team in the regular season in the league and one of only two teams who completed the year with a winning record. Sunapee ran away with the title going 12-1-1 and Tidd’s team finished 8-5-1. Ludlow finished third at 7-7 with Lebanon a close 6-6-1. Leading the second division was Newport at 6-7-1, followed by Bellows Falls 6-8, Springfield 4-9, and Claremont 4-10. Obviously, this all means the last place team reached the finals.

Tidd tells me, “Due to vacations and all, the tournament championship was wide open. There were a lot of teams who could of won it. Even we were missing four starters and found a way to win. This is a young talented group and a good baseball team, but for some reason, they need to be pushed to play their best ball.”

In the title game, Hayden Anastasio had three hits with both Lucas Roy and Curtis Hosley adding two hits. Nick Pelletier was the complete game winner on the mound, while striking out 10. Walpole reached the finals by doubling the count on Newport in the semis 16-8. Hosley and Pelletier each contributed two hits “in a really sloppy game played under wet conditions,” according to Tidd. Walpole trailed early in the semi-final victory, and Anastasio picked up the win on the mound with three strong innings of relief down the stretch.

If you would like to comment on the sports in this paper, feel free to email me at bmurphy@vermontjournal.com.

Top tips for starting an exercise routine

StatePoint - Kickstarting a fitness regimen is often the hardest step. Need some motivation? Try out these ideas for getting started and sticking with the program.



Find a sport or fitness routine that works for you.

PHOTO PROVIDED

Get social
A personal trainer can be expensive, but a friend is free and potentially just as motivating. Besides, a little friendly competition never hurt

anybody. Find a buddy to join you for runs and hikes, and with whom to hit the new HIIT class - that’s high-intensity interval training - or spot you in the free weights section of the gym. Joining an organized run crew, cycling club, or other fitness group can be another great way to keep yourself inspired to move - as these meet-ups can be fun social events in addition to a great workout.

Gear up
New wearable technology is not only fun, it can help you analyze your daily movement and workouts. See how much progress you make with wearable devices like the GBA800 Training Timer, a water-and-shock-resistant watch that comes equipped with a three-axis acceleration sensor tracking your step count, a countdown timer that allows for up to 20 timer combinations, as well as 200-lap memory. With

the download of the dedicated G-SHOCK Connected app to a smartphone, the watch can even track movement and support daily fitness. Employing a new algorithm, the app displays a graph breaking down daily steps taken in each of five metabolic equivalent levels, from data based on your step count and walking pace. It also displays the exact location and time where the wearer’s calories were burned, while measuring MET levels, making it useful for interval training.

Give it a purpose
Find your motivation and dedicate your workouts to this purpose. One great way to do this is to sign up for a competitive athletic event that requires training. Whether that’s an obstacle course, a triathlon or a 5K foot race, having such an event on your calendar will provide the daily motivation you need. Check out free training plans that can offer you guidelines for the best way to prepare for each type of event. Need further incentive? Use the event to raise money for a cause that matters

to you. From new friends to new gear, you can make getting active easier with the right motivational elements.

SEND US YOUR SPORTS PHOTOS!

As schools start up again, and school sports, we look forward to seeing your sports photos for our local schools!

Send them along to
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arts & entertainment

Oldest fair in USA welcomes exhibitors and vendors

BONDVILLE, Vt. - Come celebrate our 221st year! Be a part of one of Vermont's oldest traditions and the United States of America's oldest continuous fair! The Ailene Capen Floral Hall is once again where local garden produce, cooking specialties, artistic endeavors, and original works are judged and on display free to all. In the Elizabeth Chichon Quilt Hall, the Bondville Fair Quilt Show takes place all weekend. Any quilt, Vermont-made or not, old or contemporary, is welcome to be entered. Youth quilts can be a "work-in-progress" and still be admitted to the show. Quilt entries may be antique or contemporary. Antique will be most admired and loved.

We will have our original categories from the 1930s as usual!

At the Floral Hall, categories in-

clude: vegetables, fruits, eggs, cut flowers, plants, hay, preserves and pickles, baked goods, bread, needlecraft, clothing, photography, and arts and crafts. The arts and crafts must have been created within two years and not been awarded a cash prize previously at the Bondville Fair. Adults may submit three entries per category. Children under 16 may have unlimited entries.

At the Quilt Hall, categories are: hand stitch, machine stitch, tied stitch, contemporary, antique, best group quilt, and People's Choice Award. Please note that antique quilts from before 1960 are not judged but are much loved.

Ribbons and cash prizes are awarded for first, second, and third place in each category with rosettes awarded for outstanding effort. Chil-

dren under 16 are judged separately in the vegetable and arts and crafts categories. Children's quilts are judged separately for the show. Quilts may rotate in the hall to allow all to be seen throughout the show. Quilts exhibited in the last five years will not be eligible for awards.

Entries for both halls are accepted Thursday, Aug. 23 from 4 to 6 p.m. and Friday, Aug. 24 from 9 to 11 a.m. Two items per category for adults is allowed with unlimited entries for vegetables, fruit, and all children items in all categories. Judging will take place from 11 a.m. to noon Friday, Aug. 24.

The hall is open for viewing from noon Friday, Aug. 24 and opens at 11 a.m. Saturday and Sunday. Entries must be picked up Sunday afternoon only by 4 p.m. latest Aug. 26.

Please contact Emmett Dunbar in S. Londonderry at 508-237-4046 or info@anjalifarm.com. Please visit the Bondville Fair website www.bondvillefair.org for further questions, entry guidelines, and directions to the fairgrounds.

Fletcher Farm School Chrome and Craft Festival, fabric sale

LUDLOW, Vt. - On Saturday, Aug. 18, the Fletcher Farm School for the Arts and Crafts, in association with the Okemo Valley Regional Chamber of Commerce, is sponsoring the Chrome and Craft Festival. In addition to the school's biannual Craft Festival with over 30 craft vendors, the Chrome part of the show is a collection of classic cars lovingly cared for by local car aficionados.

It is often hard to find the parts

to repair or restore older autos, and the advent of 3D printing has provided new avenues for creating the needed parts. During the festival, the school will feature a 3D printing demonstration of this technique, which is sure to appeal to owners of classic and custom cars.

Along with all the other activities on the school campus, we will be holding a fabric and craft supplies sale to benefit the school. As a reminder, the Fletcher Farm School

for the Arts and Crafts is a 501(c)(3) organization, and our only sources of income are class registrations, donations, and the proceeds from raffles, auctions, our Craft Shoppe - which will be open during the festival - and events such as the fabric and craft supplies sale.

The festival will be held, rain or shine, from 10 a.m. to 4 p.m., on the school campus on Route 103 South in Ludlow, Vt. We hope to see you there.

Robert Gruca, Sunday on the Hill

WESTON, Vt. - Sundays on the Hill concert series welcomes back the highly exciting classical guitarist, Robert Gruca, to the Church on the Hill in Weston Sunday, Aug. 19, 2018 at 4 p.m. There is a small admission to the concert with children 12 and under admitted free. The doors open around 3:30 p.m. with parking available at the church and along Lawrence Hill Road. For more information, go to www.Sunday-on-the-Hill.org.

Robert Gruca is an exciting gui-

tarist who performs a wide range of solo, chamber, and concerto repertoire. Possessing powerful musical interpretation and complete technical command over his instrument, he has toured throughout the U.S. and into Canada. Highlights of Gruca's seasons include touring the eastern United States and Europe with the Cleveland Orchestra, performing Mahler's Symphony No. 7 under the direction of Franz Welser-Möst. Other performances with the Cleveland Orchestra include Kurt Weill's "Little Three Penny Music,"

Igor Stravinsky's "Le Rossignol" with Pierre Boulez and Howard Shore's "The Lord of the Rings Symphony."

Robert Gruca made his concerto debut performing Rodrigo's "Concierto de Aranjuez" with the Marquette Symphony Orchestra under the direction of Nuvi Mehta. Recent concerto performances include Concierto de Aranjuez and Fantasia para un Gentilhombre with the Northwest Indiana Symphony Orchestra and the New Philharmonic both under the direction of Kirk Muspratt.

WOOL 91.5 throws 13th annual block party

BELLOW FALLS, Vt. - On Aug. 18, the all-volunteer, community-

owned radio station WOOL hosts its 13th annual celebration at the

Waypoint Center in Bellows Falls, Vt. Food, drinks, and live music make it a night to remember featuring performances by returning local heroes, Ninja Monkey, and up-and-comers, Debbie and the Downers.

Founded in 2004, Great Falls Community Broadcasting Company put radio station WOOL on the air and gave it a boost in power 10 years later to become one of the most powerful independent community-owned radio stations in New England. Owned by its members, WOOL provides training to any member who wants a show and supports respectful freedom of speech and point of view on the rapidly disappearing public airwaves.

WOOL's annual block party celebrates the station's independence and is one of WOOL's largest annual fundraising events. WOOL has accepted virtually no grant money and relies on small donations to fund its broadcasts heard up and down the Connecticut River Valley and also around the globe on the internet. WOOL's 30 locally-produced programs, heard on 91.5fm are augmented by many independently produced shows and those licensed from California's Pacifica Radio Network of which WOOL is an affiliate.

On Saturday night, the community comes together for food and drinks at the town's Waypoint Interpretive Center and hangs out with one another while serenaded by the best of area entertainers.

"It's always an impressive crowd," says party organizer, Dickie Colo. "We've had full moons, thunderstorms, sweltering heat, international celebrities, and local acts perform at this event, and the best part about it is always the crowd. I'd say they represent a cross section of the community of southern Vermont and New Hampshire. It's a great mix."

There is a ticket fee, and the food and cash bar are additional. Doors open at 6 p.m. at the Waypoint Center on Depot Street across from the Amtrak station. Thanks to our local sponsors: Athens Pizza, Lisa's, The Saxtons River Village Market, Shaws, Discount Food Warehouse, and Popolo.



Rick Redington and The Luv

CAVENDISH, Vt. - The Cavendish summer music series continues Wednesday, Aug. 22 at 6 p.m. to hear the rocking good sounds of Rick Redington and The Luv. This is a rescheduled concert since the original concert date was rained out. This concert is sponsored by The Pointe at Castle Hill. The concert is free and open to the public. For more information, please call Robin at 802-226-7736.

PHOTO PROVIDED

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ON SITE

Howard Coffin
speaks on Vermont Sharpshooters

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arts & entertainment

Fun, food, and music at the Andover Day Fair

ANDOVER, Vt. - Spend a day discovering the charming, rural town of Andover at the Andover Day Fair, Saturday, Aug. 25, from 11 a.m. to 2:30 p.m. Taste locally-grown produce, listen to local musicians, take a chance on a raffle, learn to fly fish, and shop regional crafts.

Listen to music by two different homegrown musical talents. The renowned Speckers Band featuring fiddle icon John Specker, along with Lila and Ida Mae, will play rousing old-time fiddle music. Triple bows slice the air, heartfelt vocals tell it like it is, and bodies sway in stylistic synchronicity. The adaptable rock trio,

Totally Submerged, will cover timeless Beatles and other classic rock favorites as well as original tunes.

Local farmers, crafters, and artisans will be selling soaps, quilts, honey, beeswax candles, jewelry, notecards, baby blankets and bibs, Arbonne beauty supplies, doll clothes, flowers, baked goods, as well as mushrooms and other fresh produce. There will be hot dogs, sausage and peppers, meatball subs, and other food and drinks available at the concession stand.

Learn to fly-fish with free casting lessons from Orvis instructor Kyle Leard, and take a chance on the raffle

with loads of prizes to win.

There will be plenty of old-fashioned fun for the kids, including a visit from Smokey Bear, a children's wood workshop, an observation beehive, and a close-up look at a fire truck and an ambulance.

There is no entrance or parking fee for this fundraiser, which is being held by the Andover Project Committee. Proceeds from the committee's sale of food, t-shirts, and raffle tickets will support the Andover Scholarship Fund. The fair will take place on the Andover Town Hall grounds, 953 Weston-Andover Rd, Andover, Vt.

Adam Ezra group is coming to Pingree Park for Music Monday

LONDONDERRY, Vt. - The Adam Ezra Group is playing at Pingree Park in Londonderry, Aug. 20 from 6 to 8 p.m. The Londonderry Town Parks board has been sponsoring a free Music Monday concert series every other Monday through the summer. It is an honor to have the Adam Ezra Group playing in our community.

"It's difficult to impart the roots-steeped, road-trippin' essence of the Adam Ezra Group into a single word, but front man Adam Ezra nonetheless keeps one in mind as something of a mantra: community. To the musicians at the heart of AEG, community is epitomized by a belief they all share, one that has long doubled as a mission statement for the group:



Adam Ezra Group. PHOTO PROVIDED

namely, that making music together is itself a form of grassroots organizing, capable of nothing less than changing the world."

For more information about the Adam Ezra Group, check out their website www.adamezra.com.

Pingree Park is located at 36 Pingree Park Lane, Londonderry, Vt. The rain location for the event will be the Old Town Hall, 139 Middletown Road, South Londonderry, Vt. For more information about the Music Monday concert series, contact the Londonderry Town Clerk's office 802-824-3356 or find the Londonderry Town Parks page on Facebook.

Model Engineering Show & Maker Space

WINDSOR, Vt. - American Precision Museum presents its annual event Saturday, Aug. 18, 2018 from 9 a.m. to 4 p.m. This event brings together exhibitors in modeling, technology, robotics, solar energy, and tinkering in two locations – the museum, 196 Main Street, and the Windsor Rec Center, just a short walk from the museum.

Howard Coffin, noted author and speaker, will talk about Vermont Sharpshooters at 2 p.m. at the museum. Coffin has had exhibits at APM before showcasing his personal collection of Civil War artifacts. Frank the Welder, a well-known bicycle designer and maker from Bellows Falls will be at the rec center demonstrating his innovative techniques for building custom bike frames. The film "Dream Big" will be shown throughout the day. This documentary narrated by Jeff Bridges, focuses on young women engineers who have worked on projects around the world to bring

water to arid locations, bridge rivers, and much more. The film screenings coincide with "Introduce a Girl to Engineering" program where women engineers from around New England will talk about careers in engineering for young women.

The Robo Rattlers Robotic team returns to center stage at the rec center with fun and demonstrations for the entire family. VEX robots will also be on display along with the opportunity to try your hand at controlling a Sphero Rolling Robot. APM will have 3D printers on display as well as a Maker Table and a circuit board soldering demonstration.

Steve Giroux of Third Generation Design in Windsor will have videos of his drone photography and maybe a small drone will be flying overhead in the gymnasium. The Vermont Automobile Enthusiasts will also be attending the show with their members, and information about their educational programs in auto mechanics. The Green Mountain Wireless shortwave radio group will be broadcasting from the daylight



Explore, play, and learn! PHOTO PROVIDED

event.

Vermont Tech's Mobile Manufacturing Lab will be on display at the rec center. This lab on wheels will give people a first-hand look at modern manufacturing and design. Norwich Solar Technologies will also have a display at the rec center describing benefits of solar installations, for commercial and residential use.

There is an admission fee, but free parking. Both locations are handicap accessible. The museum is located at 196 Main Street, Windsor, Vt. For more information, call 802-674-5781 or go to www.americanprecision.org.

Weathersfield summer concert series

WEATHERSFIELD, Vt. - Weathersfield Parks and Recreation hosts the second free concert at the Stoughton Pond Picnic Shelter Sunday, Aug. 19, 2018 from 4-6 p.m.

Matt Meserve, guitarist and singer songwriter, has been entertaining audience in Vermont and the

Upper Valley for the last 10 years. His soulful styling cover a wide range of genres from jazz and blues to classic country and classics. He was recently a finalist in Keene Idol 2018 singing competition! He is proud and honored to be able to share his love of song with his community. Meserve will be joined by our Town Troubadour Bill Brink, guitarist and arranger for the concerts.

Come and bring a picnic and chair or blanket. We are sure you will enjoy the relaxing concert. If the weather is damp, the picnic shelter has cover with many tables/benches.

For further information, call 802-674-5280.

VT State Fair

RUTLAND, Vt. - The Vermont State Fair is running Tuesday, Aug. 14 through Sunday, Aug. 19. Join the fun with rides, food, a petting zoo, and more!

PHOTO BY DONNA WILKINS PHOTOGRAPHY

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Friday, August 24 - \$10

John Gardner Memorial Stage 3 p.m. - 5 p.m. - The Roadies 6 p.m. - 9 p.m. - Beyond Further	Pulling Track 10 a.m. - 21st Annual Ox Pull 4 p.m. - Horse Pull
Bingo Tent 12 - 8 p.m. - Bingo! Sponsored by Phoenix Fire Co. #6 Auxiliary	Elizabeth Crichton Quilt Hall 9 a.m. - 11 a.m. - Accepting Quilts 12 p.m. - Quilt Show Opens
Aileen Capen Floral Hall 9 a.m. - 11 a.m. - Accepting Entries for Exhibits in Floral Hall 11 a.m. - 12 p.m. - Hall Closed for Judging	

Saturday, August 25 - \$15

John Gardner Memorial Stage 2 p.m. - 5 p.m. - The Ramblers 6 p.m. - 9 p.m. - Rockabilly Hall of Fame Marty Wendell and his Tour Band	Aileen Capen Floral Hall 11 a.m. - Hall open for viewing Elizabeth Crichton Quilt Hall 11 a.m. - Quilt Show Open to View
Bingo Tent 10 a.m. - 6 p.m. - Bingo! Sponsored by Phoenix Fire Co. #6 Auxiliary - Londonderry	Pulling Track 12 p.m. - Noon Truck Pull Session I - Street Legal (see website for classes) 6 p.m. - Truck Pull Session II - Enhanced & Street Legal (see website for classes)

Sunday, August 26 - \$10

Aileen Capen Floral Hall 11 a.m. - Hall Open for Viewing Elizabeth Crichton Quilt Hall 11 a.m. - Quilt Exhibit Open	John Gardner Memorial Stage 11 a.m. - Hall open for viewing 2 p.m. - 4 p.m. - To be Announced
Bingo Tent 10 a.m. - 4 p.m. - Bingo! Sponsored by Phoenix Fire Co. #6 Auxiliary - Londonderry	Pulling Track 10:30 a.m. - Pee Wee Pedal Power Tractor Pull (Children up to 9 yrs.) 11 a.m. - Thomas G. Eddy Memorial Tractor Pull

For More Info Call 802-297-2927 or Visit www.bondvillefair.org

The Society of Vermont Artists and Craftsmen, Inc.

27TH ANNUAL LATE SUMMER Arts and Crafts Festival & Okemo Valley Chamber of Commerce Chrome Show

Saturday, August 18, 2018

Fletcher Farm School for the Arts and Crafts • Route 103 South of Ludlow, VT

10:00AM to 4:00PM / Rain or Shine / Free Admission

Demonstrations • Food Concessions • Chainsaw Carving

Society Craft & Gift Shoppe Open

- Martha Beauchamp - The Quilted Jardin • Shelly Been - Little Luvs Polymer Clay • JoAnn Gaffron-Hargove - Gaffron-Hargrove Art • Gary Chase - Chase Woodworking • Teresa Van Dine - Tisa Van Dine Photography
- Sloane Dawson • Diane Echlin - Diane Echlin Ceramics • Michael & Sheila Edwards - Country and Crafts
- Melissa Flanagan - Romancing the Stone • Kate Goetz - Hartsboro Pottery • Elaine Montague • Emily Moore
- Garland Goat Soap of Vermont • Bruce and Sandy Hunt - VT Gourmet Candy Dish • Richard and Vera Long - Long Branch Wooden Bowls • Deb Morrison Martin - With Woman Jewelry • Joan Pelkey - Mulberry Tree Herb Co. • Connie Thompson - Thompson Goat Farm • Renee & Peter Scott - Royal Towne • Cathy Tretler - Dellamano Glassware • Cynthia Noyes - It's Sew Easy • Kathy Stone - Stone Creek Workshops • Christopher Wuttke - Mason House Pottery • Lawrence Switzer - Switz Toys & Crafts • Sue Wilder - Wildbeary Crafts • Karen Sugalski - Mischu's Closet • Patricia Turschman -Endless Colors • Cassandra Torey - Doll Clothes by Sassy Cassy • Justin Binney • Sydelle Gansl • Bob and Barbara Sabolefski - Get A Grip • Martha Welch- Vintage Button Jewelry
- Linda Prescott - Lindalights • Paul Thomas - Vermont Stoneworks

golf & outdoor news

CHS/GMUHS alumni golf tournament

WINDHAM, Vt. – The Chester High School and Green Mountain Union High School alumni will host our 8th annual golf tournament Sunday, Sept. 9, 2018 at 12:30 p.m. at Tater Hill Golf Club in Windham, Vt.

This will be a scramble tournament with a 12:30 p.m. shotgun start. There will be a barbecue afterward, starting at 5:30 p.m. We are also looking for hole sponsorship. Proceeds from the tournament will benefit the Chester High School/Green Mountain Union High School Scholarship Fund. Please notify us by Wednesday, Aug. 22 at the latest.

Contact Chris Walker at 802-289-4502 or Jon Clark at 802-353-6043 to sign up or receive further information.



GMUHS holds their alumni golf tournament.

STOCK PHOTO

We will have our t-shirts and 50/50 tickets on sale that day.

Get more news at: WWW.VERMONTJOURNAL.COM

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Mushroom Forager workshops

GRAFTON, Vt. - Within the forest, along streambeds and vernal pools, at the base of birch trees and tucked among the leaf detritus on the forest floor, are hidden the mushrooms.

On Saturday, Aug. 25, The Nature Museum presents "The Wild World of Mushrooms," a workshop with Ari Rockland-Miller, the Mushroom Forager. "The Wild World of Mushrooms" will be offered at 9:30 a.m. and a second time at 1 p.m. We will learn to identify the species fruiting in late summer and then practice strategy and technique for safely, ethically, and sustainably harvesting our wild mushrooms.

Each workshop is appropriate for ages 15 and up. Participants should be prepared for a hike over uneven terrain and bring a water bottle. This popular event and quickly sells out every year. Reserve your space by visiting www.nature-museum.org or calling 802-843-2111. The Nature Museum is located at 186 Townshend Road in Grafton, Vt.

Fish & Wildlife installing water control devices on beaver dams

REGION – To prevent flooding on nearby roads, the Vermont Fish & Wildlife Department recently completed construction of 19 water control devices on beaver dams in locations throughout Vermont. Known as "beaver baffles" these devices allow some water to pass through the dam without breaching the dam and destroying the wetland.

The Fish & Wildlife Department expects to continue to install additional beaver baffles throughout the state this year. The baffles are one of many techniques that department staff employ or recommend to landowners to minimize beaver damage to property or trees. Other techniques include using fences to protect culverts or placing wire mesh or special paint around the base of trees to prevent gnawing.

"The wetlands that beavers create provide critical habitat for a variety of wildlife such as waterfowl, songbirds, frogs, turtles, and otters. These areas can also absorb extra water during rain events and clean pollutants from water, so we work hard to preserve these wetlands," said Kim Royar, wildlife biologist for the Vermont Fish & Wildlife Department.

"Baffles don't work in every situation and can't replace the need to appropriately manage the beaver population," Royar noted, "but they can often be used to help reduce flooding and minimize property damage while preserving these important wetlands. Beaver baffles add to the tools landowners have at their disposal for resolving conflicts with the species."



Technician Tyler Brown installs a beaver baffle on a beaver dam in Bolton. The baffle controls water levels to eliminate damage to a nearby road while maintaining the wetlands.

PHOTO PROVIDED

As a result of unregulated trapping and habitat degradation, beavers disappeared from Vermont's landscape by the early 1700s. Beavers returned to the state after the Vermont Fish & Wildlife Department reintroduced them starting in the 1920s. Today, beavers are once again plentiful and widespread throughout the state. However, most of the roads and villages in Vermont were established before beavers became abundant again. As a result, conflicts between people and beavers are frequent and can be a challenge to resolve. Beaver baffles have helped.

With funds granted from the U.S. Fish and Wildlife Service and generated by waterfowl hunters through the Duck Stamp Program, the Fish & Wildlife Department has installed more than 300 beaver baffles in Ver-

mont protecting over 3,000 acres of wetland habitat since the program started in 2000.

"We receive roughly 200 beaver complaints a year," said Royar. "Several staff members respond to these complaints, and one technician is dedicated solely to addressing beaver conflicts from spring through fall. Despite these efforts, other management techniques must be used. We also rely on regulated, in-season trapping to maintain a stable beaver population so Vermonters continue to view beavers as a valued member of the local ecosystem and not as a nuisance."

Landowners with beaver problems can contact the Fish & Wildlife Department for assistance at www.vtfishandwildlife.com. They can also contact private contractor Skip Lisle at www.beaverdeceivers.com.

Mark McClay, Riendeau, Lyn win Aug. 10 at Claremont Speedway

CLAREMONT, N.H. – Mark McClay romped to victory Friday, Aug. 10, at Claremont Speedway, scoring a no-doubt-about-it win in the 40-lap Super Street main event. It was the Charlestown

pilot's third stop of the summer in Daddy's Pizza victory lane.

Pepsi Street Stock ace Chris Riendeau earned his track-high seventh triumph of the summer but could gain no championship ground on foe Bryan Town, whose runner-up finish left him still a single point from the top of the leader board.

And in the T-Bird Mini Mart Wild Cats, Zach Lyn put together another perfect 55-point night to remain miles ahead of the field in his quest to duplicate the championship he roared to a summer ago.

Ben Poland's hope for back-to-back Super Street victories evaporated quickly, as the Charlestown hot shoe's potent 00 ride looped along the frontchute at the drop of the green, collecting a stray competitor as it stopped mid-track in turn one; done for the night before the opening lap was completed.

Mark McClay, firing from outside on row one, would lead all the way, setting a blistering pace ahead of first pole man Ken Fowler and then top points-chasers Ricky Bly and Dylan Bodreau.

The top three would be set by lap six, with Bly in the deuce slot and Bodreau glued to his bumper in third but, while McClay would win by nearly a full straightaway, the action in his mirror was furious. Bodreau was briefly in second on lap 24 and the two would trade paint over the final ten circuits before Bly completed his runner-up performance to close to within two markers of the division-leading Bodreau.

Jack McClay, in his second run of the summer, took the checkers in

fourth, and Fowler completed his strong night's work in fifth. Mark McClay's victory bumped him from seventh in the points parade to fifth with seven events still ahead.

Briana Akusis led the first six go-rounds of the Street Stock 25-lapper, then giving way to division strongman Bryan Town. A lap later, Chris Riendeau had powered into second and the battle was on.

Riendeau muscled under Town through turn four to lead as lap 16 went in the books and then held his adversary at bay the final nine flights around to earn his track-high seventh win of the 2018 season. With Town second, the 14-year-old Akusis finished her impressive run with her career-first podium finish.

Dave Greenslit was fourth, and Kenny Thompson, whose team had labored to replace their clutch after practice, came home fifth. Town's runner-up feature showing, coupled with his earlier heat race victory, left him only one point behind Riendeau in the race to the championship.

Kyle Currier led the first three laps of the T-Bird Mini Mart Wild Cat feature, giving way to Jeff Morse on lap seven and then watching iron man Zach Lyn cruise by on the next go-round. Morse would give Lyn a strong run, pitting while leading on lap 19 as Lyn then took charge and stormed off to his fifth win of the season.

Rookie powerhouse Kyle Templeton was second on the night; Seth Melcher came home third, with Currier and Haydon Grenier rounding out the top five. Templeton and Lyn topped the heats.

For more information, please visit www.claremontspeedway.net.

Claremont Speedway Aug. 10 results:

Super Street: Mark McClay, Ricky Bly, Dylan Bodreau, Jack McClay, Ken Fowler, Alex Poisson, Tyler Lesscord, Tyler Searles, Craig Smith, Andrew Martell.

Street Stock: Chris Riendeau, Bryan Town, Briana Akusis, Dave Greenslit, Kenny Thompson, Lenny Silver, Robbie Streeter, Nick Little.

Wild Cat: Zach Lyn, Kyle Templeton, Seth Melcher, Kyle Currier, Haydon Grenier, Jon Alden, Raven Streeter, Jim Carley, Ken Lafont, Chris Carver.

Written by Gary Dutton.

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business spotlight



Silver Forest Jewelry
40 Industrial Drive, Bellows Falls, Vt.
800-922-9946
www.silverforest.com
sfvt@sfvt.com
Facebook @Silver Forest

Silver Forest creates handcrafted earrings and jewelry, or “wearable art,” made with quality materials, and designed to be as timeless unique as you are - all at a consumer-friendly price. Silver Forest was founded in 1983 by owner Ben Madow, and their designs are handcrafted in Bellows Falls, Vt. The pieces are “enchanted, playful, and full of color and texture.” Silver Forest believes that their earrings aren’t just about accessorizing, “they’re about feeling beautiful, uplifted, and confident. They’re about expressing your true self.”

The ear wire of each earring is made with surgical steel or surgical steel with an 18-karat gold overlay. “This is a significant benefit to our metal sensitive customers who can buy our earrings with confidence.” Raw brass and copper are some other metals used in creating and designing each piece, which “is cut and rolled out with propriety textures.” All jewelry is then soldered together, never glued.

Genuine semi-precious stones, glass beads, natural materials, and genuine Austrian Crystals are all materials used to create unique designs and colors in each piece. Three distinct color processes are then used in the metal finishing process. The ceramic color process is a heat-baked method that creates depth and opaque colors. The second is a hand-painted color wash with an acrylic and lacquer formula, which creates a very durable translucent finish and reveals the texture of the metals. The third and final color process is epoxy, which gives the metal a glossy sheen. “There will be slight color variations in the jewelry due to the different textures on the metal, and how each process adheres to a particular piece of metal,” but this makes each piece more unique!

They offer repair and replacement services on your jewelry, and also offer a Customer Loyalty program.

Silver Forest jewelry pieces are found in local retail stores, including Tina’s Hallmark in Springfield, The Vermont Country Store in Weston and in Rockingham, The Weston Village Store, Hal-laday’s Florist & Harvest Barn in Bellows Falls, The Woodstock Inn & Resort, The Manchester Wood Craft, and many other locations. Contact Forest Silver to carry their products in your shop!



FOR RENT

BELLOWS FALLS, Vt. – One bedroom apartment. \$550/month, includes heat, hot water, rubbish and snow removal, onsite laundry, offsite parking. Call Kathy for application 802-463-9863. Income limits do apply. Equal housing opportunity. (08/28)

BELMONT, Vt. – Rent or Sale. Three bedroom, two bath house in Belmont Village on 20 acres bordering Green Mountain Forest. Two-car garage. Views. \$1500/month plus utilities, security, and last month rent. Call Karin at 802-588-1687. (08/21)

SPRINGFIELD, Vt. - Pleasant country home for rent, one bedroom, sunny deck. One car garage. \$700/month,

pay own utilities. No smoking, no pets. First and security required. Available Aug. 1. Call 802-875-3741. (09/04)

FOR SALE

CHESTER, Vt. – Eric utility trailer for sale. 8 foot x 4 foot, 1,500 lb. load weight. \$550. Call 802-875-5042. (08/21)

CHESTER, Vt. – Hamdra midmelt finishing moor, make 8AMM1552. Any reasonable offer. Condition: like new. Call 802-875-3455

Beer making equipment: two 6-gallon, fermenter, hydrometer, airlocks, hoses, bottle coppers, bottle filler plates, six-place bottle holders, and bottle brush. \$60. Call 802-875-3455. (08/28)

LUDLOW, Vt. – Firewood for sale. Mixed hardwood maple, ash, cherry, and a little white birch cut last May/June. \$250 a cord. 4 cords total. Must pick up. Call 802-952-8323. (08/21)

PROCTORSVILLE, Vt. – 2009 Artic Cat 500 LE ATV, 550 cc engine, heated grips, 55 inch snow plow, 3,000 lb. winch, 1,348 miles, like new. \$4,000. 802-554-0011. (08/21)

1972 Mustang Convertible, 302 rebuilt engine, automatic 4-speed, new tires, new radiator, no rust, no bondo, has been garaged. Great conditioned. Asking \$12,000. Call 802-259-3767. (09/19)

HELP WANTED

LUDLOW, Vt. – RN/LPN/LNA full time openings. Call January Hyde, DON for available shifts and to apply at 802-228-6860, or email jhyde@gofhvt.net. Gill Odd Fellows Home, 8 Gill Terrace, Ludlow, VT 05149. EOE. (08/21)

LONDONDERRY, Vt. – Hiring part time for person with production experience in fettling, glazing, and ceramics, or we’ll train. Call 802-375-5015. (09/11)

SPRINGFIELD, Vt. – Immediate opening. Full-time office assistant/transcriptionist in a clinical psychology office. Send resume and references to Ms. Heidi Frost, Twin State Psychological Services, P.O. Box 2003, Springfield VT 05156. (09/04)

DEGRASSE CONCRETE is looking for concrete laborers ASAP! Contact Melvin at 802-356-5329 cell, or 802-228-8466 home. (08/21)

SALE

CHESTER, Vt. – Store closing! Display items for sale: hutches, shelving, corner cupboards, jewelry cases, towers, gift boxes, and more. Hurry, closing soon! 103 Artisans Marketplace, 802-875-7400, 103marketplace@gmail.com. (08/28)

WOOD BOILERS

NEW HAMPSHIRE RESIDENTS save up to 30% of the system and installation cost on a Maxim wood pellet boiler. Contact New England Outdoor Furnaces at 603-863-8818. (TFN)

YARD SALE

SPRINGFIELD, Vt. – Yard and craft sale Saturday, Aug. 18 at 227 Summer Street in Springfield from 9 a.m. – 4 p.m. (08/21)

WALPOLE, N.H. – Big garage sale at 221 Old Drewsville Rd. Walpole, N.H. Aug. 17, 18, 19 at 8 a.m. Rain or shine. Tools, household items, and clothes. (08/22)

WESTON, Vt. – Multi-family tag sale. Rain or shine. Aug. 17-19. Friday, 12 - 6 p.m. Saturday, 8 a.m. - 6 p.m. Sunday, 8 a.m. - 3 p.m. Furniture, tools, household, Christmas, Yankee collectibles. Come find your treasures! Stevens Loop, Route 100. 2 miles north of Weston. No early birds please. (08/21)



PRESS & PICTURE SUBMISSIONS

Send all press releases and calendar events as a word / text document. **Do not send a PDF.**

All press releases are **subject to space** and **may not include pricing information.**

Send images as a JPEG.

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GALLERY AT THE VAULT

Gallery at the VAULT, a Vermont State Craft Center is located on 68 Main St. in Springfield, VT. Summer hours are Mon. 11:30 a.m.- 2:30 p.m., Weds. to Sat. 11 a.m. - 5 p.m. **Next to the Copper Fox Restaurant.**

Artful Flea Sidewalk Sale – Aug. 11, 10 a.m. - 5 p.m.

Come inside the cool VAULT and view three new shows: **Summer Landscapes: Local Glimpses** in the Open Wall Exhibit; and **From Our Hearts and Hands** featuring creations by the residents of the Judith Brogren Memory Care Center.

Steampunk Show – Aug. 15 to Sept. 26

www.galleryvault.org, 802-885-7111, galleryvault@vermontel.net. (03/12/19)

SMS DESIGNS

Graphic Designer Shawntae Stillwell can help you design your logos, advertisements, magazines, books, and other publication layouts, and more. Call 802-289-4389 or email shawntae_stillwell_sms@yahoo.com

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

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fitness

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home improvement

ROSE'S HOME IMPROVEMENT

Property management, lawn care, carpentry, interior & exterior painting, window & door replacements, window cleaning, vinyl siding washing, pressure washing, drywall repairs, texture ceiling repairs, and more. All calls returned. 802-226-7077 or 802-591-0019. Cavendish, Vt. (03/02/19)

calendar

LEGAL NOTICES/HELP WANTED

CLASSES & WORKSHOPS

WEDNESDAY, AUG. 22 - PROCTORSVILLE, Vt. – Take a Batch Cooking Class at DG Bodyworks in Proctorsville Wednesday, Aug. 22 from 5:30 to 6:30 p.m. There will be demonstrations, recipes, and instructions for healthy snacks, lunches, dinners and a special ketogenic dessert! This is a great class for those with a busy lifestyle who still want to eat healthy and want quick access to convenient foods. Food tastings will be served. Space is limited and there is a fee so reserve your spot by calling 603-401-8123.

SUNDAY, AUG. 26 - BELLOWS FALLS, Vt. – Fear of Singing Breakthrough Workshop for Non-Singers is happening Sunday, Aug. 26 from 9 a.m. – 4 p.m. at Stone Church Art Center in Bellows Falls. Through a combination of games, improvisation and simple songs, explore different aspects of the voice. We'll create a tool kit of accessible techniques for you to take home and use as you develop your skills.

For more information and to purchase tickets visit www.stonechurcharts.org.

MONDAY AND THURSDAYS - MOUNT HOLLY, Vt. – Bone Builders summer classes will be held in the Mount Holly School gym on Mondays and Thursdays from 9 to 10:15 a.m. through Thursday, Aug. 23. Anyone who wishes to join us for a healthy exercise program please call so that paperwork and weights are ready for you. The program is free and all are welcome. Contact Judy Nevin 802-259-2443 to sign up.

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

SPRINGFIELD, Vt. – 9-10:30 a.m. Playgroup at the Springfield Area Parent Child

Center. Come to play and meet new friends. All parents with young children are welcomed. Contact Celeste at 802-886-5242 or email at celestem@vermontel.net. TFN

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

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

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

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

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

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

THURSDAYS – CAVENDISH, Vt. – From 7 to 8 p.m., join a Tai Chi beginners' class at DG Bodyworks, 7 Depot St. in Cavendish/Proctorsville, Vt., next to the Post Office at the corner of Rt. 131 and Depot St. There is a monthly tuition cost. To learn more about the classes, please contact Djemila at 802-490-0225, by email: djem.translator@gmail.com or check for updates on Facebook: www.facebook.com/gemstaichi/. TFN

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

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

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

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

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

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

CLUBS

SATURDAY, AUG. 18 – E. DORSET, Vt. – On Saturday, Aug. 18, hike in to Little Rock Pond via the Homer Stone Brook Trail. Meet at the East Dorset Town Office to car pool to the trailhead where there is limited parking. Total distance round trip is five miles with about 1,300 feet elevation gain on the way in. Bring towel and bathing suit, as the plan is to eat lunch and swim at the pond. Also bring spare layer, food, fluids, and a raincoat just in case. RSVP required. Contact hike leaders Jim and Marilyn Hand at jimehand@gmail.com or 802-362-1673.

SUNDAY, AUG. 19 – PERU, Vt. - On Sunday, Aug. 19, hike up Bromley Mountain from the south. Meet at 9 a.m. at the Route 11/30 Long Trail/Appalachian Trail parking. Hike to the summit of Bromley Mountain and back via the Long Trail. Total distance of six miles and 1,460 feet elevation gain, moderate hike. Bring extra layer, raincoat just in case, fluids, snacks, and lunch. RSVP required. Contact leader Katie Brooks at kiktadams@comcast.net or 516-978-4016.

MONDAY, AUG. 20 – CHESTER, Vt. - The Chester

Senior Citizens Club will hold its annual picnic at 11:30 a.m. Monday, Aug. 20 at the Ethier residence. Please bring a chair and a dish to share. For additional information, please call 802-875-6242. See you there!

PERU, Vt. - On Monday, Aug. 20, hike up Bromley Mountain from the north. Meet at 8:30 a.m. at the Peru Town Office in Peru village. Car pool to the parking lot on Mad Tom Notch. Hike up to the summit of Bromley Mountain and back, total distance of five miles and elevation gain of 814 feet to the north summit plus an additional elevation gain of 200 feet to the south summit. Bring extra layer, raincoat just in case, fluids, snacks, and lunch. RSVP required. Contact hike leader Katie Brooks at kiktadams@comcast.net or 516-978-4016.

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

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

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

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

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

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

org. TFN

COMMUNITY MEALS

SUNDAY, AUG. 19 – CHARLESTOWN, N.H. - The Charlestown Historical Society invites all members and friends to gather for the annual Potluck Picnic at the Little Red Schoolhouse, 1591 Acworth Rd. at 2 p.m. Sunday, Aug. 19. Bring a favorite food to share, a place setting, and a chair and enjoy time with friends. Public is always welcome. Cold drinks and watermelon provided. In the case of rain, it will be held inside the Schoolhouse.

THURSDAY, AUG. 23 – LONDONDERY, Vt. - Second Congregational Church of Londonderry will be hosting a lunch Thursday, Aug. 23 at noon for area seniors aged 60 and above. This month's menu is chicken with a light cream sauce, noodles, salad and a special dessert. The lunches are held in the church's Friendship Room. The meals are free; donations are welcomed. Second Congregational is located at 2051 N. Main Street, Londonderry. Any questions, including directions to the church, please call the church at 802-824-6453.

SATURDAY, AUG. 25 - WARREN, Vt. – Please join us for the Warren United Church annual BBQ Saturday, Aug. 25, from 5 - 7 p.m. at Warren United Church in Warren. The meal features Texas-style pulled pork, BBQ chicken, baked beans, salads, veggies burgers and homemade desserts. All proceeds will be shared between Good Samaritan Haven in Barre (homeless shelter) and Mad River Valley Senior Center. Children under 5 eat free. Rain or shine. For more information visit www.warrenunitedchurch.org.

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

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

SAXTONS RIVER, Vt. – Blue Door Kids' Free Lunch program at Christ's Church on Main Street continues. Through the blue door at the back of the church on River St., kids, along with families and other

Full time general Maintenance Position for Winterplace Condo Association on Okemo Mountain

Must be able to work all weekends during ski season. Competitive wage and benefits offered.

Call 802-228-4934 for an application.

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HELP WANTED!

Two Rivers Supervisory Union School Year Position Finance Office

Two Rivers Supervisory Union has an immediate opening for part Finance Assistant. This 20 hour a week position will work with our hot lunch program, student activities, grants and service as the mail courier for the district. This position follows the school calendar with the addition of two weeks before and after the start of school. Flexible schedule and competitive pay. Accounting experience and valid driver license required.

Send letter of interest and resume to Cheryl Hammond, Business Manager at TRSU at cheryl.hammond@trsu.org or call 802-875-6433. Background Check Required. EOE.

HELP WANTED!

Green Mountain Unified School District MS Soccer Coache Needed for upcoming 2018 Fall Season at Green Mountain Union High School

Green Mountain Union High School is looking for Soccer Coaches for Middle School Boys and Girls.

Responsibilities include but are not limited to:

- Management and Coaching of the Soccer Teams
- Program development
- Experience is preferred but not required.

Background Checks Required

Please forward a letter of interest and references to: Todd Parah Transportation Supervisor/Athletic Dirctor Green Mountain Union High School 716 VT Route 103 South Chester, VT 05143 802-875-2146

EOE 6/2018

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HELP WANTED!

Black River High School/Middle School COACHES NEEDED for upcoming 2018 Fall

Co-Ed Middle School Soccer Coach Middle School Boys Basketball Coach

Responsibilities include but are not limited to:

- Management and Coaching of the Teams
- Program development
- Experience is preferred but not required.

Background Checks Required

Please forward a letter of interest and references to: Joe Gurdak Athletic Director Black River High School/Middle School 43 Main Street Ludlow, VT 05149

EOE 7/2018

LEGAL NOTICES/HELP WANTED

calendar

adults, will find a simple lunch every weekday at noon throughout the summer vacation. The menu is simple: kid-friendly sandwiches, lots of fresh fruit, cookies, and a drink. On certain days of the week, there are specials: mac 'n cheese, grilled cheese sandwiches, ice cream cones, and pizza. Seconds are available.

EVENTS

THURSDAY, AUG. 16 – JAMAICA, Vt. - The Jamaica Community Arts continues their summer concert series at the historic Jamaica Town Hall Thursday, Aug. 16 with a performance of traditional Irish music by Tommy Bones and the Thunderous Tones. The concert begins at 7 p.m. at the Town Hall located at 3735 VT Route 30. For more information on this and other events, go to www.jamaicacommunityarts.org.

FRIDAY, AUG. 17 – BELLOWS FALLS, Vt. – The public is invited to Bellows Falls 3rd Friday, Aug. 17 from 4-8 p.m. This is an opportunity to stroll through various venues for art, music, literary events, food, and late-night shopping in Bellows Falls, Vt. Check out our Facebook page, www.facebook.com/BellowsFalls.3rdFriday, for additional information about vendors and events.

BELLOWS FALLS, Vt. - Vermont author Eric Rickstad will be speaking at Village Square Booksellers Friday, Aug. 17 at 6 p.m. to discuss his new mystery book, "What Remains of Her." Call 802-463-9404 for book and event reservations. Check out www.villagesquarebooks.com for all events and online orders.

MANCHESTER, Vt. – Visit the Northshire Bookstore Friday, Aug. 17 at 6 p.m. to meet best-selling author and communication expert Cynthia Kane as she discusses her book, "Talk to Yourself Like a Buddhist: Five Mindful Practices to Silence Negative Self-Talk." Kane's book teaches you how to turn off the enemy in your mind, and create a new relationship with yourself and the world around you, simply by noticing, investigating, and changing the words you use to speak to yourself. For more information, call 802-362-2200 or visit the Northshire Bookstore website at www.northshire.com.

SATURDAY, AUG. 18 – BROWNSVILLE, Vt. - Ascutney

Winds and Albert Bridge School together invite the community to come out and enjoy the next installment of the continuing Umbrella Concert Series: a Community Picnic and Dance Saturday, Aug. 18, starting at 4 p.m. Bring folding chairs and a picnic; wear your dancing shoes (a dance floor will be provided), or just kick off your shoes and dance in the grass. The event will be held in Brownsville at the Albert Bridge School Field, 108 Brownsville-Hartland Road, Brownsville. Admission is free; the event is open to the public - tax-exempt donations are gratefully welcomed. Send an email to jaldrich@wsesu.net for more information.

LUDLOW, Vt. – The 27th annual Late Summer Arts and Craft Festival will be combined with the Ludlow Chamber Chrome Show, held Saturday, Aug. 18 from 10 a.m. – 4 p.m. at Fletcher Farm School for the Arts and Crafts on Route 103 South in Ludlow. Enjoy instructor demonstrations, juried arts and crafts, chainsaw carving, food concessions, raffles and silent auction. View collectible cars for all ages. Rain or shine.

MANCHESTER, Vt. – Visit the Kid's Tent at the Green Mountain Bluegrass & Roots Festival at Hunter Park in Manchester Center for a book signing by author Anne Hunter for her book, "Possum and the Summer Storm," Saturday, Aug. 18 at noon. Hosted by Northshire Bookstore. For more information, call 802-362-2200 or visit the Northshire Bookstore website at www.northshire.com.

MANCHESTER, Vt. – In conjunction with the Dorset Theatre production of "Pride and Prejudice" and the Vermont Humanities Council, the Northshire Bookstore is pleased to welcome Bennington College Professor Brooke Allen

to discuss Jane Austen on Saturday, Aug. 18 at 6 p.m. Brooke Allen's lecture will focus on Jane Austen's "Pride and Prejudice," "The Ever-Modern Jane Austen." For more information call 802-362-2200 or visit the Northshire Bookstore website at www.northshire.com.

SUNDAY, AUG. 19 - DORSET, Vt. – In celebration of 100 years in Vermont, Israel Congregation of Manchester (ICM) will hold a gala event Sunday, Aug. 19 at 5:30 p.m. at Barrows House Inn and Restaurant in Dorset. This festive and elegant evening under the party tent kicks off with cocktails, appetizers and a silent auction, followed by a gourmet dinner, joyous dancing, an exciting live auction, and special guest performances. Funds raised will further ICM's long-term sustainability which also enriches the larger Northshire community. Ticket can be purchased by going to www.icmvt.org or by calling 802-362-4578.

GRAFTON, Vt. - The Grafton Cornet Band invites all to its free summer concert on the Library Lawn in Grafton, Vt. Sunday, Aug. 19 at 5:30 p.m. It's a traditional community band concert with familiar and upbeat music for the whole family. Bring chairs or a blanket for comfort and maybe a picnic. For rain, the band plays in the historic Grafton Community Church. Any band player is welcome to play along with the band - just wear a white shirt and come to the rehearsal an hour before the concert at 4:30 p.m. See www.GraftonBand.org for more information.

MANCHESTER, Vt. – Visit the Northshire Bookstore on Sunday, Aug. 19 at 5 p.m. to meet author Carola Lovering, who will discuss her book, "Tell Me Lies," named a Best

Book of Summer by, Parade, Refinery29, PopSugar, Bustle, Working Mother, Town & Country as well as other publications and websites. For more information call 802-362-2200 or visit the Northshire Bookstore website at www.northshire.com.

THURSDAY, AUG. 23 – SAXTONS RIVER, Vt. – On Thursday, Aug. 23, meet with the local artists at Main Street Arts to celebrate the opening of the MSA Community Art Show, from 5:30 to 7 p.m.

FRIDAY, AUG. 24 - MANCHESTER, Vt. – Visit the Northshire Bookstore on Friday, Aug. 24 at 6 p.m. to meet Dzigar Kongtrul Rinpoche who will discuss his book, "Training in Tenderness: Buddhist Teachings on Tsewa, the Radical Openness of Heart that Can Change the World." For more information call 802-362-2200 or visit the Northshire Bookstore website at www.northshire.com.

THURSDAY, AUG. 23 & SATURDAY, AUG. 25 – SAXTONS RIVER, Vt. - Main Street Arts holds combined open auditions for their next two musical theater

productions: "Chicago" and "Charles Henry's Final Curtain" on Thursday, Aug. 23 from 6 to 9 p.m. and Saturday, Aug. 25 from 10 a.m. to 1 p.m. at Main Street Arts, 35 Main Street, Saxtons River, Vt. email dstern@mainstreetarts.org for more information.

SATURDAY, AUG. 25 – ASCUTNEY, Vt. – On Saturday, Aug. 25, Ascutney Mtn. Promise Community and Ascutney Village Farmers Market present Touch-a-Truck from 9 a.m. to 1 p.m. Meet local emergency services people and get up close to the equipment! Tommy and Friends train for the kids, vendors, chicken barbecue and more! Held at 5585 Route 5 in Ascutney.

CHARLESTOWN, N.H. - Join us at Fort at No. 4 on Springfield Road in Charlestown for an evening of storytelling featuring native legends Saturday, Aug. 25 from 6:30 – 9:30 p.m. Fort staff will begin the evening with the telling of their favorite legends, and, as the evening progresses, guests may join in with a legend of their choosing. We will be outside around a campfire,

weather permitting, otherwise indoor accommodations will be arranged. For personal comfort, one might bring along their lawn chair.

MANCHESTER, Vt. – Visit the Northshire Bookstore on Saturday, Aug. 25 at 5:30 p.m. as we welcome back renowned writer and editor Julia Reed as she provides a wry and humorous take on life and culture in the American South from her new book, "South Towards Home." For more information call 802-362-2200 or visit the Northshire Bookstore website at www.northshire.com.

WESTON, Vt. – On Saturday, Aug. 25, Weston Community Church on the Hill will present "The Power of the Powerless," a moving account of author Christopher de Vinck and his life with his brother Oliver who was born severely handicapped and lived for 33 years. The presentation starts at

3 p.m. with a free will offering. Church on the Hill is located at 37 Lawrence Hill Rd. For more information, visit www.vtchurchonthehill.org.

SATURDAY, AUG. 25 – SUNDAY, AUG. 26 - CHARLESTOWN, N.H. - Join us at Fort at No. 4 on Springfield Road in Charlestown for a weekend with "Abenaki at the Trading Post" beginning Saturday, Aug. 25 from 10 a.m. – 4:30 p.m. Visit the museum this weekend and see what made this place different from all others! This weekend will be dedicated to the descendants of the Abenaki Tribe who share their heritage and the stories of their ancestors.

SUNDAY, AUG. 26 - GRAFTON, Vt. – Grafton Trails & Outdoor Center is hosting the first Dog Days of Summer event Sunday, Aug. 26 from 10 a.m. to 4 p.m. Come celebrate everything canine!

Wilson & Lawrence Inc. Tennis Court Contractors is hiring for summer jobs

Come join our team. Good pay and overtime. Please call 802-843-2436. Monday through Saturday, 8 a.m. to 4 p.m.

Town of Mount Holly Notice of Public Hearing August 23, 2018 6 P.M.

Mount Holly Elementary School Town Plan

Pursuant to Title 24[4382 V.S.A., Chapter 117] The Mount Holly, Vermont Planning Commission invites the public to a hearing to provide input on Mount Holly's Town Plan. The plan can be obtained through the unofficial Mount Holly VT website, at the town office or at the public hearing. The public is encourages to submit written comments to the Planning Commission at mounthollyvc@gmail.com.

TOWN OF ANDOVER NOTICE OF PUBLIC HEARING

The Select Board of the Town of Andover will hold a public hearing on Monday, September 10, 2018 at 6:30 P.M. at the Andover Town Office in Andover, Vermont to receive comment regarding the following:

READOPTIION OF THE TOWN PLAN

The Select Board proposes to re-adopt the existing Town Plan with the addition of an Enhanced Energy Plan.

Copies of the Town Plan are available for review at the Town Clerk's Office located at 953 Weston – Andover Road in Andover, Vermont during normal business hours.

Dated at Andover, Vermont this 8th day of August, 2018. Jeanette Haight Andover Town Clerk



Londonderry Hardware JOB OPENING

Londonderry Hardware is accepting applications for a sales person. The position requires a self-motivated, energetic individual with retail experience. THERE IS OPPORTUNITY FOR ADVANCEMENT! We offer competitive wages, excellent working conditions, and merchandise discount, yearend bonus, paid vacations.

Please send resume or stop in to: Londonderry Hardware Mountain Marketplace PO Box 397 Londonderry, VT 05148

TAKE A BREAK!

Weekly SUDOKU

by Linda Thistle

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

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 Hurry
- 5 Pinch
- 8 Goose egg
- 12 Curved molding
- 13 Expert
- 14 Sandwich cookie
- 15 Sheltered, at sea
- 16 1991 Sally Field/Kevin Kline movie
- 18 Sink accessory
- 20 Fuzzy collections
- 21 Be unwell
- 22 Lamb's cry
- 23 Offspring
- 26 Flapjack
- 30 "— Impossible"
- 31 Bliss
- 32 Martini ingredient
- 33 Dessert maker's shortcut
- 36 Minion of Satan
- 38 Society newcomer
- 39 Crib
- 40 Last Greek letter
- 43 Personal song compilation
- 47 Vintage player
- 49 Visa alternative, for short
- 50 Layer

DOWN

- 1 Street
- 2 Wrinkly fruit
- 3 Witnesses
- 4 Donkey's call
- 5 Twangy
- 6 Picture on a PC
- 7 "The Princess and the —" trimming tools
- 8 Horoscope houses
- 9 Ms.
- 10 Brockovich
- 11 Ahs' mates
- 17 Blueprint
- 19 Brooch
- 22 Chesapeake, for one
- 23 So, in Latin
- 24 Sch. grp.
- 25 Request
- 26 Plague
- 27 Life time?
- 28 Family
- 29 Conclude
- 31 Triangular sail
- 34 Lawn-

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ARIES (March 21 to April 19) Your honesty might upset some people, but you inevitably win more admirers for having the courage to tell the truth when others are more likely to scramble for cover.

TAURUS (April 20 to May 20) Your efforts to defend your project begin to show favorable results. You should soon be able to win over even the most determined detractors who had lined up against it.

GEMINI (May 21 to June 20) You win praise for your selfless efforts in a very difficult situation. But be careful not to allow your generous nature to be exploited by those who have their own agenda.

CANCER (June 21 to July 22) A trusted colleague sheds light on a recent spate of puzzling workplace situations. This should give you the information you need to bring to your superior's attention.

LEO (July 23 to August 22) A shift in workplace management could be helpful for talented Leos and Leonas who have been waiting to have their accomplishments rewarded by receptive leadership.

VIRGO (August 23 to September 22) A misunderstanding between you and someone you care for should be corrected immediately. This relationship is too important to lose over a bruised ego.

LIBRA (September 23 to October 22) A welcome piece of good news helps clear the air in a family situation. A job-related incident also eases as more information provides a clearer focus on the problem.

SCORPIO (October 23 to November 21) Quick action to heal bruised feelings pays off in a big way. Now you'll be able to move forward with your plans without that problem holding you back.

SAGITTARIUS (November 22 to December 21) Your creativity combined with a positive attitude should give you a considerable edge in finding a way to get around the negativity you've run into.

CAPRICORN (December 22 to January 19) That sudden streak of stubbornness could cause some problems. Try to be more open to helpful suggestions and more flexible in making needed changes.

AQUARIUS (January 20 to February 18) Now that that special relationship appears to be well and truly restored, you can spend more time dealing with those long-needed workplace changes.

PISCES (February 19 to March 20) A new opportunity sounds promising. But watch out for any conditions that might be attached. Before making a decision, ask that each one be explained in detail.

BORN THIS WEEK: You can be distracted by promises of good times, yet you ultimately reach the goals you set for yourself.

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calendar

EVENTS CONT.

SUN., AUG. 26 CONT. - Bring your dog and take a walk on the trails and stroll through vendor booths. There will be a Dog Costume Contest and a Dock Diving Contest too!

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

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

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

PUTNEY, Vt. – Dinner and a movie on the last Thursday of the month, 5:30 p.m. At each event, the chefs at the Gleanery will serve a special menu in time for diners to make it to the hosted 7 p.m. film screening around the corner at the newly

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

THURSDAYS AND SATURDAYS -
SPRINGFIELD, Vt. – Little ones and their caregivers can escape the summer heat by gathering at the Edgar May Health and Recreation Center's Studio Momentum on Thursday and Saturday mornings from 10 – 11:30 a.m. for Open Play - an active play time for children under five with a caregiver.

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

SPRINGFIELD, Vt. – Dump Daze, a free, weekly yard sale located at Saint Mark's Church, 33 Fairground Road in Springfield, is happening on Saturdays from 8 a.m. to 4 p.m. Vendors and shoppers are welcome. TFN

FARMERS MARKETS

FRIDAYS –
LUDLOW, Vt. – The Ludlow Farmers Market is happening every Friday throughout the

summer from 4 – 7 p.m. on the lawn in front of Okemo Mountain School in Ludlow. Over 25 vendors with fresh local produce, baked goods, specialty foods, personal care products, and unique crafts from local artists. Enjoy live music and a fun, festive atmosphere. For more information, email ludlowfarmersmarket@gmail.com or call 802-230-7706.

TOWNSHEND, Vt. – Townshend Farmers Market is open every Friday from 4 – 7 p.m. until Oct. 5, located on the lawn of the historic West Townshend Country Store. Vendors will feature fresh produce, baked goods, local honey, specialty foods, and unique crafts. Live music and wood-fired pizza. The market is hosted by the West River Community Project. For more information, contact info@westtownshend.org.

BELLOWS FALLS, Vt. – The Greater Falls Farmers Market happens every Friday throughout the summer from 3 – 7 p.m. Vendors feature local produce, meats, baked goods, cheese, artworks, and more. For more information, contact greaterfallsfarmersmarket@gmail.com.

SATURDAYS -
LONDONDERRY, Vt. – The West River Farmers Market happens every Saturday from 9 a.m. to 1 p.m. at the junctions of Route 11 and 100. Local farmers, gardeners, food producers, artisans and craftspeople feature their fresh, local products. For

more information, visit www.westriverfarmersmarket.com.

ASCUTNEY, Vt. – Ascutney Village Farmers Market is Saturdays through Oct. 27, from 9 a.m. to 1 p.m. at 5585 Route 5 in Ascutney, Vt. Join us for the wood fired pizza, entertainment, special events, and something for everyone!

CHARLESTOWN, N.H. – The Charlestown Farmers & Artisans Market, known as "Summer in the Paddock," happens on Saturdays from 9 a.m. to 1 p.m. through Oct. 6, North Main Street in Charlestown. Email congchrch@myfairpoint.net (yes, leave out the "u") or call 603-826-3335 for vendor information.

SPRINGFIELD, Vt. – Springfield Farmers Market happens on Saturdays from 10 a.m. to 1 p.m. on lower Clinton Street. For more information, call 802-885-4096.

KIDS CORNER

SUNDAY, AUG. 19 -
PUTNEY, Vt. - Next Stage Arts Project cooking class series continues with "Smoothies and Healthy Snacks for Kids" Sunday, Aug. 19 from 1 – 4 p.m. in the kitchen at Next Stage in Putney. In class you will learn how to make smoothies and healthy snacks from scratch, taught by Lulu Lovering from the Putney Food Co-op. It will be a fun, and delicious class so bring your appetite! The Putney Food Co-op is generously donating all the ingredients. The only thing you need to bring is an apron.

Children ages 6 - 12 should be accompanied by an adult. This class is free but registration is required at www.nextstagearts.org.

SUNDAY, JULY 1 – FRIDAY, AUG. 31 -
CHESTER, Vt. - Phoenix Books Misty Valley in Chester is launching their Reading Without Walls Bingo Challenge, a summer reading program from Sunday, July 1 through Friday, Aug. 31. Children entering 4th-8th grade in the fall are invited to take the Reading Without Walls Bingo challenge! The program celebrates reading and diversity by challenging children nationwide to read a book about a character who doesn't look or live like them; read a book about a topic they don't know much about; and/or read a book in a format that they don't normally read for fun. Feel free to join throughout July and August. For more information, visit www.phoenixbooks.biz or call 802-875-3400.

TUESDAYS –
CHARLESTOWN, N.H. - Story time for toddlers and Pre-K at the Silsby Free Library from 10:30 a.m. Children and parents are invited for stories, songs and finger plays. Session includes playtime, an activity and a story time. Free and open to all. TFN

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

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

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

LUDLOW, Vt. – Weekly toddler and pre-school story time with a weekly theme, music, and activity. 10:30-11:30

a.m. at the Fletcher Memorial Library. Best suited for ages 5 and younger. Call Sacha at 802-228-3517 or email skrawczykvt@gmail.com to register for programs. TFN

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

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

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

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

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

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

LIBRARIES

WEDNESDAYS –
CHESTER, Vt. – Join the Whiting Library in Chester every Wednesday, from 1:30 –

2:30 p.m. throughout the summer through Aug. 29 for the Grafton Nature Museum's 2018 Summer Unplugged Program. Topics include insects, animals, raptors and other nature themes. For program specifics call 802-875-2277.

BRATTLEBORO, Vt. – Brooks Memorial Library in Brattleboro is sponsoring a 4-part workshop series on creating constructed languages - conlangs - like Dothraki in Game of Thrones, Wednesday, Aug. 15 and 22, from 7 – 8 p.m. For more information, visit www.brookslibraryvt.org or email eastondean@gmail.com.

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

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

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

MEETINGS

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

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

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

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

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

SPRINGFIELD, Vt. – Select Board meetings are on the second and fourth Monday of the month starting at 7 p.m. in the Selectman's Hall on 96 Main Street. For more information, go to www.springfieldvt.govoffice2.com.

TUESDAYS -
BELLOWS FALLS, Vt. – Rockingham Select Board meetings are on the first

**Foreclosure: 2,964± SF Building
Former Restaurant and 2 Apartments**

AUCTION

Wednesday, August 29 @ 11AM
(Register & Inspect from 10AM)

26-A Main Street, Rockingham, VT

Wednesday, August 15 from 1-3PM




2,964±SF building with former restaurant and two upstairs apartments. Pleasant Main Street location in the village of Saxtons River. Check village zoning for permitted uses.

Thomas Hirchak Co. • THCAuction.com • 802-888-4662

OKEMO MOUNTAIN RESORT

**ADVERTISE YOUR RENTAL
PROPERTY FOR FREE!**

Have a second home that's not being used, and are considering renting it for the winter season? Or, how about a roommate to share the expenses? Okemo Mountain Resort's Housing Referral Program is accepting applications for property owners/managers interested in advertising affordable rentals for our employees, from mid-November through April.

If you are interested in advertising your property or have questions about our Housing Referral program, please contact Emily in Human Resources at:

Phone: (802) 228-1962
E-mail: jobs@okemo.com

Professional Friendly Service
13 Clinton Street • Springfield, VT 05156
802-885-2500 • www.musevermont.com

Muse & Associates REAL ESTATE

Lori Muse, Broker/Owner
Carol Cole, REALTOR

Wooded road frontage and field to the back. This 1.85+/- acre lot is underway to becoming an ideal home site. Septic has been designed & approved and the driveway has been roughed in. Located in the country on a dead-end road in a planned neighborhood. **\$25,000**

Build your home, but don't worry about the grounds keeping after. This lot is located at the end of the Waterford Association development with town water and sewer hook-up available with lawn mowing, snow removal and garbage removal included in the fees making it ideal for those seeking low maintenance. The homes in the neighborhood are all newer with a nice paved road and manicured grounds. **PRICE JUST REDUCED AGAIN TO \$8,000**

This 16.7+/- acres is situated at the end of a private Class IV Rd. Perc tested in 2008. Affordably priced to build your home in a rural/country setting. **Reduced to \$69,900**

Accessible Retreat. This 27.2+/- acre parcel is tucked away on a town maintained dirt road in Weathersfield in an area of newer homes. Access has been established leading to a clearing that offers views towards the east. Currently enrolled in the State Current Use Program for reduced taxes. Gated entry, previously perked and power at the road make it an ideal building lot. **JUST REDUCED AGAIN TO \$65,000**

1.2+/- acre parcel located on a corner with access to town water/sewer. There are bonus features, including a hydrant at the corner, sloping topography that gets you above the rest with valley view potential and the possibility of subdivision. **\$29,900**



What a great opportunity to find yourself in the middle of the quintessential Chester village. This home offers an accessible location near the green with fenced in back/court yard. Inviting front porch leads into the living room, dining area and kitchen. Upstairs includes two bedrooms, a second floor porch and a cupola. This property invites creativity and ideas. What a find and affordably priced, too. **JUST REDUCED TO \$95,000**

Price Reduced! A great start in the country. This 2.5 acres located off a country road has an established driveway with a nice 2 bay garage on the property, currently used as a camp. Tranquil views taking in the local hillside. Previously permitted for a septic system. A lovely piece of Vermont. Owner willing to consider financing. **\$69,900**



This ranch style home offers so many conveniences. Includes a nice attached screen room, large eat-in kitchen, spacious living room, built-in china cabinet, three bedrooms and full bath. Basement includes a bonus room, workshop space and extra storage room. Situated on a nice, outer corner lot. A must for those seeking maintainable and affordable! **REDUCED AGAIN TO \$109,900**

Barrett & Valley Associates Inc.

"Professional Real Estate Services"

www.barrettandvalley.com

Fun Contemporary w/Tree Top Views!
4 Bedrooms, 3 Baths, 10.54+/- Acres
Grafton, \$399,000

Private Contemporary Close to Town
3 bedrooms, 2 Baths, 12.42+/- Acres
Chester, \$359,000

Exceptional Home & Studio/Barn w/Views!
3 Bedrooms, 2 Baths, 7.03+/- Acres
Weathersfield, \$345,000

Stunning Cape Just Outside Village!
3 Bedrooms, 3 baths, 4.3+/- Acres
Weston, \$329,000

Lodge Style Home w/ a View!
2 Bedrooms, 2 Baths, 2.95+/- Acres
Rockingham, \$292,000

Rare Find in The Village!
5 Bedrooms, 4 Baths, 7.03+/- Acres
Townshend \$249,900

Wonderful Log Home!
3 Bedrooms, 2 baths
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AUTOMOTIVE

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

MOUNT HOLLY, Vt. – Select Board meetings are on the second Tuesday at 7:30 p.m. of each month at the Town Office. For more information, call 802-259-2391.

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

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

WEDNESDAYS - CHESTER, Vt. – Chester Select

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

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

SUPPORT GROUPS

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

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

TUESDAYS - LUDLOW, Vt. – Co-Dependents Anonymous meets on Tuesdays, 6:30-7:30 p.m. in the basement of the Fletcher Memorial Library, 88 Main St. in Ludlow. Find out more about CoDA at coda.org. For more information regarding this meeting, contact Sarah E. at sarahcoda2016@gmail.com. TFN

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

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

SPRINGFIELD, Vt. - Wellness/ Lifestyle Change Support Group, meets the second Tuesday of each month from

5:45-7 p.m. at the Springfield Health Center, 100 River St. Free. Register by calling 802-886-8946 or email cht@springfieldmed.org. TFN

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

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

WEDNESDAYS – LONDONDERRY, Vt. - Weekly clean and sober 12-Step Meeting. Support Group meets at Neighborhood Connections next to the Londonderry Post

Office at 5:30 p.m. every Wednesday. TFN

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

LUDLOW, Vt. – Eating behavior support group meets every other Wednesday at 6 p.m. at the Green Mountain at Fox Run at 262 Fox Lane. This free group is intended to help you understand your eating and/or weight-related struggles. The group is led by trained therapists who specialize in eating behavior. To join call 802-228-8885 or email shiri@fitwoman.com. TFN

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

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

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

THURSDAYS – SPRINGFIELD, Vt. - Mental health peer support group, 2 - 3:30 p.m. at the First Congregational Church, 77

Main St. The group’s goal will be to provide a safe and healthy environment for people to give and receive support around mental health issues. The group is free and open to the public. Call Diana Slade at 802-289-1982. TFN

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

PERKINSVILLE, Vt. – Twin State Depression Support Group Board of Directors will now meet every other month in 2018 on the third Thursday at 6:30 p.m. at 2520 Route 106 in Perkinsville. Please come join us. New local phone number is 802-795-0098. This is a voice mail line. Updates regarding meetings will be posted during bad weather. Messages will be checked daily. Remaining Dates: Sept. 20, and one date in November to be announced.

AUTHOR HAPPENINGS



“The Power of the Powerless” by Christopher de Vinck

WESTON, Vt. – Author Christopher de Vinck will present his book “The Power of the Powerless,” a moving account of his life with his brother Oliver who was born severely handicapped and lived for 33 years. This event will be held at the Weston Community Church on the Hill at 37 Lawrence Hill Rd. Saturday, Aug. 25 at 3 p.m. Free will offering. For more information, go to www.vtchurchonthehill.org.

PHOTO PROVIDED

Eric Rickstad to speak at Village Square Booksellers

BELLOWS FALLS, Vt. - Vermont author Eric Rickstad will be speaking at Village Square Booksellers in Bellows Falls, Vt., Friday, Aug. 17 at 6 p.m. to discuss his new mystery book, “What Remains of Her.” Rickstad has written a chilling, harrowing thriller, set in rural Vermont about a recluse who believes the young girl he’s found in the woods is the reincarnation of his missing daughter returned to help him solve her and his wife’s disappearance. “What Remains of Her” is a Harper William Morrow paperback.

Eric Rickstad is the bestselling author of “The Names of Dead Girls,” “The Silent Girls,” “Lie in Wait,” and “Reap,” novels heralded as intelligent and profound, dark, disturbing, and heartbreaking. He lives in his home state of Vermont with his wife, daughter, and son.

Call 802-463-9404 for book and event reservations. Check out www.villagesquarebooks.com for all events and online orders.



Author Eric Rickstad. PHOTO PROVIDED

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Meals on Wheels menu for August –

SPRINGFIELD, Vt. - Meals on Wheels is a nonprofit community service designed to help seniors remain independent as they face challenges related to aging. It serves Chester, Windham, Andover, Springfield, Perkinsville, Baltimore, and Weathersfield. Friendly volunteers deliver hot, nutritious meals every day of the week as well as frozen and breakfast meals to those with a greater need. A Senior Community Lunch is served Tuesdays and Thursdays from 11:30 a.m. to 12:30 p.m. at the meal site, which is located on the corner of Union and Southridge Street in Springfield. Meals to those under 60 with a disability can be ap-

proved by the Vermont Center for Independent Living.

August meals:

- Thursday, Aug. 16: baked meatloaf, mashed potatoes, brussel sprouts, oatmeal bread, and watermelon.
- Tuesday, Aug. 21 - Monthly Birthday Lunch: one-fourth barbecue chicken, beef sliders with cheese, potato salad, pasta salad, rolls, and birthday cake.
- Thursday, Aug. 23: Cavatappi with sharp cheddar, broccoli florets, diced beets, wheat dinner roll, and melon.
- Tuesday, Aug. 28: Barbecue meatloaf with sauce, mashed potatoes, green beans, wheat dinner roll, and large pumpkin cookie.
- Thursday, Aug. 30: Cream of broccoli soup with chicken breast, crackers, capri blend vegetables, wheat bread, and applesauce cake.



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SUMMER 2018 CLASS SCHEDULE
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8:30 AM Zumba
10:00 AM Water Pilates
TUESDAY
8:30 AM Zumba
5:00 PM Zumba
WEDNESDAY
8:30 AM Cardio Kickboxing
10:00 AM Water Aerobics
10:00 AM Tabata Blast
5:30 PM Yoga
THURSDAY
8:30 AM Zumba
10:00 AM Water Arthritis
10:00 AM Tabata Blast
FRIDAY
8:30 AM Cardio Kickboxing
10:00 AM Aqua Sculpt & Tone
SATURDAY
8:00 AM Yoga
9:00 AM Zumba
SUNDAY
9:00 AM Yoga
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Springfield OLLI announces its fall 2018 semester programs

SPRINGFIELD, Vt. - OLLI - Osher Lifelong Learning Institute - fall 2018 semester begins Tuesday, Sept. 4 with noted author, Michael Tougias, one of the group's favorite presenters. His newest book tells the story of the Cuban Missile Crisis in 1964 after U-2 pilots secured photographic proof that Soviets were installing nuclear missiles just 90 miles away from the United States.

This local educational group is pleased that its membership has steadily increased as people have become familiar with the engaging style of the speakers and the topics offered. Members have commented that "the excellent programs get better and better!"

Sponsored by the University of Vermont, OLLI is run by local volunteer members and is geared mainly towards seniors who are 50 years of age and over who enjoy learning for the fun of it! Anyone who would be interested in this type of program, regardless of their age, is welcome.

There are many interesting programs planned by the local committee to inform and interest participants such as local and Vermont history, nature, health, science, literature, art, music, world and current event subjects.

The programs are held Tuesday afternoons at 2 p.m. and last about an hour and a half. The meeting location is the Nolin Murray Center on Pleasant Street, next to St. Mary's Catholic Church in Springfield, Vt.

Memberships include entrance to all nine programs in the semester as well as admittance to the seven other Osher Institute programs throughout Vermont, such as in Brattleboro, Rutland, and St. Johnsbury. Nonmembers are welcome and encouraged to attend individual programs for a single program fee.

To facilitate registration, please send memberships to UVM OLLI Registration Office, 460 South Prospect Street, Burlington, VT 05401. Checks should be made payable to The University of Vermont. Indicate that it for the Springfield OLLI. Registration forms can be downloaded from the website or include a piece of paper with your name, address, phone number, and email. Memberships and day fees may also be paid at the program.

The latest brochures have been printed and distributed throughout the area at public locations such as local libraries, town halls, community and senior centers, and Chamber of Commerce offices. Requests for a brochure can be made by calling 802-885-3094. The program listing can



OLLI has a new list of programs for the fall 2018 semester.

STOCK PHOTO

be viewed and downloaded online at www.learn.uvm.edu/olli. Choose "statewide" sites and scroll to Springfield.

Thanks go out to our local benefactor, Barbara Sanderson and also to the Ascutey Mountain Audubon Society who is co-sponsoring a program.

Following is the listing of programs for the fall 2018 semester:

Sept. 4 - Above & Beyond: JFK and the U-2 Pilots During the Cuban Missile Crisis

Michael Tougias, NY Times best-selling author returns Sept. 4 to present about his newest book, which chronicles the 13 harrowing days of the Cuban Missile Crisis in 1964. U-2 pilots who flew unarmed over Cuba were able to secure photographic proof that the Soviets were installing nuclear missiles on the island. These pilots helped President Kennedy achieve a difficult objective: have the nuclear missiles removed from Cuba without triggering Armageddon. Learn about lesser-known events that put us on the brink of nuclear war.

Sept. 18 - Cuba: Past and Present

Elayne Clift - writer, journalist, and traveler - will share a first-hand account of a complex and cordial country from her visit to Cuba in late 2017. Clift talked with people from all walks of life and took copious photographs. Explore the reasons that make Cuba a difficult country to understand how its history, politics, and economic reality come together. We will be challenged to make sense of this island country once dominated by Spain and America, then ruled by the late Fidel Castro.

Oct. 2 - Calvin Coolidge: Vermont is a State I Love

It was in September 1928 that President Coolidge delivered this eloquent impromptu speech after touring Vermont by train to see the recovery efforts following the devastating floods from the previous year. In honor of its 90th anniversary, hear Tracy Messer, a living history performer, explain how the world came to know the "brave little state of Vermont" through his first-person portrayal of our 30th president of the United States.

Oct. 16 - The Meaning of Maps

The state of cartographic technology in 2018 is radically different than it was even two decades ago. William Morris, cartographer, will show us how to appreciate how satellites, the Internet, and mobile devices have reformed our present understanding of geography.

Oct. 23 - The Black Bear: Nature's Voracious Omnivore

Join Kurt Valenta to explore the secretive world of the black bear, the

smallest of three bear species found in North America, which lives in a wide variety of habitats. They move with a lumbering grace and stealth that belies their size. While they may take part in many children's tales, understand how the fiercely protective female and the belligerent solitary male are anything but cuddly "teddy bears." This presentation is co-sponsored by the Ascutey Mountain Audubon Society.

Oct. 30 - This Year in Politics is Really Different (and that's not fake news)

Join us as Jon Margolis, political commentator, shares how this year in politics really is different. While candidates usually claim that each election is unique, this one is really weird - a president with the lowest midterm approval rating ever. We'll discuss issues in Vermont state political news as well - a Vermont Democratic Party, which dominates the state but cannot come up with a credible candidate for governor. And who knows what other oddities we will examine? All happening amidst confusion over what is fake and what is fact, if there still is any such thing as fact!

Nov. 13 - I Could Hardly Keep From Laughing: Vermont Humor from Coolidge to Trump

Vermont humor began in hard-scrabble times as farmers made light of heavy and odious work. Visitors and immigrants (Flatlanders) brought new recruits for gentle derision, and politicians were always fair game for the public and each other. Join Bill Mares on a guided tour of Vermont humor from the era of Calvin Coolidge to that of Donald Trump.

Nov. 27 - Classics of Hollywood's Golden Age

Why do so many old films fail the test of time while a few are rediscovered by each generation of moviegoers? Hear Rick Winston, film historian, discuss some of the elements of those classics from Hollywood's "Golden Age" - writing, acting, directing and cinematography - and watch clips from 12 of his favorite films from 1935 to 1963.

Dec. 4 - This Winter's Forecast

Mark Breen is the senior meteorologist from Fairbanks Museum and VPR's "Eye on the Sky" forecaster. The challenges of predicting Mother Nature are considerable. Even weather forecasts from day-to-day can vary considerably as a storm changes track, a weather front stalls, or a thunderstorm pops up to spoil your outdoor plans. So why would we think we can predict the weather months in advance? Understand the differences between daily and seasonal weather forecasting, including looking at ocean temperature cycles, sun spot cycles, El Nino, and the Polar Vortex. Using these features, as well as over 120 years of detailed weather records from the Fairbanks Museum, Breen will make a specific forecast for this winter!

Come join this exciting educational OLLI group to learn about interesting details on a variety of topics!

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