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on Pages 8A & 9A!

Cavendish town appointee faces opposition

BY SHARON HUNTLEY
The Vermont Journal

CAVENDISH, Vt. – Cavendish Selectboard annual organizational meeting began March 11 by welcoming two new members, Stuart Lindberg and Michael Kell, to the board. Kell recently unseated long-serving Selectboard member George Timko during the election. The two join Robert W. Glidden, Sandra Russo, and Mike Ripley to complete the board.

As the first meeting after Town Meeting elections, the board proceeded through normal housekeeping details establishing the monthly meeting times again on the first Monday of the month, at 6:30 p.m. Robert Glidden was reappointed as chairman, Mike Ripley was voted as vice chairman and Sandra Russo as clerk. The Selectboard reaffirmed Brendan McNamara as town manager, this time for a five-year term.

McNamara quickly began running through a list of town posts along with the list of appointees for approval, which went smoothly until reaching the appointment for emergency management director. Currently serving that position and awaiting reappointment is Robert C. “Bobby” Glidden, a volunteer fire fighter

with the Proctorsville Fire Department. The board had received a letter contesting Bobby Glidden’s appointment but did not discuss specifics of the letter.

McNamara voiced his feeling that “Bobby was more than qualified to man that position.”

Mike Ripley added his willingness to discuss the issue through the course of the year but wanted to have someone qualified in place for now. “If we come to an agreement or see the other side’s point of view maybe we could change it a year from now, but right now I would like to have somebody in place who is aware of some of the protocols that need to get done.”

Lindberg asked if the matter could be discussed in executive session but McNamara said that would need to be warned and they would include it on the next agenda.

Lindberg said he didn’t want to publicly discuss the issue here but added, “I think it’s important to have someone who’s completely impartial towards both departments, to be objective and given this position and not have biases towards any

See **CAVENDISH** on Page 2A



Cavendish Selectboard meeting.

PHOTO BY SHARON HUNTLEY

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Green Mountain Junior Iron Chef 2019 update

CHESTER, Vt. – The date of the Junior Iron Chef competition is approaching quickly. Saturday, March 16, Green Mountain Union High School will be sending a record four teams to Essex Jct. to compete in the 2019 Junior Iron Chef. We will be cooking with 40 or 50 others schools from all over the state. The teams have been working on their recipes since early October to create the perfect dish.

Junior Iron Chef Vermont is a statewide culinary competition organized by Vermont FEED. It challenges middle and high school teams to create healthy, local dishes that will inspire school lunch programs. This will be our seventh year participating in this fun event. All of the teams have become quite

comfortable working in a huge commercial kitchen during their weekly practice sessions.

Our senior team is the Green Mt. Cheftains, an award-winning seasoned team that will be competing for the last time due to the fact they are all graduating this year. Our other high school team, also former award-winners, is The Skillet Takes, coached by Carrie King and Jana Bryan. Their members are Laurel King, Ange Wunderle, and Kameron Cummings.

Our first middle school team Turnip The Beet, coached by Chef Ross Jones, consists of William Anderson, Noah Cherubini, Brie Howe Lynch, Leda Malazarte, and Forest Garvin. Our new second middle school team is Put A Lid On It, coached by Tamasin Kekic, consisting of Hazel Kekic, Vivianne Languerand, and Grace Gruber Clark.



Green Mt. Cheftains.

PHOTO PROVIDED

We are not releasing any recipe information until after the competition is over for security reasons. I will update everyone after the event. Wish us all luck.

“Ready, set, cook.”

Written by Jack Carroll, co-ordinator of the GMUHS Junior Iron Chef.

Area 4-H’ers match wits at County Horse Quiz Bowl

N. CLARENDON, Vt. – Clarendon Elementary School in North Clarendon was the place to be on March 1 as Rutland County 4-H club members showed off their amazing knowledge of horses.

Competitors at the annual Rutland County 4-H Horse Quiz Bowl ranged in age from 8 to 18 with 4-H Cloverbuds (ages 5 to 7) also welcome to participate although not eligible to compete for ribbons. University of Vermont Extension 4-H and Rutland County 4-H sponsored the annual event.

The contest consisted of several 20-question buzzer rounds and tie-breakers as needed. Senior Division competitors took part in three rounds and those in the Junior and Novice Divisions, two rounds, responding to questions on horse care and health, anatomy, nutrition,

breeds and colors, history of the horse, and other equine-related topics.

Placements in each division were as follows:

Seniors (14 and older): Eliza Bird, Benson (first); Alexia Diaz (second) and Alexa McLaughlin (third), both from Rutland; Breanna Johnson (fourth) and Emma Suler (fifth), both from Shrewsbury; Gennett Kerstetter, Ira (sixth); Heidi Kerns, Rutland Town (seventh)

Juniors (12-13): Emeillia Gomo, Chester (first); Emily Shields, Benson (second); Tayah Fuller Poultnery (third); Olivia Williams, Center Rutland (fourth); Emily Flanders, Mount Holly (fifth); Ruthanne Carlson-Ponto, Castleton (sixth); Grace Trahnstrom, Mendon (seventh)

Juniors (10-11): Seanna Erickson, Florence (first); Abigail Frappier, Benson (second);



Several participants in the Rutland County 4-H Horse Quiz Bowl show off their ribbons.

PHOTO BY ANDREA HATHAWAY-MIGLORIE

Dominique Cave, Poultnery (third); Amelia Barber, Clemmons, N.Y. (fourth); Carlie Erickson (fifth), Andrew Kellogg (sixth) and Dylan Kellogg (seventh), all from Rutland; Rose Ouimet, Castleton (eighth); Emily Buffum, Mount Holly (ninth)

Novice (8-9): Renee Trombley, Pittsford (first); Eliza Peer, Clarendon (second); Emmeline Barber, Clemmons, N.Y. (third); Olivia Bullock, Rutland (fourth)

Cloverbuds who participated in quiz bowl were Syllas Buffum, Mount Holly; Ariana Kuzma, Rutland town; and Jack Miglorie and Lucia Stubbins, both from Rutland.

To learn more about the 4-H horse program in Rutland County, contact UVM Extension 4-H educator Kimberly Griffin at 802-773-3349, ext. 276, or kimberly.griffin@uvm.edu.

Chester Selectboard begins 2019 session with historic milestone

BY SHARON HUNTLEY
The Vermont Journal

CHESTER, Vt. – The Chester Selectboard Wednesday, March 6, opened their organizational meeting welcoming Leigh Dakin to the board. Dakin easily won as a write-in candidate against Scott Blair in the recent town election. She joins Arne Jonynas, Heather Chase, Ben Walen, and Lee Gustafson. The addition of Dakin, along with board member Heather

Chase, makes this the first time two women have served on the Chester Selectboard together. Chase acknowledged the new milestone saying, “There’s never been two simultaneously, and I just think that’s really cool.”

Dakin had previously served nine years on the board and at the time was the first woman to serve. This newest appointment makes her the fifth woman on the board. Chase explained that makes Dakin “the first and the fifth.”

The board set about their or-

ganizational tasks confirming their meetings would continue on the first and third Wednesday of the month, at 6:30 p.m. at Chester Town Office and set about re-electing Arne Jonynas as chairman, and Heather Chase as vice chair. Ben Walen is the newly appointed board clerk. They also ran through town posts and confirmed the list of appointees.

Chase suggested to the board that she would like to start reviewing their current policies, specifically conflict of interest

policies among employees, and policy and procedures for bidding on projects. The board agreed with executive assistant Julie Hance’s suggestion they go through all the policies this year. Hance will gather policies in the coming weeks and provide them to the board to prioritize for review.

Discussion turned to the new cellular transmission tower that was built by VELCO to replace the old tower that could no

See **CHESTER** on Page 3A

ATTENTION!

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

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

DEADLINES

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

EMAIL YOUR SHORT, 2-3 SENTENCE CALENDAR EVENTS
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EMAIL YOUR PRESS RELEASES, ARTICLES, AND PHOTOS
editor@vermontjournal.com

Improve your step with pedorthics

LONDONDERRY, Vt. – Do you suffer from knee, hip, back, or heel pain? Bunions, corns, hammer toe, or have balance issues? Gretchen Lima, a certified pedorthist, will be at Neighborhood Connections Wednesday, March 20 at 2 p.m. to discuss how she modifies footwear to ease and treat foot-related problems.

“Most people have not had their feet measured in 15-30 years,” says Gretchen, who

works as a pedorthist at Manchester’s Family Footwear Center, “and are wearing the wrong size or type shoes. Many could benefit from arch support or cushions.” Gretchen will be measuring feet at this presentation. Space is limited so please call 802-824-4343 to attend.

Neighborhood Connections is located in Londonderry’s Mountain Marketplace, next to the Post Office.



BRVSC bingo

LUDLOW, Vt. – Last Wednesday, we had a very successful Pancake Brunch and Bingo and we hope to do a similar type of bingo in April. Thank you to our volunteers Eileen Dunseith, John Murphy, and John Moore. If you are interested in having Meals on Wheels delivered to your home or would like to volunteer as a driver, please call Senior Solutions at 802-885-2655.

PHOTO PROVIDED



GM TableWorx

LUDLOW, Vt. – Green Mountain TableWorx, new members of the OVRCC, celebrating their ribbon cutting ceremony at the recent chamber member mixer they co-hosted. From left to right: Carol Lighthall; Jamie Holcomb, GMT owner; his fiancée Rachel Fox; and Diane Stockton-Breese.

PHOTO BY DONALD DILL

Gassetts Grange flood damage update

CHESTER, Vt. – We feel we have to reach out and let people know that the damage done to the Gassetts Grange Jan. 24 by the ice jam was extensive. Thirty-two feet of the rear cellar wall was damaged and there is no flood-ins. Therefore, this is not covered by insurance,

so we need to fund the repairs ourselves. We are talking a lot of money.

The cost of items sold at our dances and jams may reflect this problem. Thanks to Chester, we are able to hold our dances and jams at the Chester Town Hall. They will be held as

usual with the dance on the first Saturday of the month and the jam on the following weekend on Sunday.

Because of weather, we had to cancel our jam this last Sunday. Watch the local newspapers for our schedule. Thank you!


Wantastiquet Rotary Club award for excellence

LONDONDERRY, Vt. – Wantastiquet Rotary Club is seeking students to apply for scholarships for the coming year. Deadline for making application is April 15, 2019. If you are a graduating senior within Jamaica, Londonder-

ry, Peru, Stratton, Weston, Windham, or Winhall, please send your completed application to Bob Fish, 243 Sherwood Forest, Londonderry, VT 05148 or email to onebobfish@gmail.com.

Applications are available at

your respective high school. Last year, over \$6,000 was distributed to graduating seniors. A thank you to all who participated in Rotary fundraisers! Without your support, we could not have made these funds available to these students.



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Business Spotlight

for our featured business

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CAVENDISH

From Page 1A

member of...the fire community.”

Ripley said he would agree if this was an everyday position but the emergency management director only comes into play during an emergency on the scale of Hurricane Irene. “What appears to be infighting, childishness, whatever it is, it needs to be put aside in an emergency,” he said.

Glidden’s appointment was approved 3 to 1 with Lindberg as the dissenting vote and Kell abstaining.

Town Manager Brendan McNamara confirmed later that the letter sent to the board came from the Cavendish Fire Department, District 2, citing conflict of interest as their reason for opposing the appoint-

ment of Glidden. The letter was received amidst ongoing tension between Proctorsville Fire Department (Fire District 1) and the Cavendish Fire Department (Fire District 2) as contentious talks of a merger are circulating.

The Cavendish Historical Society made a request to place a historic site marker to honor famed Russian author Alexander Solzhenitsyn who lived in exile in Cavendish for 18 years and wrote “The Red Wheel” while living here.

Although a project of the Cavendish Historical Society, the request must come from the town, and be submitted to the Vermont Agency of Commerce and Community Development who will then consider the request along with the suggested location for the marker and the sign’s proposed verbiage. The CHS is suggesting two possible

locations to place the marker: either on the Cavendish Town Green next to the other marker for Phineas Gage or next to the Cavendish Historical Society building. Once approved, the Vermont ACCD will then conduct a site visit to choose the final location.

McNamara expressed concern that with the marker near the Cavendish Town Office on the Cavendish Green, tourists would come into the town office seeking directions to the Solzhenitsyn home, which they would not give. Margo Caulfield, CHS member recommended posting a sign indicating that no one would share that information with visitors, as the CHS has often done.

The town is developing a more comprehensive wastewater ordinance to outline responsibilities of local businesses to mitigate grease and other waste materials that flow into the town water system. There have been recent incidents where grease build up has caused the system to back up, in some cases costing thousands of dollars. McNamara said that with the town’s brand new million-dollar aeration system in place, “having an ordinance that we can enforce and keep tabs on our investment is very, very important.” McNamara hopes to have the ordinance in place by the summer and is putting the ordinance on the front burner since it will require revisions by the board and a public hearing.

The property located at 723 Main St. in Proctorsville will be sold at auction Wednesday, March 27 at the town office. The property is being sold “as is” and must start with a minimum bid of \$45,000. The property includes several buildings and is “completely full of furniture.” There will be an open house to view the property on Wednesday, March 20, from 11 a.m. to 1 p.m. The town office will have a packet of information on the property for interested parties.

Open House for the new town garage is scheduled for Saturday, March 30, from 11 a.m. to 1 p.m.

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Jenkins Builders

LUDLOW, Vt. – Carol Lighthall and Diane Stockton Breese of Okemo Valley Chamber of Commerce welcome new member Brandon Jenkins of Jenkins Builders with a ribbon cutting Thursday, March 7. Jenkins Builders of Plymouth is a general contractor in the Okemo region, specializing in high-end residential remodels and renovations. Brandon Jenkins summarizes his company this way: “Bring your design and building dreams to reality from idea to completion. We focus on customer satisfaction and unmatched quality.”

PHOTO BY DONALD DILL

Prompalooza at the Chester-Andover Family Center

CHESTER, Vt. – The new Prom Room is open for business! The Chester-Andover Family Center is hosting a community service event for area teens to find their perfect prom outfit. On Wednesday, March 20, the CAFC will open the new GLAM Prompalooza Room from 3-6 p.m. for prom shopping.

We have a large selection of prom wear for girls and guys, including over 100 dresses, suits, and tuxedos. All are either new or in “like new” condition. You can also shop for accessories

such as shoes, shirts, ties, handbags, and jewelry to complete your “look.”

New this year, the Prom Room will be open for prom shopping during thrift shop business hours: Thursday and Friday, from 10 a.m. – 4 p.m., and Saturday, from 10 a.m. – 3 p.m. Shoppers can also arrange for a personalized prom outfit fitting on days the thrift shop is closed. Just call 802-875-3236 and leave a message. We will get back to you.

Our affordable, suggested donation for a complete prom out-

fit stays the same as last year. All teen shoppers can enter a free raffle to win prom flowers or manicures gift certificates donated by local businesses. Because we can never have too many prom dresses or suits, we will happily take your prom clothing donations through May.

The Chester-Andover Family Center is located at 908 Route 103 in Chester. Follow us on Facebook or call the family center at 802-875-3236.



The Prom Room is ready for shoppers. PHOTO PROVIDED

CHESTER

From Page 1A

longer accommodate any additional antennas. All carriers had now been moved to the new tower, U.S. Cellular having been the last and Sprint having backed out of the location. Town Manager David Pisha agreed to contact VELCO to have the old tower removed.

American Legion Post #67 Member Jeff Holden updated the board on their plans for their 4th of July celebration. According to Holden, the parade had been eliminated from their plans since they couldn't get a permit from the state. Fireworks for Friday, July 5 had been confirmed with a field day scheduled for Saturday, July 6. All events would focus around their 7.5-acre field they purchased next to their building and be community and family focused.

“We want to be more family oriented because a lot of younger veterans that have

families, they're not joining the American Legion as readily as we would like them to. And we want to show them more community and more family oriented events,” he said.

Holden said that other than the fireworks, nothing concrete was confirmed but they were considering horse pulls, a couple bands, bouncy houses for the kids, and maybe some clowns. He said the Legion was open to suggestions. Board member Ben Walen suggested perhaps a “touch-a-truck” event, with fire and military trucks on display. Holden agreed with that suggestion and acknowledged that was another option that had been discussed. He told the board he would continue to update them on the planning progress.

Jonynas praised their efforts saying, “American Legion has been a great part of this town for all the years that I've remembered being here.” He continued, “Just adding that field has been a great benefit to the town.”

Hoping to become the Ches-

ter town clerk when Deborah Aldrich retires, assistant town clerk Amie O'Brien told the board of her plans to attend a Municipal Town Clerk training program. The program, an intensive weeklong program runs for three consecutive years, and is offered by the New England Municipal Clerks Institute and Academy at Plymouth University. O'Brien would become a certified municipal clerk after the three weeks, over three years.

O'Brien has secured an \$850 scholarship for each year of the \$925 program but was looking to the town to pledge an additional \$75 each year as well as mileage expenses and to cover two meals. She also needed a letter signed from the Board Chair, all which the board approved.

Chase praised her efforts. “Succession planning is really important. Great that we're doing that and you're getting the training you need,” she said.

The meeting closed with a discussion about ways to ad-

dress the wasp problem in the Chester Town Hall. Julie Hance confirmed that the wasps will be sprayed early in the spring but would be addressed more thoroughly when a renovation begins on the Town Hall this spring. Repairs are scheduled for the roof, cupola, interior of the upstairs hall, and possible kitchen work. Construction is scheduled to begin in the spring and should be finished by summer.



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Stepping Stones Preschool is expanding

PROCTORSVILLE, Vt. – The five-star accredited Stepping Stones Preschool is renovating its existing garage space so that it can add a critically needed infant and toddler program to Cavendish, Proctorsville, Ludlow, and the surrounding area.

Stepping Stones Preschool is a privately operated, state-licensed, nonprofit early childhood program. It was first established in December 1977 to provide a safe, nurturing learning environment for the children of Ludlow and its surrounding communities. Over the years, it has had several locations and has been at its current location on the Fletcher Farm Property on Route 103 on the Ludlow-Cavendish town line since January 1997.

“There is a lack of access to high-quality child care in Vermont. There are very few options available for families

in our area. Stepping Stones Preschool has been offering play-based, quality preschool and after care to area children and families for over 40 years. We are a part of the community. Our staff is known and trusted by many families and educators. Expanding our program to offer birth to kindergarten will fill a big need for families. We create an environment where children are safe, well supervised, nurtured, and stimulated with rich language, sights, sounds, and engaging learning experiences, led by a team of trained, accredited professionals. Stepping Stones is committed to developing trusting, positive relationships with families and creating a place where families feel respected and supported.”

Stepping Stones has received a \$20,000 expansion grant from Make Way For Kids to kick off the renovation project. School staff and the Board of Directors are now in the process of sub-



Inviting more friends to join Stepping Stones. PHOTO PROVIDED

mitting an ambitious number of grants, as well as fundraising to help further meet the program's needs and to help create a wonderful environment for our young children.

The school is also accepting donations or in-kind donations for building materials, lighting, area rugs and flooring, infant

and toddler playground, and classroom equipment, fencing, etc. Donations can be made through GoFundMe at www.gofundme.com/stepping-stones-infant-amp-toddler-expansion or can be sent directly to Stepping Stones Preschool, 3628 Route 103, Proctorsville, VT 05153.

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BAAC offers scholarships for summer Sonatina piano camps

BENNINGTON, Vt. – Calling all students who have a passion for learning how to play the piano or mastering their talent. The opportunity to attend a summer piano camp at Sonatina in Old Bennington, Vt. on a scholarship is possible this summer due to the generosity of Sonatina alumni and others in the community who feel it is important to make musical instruction available to everyone, regardless of financial capacity. All levels of piano ability will be considered eligible for the scholarship. Recipients must be students aged 7-16 who live within a 100-mile radius of

Bennington. This year a panel of five local volunteers will review and approve the applications, awarding the scholarships to the most passionate and deserving individuals. Applicants are requested to visit www.benningtonareaartscouncil.org to fill out an online scholarship application or download a paper application. Applications must be submitted by the April 1 deadline. If you would like to make a donation to the scholarship fund, you may do so until April 1 online at www.benningtonareaartscouncil.org. Sonatina International Piano

Camps is celebrating its 50th year of providing programs for all ages and all abilities. For more information on the programs offered at Sonatina, visit www.sonatina.com. The mission of the Bennington Area Arts Council is to champion a thriving cultural economy through sponsorship, promotion, support, and encouragement of cultural activities, events, and organizations in southern Vermont and neighboring counties. In line with this mission, the BAAC is proud to serve as a conduit for the Sonatina Scholarship Fund.

Basket raffle for Hunter Garrow

RUTLAND, Vt. – On Saturday, March 23, 2019, join us at the Godnick Adult Center at 1 Deer St. in Rutland starting at 11 a.m. for our basket raffle for Hunter Garrow. Hunter was born Aug. 23, 2015 with two congenital heart defects. He spent 21 days in Boston Children's Hospital while they worked to control

his heart rate. He was diagnosed with supraventricular tachycardia. They did an echo of his heart while we were there and noticed he has an atrial septal defect – a medium size hole between the upper two ventricles. This hole has caused the right side of his heart to enlarge. His cardiologist has told us



Hunter Garrow. PHOTO PROVIDED

he will be going back to Boston Children's Hospital in early May to have two different procedures. He will have an ablation to burn the extra electrical connector, and he will have open-heart surgery to repair the hole between the upper chambers of his heart. His cardiologist has told us to plan on being in Boston for 7 to 8 days if everything goes well. We are trying to raise money so my husband and I can be by his side as he has this surgery. Our two daughters will be staying at home with family. Please join us March 23. Doors open at 11 a.m. and the drawing takes place at 1 p.m. There will also be a 50/50 raffle and food concessions.

Springfield Community Band seeking players

SPRINGFIELD, Vt. – The Springfield Community Band invites anyone with prior experience playing an instrument to play with us this summer, even if it has been years or even decades since

you last regularly played your instrument! Rehearsals are Sundays, from 6-8 p.m., starting on Sunday, April 7, at the Riverside Middle School auditorium – use the Fairground Road entrance. Concerts will be held Tues-

day nights, starting June 18, at the Hartness House. For more information, go to www.springfieldcommunityband.com and email us through the contact form. You can also find the band on Facebook.

Vt. farmers receive help to find farmland and establish a farm legacy

REGION – Accessing land, and passing farms on to a new generation of farmers, are top challenges for New England farmers of all types. A \$600,000, USDA grant to Land For Good, a regional and national leader in farmland access, will fund Phase 3 of a New England-wide Land Access Project that provides land access and transfer education, training and technical assistance to beginning and established farmers in collaboration with Intervale Center and Vital Communities as state partners, as well as Vermont Farm To Plate and Vermont Land Trust among other collaborators. The grant is part of \$18M recently awarded to 36 organizations nationally by USDA's National Institute of Food and Agriculture Beginning Farmer and Rancher Development Program.

beginning farmers come from non-farm backgrounds and are more diverse than previous generations of farmers. According to Sen. Bernie Sanders, "American farmers face many challenges, but one seldom discussed issue is that as a group, they are getting older. In fact, today there are six times as many farmers over 65 as there are under 35 years old. That is why Land for Good's efforts to connect aspiring young farmers with affordable land is so important. This new USDA grant will help them expand those efforts, working closely with organizations like the Vermont Land Trust, the Intervale Center, and Vermont Farm to Plate." Sen. Patrick Leahy, a leading member of the Agriculture Committee who has helped create and fund the Beginning Farmer and Rancher Development Program, agrees. "Vermont and New England have a great legacy of agriculture, and the future can be just as bright for our farms and farmers and their communities," said Sen. Leahy. "That future depends on our ability to provide the training, mentorship and farmland necessary for a new generation to get their footing and to succeed. This program will support that important work, and I thank Land for Good, the Intervale Center and Vital Communities for continuing to serve our region's farmers."

New England, which has some of the highest prices for prime farmland in the country." This grant follows two previous, three-year BFRDP grant awards for Phases 1 and 2 of LAP, which also strengthened land access and transfer services. Phase 3 builds on this kind of progress and responds to the lessons, needs, and gaps identified to keep land in farming by improving farmers' secure access to land. This third phase will educate, train, and advise over 2,500 farmers in New England. The project's ambitious goals include providing individualized technical assistance to 150 beginning farmers, helping 200 farmers identify farm properties and connect with landowners, and guiding transitioning farmers through the farm transfer planning process. "This phase of LAP has the same long-term goal: more New England beginning farmers successfully access land to start or expand their farm businesses," said Hafner. "Most importantly, it supports and links to many other initiatives in the region that recognize that to keep land in farming and grow viable farm businesses, we must improve farmers' secure access to land and their ability to transfer farms to other farmers."

Addressing land access and transfer for farmers is especially critical to regional farm economies and food systems in New England and across the country. In Vermont, 28 percent of farmland is owned by farmers age 65 or older, and their farms will change hands in the next 10-plus years. Most of these 2,076 senior farmers do not have successors identified to take over, even though they overwhelmingly express a strong desire to see their farms remain in farming. Yet, a top challenge for new farmers is gaining secure and affordable access to the land they need to launch and maintain viable farms. Barriers to accessing farmland are a key source of increasing inequality in agriculture, especially because most new and

This winter LAP3 funded the New England Farm Succession School helping five farmers and farming couples who want to plan for their farm's transition. The school, which has helped 40 New England farms over the past three years, including Vermont, offers structured and sustained support to make decisions, engage their families, and organize the legal and financial mechanics involved in a farm transfer plan. The grant will also support the efforts of the New England Farm Link Collaborative, which coordinates state farm property posting websites and oversees www.NewEnglandFarmlandFinder.org. The project will organize the first national Farm Link Clinic in April 2019. The Land Access Project, Phase 3 brings together state partners across New England including Intervale Center, Vital Communities, New Entry Sustainable Farming Project, Maine Farmland Trust, University of Connecticut Cooperative Extension, and Young Farmer Network.

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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

A tribute to John Leon —

Below is a story I found in Ted Spaulding's most recent donation. It was written by John Leon "Gramp" Spaulding, Ted's brother. I've seen a few stories Gramp wrote but had not seen this story. It's about growing up on the Chester Town Farm on Route 10 in Gassetts. It's a pretty good "how to" history.

Remembering the Town Farm Days

To some, it was called "The Town Farm." Area towns had them to take care of folks that needed a place to live and be taken care of. If they were able to work, they would help out on the farm — either caring for the livestock or working in the house, or caring for the crops and woodlands on the farm.

There were cows for milk and cream for the household as well as being shipped to a creamery which was in Bel-lows Falls. J.M. Giddings of North Springfield carried the milk in 20 and 40-quart milk cans in large bayed trucks.

Sometimes when calves were born they got shipped to the Boston market by Horace Putnam and I.M. and J.J. Fuller. The Fullers were from Ware, Mass. The Putnams were from nearby Springfield. Sometimes we took them to a local dealer at the railroad yard at Chester Depot to John Dorand's, also a dealer — the Jeffrey Brothers of Chester Depot.

The farmhouse had 16 rooms — a large living room for the inmates (which they were called), a large kitchen to have space to feed all the folks that lived there. The bedroom as a rule had two beds — the men had theirs and the ladies had theirs. The ladies had one bed, mostly. There were seven bedrooms for the inmates and in the caretaker's area there were four bedrooms, a living room and a bathroom of good size. The house had a large cellar in the caretaker's area and a small cellar in the other end. That end is where the water tank was and where the garden goods were kept during the winter months, or until they were used. There was a lot of canning in those days. Sometimes they raised hogs for meat to eat during the winter months.

In the large part of the cellar was a big wood-burning furnace which took two-foot wood. In the small cellar was a fair sized furnace, wood or coal burning, but most of the time we used wood. The back ell of the home was a



John Leon in his army uniform. PHOTO PROVIDED

large, closed-in building called the wood shed. The downstairs area was used to keep the short wood for the kitchen cooking range and a chunk stove in the inmates' living room. There was also a chunk stove in the caretaker's dining room. The wood for the furnaces was kept in the cellar.

There was a large attic for storage and in the fall we would spread out paper up there and spread the harvest of butternuts to be dried, to be eaten later or use in some of the cooking.

Each summer we had a good-sized garden with most kinds of vegetables, also a large plot on which we planted potatoes for the fall harvest for winter. During the winter we cut wood for the farm. Now this was done with crosscut saws and pulp saws. It was cut four feet long and hauled to the backyard with horse-drawn sleds. We had a large travis sled and also a dray with a bobsled with a pair of horses. We did a one-horse dray that we used in tight places. Then in the spring or fall we would use a one-lung engine saw rig to cut the wood to the size for the stoves. We would also cut logs and sled them down to a skidway with a bobsled. Then a local lumber mill owner would come and truck them off to the mill to saw up — some for the farm use and some to be used by the town and others to be sold to help meet expenses. Sometimes either sled or log roads had to be built to get the truck through the mud!

As I have said before, we used horses so all the farm work was horse-drawn machines. The summer haying: my brother and I would go behind the mower to keep the hay from plugging up the sections. He and I helped out along with some of the men who lived on the farm.

The ladies helped my mother with the cooking and the house work. My dad was in charge of the poor as overseer of the

farm. He drove the horses most of the time.

The hay was raked with dump rake, one horse. Sometimes we used a tedder to shake and fluff it up to dry. Then we would tumble the hay up in small stacks to be pitched up on the wagon to be hauled to the barn. At the horse barn it had to be pitched off by hand and mowed away with pitch forks. The hay had to be special for the horses — clean so it would not be dusty — a fine quality of hay.

The hay for the cattle went into a large mow off of a wide barn floor.

This was done by a horse hitched to a large, long rope which pulled a fork called a horse fork. You would drive the forks in the hay on the wagon and lock the fork and a rope through pulleys. It would be pulled by a horse and up it went to the ridge pole — hit a track and go into the mow. When it was where you wanted it, you pulled a small rope and that would trip the lock and dump the hay. Then as the horse came back, you pulled the trip rope and the fork returned to the wagon for another fork full.

We had a covered water tub in the middle of the barnyard where the animals got their water. That also had a stove in it to keep the water from freezing in the winter.

In the fall, when we cut corn it was done with a hand corn cutter. It was piled up to be picked up by the wagon to be taken to the silo where we used a one-lung engine to run the ensilage cutter to chop it up for the cows.

The barn had two silos, one outside and one inside. Farm hands had to tread the corn down to keep it tight in the silo so it would not spoil. Sometimes when it was silo filling time, some of the neighbors with horse and wagons would come to help. On those days, Mr. Richardson came from across town, about ten miles. He had a rubber-tired wagon. They were the good old days!

In the barn was a harness room and grain room. The silo was off the grain room. This room had boxes with lid covers on hinges to keep the grain in for different animals. There was a box that had meal in it, one that had salt in it, and one with the feed for the calves. There was a long bin with a small section for oats for the horses and a large section for the cows.

The Memoir Workshops with Pam Bernard

WALPOLE, N.H. — Process is everything in memoir, and the lesson is that we never really know ourselves until we begin to write about our unique experience. A safe, nurturing space in which to begin, to experiment, to challenge one's assumptions, is crucial. Ginny Harvey Dawson, author of "Counseling and School Psychology," said of Bernard's teaching style: "Pam provides a safe and supportive atmosphere that empowers class members to write and rewrite about sometimes painful personal memories until they have

produced fine work."

These workshops focus on craft, bringing with short personal narratives and lyric essays, as well as memoir excerpts from published authors, to read together and study. Also, time is set aside for beginning fresh work. Finally, a group critique offers an opportunity for participants to bring in short narratives they have worked on during the week. If you are at all hesitant to give it a try, set up a free consultation to ask questions and discuss any reservations you might have.

Pam Bernard, author of four

books, is a poet, painter, editor, and adjunct professor at Franklin Pierce University. She received her MFA in Creative Writing from Warren Wilson College and B.A. from Harvard University. Her awards include fellowships from the National Endowment for the Arts and the Massachusetts Cultural Council. Her collection "Across the Dark" was a finalist for the National Poetry Series.

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

Remember when...

REGION — This is a local area home. Do you remember when or where this photo was taken? The abundance of snow creates a stairway to heaven, or at least to the top of the roof.

Any information you have about the house, location, or timeframe can be emailed to ads@vermontjournal.com.

PHOTO PROVIDED BY TED SPAULDING



Start Your Own Business workshop to be held in Springfield

SPRINGFIELD, Vt. — The Vermont Small Business Development Center would like to announce an upcoming workshop for those thinking about starting their own business. This workshop, titled "Starting Your Own Business," is aimed at helping future entrepreneurs turn their passions into a full-fledged business venture. The workshop will be held Friday, March 29 at Springfield Regional Development Corporation office on Clinton Street in Springfield, from 9 a.m. to 1 p.m.

Starting a business can be challenging. The workshop, conducted by an experienced business advisor, is designed as a guide for the first-time business owner. Participants receive a comprehensive start-up workbook, handouts, and resources in marketing, financing, management, and operations. By the end the workshop, they will be well informed about the tools and resources available to them and the next steps involved in launching a successful business. There is a fee to attend, and you can register online at www.vtsbdc.org under the training tab.

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

Debra Boudrieau at 802-885-2071 or dboudrieau@vtsbdc.org.

Vermont Small Business Development Center is a partnership program with the U.S. Small Business Administration. The support given by the U.S. Small Business Administration through its funding does not constitute an expressed or implied endorsement of any of the co-sponsors' or participants' opinions, products or services.

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Tune in to sound healing therapy

BY SHARON HUNTLEY
The Vermont Journal & The Shopper

REGION – Sound therapy is a form of energy work that is used to tap into the body’s vibrational pitch. This can be done using various methods, such as tuning forks, Tibetan bowls, bells, gongs, didgeridoos, rattles, drums, flutes, and various other instruments and techniques, even the human voice.

While many people are only just discovering it, sound healing is actually a return to ancient cultural practices that used chants and singing bowls to restore health and relieve pain. Most ancient cultures used the power of sound in ceremony and healing. For example, Aboriginal cultures used the didgeridoo as far back as 40,000 years ago.

There are different types of sound therapy, which uses special sounds that produce different tones and vibrations. This is largely the basis of sound healing – that we use certain tones or sounds aimed directly at certain

parts of our bodies or brains, and we respond to it by adjusting our own frequencies to suit them. In other words, different tones such as those achieved by bells, chimes, bowls, gongs, and vibrations, can interact with the energy of the body, activate different chakras in the body, as well as organs and organ systems. As our bodies tune into and align with them, healing can take place.

There are a number of methods for achieving sound healing therapy, and a number of instruments and tools that can be used to help the patient through it. All produce different tones and sounds to assist in different therapies. Below are a few of the most common.

Entrainment
Entrainment is one method of sound therapy that synchronizes our brainwaves, which fluctuate, by producing a stable, solid frequency that our brains adjust to and then match. Also known as binaural beats, this method stimulates the brain into a specific state using pulsing sound to encourage your

brain waves to align to the frequency of the beat. It helps to induce enhanced focus, entranced state, relaxation, or sleep.

Singing Bowl Therapy
Singing bowl therapy dates back to the 12th century and has been used for meditation and rituals in Tibetan culture. The sound produced by these metallic bowls is quite similar to a gong or a bell. Used in sound healing therapy, singing bowls are believed to calm and repair the mind as well as reduce stress and anxiety, lower blood pressure, improve breathing and circulation, alleviate aches and pains, strengthen the immune system, and improve the mood of the patient.

In recent years, crystal singing bowls seems to have found a growing following. Their higher tones penetrate our bodies in a different way. Paul Utz, found of Crystal Tones, one of the first to make crystal alchemy singing bowls, says, “We are water and our bones have a crystalline structure that creates an entrainment between sound and body.”

Tuning fork therapy
Just as with musical instruments, tuning fork sound healing therapy puts our body-soul dynamic back in sync using

calibrated tuning forks that are applied to specific points on the body. Picture this as being similar to acupuncture without the pins. These forks will apply specific vibrations to certain areas of the body, which is said to release tension and open blocked energy. This type of healing with sound brings emotional balance and pain relief.

Vibroacoustic therapy
Vibration is believed to affect your body’s functions, such as blood pressure and breathing. Vibroacoustic therapy uses audible sound vibrations to improve health and reduce stress. The patient will lie down on a special bed or mat, where speakers are strategically placed, so that sounds and vibrations, when played, will penetrate the patient to a deep cellular level. This is typically used on patients recovering from injuries, cancer, and even strokes.

Guided meditation
Probably the most well-known therapy, meditation has many health, neurological, and psychological benefits. Chanting as you meditate, or saying certain mantras or prayers, improves sleep, lowers blood pressure, improves our mood, breathing and circulation, calms the mind, and reduces stress.

Neurologic music therapy
Music therapy can reduce stress and promote relaxation. It’s been shown to be more effective than prescription drugs in reducing anxiety levels before surgery. A study published in 2017 found that a 30-minute music therapy session combined with traditional care after spinal surgery reduced pain. Music therapy is administered by a credentialed provider who assesses the individual’s needs. Treatment involves creating, listening, singing, or moving to music. It’s used for physical rehab, pain management, and brain injuries.

Bonny method
Named after Helen L. Bonny, Ph.D., the Bonny method of guided imagery and music uses classical music and imagery to help explore personal growth, consciousness, and transformation. A 2017 study showed promising evidence that a series of sessions could improve psychological and physiological health in adults with medical and mental health needs.

Nordoff-Robbins
The Nordoff-Robbins technique is mostly aimed at children with developmental disabilities, such as autism,



Tibetan bowl is one form of sound therapy. STOCK PHOTO

learning difficulties, mental and psychological disorders, or emotional traumas. This method functions under the assumption that every single one of us can find meaning (and therefore healing) in music, and teaches patients to create music as a form of therapy.

This is by no means a comprehensive list of all therapies that are available. Healing with sound can improve or cure many ailments including, but not limited to psychological and behavioral disorders including autism; depression; learning disabilities and developmental troubles; anxiety and stress; PTSD; pain; negative emotions, such as sadness, aggravation, anger, self-pity, and heartbreak.

It can also bring about clarity and balance; relaxation; improved memory and concentration; improved sleep; a stronger immune system; heightened awareness; and improved creativity.

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Naturopathic medicine, a natural approach to health care

REGION – Naturopathic medicine is an approach to health care that utilizes natural therapies from both traditional healing methods and modern science to promote healing in the body. At its core, naturopathic medicine emphasizes prevention and approaches health issues from a whole-person perspective that includes body, mind, and spirit. Rather than just managing disease, your naturopathic doctor looks beyond the symptoms to

uncover the root cause of your body’s imbalance.

“Doctor as Teacher” is one of six naturopathic principles. “Teacher” is actually the original meaning of the word “doctor.” During a typical visit, your naturopathic doctor will spend time teaching you about your condition and which tools to implement and what role you need to play in order to bring your body into balance. Visits will include exploring lifestyle factors and habits such as diet, sleep, exercise, stress management, etc. These are considered fundamental to health and well-being and will support you for the long term.

Naturopathic doctors address general healthcare needs for men, women, and children, which includes providing routine physical exams and performing routine blood work, as well as focusing on very complex health conditions. The naturopathic doctor’s toolbox is vast and may include such things as clinical and laboratory diagnostic testing, nutritional medicine, botanical medicine, homeopathy, hydrotherapy, detoxification protocols, manual therapies, mind-body medicine, and the list goes on. When needed, your naturopathic doctor can prescribe many pharmaceutical medications.

For more information, reach out to your local naturopathic doctor or naturopathic medical practice. Many providers offer a free 15-minute or 20-minute consultation. This will allow you to ask specific questions you may have about naturopathic medicine.

Written by Johanna Ryan, N.D., M.A., naturopathic physician, Return to Wellness Natural Medicine, in Bellows Falls, Vt. For more information, call 802-732-8428.

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REGION – Have you had enough of stress, pain, anxiety, and illness? The medical systems of China and India have discovered that our body, mind, and spirit are healthy when the body is flowing well with life force energy and the meridian, chakra, and biofield of the human energy system are clear of energetic blockages. Dr. Randolph Stone, a naturopath, osteopath, and chiropractic doctor, was a pioneer in energy medicine in the United States. He realized that western allopathic medicine treated only the symptoms of illness, rather than treating the causes of illness.

After studying Oriental medicine in depth in China and India, his polarity therapy holistic healing system, which is benefiting many people, came into being and is practiced today with new up-to-the-minute approaches. The term “polarity therapy” refers to the body’s natural and healthy electromagnetic energy dynamics. Polarity therapy helps resolve the causes of illness through touch bodywork, movement and exercise, diet and nutrition, and personal growth holistic healing work.

A client may come for a ses-



Lauren Potter giving bodywork session. PHOTO BY KATHLEEN LAURITSEN

sion to resolve stomach issues, for example. The client also mentions that she is often anxious and fearful. Through the therapist’s touch and no touch bodywork, the client releases the blocks in energy flow to her solar plexus and stomach and her stomach feels better. In following sessions, the client shares her story of how she became anxious and fearful, and the therapist shows the client movement exercises she can do at home to release anxiety and fear, as well as exercises to help her digestive system. Ongoing

session work continues with discussion of diet and nutrition to support a healthy digestive system. The therapist and client continue to work together, adding bodywork sessions, new exercises, and discussions to facilitate the client’s release of the past.

Also effective for promoting health, reducing stress, and enhancing medical and complementary therapies is reiki. Reiki is a practice used in diverse settings, including hospitals, hospice, private offices, and for self-care. Reiki is



Lauren Potter and client in Qigong session. PHOTO BY KATHLEEN LAURITSEN

offered at over 800 hospitals in the U.S. for its beneficial effects, including anxiety reduction, helping sleep, healing patients faster and easier, and easing the side effects of chemo and radiation therapies. Reiki increases a life force energy, increasing vitality. Reiki brings perspective and wisdom to the challenges

of your career, relationships, and finances. Reiki also helps animals. Certified reiki practitioners give touch or no touch bodywork sessions with the client fully clothed, lying on a massage table or sitting in a chair covered by a warm blanket.

Another practice that pro-

motes health and well-being with a wide range of health benefits is the movement practice Qigong. Qigong increases flow of energy in the body, allowing relaxation and release of tension, often helping to release charged emotions of anger, sadness, resentment, worry, anxiety, fear, and guilt. Qigong is practiced with complete focus in the here and now. Since our illness and disease are products of past thought process, when we stay in the present moment with regular Qigong practice, we begin to naturally and easily let go of our attachment to past events, thoughts, and problems. Along with helping all the bodily systems, Qigong exercises also increase and maintain flexibility, balance, and strength.

Written by Lauren Potter, member of Vermont Reiki Association and the Reiki Membership Association. Potter gives healing sessions including polarity therapy, reiki, Qigong, free movement, and Emotional Freedom Tapping Techniques. For more information, contact Lauren Potter at 802-591-0507, laurenpottervt@gmail.com, www.laurenpotterreiki-healing.com.

Springfield’s annual Wellness Week —

SPRINGFIELD, Vt. – The Springfield Wellness Week calendar is out! Get ready for a week of free health and wellness related activities at various locations in Springfield, including the Edgar May Rec Center and the Springfield Town Library. The second annual Springfield Wellness Week takes place Sunday, March 24 through Saturday, March 30. You can find the calendar of activities at www.springfieldvtwellnessweek.weebly.com.

We’re excited to once again bring this collaborative event to the community to showcase the many health and wellness resources available in our area. Attend fun and engaging activities, classes, and presentations. Learn and experience more about what health and wellness means for you. Tai Chi, healthy food options, financial wellness, art, live music, and spiritual well-being are just some of the offerings featured at this year’s Springfield Wellness Week.

This year we’ve added a kick-off event, the Springfield Well-



Participate in Springfield’s Wellness Week. STOCK PHOTO

ness Week Fair, to the week’s calendar. On Monday, March 25, from 5-7 p.m., the Great Hall at 100 River St. will be buzzing with activity as local Springfield organizations get together to share resources and have some fun. At 5:30 p.m., Dr. Scott Durgin, director of Lifestyle Medicine at

Springfield Medical Care Systems will give a keynote presentation: “What is Lifestyle Medicine?”

For more information, please contact Kate Roome, R.N., public health nurse and chronic disease prevention specialist, at kate.roome@vermont.gov.

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Any wellness PRESS RELEASES about the above subjects are welcome to run in our March 20 edition.

Press should be informational articles about a general practice or topic, and should not pertain to one specific business.

Please send your press to editor@VermontJournal.com by Friday for the following Wednesday publication.

Green Mountain Power, Vermont Magazine announce Vermont Writers’ prize

COLCHESTER, Vt. – S.J. Cahill is the winner of the 2019 Vermont Writers’ Prize for his short story “Family Ground,” which explores the moral dilemma of the Vietnam War and its impact on a Vermont community. The Vermont Writers’ Prize is awarded annually by Green Mountain Power and Vermont Magazine, and “Family Ground” is published in the March/April issue of Vermont Magazine, which is on newsstands now.

“Cahill’s ‘Family Ground’ is a captivating story and very touching,” said Phil Jordan, editor of Vermont Magazine. “He writes with clarity that draws out the emotion in this personal story while Vermont remains

a central feature, which is a wonderful tradition for winners of this prize.”

S.J. Cahill was a Vermont Writers’ Prize finalist in 2014. Now, the East Burke resident will receive a \$1,500 prize for this short story, which was fueled by his own life experiences. “I’m thrilled to win this award and to win it for this story,” Cahill said. “As a military veteran who didn’t serve in Vietnam, I was intrigued with the moral dilemma. Most people have forgiven those who refused to go but there are some who never will.”

“Family Ground” tells the story of a young man returning to Vermont after fleeing to Canada to avoid the Vietnam

draft. He is worried whether he will be welcomed home, aware of his father’s own military service and the death of a neighbor’s son in Vietnam.

The prize was created to honor the literary legacy of the late Ralph Nading Hill Jr., a Vermont historian and writer and longtime member of Green Mountain Power’s Board of Directors. It is considered by Vermont writers to be one of the state’s premier literary prizes.

In addition to the winning story, three of the finalists, “The Hot Spot,” a short story by Peter Cammann of Shelburne, “Lunar,” a poem by Lisa Buckton of South Burlington, and the poem “Poulin’s Cows,” by Carol Henrikson of Washington, will also be featured in this issue of Vermont Magazine.

The selections were made by an independent panel of judges: Phil Jordan, editor of Vermont Magazine; Tony Marro, retired executive editor of Newsday; Alison Freeland, a 1994 winner of the Ralph Nading Hill, Jr. award (predecessor

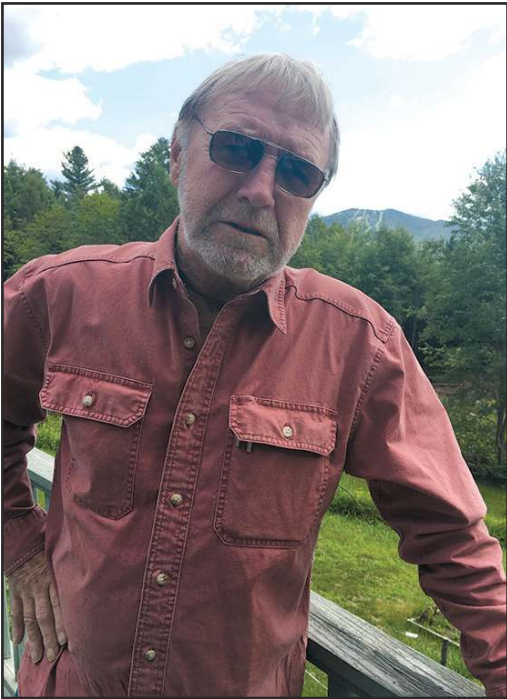
of Vermont Writers’ Prize); Suzanne Loring, a writer at The Stern Center for Language and Learning and committee member of the Dorothy Canfield Fisher Children’s Book Award; Marisa Crumb, executive editor of Vermont Magazine; Brian Otley, Green Mountain Power COO; and Steve Terry, retired Green Mountain Power senior executive.

Entries for the 2020 Writers’ Prize are now being accepted, and the increasing number of poems entered over the last few years convinced contest organizers to establish a new, separate award for poetry. “The interest in poetry is growing. We see it in the number of poems submitted, and the quality of the writing is tremendous. We hope this new award specifically for poetry will both celebrate that and encourage more Vermonters to write and submit their poems,” GMP’s Brian Otley said. Starting with the 2020 contest, both prose and poetry winners will win \$1,250.

The deadline to enter is Nov.

1, 2019. The contest is open to all Vermont residents. Entrants may be amateur or professional writers. Submissions may include essays, short stories, and poetry that focus on “Vermont – Its People, Its Places, Its History or Its Values.” Entries must be unpublished and less than 1,500 words long. Individuals may submit only one entry. Employees of Vermont Magazine or Green Mountain Power and previous winners are ineligible.

Entries should be submitted online here at www.vermontwritersprize.submittable.com/submit/86155/vermont-writers-prize. All submissions will be acknowledged via the website that they have been received.



Vermont Writers’ Prizewinner S.J. Cahill. PHOTO PROVIDED

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Handling a dispute with your insurance company

REGION – From time to time, you may need to resolve a dispute with your insurance company. Disagreements often arise about the amount due on a bill, the amount the company paid on a claim, or the nonpayment of a claim. Here are some steps that can help you resolve a dispute efficiently and agreeably.

Know your rights

The insurance industry is highly regulated. Your state has laws that dictate what insurance

companies can and cannot do when it comes to bill collecting, settling claims, and other matters. The law may be called the Unfair Insurance Practices Act, the Unfair Claims Settlement Practices Act, or something similar. To learn about the laws in your state, call your state insurance department or check its website. Most states have the following regulations in place:

An insurance company cannot misrepresent your policy. In other words, the company cannot knowingly tell you that the policy means something that it doesn’t actually mean. In addition, the company cannot change the policy without informing you in writing ahead of time.

The company cannot withhold payment on a claim against one part of your policy in order to force an issue on a claim against another part of your policy. For example, your insurer cannot withhold payment on a claim against the collision portion of your auto policy to force you to settle on the liability portion.

Companies must acknowledge and process claims promptly. In some states, companies have to acknowledge within 15 days that they received notice of a claim. After receiving the claim, they must investigate, process, and settle it quickly.

Companies cannot ask you for unnecessary forms in an effort to delay an investigation or payment of a claim.

Companies cannot make it a practice to appeal most court awards that favor their policyholders. Companies are allowed to appeal decisions they truly believe are unfair, but they

cannot use the appeal process to force their policyholders to settle for less than they are due.

A company has to have a good reason to deny or delay a claim and must explain the reason to the policyholder. In most cases, lack of coverage or nonpayment of premiums is the reason for a denied claim. Or the company could be misinformed about the details or circumstances of the claim.

Use your insurance agent or broker

If you have an insurance agent or broker, he or she can be a valuable resource in resolving disagreements amicably. Your agent or broker has an established relationship with the insurance company and knows where to go for help. An agent or broker can usually resolve the problem over the phone right from his or her office. Give him or her your policy number, copies of disputed bills, canceled checks, any written correspondence, and records of any phone conversations. If you don’t have an insurance agent or broker, discuss the problem with a customer service representative from the company.

Write a letter

If you’ve had no luck resolving the problem through your agent or broker or by calling the company, write a letter to the appropriate manager at the company. For example, address letters regarding disputed bills to the accounting or finance manager. If possible, obtain the manager’s name before writing the letter. Your letter should clearly state the problem and what you think would be a fair resolution. Include information about phone conversations you had with customer service representatives, such as dates of the calls and the names of the people you spoke with. Your letter should also include your policy number and your daytime telephone number. Finally, include copies of written

correspondence, bills, canceled checks, or bank statements.

Get a third party involved

Complaints rarely come to this point, but if your company still hasn’t resolved the problem to your satisfaction, there are a number of options you can pursue. Calling your state’s insurance department is one such option – there are state insurance regulators who investigate policyholder complaints. In fact, if the state finds that the company is violating any state laws or regulations, the state could fine or otherwise reprimand the company. You might also consider contacting your state’s consumer protection division or the Better Business Bureau. Another option is to seek an out-of-court settlement through arbitration or mediation. There are independent organizations that will provide this service when you have a dispute with your insurer.

Take legal action

As a last resort, you can take the insurance company to court. If the amount in question is below a certain threshold – this amount varies by state – small-claims court may be an option for you. You do not need an attorney in small-claims court.

If the amount is too big for small-claims court, you can hire an attorney. It is in the insurance company’s best interest to settle disputes quickly, especially if they involve expensive litigation. Chances are good that once you hire an attorney and he or she contacts the insurance company, the dispute will be settled out of court.

If you educate yourself, have all the information at your fingertips, stay organized, and be persistent, you should be able to resolve your problem quickly.

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

pet of the week

Parka here! I traveled all the way from Georgia in hopes of finding a family that can match my unique, energetic personality. I am 1-year-old and was surrendered to the shelter in Georgia when I was too much for my owner.

I am your typical adolescent dog in need of an experienced owner. I would benefit greatly from training classes and in fact, my friends here are requiring it per my adoption contract. I am a smart lady who is extremely food motivated, so training will be fun for us both since I heard we get lots of yummy treats in training!

I currently know “sit” and “down,” but am eager to learn more. Based off what my friends see here, I was not taught many manners in my first home so I would need a patient and experienced owner to teach me the ways of the world! Please feel free to ask my friends more about me, my needs, and my behaviors. I am good with other dogs, but no cats please. I would not be suitable for young children, but teenagers may be ok. Please come visit me soon and learn more about me!

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THIS AND THAT

BY BILL MURPHY

The Vermont Journal & The Shopper

What an enjoyable week last week was! Not only was I blessed with back-to-back trips to the Final Four at the Auditorium in Barre, but I was able to sit back and enjoy two splendid efforts that fell short. Don't get me wrong, I wanted our area teams to win, but once upon a time, having been a coach whose mission was to go to the Aud and accept nothing short of a win, this type of trip for me was much more relaxing.

In fact, I was fully able to appreciate the play of two remarkable teams who rode their wave of talent and emotion as far as they could go. I could sit back at the end and know this play or that play could have turned the tide, but it is what it is.

I am sure there are coaches and players both from Springfield and Green Mountain who have gone over several plays and said, If only I had..." That's how it always is; however, things don't always work out that way.

From where I sat above the home team bench, I could see that both teams played magnificently, representing their school and community well. They overcame the obstacle of never having been there before and battled a foe that had been there all the way to the final buzzer. Neither showed any stage fright, and they both overcame the experience factor. There is a difference of having been there or not, but both of them quickly kicked the tires and jumped in for the ride. To an innocent bystander, it was a wonderfully memorable ride.

Rarely are teams this ready when they see the inside of the building for the first time. One thing which could have played a factor for both teams to show up ready is the tough tight competition that took place this winter in the games these two teams competed in against each other and against Windsor and Bellows Falls. Large crowds and tight games frequented those meetings.

Green Mountain Coach Terry Farrell tells another story about his team, which is actually over the top. Five years ago, Green Mountain chose not to field a varsity team. They were low on numbers and most of the numbers they did have were very young. The school decided in the end to field a junior varsity team. An older player or two competed at another school and the Lady Chieftains played only a JV schedule. They even included a number of eighth graders to have enough players to practice with.

Although I agreed with the decision at the time, I also believed such a drastic move could handicap the program for a long time. Obviously I was wrong. It was the perfect move and maybe more than anything else, led to the school's second Final Four appearance in history.

Farrell did one other little thing that could have played a part in the players' comfort zone. Back when they weren't even a varsity team and this year's seniors were already part of the program, he took the group to the Barre Auditorium to see the Division III Tournament. It was a tease. See what you get if you work hard. Well, they worked hard and here they were.

Final Fours have not been a common place for any of our area teams. Of the 12 teams covered in our reporting area, only the Fall Mountain girls' team has frequently been a part of the Final Four tradition. It's too bad because it can be so much fun.

Interestingly, this is the second straight year that the Thetford girls have defeated an area foe in the semi-finals. A year ago, it was Leland & Gray (14-6) who they beat 43-37. This year, Green Mountain had their turn and fell short 40-33. If the Lady Chieftains had any doubts when they took the floor, they were quickly erased by the hot shooting of Annie Lamson. She had six early points and gave the Panthers fits in the opening stanza. Lamson would finish with a team high 12 points. Farrell would

correctly say later, "We didn't play like we were afraid to be there."

One dream Farrell envisioned when he entered the Auditorium was a healthy player in the middle of his attack – Hannah Buffum. The senior had missed the quarterfinal game with an ankle injury, but she was taped and ready to go at the Aud. On Thetford's first possession, a Panther drove the baseline and didn't stop when the imposing Buffum was found in the way. Thus, 16 seconds into the game, there was slight contact. Buffum went down and the game was delayed and she would not return again. Farrell said, "Even if she wasn't able to score a point, she would have helped us rebounding and defending the rim. Alyssa Ripley played well in her place, but she doesn't have the same size."

The game was tied 18-18 at the half and the Panthers did establish a 7-point lead in the fourth quarter, but it was a 2-point game with 48 seconds left. The Lady Chieftains had two opportunities with the ball after that. It was anyone's game. For the school that had seen only one previous appearance at the Aud in history, this was a strong showing. Maddie Wilson and Rachel Guerra both added 6 points to the cause. By the way, if having Buffum injured wasn't enough, Guerra lost playing time throughout with breathing problems, which appeared to have flu-like symptoms.

Springfield had so many lives in this tournament season and despite showing guts personified all along the way, the clock eventually struck midnight. In the opening round against Bellows Falls, they were pronounced dead only to come alive and bounce back outscoring their rivals 27-2 down the stretch, with another hero every minute on the way to warming up the bus to travel to Enosburg.

There, Joe Costello's team chose to present the opposite approach racing away to a 49-33 advantage after three periods before the gas tank signaled empty, and the Cosmos held on for a 60-59 victory in a game that actually saw Enosburg outscore Springfield for a stretch 22-6 to tie the score at 55 before Springfield prevailed.

Which streaky Cosmos team would show up at the Barre Auditorium? It would be one that would play well from start to finish, but also one which found itself trailing 33-29 with 1:09 to play after Fair Haven star Ryleigh Coloutti, who Springfield kept in check for most of the game, hit a mammoth three-pointer to all but put this game away. However, this only put this game bunch of Lady Cosmos in a position to produce yet another comeback to tie the score and move onto overtime.

Fair Haven would win the overtime and the game, but everyone believed in Springfield until the final horn sounded and the score-



Green Mountain's Paige Karl looking to get off a shot in the team's semi-final game at Barre.

PHOTO BY JOE KARL



Julianna Albero-Levings was one of Springfield's key components all season.

PHOTO BY DENISE HUNTER



The Green Mountain team waiting for the game to start during the National Anthem.

PHOTO BY JOE KARL

board read Fair Haven 39, Springfield 35. To me, Springfield didn't lose the game; the clock just ran out too quickly. Hannah Crosby tied the score at the end of regulation with a steal and a lay-up and paced the Cosmos with 11 points. Both Hailey Perham and Gabby Wardwell had steady numbers in the contest. Perham had 9 points and 10 rebounds, while Wardwell added 8 points and 15 rebounds.

Moments after the game, Coach Joe Costello was partially in a daze, but made all kinds of sense when he said, "Someone had to win, someone had to lose. There were a few close plays. Tim in rim out, we kept playing hard and in the end it falls the other way. That's the game of basketball. In my opinion, we had the best two teams in Vermont playing tonight. This game should have been on Saturday. I can't be more proud of my girls. They left it on the court on a big stage that they are not accustomed to, that everyone else is, and they didn't back down from the moment. We fought like we have done all year. We came right back and had a chance to win the game. To be in that spot in this moment, that's what we were working for. We got the opportunity, the shot just didn't fall."

This was the tale of two communities whose teams excelled to a level that was exciting and beyond the norm. Neither team happened to win their semi-final game, but from here I say it was much better to have played than to not. Both communities should be proud of what their teams accomplished this winter.

Green Mountain the only boys' winner in postseason

BY BILL MURPHY

The Vermont Journal & The Shopper

REGION – Green Mountain has had some good boys' basketball teams over the years; but unfortunately, they really have nothing to show for it. They have seven trips to the Final Four in the close to 50 years since they first found themselves in the postseason mix.

On the surface, a trip every seven years is not so bad, but they reached the cherished four in their first two years of tourney competition (1971 Proctor 67-44, 1972 Oxbow 73-53), again in 1983 and 1984 (Williamstown 83-73, Arlington 52-38), and 1987 (Peoples 80-65), but only two times since. Thus, the Chieftains have only made two trips in the last 32 years, an average of one every 16 seasons. They have two trips to Barre this century, 2003 and 2004 (Leland & Gray 87-71, 2004 Thetford 61-43).

Not one of the seven trips to the Final Four resulted in a victory or even a single digit loss contest. Every game was decided by ten or more points, with the average being over 16 points. The best showing was the 1983 loss to Williamstown. One thing that stands out is in

those almost 50 years, six of the seven visits happened in back-to-back seasons. Good teams don't just come in cycles. They usually feature players from more than one class, and their experience brings them back to the elite competition. These numbers are not meant to throw shade on Green Mountain but to provide incentive to future Chieftains to raise the bar.

This year's edition of the Chieftains is an example of progress. Yes, they fell to Williamstown in the quarterfinals on the road Saturday 62-27, but they are the first Green Mountain team to win a postseason contest since 2005 – a period of 14 years. The team had been basically one and done if at all since one year after their last Final Four appearance. The 2005 team lost a close quarterfinal match 78-75 to South Royalton only to fall just short of three Final Fours in succession.

In recent winters, Brian Rapanotti's team has fallen into a pattern of being seeded mainly seven through ten, which makes their opening play-off game a very competitive one, as it was this year when they defeated Oxbow 59-56. James Anderson was the Chieftains'

leading scorer in the postseason with 28 points. The only other double-digit performers in either contest were Brooks Ordway Smith with 13 and Ty Merrill with 10 in the Oxbow win.

Rapanotti found out experience does matter in the play-offs, when his team took the floor at Williamstown. "We were ready to go, but the game was called really tight. I had been told it would likely be different, but we didn't adjust to that and we got in foul trouble," he related.

Having been on the sidelines on more than one occasion in similar situations, I fully understand what he means. The officials can be correct in their calls and consistent, but a more tightly called game that coaches feel happens more often up north, results in more fouls. The deeper bench gains a big advantage as was the case at Williamstown.

Bellows Falls (10-10) finished tied for first place with Green Mountain and Twin Valley in the C Division of the Marble Valley League. The Terriers will actually drop down to Division III by the Vermont Principals Association's classification next winter and will now be competing in the C Division

as a school in the ranks with its members. The C Division will go from a four-team league to a six-team loop, with Rivendel and White River Valley joining the top three teams who tied for the crown and Leland & Gray. The new landscape will present a much tougher schedule for Bellows Falls, who will only be playing two Division IV teams next winter. They had eight Division IV teams on their slate this season.

The Terriers played well in their long trip to third seeded Lake Region in their Division II tourney clash. They bowed 44-30, but comparative scores versus common opponents, predicted a more one-sided outcome. Coach Ryan Stoodley points out, "Our 2-3 zone kept them down much of the game. Our defense was pretty good at the end of the year. It was 22-15 at halftime and we played well enough to compete."

Ryan Kelly had 17 points to spark the Terrier offense. Bellows Falls only loses one regular rotation player so may be able to stay on course against the upgraded schedule.

Fall Mountain (8-10) began the season with four straight victories, but players lost for periods of time and the season for assorted reasons, slowed

down the momentum for most of the remainder of the season. The Wildcats did have one more hot streak when they won three of four games, including a victory over rival Bellows Falls 48-36. However, three straight losses to complete the schedule left them in 14th place and a trip to St. Thomas Aquinas didn't turn out well. The parochial as hosts ran away with a 82-31 victory. Owen Marandino and Joey Murdoch tallied 11 and 8 points for Fall Mountain respectively.

Leland & Gray (4-16) won a couple showdowns with Black River (1-19) and that was basically what separated those two area opponents. The Rebels were a difficult match-up for the Presidents as Brud Sanderson's team prevailed 67-37 and 57-34 in the two get-togethers. The low seed for the Townshend-based school made the opening postseason game difficult and they bowed to fourth seeded Peoples 55-32. Peoples was a strong enough foe to eliminate Windsor in the next round. Sanderson said, "We played well into the third quarter and then began to lose traction. Though we lost, being able to go and compete against a quality foe like Peoples was a good experience. The Presi-

dents' lone victory was over Mid-Vermont Christian 62-54 on the road."

Springfield (3-17) did not qualify for the postseason. The Cosmos compete in Division II where there were more than the maximum 16 teams for the tourney. The Cosmos actually grew some this season and return much of their nucleus for next year. They split with Leland & Gray (won 53-44/lost 58-61) gave Fall Mountain a battle before losing (56-51) and their biggest win was over a Twin Valley team (57-49), who actually defeated Windsor.

Coach Mike Ruppel remains patient on the outside as his Cosmos takes steps each winter to become more competitive. He told me, "The most important piece is to say that I'm proud of the guys for how hard they competed this season. I think what most impressed me was the way our defense got better throughout the season. The team committed to being a great half-court man defensive team and we drilled it every day in practice."

Fall Mountain Coach Justin Cassrino and Black River Coach Don Richard were unavailable for comment at this time.

art & entertainment

FOLA presents “Billy Elliot the Musical Live” —

LUDLOW, Vt. – “Billy Elliot the Musical Live” will be featured by FOLA Saturday, March 16 at 7 p.m. at the Heald Auditorium at the Ludlow Town Hall.

Billy Elliot tells the story of a young boy from a coal-mining village in northeast England who transcends class and circumstance to become a ballet star. The musical is set against the backdrop of the 1984-85 Miners’ Strike, which tragically affects the whole village. Billy is looked after by his father, brother, and grandfather after his mother’s death a few years earlier. They are not well off and have no experience with, or tolerance for, the arts. His dad and brother are totally against the idea of him learning to dance, but Billy finds himself drawn towards the ballet world.

As a result, Billy is forced to take his boxing lesson money and use it secretly for dance lessons from local dance teacher



Go see “Billy Elliot the Musical Live” with FOLA. PHOTO PROVIDED

Mrs. Wilkinson. She quickly notices that Billy is a prodigy and takes him under her wing. Soon, despite his family’s resistance, Mrs. Wilkinson manages to get Billy an audition with The Royal Ballet School in London. The village learns to overcome their ill-founded prejudices and, along with Billy’s father, come around to support Billy’s

dream to become a dancer as Billy defies the odds and is finally accepted into The Royal Ballet School.

As with all FOLA movies, the musical is free and open to everyone; donations are appreciated. For information, call 802-228-3238 or visit the FOLA website at www.fola.us.

English Country Dance in Walpole with David Millstone —

WALPOLE, N.H. – The Monadnock Folklore Society presents the third in its series of English Country Dances with the theme “Dance Around Monadnock.”

On March 17, from 2 to 5 p.m., the dance will be held at Hastings Parish House in Walpole, N.H., with David Millstone teaching dances that will appeal to all, from novice to

experienced dancers.

Lovely music will be provided by performers Carol Compton, piano, and Thal Aylward, violin.

English Country Dance is a form of social dance that harkens back to the days of Jane Austen and “Pride and Prejudice,” but its roots extend further back in time. Its traditions and innovations continue right

Woodchuck’s Revenge at UU Coffeehouse —

SPRINGFIELD, Vt. – The UU Coffeehouse will feature Woodchuck’s Revenge Saturday, March 16 at 7 p.m. The Woodchucks’ repertoire, which has been described as encyclopedic, ranges from New England fiddle tunes to modern cowboy songs, from Irish ballads to ’60s folk, blues, and bluegrass. Songs about Vermont, mountains, and life in New England are staple of the group’s performances, along with a healthy dose of humor and a small but growing number of origi-

nals.

The Woodchucks have performed throughout Vermont and the adjoining states and in Wyoming and Montana – at colleges, community events and festivals, in coffeehouses, summer concert series, country fairs, and bluegrass festivals as well as the New England Folk Festival and the Northeast Music, Arts and Dance Festival. They have performed on public radio in Vermont and New York, as well as local access television. Their audiences have included students, seniors,

visitors to Vermont, historical re-enactors, and folk music fans of all ages.

All are welcome to attend. Doors open at 6:30 p.m.; music starts at 7 p.m. This is a family-friendly evening of music and fun. There is no cost to enjoy the music, but there is a free-will offering and any money collected goes directly to support the featured performers. You will be able to purchase delicious snacks and beverages. UU Coffeehouse performances are held at the Meetinghouse at 21 Fairground Rd., in Springfield.

The 8th annual Town Trivia Challenge —

WEATHERSFIELD, Vt. – The Weathersfield Proctor Library’s 8th annual Town Trivia Challenge will take place Saturday, March 23 at 7:00 p.m. at the Weathersfield School on Schoolhouse Road in Ascutney, Vt.

This fun event will feature nine town teams representing boards, committees, school staff, and students. Each team will answer questions in random order in seven trivia categories: spelling, town history, current events or sports, “Name That Tune,”

geography, and literature. In addition to bragging rights for first place, there are also prizes for the team that displays the most team spirit and for the team that raises the most funds.

So, which team will be our eighth challenge winner? The public is invited to attend at no cost, but a donation would



Come support teams at the Trivia Challenge. STOCK PHOTO

be appreciated. There will be an opportunity to sponsor a favorite team the evening of the event. Refreshments will be served and door prizes given out. Call 802-674-5021 for further information. Storm date will be March 24.

Northshire Bookstore presents Frances Mayes and Diane Les Becquets —

MANCHESTER, Vt. – On Friday, March 15 at 6 p.m. Northshire Bookstore is proud to host author Frances Mayes in conversation with Joe Donahue at Burr and Burton’s Riley Center for the Arts. On Saturday, March 16, at 6 p.m. New Hampshire author Diane Les Becquets presents her new novel, “The Last Woman in the Forest” at Northshire Bookstore.

and The Book Show. It will be recorded live for later airing on The Book Show.

This event will take place at the Riley Center for the Arts on the campus of Burr and Burton Academy. We are offering two tiers of tickets through Eventbrite. Your ticket and receipt will be emailed to you; please bring it with you to the event to gain admission.

Cultural emissary of Italy, Frances Mayes has spent 30 years splitting her time between her native United States and adopted home in Tuscany and writing seven bestselling books about the region. In “See You In the Piazza,” she and her husband hit the road in their white Alfa Romeo to explore the country afresh from north to south – eating and drinking their way from Friuli to Sicily. Whether you’re a seasoned traveler to Italy or uninitiated, you’ll want to try the recipes from some of Mayes’s favorite chefs, relayed with mouth-watering detail along with practical advice for home cooks.

Ave. in Manchester. Tickets are available through our website and at Eventbrite. Should you have any difficulties ordering or questions, please contact Dafydd Wood at dwood@northshire.com.

Diane Les Becquets, “The Last Woman in the Forest”

Join us at Northshire Saturday, March 16 at 6 p.m. for a free event with New Hampshire author Diane Les Becquets as she presents her new novel, “The Last Woman in the Forest.”

Marian Engström has found her true calling: working with rescue dogs to help track and protect endangered wildlife. Her first assignment takes her to northern Alberta, where she falls in love with her mentor, the daring and brilliant Tate. But after a tragic accident leaves him dead, Marian discovers growing and disturbing inconsistencies about Tate’s life. She begins to wonder if the man she loved could have been responsible for the unsolved murders of at least four women. Desperately hoping to clear Tate’s name as a serial killer, she reaches out to a retired forensic profiler who is still haunted by the open cases. As she circles ever closer to the truth with his help, she cannot shake the feeling that she is being watched and that danger lurks around every corner of the forest.

Diane Les Becquets, a former professor of English and MFA director, is an avid outdoors-woman, enjoying backpacking off the grid, snowshoeing, archery, and swimming. A native of Nashville, she spent almost 14 years living in a small Colorado ranching town before moving to New Hampshire. “Breaking Wild,” her debut novel, was an Indie Next pick.

Northshire Bookstore is located at 4869 Main St. in Manchester. For more information on these or other events, call 802-362-2200 or 1-800-437-3700, or visit the Northshire Bookstore website at www.northshire.com.

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Inaugural season of Weston Playhouse Theatre Company

WESTON, Vt. – Susanna Gellert, the new executive artistic director of Weston Playhouse Theatre Company, has unveiled her inaugural season at the helm of Vermont’s award-winning professional theater.

Says Gellert, “I’m thrilled to announce our 2019 summer season, my first as executive artistic director of Weston Playhouse Theatre Company. This is a season of great American classics and powerful contemporary writing from some of the country’s most exciting playwrights. It is full of the kind of smart, entertaining, and joyous work you have come to expect from Weston. It’s a season of laughter and joy, of intimate storytelling, of rousing music, and thrilling theatricality.”

The Playhouse season kicks off with “The Fantasticks,” June 20 through July 13 at Weston Playhouse. The longest-running musical in history, “The Fantasticks” invites the audience to use their imagination to create a world of moonlight, magic, and memory. This charming and funny fable tells the story of a boy, a girl, their two fathers, and the wall that keeps them apart. Reality collides with romance as the young couple falls in love, grows apart, and finds their way back to each other after the September rains.

Independence Day weekend at Walker Farm brings the opening of “I and You,” July 4 through July 21, a smart and inspiring story of youth, love, and connection written by America’s most produced playwright, Lauren Gunderson. Caroline has been ill and stuck inside her home for weeks, months, years, an eternity. One afternoon, her classmate Anthony arrives bearing a beat-up copy of Walt Whitman’s “Leaves of Grass” and an urgent assignment from their English teacher. As these two let down their guards and share their secrets, a seemingly mundane poetry project unlocks the much deeper mystery that has brought them together. “I and You” is an ode to youth and the strange beauty of human connectedness.

Come mid-summer, Weston Playhouse launches a fresh take on the inimitable masterpiece, “Oklahoma!” July 18 through Aug. 10 at the Weston Playhouse. On a beautiful morning

in 1906 in Oklahoma Territory, a group of intrepid pioneers are setting out to forge a new community and young women and men are setting out to chart their futures. When “Oklahoma!” opened on Broadway 75 years ago, it promptly revolutionized the American musical. Its stunning music, heartfelt storytelling, and richly poetic lyrics awakened audiences to a revelatory vision of America.

Next, spend an evening with one of country music’s biggest stars as Walker Farm presents “Always...Patsy Cline,” Aug. 1-25 at Walker Farm. When an unlikely encounter in a Texas honky-tonk lands Patsy Cline at her biggest fan’s kitchen table, the rising star finds a fast friend and a savvy business partner. Late night conversations between Patsy and Louise, a Southern housewife, create a bond that lasts a lifetime. Listen in and hum along as Patsy and Louise belt their way through hits such as “Walkin’ After Midnight,” “Crazy,” and “Back in Baby’s Arms.”

Next at the Weston Playhouse is the famed and thought-provoking drama, “Who’s Afraid of Virginia Woolf?” by Edward Albee, Aug. 15 through Sept. 1. It’s two o’clock in the morning when George and Martha return home from a college faculty party, but the night has only just begun. An evening of fun and games takes a dark turn as the line between reality and illusion blurs. As stirring and provocative today as it was when it premiered, this classic asks what we are willing to do to, and for, the people we love.

Wrapping up the season, Weston Playhouse at Walker Farm will present Paula Vogel’s Tony-award winning play about a group of actors who risked everything for theater, “Indecent,” Sept. 26 through Oct. 20. This deeply moving work charts the true story of a group of artists who risked their lives to put on a Broadway play and were arrested on opening night. “Indecent” follows the writer, his play, and the people who

fought to perform it against all odds.

The 2019 season of Weston Playhouse at Walker Farm also features the Weston Playhouse Theatre’s Young Company performing “The Phantom Tollbooth,” June 13-30, an adventurous tale based on the beloved children’s novel. Protagonist Milo is completely, terribly, and persistently bored. Not even his favorite toys can capture his attention for more than a moment. All hope seems lost until a mysterious tollbooth appears in his bedroom. Suddenly, he is transported to the Land of Wisdom, where life is anything but boring.

In addition to announcing the seven shows from the summer season, Weston Playhouse is excited to present the New Works Festival, Sept. 13-15 and 20-22 at Walker Farm, which nurtures up to four emerging artists through a residency in which they will develop a new theatrical work and be given a platform for a public viewing at the end of the residency.

Audiences are encouraged to enjoy preshow dinner at the theater’s popular restaurant on the lower level of the Playhouse. Subscription sales are now available online, and single ticket sales will be available online and by calling the Weston Box Office at 802-824-5288 beginning May 1. Gift certificates for the Weston 2019 season can be purchased online at www.westonplayhouse.org.

Sip and swirl for fire and rescue scholarships –

GRAFTON, Vt. – Call an end to winter and treat yourself to a fun night out and raise money for young people to prepare for positions in the firefighting and EMS fields. The Grafton Fire and Rescue Auxiliary is hosting its second “Sip and Swirl” painting party March 23 at 6 p.m. at the Homestead Room of Grafton Inn.

Every “Sip and Swirl” participant will receive a complimentary glass of wine,



Sip and swirl paint for fire and rescue scholarships. STOCK PHOTO

with more available by donation, and work on their own acrylic painting. All painting materials are included. An auction of homemade desserts will also be featured.

Tickets for this laugh-out-loud fun event are available at the MKT Store in Grafton Village for through March 20 and at the door beginning at 5 p.m. that evening.

Make a wrapped beaded bracelet at the VAULT

SPRINGFIELD, Vt. – Imagine a new piece of jewelry fashioned by you! Make a wrapped beaded bracelet with Lyn Parker Haas Saturday, March 16 at Gallery at the VAULT, from 10 a.m. to 2 p.m.

Beads will be woven onto a leather cord using a double figure-eight stitch. A button is attached at the beginning and a knot is tied at the end to create a hoop for hooking to the button. The bracelet is designed for a three-time wrap around a wrist. A longer one may be made for more wraps, or a shorter one for a single wrap.

The materials chosen for each piece and the way the beads are placed makes each bracelet unique. The stability of the bracelet is the result of

the type of stitching.

Lyn is an experienced basket and jewelry maker, and is such a great person to work with. This workshop promises to be lots of fun. There is a cost as well as a materials fee. Please bring your own scissors.

For more information, please call or come into Gallery at the VAULT, 68 Main Street, Springfield. We are open Monday 11:30 a.m. to 2:30 p.m. and Wednesday through Saturday, 11 a.m. to 5 p.m. Call 802-885-7111, email gallervault@vermontel.net, or visit www.gallervault.org.



Beaded bracelets with Lyn Parker Haas. PHOTO PROVIDED



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Proposed deer regulation changes

MONTPELIER, Vt. – After a lengthy review of Vermont’s deer hunting laws, the Vermont Fish & Wildlife Dept. presented a series of proposed changes designed to increase hunter satisfaction and improve management of Vermont’s deer herd to the Vermont Fish and Wildlife Board on Wednesday, Feb. 27.

A formal set of recommendations will be submitted to the Board March 20 in preparation for the public meetings in March and April.

“The department and the Fish & Wildlife Board began a comprehensive review of deer regulations in 2013 in response to public input and to the need to improve deer management in some parts of the state,” said Fish & Wildlife Commissioner Louis Porter. “We listened to comments and suggestions at our annual public deer hearings, and we assessed the effects of earlier regulation changes.”



Several hunting law changes designed to increase hunter satisfaction and improve management of Vermont’s deer herd are being considered.

PHOTO BY JOHN HALL

“The proposed changes to Vermont’s deer season framework are integrally related as a package and should be considered collectively, as each season (archery, youth, early antlerless, regular November, and muzzleloader) influences the

other seasons. This framework is designed to provide a quality hunting experience for as many hunters as possible while allowing for more effective deer management.”

Highlights of the proposal presented to the Board include continuing buck age management through regional antler point restrictions and an annual limit of one legal buck, extending the archery season, increasing archery hunting in high deer density areas, crossbows for all ages of hunters, and allowing first-time adult hunters to participate in youth season proposed for late October.

The draft “Deer Management Rule Change Proposal” is available on Vermont Fish & Wildlife’s website, www.vtfishandwildlife.com, and will be discussed at public deer hearings starting March 25. Comments may be submitted at the hearings and by email to ANR.FWPUBLICComment@vermont.gov.

Wildlife in a changing climate presentation

RIPTON, Vt. – Vermonters of all ages are invited to attend a presentation about Vermont’s wildlife in a changing climate Thursday, March 28 at 7 p.m. The presentation will be given at the Ripton Community House on Route 125 and is sponsored by the Ripton Conservation Commission.

Tom Rogers will be presenting at the event. Rogers is a biologist who has worked on a variety of conservation projects, research-

ing zebras in Kenya, golden-winged warblers in New York, sage grouse and bald eagles in Wyoming, and grizzly bears in Montana. Tom currently works in outreach for the Vermont Fish & Wildlife Department, connecting the public with fish and wildlife through writing, speaking, and photography.

Through colorful photos and captivating stories, the audience will come away with a new understanding of how climate change is affecting wildlife. Rogers will talk about

what people can do to help conserve biodiversity in Vermont in the face of these new threats.

“From warmer, wetter winters to increasingly severe storms, wildlife faces a variety of challenges from a changing climate,” said Rogers. “We’ll discuss how different species might continue to respond to many of these challenges and what conservationists are doing to address them.”

The talk is free and open to the public.

Nongame Wildlife Fund

REGION – Vermonters with an interest in conserving wildlife should consider donating to the Nongame Wildlife Fund on their state income tax form this tax season. The fund helps to conserve some of Vermont’s most threatened wildlife species such as bald eagles, lynx, and turtles.

Donations are leveraged by a match from a federal grant, meaning that a \$50 donation can bring an additional \$150 to wildlife conservation in Vermont.

These donations help conserve declining pollinators such as butterflies or bees, which are critically important to agriculture and ecology.

“The Nongame Wildlife Fund has been responsible for some of the greatest conservation success stories in Vermont,” said biologist Steve Parren, who manages nongame wildlife projects for the Vermont Fish & Wildlife Department. “Thanks to generous annual donations by thousands of Vermonters, we are working to restore many of the iconic species

of our Green Mountain State.”

Past donations to the Nongame Wildlife Fund have helped recover peregrine falcons, osprey, and loons in Vermont. “Another conservation success story is on the horizon – bald eagles have been meeting nesting targets that may allow them to be down-listed from endangered to threatened in Vermont,” said Parren. “But there are still many species whose existence in Vermont is imperiled without the continued support of the public.”

Two record-setting fish caught in Vermont in 2018

RUTLAND, Vt. – Vermont Fish & Wildlife announced that two fish caught in 2018 have been certified as new state records.

In April, Burlington angler Mike Elwood landed a new Vermont record redhorse sucker while fishing on the Winooski River in



Mike Elwood with his redhorse sucker weighing 10.8 pounds. PHOTO PROVIDED

Colchester. The sucker, landed on a live night crawler, weighed 10.8 pounds and measured 29-and-a-half inches long with an 18-and-a-fourth-inch girth.

In August, Alan Franchot of Richmond caught a record cisco, also known as a lake herring, while trolling on Lake Champlain. Weighing 2.87 pounds, the cisco was only the third of its species to be entered into the Vermont Record Fish Program since records



Alan Franchot with his cisco weighing 2.87 pounds. PHOTO PROVIDED

started being kept by the Vermont Fish & Wildlife Department 50 years ago in 1969.

“It is exciting that we’re seeing more Vermont anglers fish outside of the box, as I like to call it, by taking advantage of many of the overlooked fishing opportunities we have in our state,” said Shawn Good, fisheries biologist with Vermont Fish & Wildlife. “What’s even more astounding is that in catching these record fish, both Mike and Alan broke their own state records for these species set in 2017.”

“Vermont has an abundance of waters with a wide diversity of fish species that can be targeted and caught by hook-and-line, which speaks to both the variety and quality of sport fishing opportunities supported by healthy waters and good aquatic habitat,” said Good.

“While fishing remains excellent for more traditional species such as bass, trout, salmon, pike, and others, there are so many other species out there that can provide amazing action with real trophy potential. Fish like bowfin, drum, gar, fallfish, suckers – the opportunities are endless,” said Good. “Catches like Mike’s redhorse sucker and Alan’s cisco just reinforce the notion that Vermont anglers are expanding their fishing pursuits and having a great time while doing it.”

With spring just around the corner, be sure to visit www.vtfishandwildlife.com to buy your fishing license and get in on the exciting action!



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<u>Stratton Mountain</u>	9 / 11	28"	0" (3/11)

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Judy Lidie, owner of Grace & Miss Mouse Soaps, makes premium soap right out of Vermont. The cold-process soaps are made in small batches with the finest ingredients, including sustainably grown palm oil and locally grown herbs. “Each bar is hand cut and produces lots of lather that is kind to the skin and never drying.”

Grace & Miss Mouse Soaps has been in business for almost 15 years. “The company exists today thanks to a very special birthday gift from my daughter Jessica Boynton,” said Judy. “Years ago, she treated me to a weekend spa at an inn. In our bath we found lovely little handmade soaps. The soap smelled so good and made my skin feel softer than it had ever felt. I knew right then and there that I had to learn to make my own soap... After much research, experimentation, and good old trial-and-error, I have found the highest quality ingredients available to use in my soaps.”

It took countless batches of soap, many adjustments to the formula, and some testing on family and friends to produce the finest soap that Grace & Miss Mouse Soaps produces today. Now, Judy’s middle daughter Danielle Clemons has taken over most of the soap making, and her youngest daughter Michelle Lidie does all of the computer program work and is beginning to help with the financial aspect of the business, while Judy oversees the whole process. “It’s a real family affair!”

“I still have the original soap cutter that my husband made, and I kept the first drying rack, which was rudimentary when we got started,” Judy said. “I hung up all the old original things to remind me of how far we’ve come.”

Grace & Miss Mouse Soaps offers regular soap, sheep milk soap, hemp seed oil soap, pine tar soap, and even dog shampoo. The soaps are made in a variety of colors and fragrances, and can be customized upon request.

The dog shampoo is a soap bar like all the other soaps, and it contains cedar oil and neem oil, which are natural and organic insect repellants.

The sheep milk soap “is somewhat rare,” Judy explained. “Most people make a goat milk soap, but we get sheep milk from Vermont Shepherd in Westminster, and make three different fragrances,” which are Basil Lemon Grass, Lavender Oatmeal, and Rosemary and Mint. “Two bestsellers of soaps we make are Vermont Forest and Hippy Dippy,” and they also have a great IPA beer soap available.

Visitors are welcome to stop by the shop, from 9 a.m. to 3 p.m. Monday through Saturday. You can purchase Grace & Miss Mouse Soaps in approximately 50 stores in New England and California, or online at www.graceandmissmousesoaps.com.



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Upcoming Workshops - Acrylics, Wrapped Beaded Bracelets, Watercolors, Digital Photography, Calligraphy, Baskets

Contrasts Open Wall Show - 3/6 through 5/1

Annual Meeting - March 22 at 5:00 pm
GalleryVault.org 802-885-7111
Next door to the Copper Fox Restaurant
(03/19/19)

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.

bakery

CROWS BAKERY & OPERA HOUSE CAFE

Celebrating 20 years in business with yummy Pastries, Cakes, Pies, Breads, Cookies. Full Breakfast & Lunch. 73 Depot St. Proctorsville 802-226-7007. crowsbakeryandcafe.com. Like us on Facebook. (04/02/19 TFN-13)

builders/contractors

PETER JORDAN CONSTRUCTION

Over 25 years of experience in all phases of construction. Framing, finish carpentry, custom showers and tile work, hardwood flooring, decks, roofing and siding. Fully insured and registered with the State of Vermont. Lead Paint Certified. Located in Proctorsville. 802-226-8125 (05/28/19 TFN-13)

chiropractor

FOUR SEASONS CHIROPRACTIC, PC

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

decorating & remodeling

CHRISANDRA’S HOME SHOWCASE & DESIGN CENTER

Affordable design consultations including color selections, room layouts, window treatments and furniture choices. Pond St, Ludlow 802-228-2075. www.chrisandras.com (08/13/19 TFN-52)

firewood & building materials

AMP TIMBER HARVESTING, INC.

Firewood for Sale: Cut, Split, and Delivered. Prices vary by location.

Rough Sawn Lumber, Custom Sawing.

Pine Boards, Framing Lumber, Hardwood Furniture Stock. Based out of Chester. Serving Chester, Springfield, Windham, and surrounding areas. Dennis Allard: 802-254-0680. Billy Parker: 802-874-7260. (03/19/19 TFN-13)

furniture

CHRISANDRA’S HOME FURNISHINGS

Our customers say “Your prices are great!” Shop our large selection of affordable furnishings and accessories. Pond St, Ludlow 802-228-2075. www.chrisandras.com (08/13/19 TFN-52)

masonry

MOORE MASONRY

Fireplaces, chimneys and liners, chimney sweeps, patios, walls, steps, restoration and repairs. Fully insured, free estimates. Contact Gary Moore at 802-824-5710 mooremasonry802@gmail.com (09/03/19 TFN-52)

woodcrafts

WINDSOR CHAIR SHOP

Windsor Chair Shop & Country Furniture, plus other hand-crafted kitchen woodcrafts. Open daily from 9 am - 4 pm. Conrad Delia, Chester, VT. 802-875-4219. (05/21/19)

calendar

LEGAL NOTICES/HELP WANTED

CLASSES & WORKSHOPS

THURSDAY, MARCH 14 –
BELLOWS FALLS, Vt. – Join us for a Stream Table Workshop for educators on Thursday, March 14 from 3:45 – 6:30 p.m. at Bellows Falls Middle School. Learn how to use this valuable teaching tool in your classrooms. Preregistration is required. Contact 802-689-3024 or windhamcountynrkd@gmail.com.

SATURDAY, MARCH 16 –
BRATTLEBORO, Vt. –

Brattleboro Area Hospice’s Taking Steps Brattleboro will host a two day Advance Directive Facilitator training on Saturday, March 16 and March 30 from 11 a.m. to 5 p.m. at 191 Canal St., in Brattleboro. Advance Care Planning ensures that a person’s loved ones and health professionals know what a person wants in a medical emergency or illness when the person is unable to speak for her/his self. For more information about this training, please call 802-257-0775, ext. 101.

SUNDAY, MARCH 17 –
CHARLESTOWN, N.H. –

Come to this free seminar teaching a drug-free approach to a healthier, happier you on Sunday, March 17 at 4 p.m. at St Luke’s Parish Hall in Charlestown. Presented by Gary Moyo, R.N., is a graduate of Weimar Lifestyle Center in California that successfully treats people with many chronic health conditions. Gary specializes in helping people achieve overall wellness to boost the body’s natural immunities. To register, please reply to lifestylematters.nh@gmail.com or call 978-496-5006.

TUESDAY, MARCH 19 –
NORWICH, Vt. – Montshire Talks

presentation on CubeSat satellites on Tuesday, March 19, from 6:30 – 7:30 p.m. at Montshire Museum in Norwich. Montshire Talks: Space! is a conversation and performance series that examines the intersection of science, space, and culture. For years, Dr. Carl Brandon at Vermont Technical College, his colleague, Dr. Peter Chapin, and their students have been working on miniaturized satellites called CubeSats for use in space research.

MANCHESTER, Vt. – Green Mountain Academy for Lifelong Learning welcomes Norwich University Professor Steven E. Sodergren to talk about

the final year of the Civil War on Tuesday, March 19, from 5:30 – 7 p.m. at Burr & Burton Academy, Hunter Seminar Room. This talk, “The Road to Appomattox: Union Soldiers and Trench Warfare, 1864-65,” will examine the changing face of battle during the latter half of the Civil War as trench warfare and battles of attrition began to dominate the American battlefields. For ticket information or to register, please call our office at 802-867-0111 or visit www.greenmtnacademy.org.

LONDONDERRY, Vt. – The Londonderry Conservation Commission is sponsoring an informational evening on the Emerald Ash Borer to be held at Neighborhood Connections in Londonderry on Tuesday, March 19 at 6:30 p.m. In addition to two expert presenters, we have invited members of the Selectboards and Conservation Commissions of our neighboring towns to participate. Everyone in the community is invited and we expect it will provide tools to devise

strategies and responses.

WEDNESDAY, MARCH 20 –
LONDONDERRY, Vt. – Gretchen Lima, a certified pedorthist, will be at Neighborhood Connections on Wednesday, March 20 at 2 p.m. to discuss how she modifies footwear to ease and treat foot-related problems. Gretchen will be measuring feet at this presentation. Space is limited, so call 802-824-4343 to attend.

FRIDAY, MARCH 22 –
LONDONDERRY, Vt. – AARP Smart Driver course on Friday, March 22 from noon – 4 p.m. at Neighborhood Connections in Londonderry. Upon completion, it may make you eligible for an auto insurance discount. This session aims to give you a greater appreciation of the driving challenges you face behind the wheel today and a better understanding of how to avoid potential collisions. For cost and registration information, call 802-824-4343 to attend.

at 11:30 a.m. on Monday, March 18 at the Chester Congregational Church on Main Street. Chester’s People’s Bank Branch Manager Jessica Hagland and Tammi Norton will be presenting information on safe banking for seniors. Hope you can join us. If you need a ride, call Georgia at 802-875-6242.

SATURDAY, MARCH 23 –
MANCHESTER, Vt. – Hike to Lye Brook Falls with the Green Mountain Club Manchester Section on Saturday, March 23. Meet at 9 a.m. at Shaw’s in Manchester. Carpool to the trailhead and snowshoe or hike with or without traction, depending on trail conditions, to the Lye Brook Falls. Bring snacks, lunch fluids, extra clothing. Poles are helpful on the downhill. Distance 5.4 miles, 700 feet elevation gain. RSVP to Keld Alstrup at 802-362-1430 or alstrupkeld@gmail.com.

COMMUNITY MEALS

SATURDAY, MARCH 16 –
GUILFORD, Vt. – The Sugar-on-Snow Supper at Guilford Community Church in Guilford will be held on Saturday, March 16. There are three seatings to choose from, at 4:30, 5:45, and 7 p.m. There is a fee. Menu includes baked ham, baked beans, deviled eggs, potato salad, coleslaw, freshly baked rolls, sugar on snow, homemade donuts, pickles, and coffee, tea or milk. A half-gallon of maple syrup will be raffled off during each seating. For details and directions, visit www.guilfordchurch.org. For reservations, please call 802-254-9019 or email guilfordchurchsupper@gmail.com.

GRAFTON, Vt. – Corned Beef & Cabbage St. Patrick’s Day Dinner on Saturday, March 16 Grafton Chapel, Main Street in Grafton, offering two seatings at 6 and 7 p.m. Tickets on sale now

CLUBS

SATURDAY, MARCH 16 –
MANCHESTER, Vt. – Snowshoe the trail-less Aiken Wilderness with the Green Mountain Club Manchester Section on Saturday, March 16. Meet at Shaw’s in Manchester Center at 8 a.m. or at the parking lot across from Woodford State Park on Rt. 9 at 9 a.m. Carpool to the start of the hike. This is a map and compass hike with the leader skilled in the use of map and compass. Bring extra clothing, snacks, lunch, fluids, and poles. This is a moderate hike with a requirement that the group must stay together because there is no trail. RSVP required to Dave Ratti at 802-366-0698 or dbrspruce@gmail.com.

MONDAY, MARCH 18 –
CHESTER, Vt. – Please join the Chester Senior Citizens Club for their monthly luncheon meeting

UNITED STATES OF AMERICA
v. DEBRA WILLIAMS, et al.
Civil No. 5:18-cv-00157-gwc

NOTICE OF JUDICIAL SALE

In obedience to a Judgment Order, Decree of Foreclosure and Order for Judicial Sale dated February 7, 2019, and recorded in the Town of Cavendish, Vermont, for breach of the mortgage as stated therein, and for the purpose of foreclosing the same, NOTICE IS HEREBY GIVEN that on the 11th day of April, 2019 at 11:00 a.m., at the land and premises known as 2314 Main Street, Cavendish, Vermont 05142, the said real property and improvements thereon, as further described in said mortgage (the “Property”), will be auctioned, “AS IS, WHERE IS” with no representations or warranties, express or implied, of any kind, subject to all superior liens, if any, to the highest and best bidder for cash.

The legal description of the property foreclosed upon can be found in the mortgage filed in the Town of Cavendish Land Records and all deeds and instruments of record. The physical address of the property is 2314 Main Street, Cavendish, Vermont 05142.

The mortgagor is entitled to redeem the property at any time prior to the auction by paying the full amount due under the Judgment Order and Decree of Foreclosure, including the costs and expenses of auction.

An OPEN HOUSE will be held at the property on Thursday, March 21, 2019, between 12:00 p.m. and 2:00 p.m.

The United States reserves the right to cancel or postpone the auction at any time.

For a written copy of the (1) Decree of Foreclosure which contains the terms and conditions of said auction, and (2) the purchase agreement, contact Terry Owen.

Terry Owen, Thomas Hirchak Company, 1-800-634-7653, www.THCAuction.com

Town of Londonderry, Vermont
Invitation to Bid

The Town of Londonderry, Vermont is seeking bids for the grading and drainage improvements to its Town Offices, located at 100 Old School Street, South Londonderry, VT. Invitation to Bid documents can be viewed on the Town website – www.londonderryvt.org. The deadline to submit bids is 3:00 PM on Thursday, April 11, 2019.

Shane O’Keefe
Town Administrator

THE

Vermont Journal

THE SHOPPER

Contact us at our Ludlow Office:

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SHARON HUNTLEY, Event Listings

calendar@vermontjournal.com

We’re located at: 8 High Street in Ludlow • 802-228-3600
Fax: 802-228-3464 • (Above the Black River Senior Center) • Handicapped Accessible

TAKE A BREAK!

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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King Crossword

ACROSS

1 Hindu prince

5 Persian leader

9 Bigshot, for short

12 Verve

13 Horseback game

14 Tokyo’s old name

15 Chamber of the heart

17 Born

18 Good-looking guy

19 Bandleader Xavier

21 Lucky roll of the dice

24 Arrived

25 Thing

26 Pots and pans and such

30 Chignon

31 Yours

32 Neither mate

33 Pavement

35 Cicatrix

36 Always

37 Swerves

38 “Monopoly” buy

40 Desert-like

42 Superlative ending

43 South American nation

48 Chicken — king

DOWN

1 Cleric’s address (Abbr.)

2 Brewery product

3 One of the Bundy

4 Country song?

5 Rotate

6 Pawn

7 Every last bit

8 Cornmeal creation

9 With a — (forcefully)

10 Concept

11 Bard

16 Scoot

20 Coal diggers’ org.

21 Bro and sis

22 Needle case

23 Feuds

24 Hit on the head

26 Burn something

27 Lubricant

28 Bellow

29 Blunders

31 Dozens

34 First lady

35 Lead astray

37 Namely (Abbr.)

38 — over heels

39 Norway’s capital

40 Unsigned (Abbr.)

41 Leftovers

44 Before

45 Shade tree

46 Felon’s flight

47 Whatever number

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Salome’s Stars

ARIES (March 21 to April 19) You’ll want to discourage well-meaning but potentially ill-advised interference in what you intend to accomplish. Your work has a better chance to succeed if it reflects you.

TAURUS (April 20 to May 20) The Bovine’s well-deserved reputation for loyalty could be tested if you learn that it might be misplaced. But don’t rely on rumors. Check the stories out before you decided to act.

GEMINI (May 21 to June 20) You’ve been going on adrenaline for a long time, and this unexpected lull in a recent spate of excitement could be just what you need to restore your energy levels. Enjoy it.

CANCER (June 21 to July 22) Friends can be counted on to help you deal with a perplexing personal situation. But remember to keep your circle of advisers limited only to those you’re sure you can trust.

LEO (July 23 to August 22) Security-loving Lions do not appreciate uncertainty in any form. But sometimes changing situations can reveal hidden stresses in time to repair a relationship before it’s too late.

VIRGO (August 23 to September 22) This is a good time for single Virgos to make a love connection. Be careful not to be too judgmental about your new “prospect” — at least until you know more about her or him.

LIBRA (September 23 to October 22) Your sense of justice helps you resolve a problem that might have been unfairly attributed to the wrong person. Spend the weekend doing some long-neglected chores.

SCORPIO (October 23 to November 21) You might feel justified in your anger toward someone you suspect betrayed your trust. But it could help if you take the time to check if your suspicions have substance.

SAGITTARIUS (November 22 to December 21) Ignore distractions if you hope to accomplish your goal by the deadline you agreed to. Keep the finish line in sight, and you should be able to cross it with time to spare.

CAPRICORN (December 22 to January 19) Your creative self continues to dominate through much of the week. Also, despite a few problems that have cropped up, that recent romantic connection seems to be thriving.

AQUARIUS (January 20 to February 18) As curious as you might be, it’s best to avoid trying to learn a colleague’s secret. That sort of knowledge could drag you into a difficult workplace situation at some point down the line.

PISCES (February 19 to March 20) Instead of spending too much time floundering around wondering if you can meet your deadline, you need to spend more time actually working toward reaching it.

BORN THIS WEEK: You have a natural gift for attracting new friends, who are drawn to your unabashed love of what life should be all about.

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REAL ESTATE

calendar

by calling 802-843-2584 or 802-869-2184 or email grafhist@vermontel.net. Tickets also sold at the door. To benefit the Grafton Historical Society.

SPRINGFIELD, Vt. – The North Springfield Baptist Church will hold a ham supper on Saturday, March 16, from 4 to 7 p.m. The meal includes ham, raisin sauce, mashed potato, carrots, coleslaw, breads and rolls, dessert, and beverage. Children 5 and under are free. The church is handicapped accessible. Call 802-886-8107 for more information.

LUDLOW, Vt. – The Knights of Columbus Council 7324, Ludlow are having their annual Corned Beef & Cabbage Dinner, with Irish soda bread and homemade desserts on Saturday, March 16, at 5 p.m. at Church of the Annunciation, Depot Street in Ludlow. Special guests are bagpipers Terry and John Corrigan. There is a cost.

SUNDAY, MARCH 17 – SPRINGFIELD, Vt. – In honor of St. Patrick’s Day and the return of spring, VINE Sanctuary invites everyone to celebrate all things green at our vernal equinox vegan potluck on Sunday, March 17, from 4 - 6 p.m. at the Springfield Unitarian Universalist Church at 21 Fairground Rd. All are welcome to the event, whether or not they bring a dish to share. All we ask is that any dish you bring is completely vegan. There will be door prizes for attendees who wear green and even a prize for the most creatively “green” dish!

WEDNESDAY, MARCH 20 – SPRINGFIELD, Vt. – Free Community Lunch on Wednesday, March 20, from 11:30 a.m. – 12:30 p.m. at First Congregational Church United Church of Christ, 77 Main St. in Springfield. Menu includes baked ziti, tossed salad, rolls, fruit, and dessert bars. No take out. All are welcome.

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

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

EVENTS

THURSDAY, MARCH 14 – WESTMINSTER, Vt. – The Westminster Conservation Commission will present results from a recent study of Westminster wetlands and forested uplands on Thursday, March 14 at 7 p.m. Ecologist Jeff Littleton will share a summary of his report on the recent study. These results will be used for recommendations to the Westminster Town

Plan. All welcome, refreshments served! Westminster Institute, 3435 US-5 in Westminster village. Email westminstervtconservation@gmail.com for more information.

FRIDAY, MARCH 15 – NORWICH, Vt. – Join us for Montshire Unleashed, a special evening to meet like-minded science enthusiasts and enjoy food, beer, science and fun on Friday, March 15 from 6:30 – 9 p.m. Experience the joy of discovery from a trip to the museum – at night! Release your inner scientist through guided experiments at exhibits around the museum. Or just kick back, relax, and enjoy the food, drinks, and music. Jasper Murdock Ale and wine from the Norwich Inn will be available for purchase, as well as food from the evening’s featured local vendor.

TINMOUTH, Vt. – Tinnmouth Contra Dance on Friday, March 15, from 8 p.m., at Tinnmouth Community Center, Route 140 in Tinnmouth. Enjoy the splendid tunes of Cedar, Anne and David with Adina Gordon calling. Please bring clean, non-marring shoes. Admission is free for children 12 and under. More information at www.tinnmouthcontradance.org. Like us on Facebook at Tinnmouth Contra Dance. Shine up those dancing shoes and bring a couple of friends to dance with! Email tinnmouthdance@gmail.org or call 802-881-6775. See you in Tinnmouth!

SATURDAY, MARCH 16 – MANCHESTER, Vt. – New England resident and author Diane Les Becquets will talk about her new thriller, “The Last Woman in the Forest” on Saturday, March 16 at 6 p.m. at Northshire Bookstore in

Manchester Center. BELLOWS FALLS, Vt. - Come out and dance with us at Wundergroove on Saturday, March 16, from 9:30 p.m. until close at 1 a.m. at Wunderbar 22 Rockingham St. in the square. Great dance club vibe in a unique, fantastic venue. DJ Jade spins a variety of club dance music, current and past. Lots of fun. No cover.

SATURDAY, MARCH 16 AND SUNDAY, MARCH 17 – STRATTON, Vt. – The only chance to ski Stratton at night under lit trails on Saturday and Sunday, March 16 and 17. Turn your passion into purpose and ride to your heart’s content for charity. For details, visit www.stratton.com/24.

SUNDAY, MARCH 17 – WALPOLE, N.H. – English Country Dance on Sunday, March 17, from 2 – 5 p.m. at Hastings Parish House in Walpole. David Millstone is teaching dances that will appeal to all, from novice to experienced dancers. Lovely music will be provided by performers Carol Compton, piano, and Thal Aylward, violin. English Country Dance is a form of social dance that harkens back to the days of Jane Austen. No special clothing is required, but comfortable clothes and shoes are recommended. Beginners and singles are welcome and all dances are taught throughout the session. There is an admission. For more information, call 603-876-4211 or visit www.monadnockfolk.org.

SPRINGFIELD, Vt. – Reiki and Polarity Therapy Public Open House and Practitioner Share on Sunday, March 17, from 1-4 p.m., at Studio Time & Space, 59 Main St., in Springfield. Enjoy

an anxiety, pain and stress reducing session, by donation, from certified practitioners. Sessions are given on a massage table or sitting in a chair with recipient fully clothed, covered by a warm blanket. No appointment necessary. The general public as well as practitioners are invited to attend. For more information, please email laurenpottervt@gmail.com or visit www.laurenpotterreikihealing.com.

TUESDAY, MARCH 19 – CASTLETON, Vt. – Castleton University is hosting its annual Career and Graduate School Fair on Tuesday, March 19, from 11:30 a.m. to 2 p.m., in the Spartan Athletic Complex. More than 30 employers and graduate school representatives will be in attendance. Individuals who attend the fair will also have the opportunity to get a headshot taken for LinkedIn or other professional profiles, enjoy chair massages, and more. The Career and Graduate School Fair is free and open

to the public. For more information, contact Renée Beaupre-White, director of career services, at renee.beauprewhite@castleton.edu.

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

LIBRARIES SATURDAY, MARCH 16 – LONDONDERRY, Vt. – The South Londonderry Free Library is celebrating St.

Patrick’s Day with a free program for children on Saturday, March 16 at 10:30 a.m. Artist Casey Junker Bailey will present a hands-on workshop for kids of all ages. Children will learn about fairy lore and will have the opportunity to make their own elves and fairies, along with fairy accessories. Each child will also bring home a decorated bag of fairy dust. The program is appropriate for all ages. For more information, contact the library at 802-824-3371

SATURDAY, MARCH 23 – ASCUTNEY, Vt. – The Weathersfield Proctor Library will host the 8th annual Town Team Challenge on Saturday, March 23, at 7 p.m. at

the Weathersfield School in Ascutney. Come watch and support your favorite town organization as they compete in a six-category trivia contest. Prizes also awarded for most team spirit and most funds raised. Door prizes and refreshments too! Donations to the library may be given at the door. Refreshments will be available. Call 802-674-2863 for more information.

VIEW ALL OF OUR Upcoming EVENTS ONLINE! VermontJournal.com /events

Ludlow, VT



Stunning Bensonwood home in gated community on cul de sac with privacy and beautiful views on 11 acres. 4 bedroom 6 baths. This custom Timberframe home boosts an open floor plan on the first floor with gorgeous natural birch floors and staircases. The custom kitchen offers cherry cabinets, granite countertops, center island . The living area features a floor to ceiling wood burning stone fireplace. There are 2 master en-suites, theater room & wine cellar. \$880,000 - Karen Wilson & Cathy Fisher 802-688-7815.

Plymouth, VT



A must see! Feels as though its on top of the world! This timber framed retreat sits on 10.5 beautiful acres with an open floor plan. It has 2 bedrooms, large bathroom with steam shower and Jacuzzi tub. It is centrally located between Killington and Okemo ski mountains, indirect access to VAST snowmobile trails. Gorgeous views with a gourmet kitchen and radiant heat. \$299,000 - John Napier 860-559-9334.

CALL LISTING AGENTS 802-228-5678



156 Main St. Ludlow, VT

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



Treat yourself to a home located in an established neighborhood on the edge of town, close to walking-trails and miles of country roads. Includes Two to three bedrooms, updated bath, eat-in kitchen and 14X25 living room with fireplace. A bright, cheery mudroom/breezeway, a functional/usable basement and attached 2 car garage. A must see! JUST REDUCED TO \$125,000



Easy Keeper Ranch Style Home located at the end of the neighborhood on .5+/-acres. Includes two bedrooms, 1 bath, bright open concept living/dining with access right into the kitchen with soap-stone countertops and pellet stove for supplemental or primary heat. Outdoor living space on the front deck/covered porch and garage for storage. \$129,900



Yankee Barn construction offers an open concept living space with the bonus of additional living space in the walkout basement. Lots of desirable features including two story brick fireplace with wood stove insert in the open/bright living room, formal dining area next to the very functional kitchen, loft/living area, 3-4 bedrooms, family room, three baths (one with a claw foot soaking tub), mudroom/entry, large three season porch, deck and fenced in area... All situated in a private country setting with 10+/-acres of open field & woods. Easy access to I91 and the Vast snowmobile trail system, too. A must see! REDUCED to \$225,000



Within walking distance to town, but feeling remote... This two story home is situated on a one-way street just off the beaten path offering front and back porches, three bedrooms, eat-in kitchen with formal dining room/den or family room just beyond, comfortable living room and two baths. Detached garage is perfect for storage and 3/4+/- wooded acres is perfect for privacy. \$99,900



This is a well maintained townhouse condo with two bedrooms, laundry and full bath on the second floor and a comfortable living room, half bath, kitchen/dining and enclosed three season porch on the first floor. Efficient and easy to keep up with, this condo is a great opportunity. JUST REDUCED TO 98,900



Barrett & Valley Associates Inc. "Professional Real Estate Services" www.barrettandvalley.com 39 Pleasant Street, Grafton



Rustic, Modern, Farmhouse In Heart of Grafton Village 4 Bedrooms, 4 Baths, 0.25+/- Acres Grafton, \$529,000



Spacious & Special Village Home! Wonderful Details & Rich in History, 5 Bedrooms, 5 Baths, 0.31+/- Acres, Townshend, \$359,000



1800 Colonial Home Rustic Charm & Antique Touches 4 Bedroom, 3 Baths, 1.10+/- Acres Walpole, NH \$249,000



Newly Built & View of Scott Bridge Walk To West River 3 Bedroom, 2 Bath, 1.87+/- Acres Townshend, \$229,900



1840 Cape on 27+/- Acres! Open Field, Barn w/7 Stables 3 Bedroom, 1 Bath Springfield, \$210,000



5 Unit Multi Family w/Office, Close to Schools, Hospital, & Plaza Springfield, \$180,000



Work Where you Live! Many Renovations & Updates 3 Bedrooms, 3 Baths, 0.33+/- Acres Chester, \$129,000



1939 Cape on Double Lot! Perfect Starter Home 2 Bedroom, 1 Bath, 0.27+/- Acres Springfield, \$89,000



Easy Drive To Magic Mountain Ski Area 3 Bedroom, 2 Bath, 0.7+/- Acres Windham, \$79,000



Permitted 3+ Acre Lot Tucked Away in Chester Village w/Views! Chester, \$51,900



10+/- Acres w/ Mountain View! Southern Exposure, Solar Potential Surveyed Building Lot Rockingham, \$36,900



1.4 Acres +/- Wooded Parcel Close to Okemo, Shops, and Resaurants Ludlow, \$20,000



GRAFTON 802-843-2390

CHESTER 802-875-2323

SPRINGFIELD 802-885-8282

NEWFANE 802-365-4311



calendar

AUTOMOTIVE

MUSIC & THEATER

SAT., MARCH 2 –
MON., MARCH 18 –
WHITE RIVER JCT, Vt. –

Northern Stage Presents
“Buyer & Cellar” a
comedy now running
through March 18, from
7:30 – 9 p.m., at The
Barrette Center for the Arts
in White River Jct. Alex

More has a story to tell. A
struggling actor in L.A., he
takes a job working in the
Malibu basement mini-
mall of beloved megastar
Barbra Streisand. One
day, the star herself comes

downstairs to play. It feels
like real bonding in the
basement, but will their
relationship ever make it
upstairs? “Buyer & Cellar”
is an outrageous comedy
about the price of fame,
the cost of things, and the
oddest of odd jobs.

SUN., MARCH 10,
WED., MARCH 13 AND

SUN., MARCH 17 -
WILLIAMSVILLE, Vt. –
The Rock River Players’,
Williamsville Hall’s
resident theatre group,
announces open auditions
for “Nickel and Dime”
by Joan Holden, based on
book “Nickel and Dime”,
on (Not) Getting by in
America” by Barbara
Ehrenreich. Auditions
are Sunday, March 10,
from 11:30 a.m. - 2
p.m.; Wednesday, March
13, from 6 - 8:30 p.m.;
Sunday, March 17, from
11:30 a.m. - 2 p.m.
all at the Williamsville
Hall, Dover Road, in
Williamsville. Production
dates are Aug. 1-4, 2019.
For more information,
contact RRP director, John
Moran at johnmoranvt@

gmail.com or 802-896-
9408.

SATURDAY, MARCH
16 -
MANCHESTER, Vt. –
Taonic Music Artistic
Directors Ariel Rudiakov
and Joana Genova invite
the public to an afternoon
chamber concert on
Saturday, March 16 at
4 p.m. at Zion Episcopal
Church in Manchester. The
concert, featuring elegant
and lively piano trios by
Ludwig van Beethoven,
Rebecca Clarke, and
Fritz Kreisler, will be
performed by Joana
Genova, violin; Nathaniel
Parke, cello; and Elizabeth
Wright, piano. There is a
suggested donation. For
more information, visit
www.taonicmusic.org.

will offer an Irish dinner
starting at 6 p.m., while
the Stockwells will explore
the connections between
folk/bluegrass music
and the music of Ireland.
Admission is by suggested
donation at the door. For
information, call 802-
387-0102 or visit www.
nextstagearts.org.

SUNDAY, MARCH 17 -
LUDLOW, Vt. – Celtic
band Gypsy Reel will be
playing at the Sitting Bull
Lounge at Okemo’s Base
Lodge on Sunday, March
17, from 3 – 6 p.m.

LUDLOW, Vt. – Gypsy
Reel continues the St.
Paddy’s Day fun at The
Killarney on Sunday,
March 17 from 7 – 10
p.m. Featuring Camille
Parker on mandolin,
bodhran and vocals,
Claudine Langille on
banjo, guitar and vocals,
and Graham Parker on
fiddle and vocals, Gypsy
Reel will be joined this
year by special guest Jon
Scaife from over the pond!
Enjoy great traditional
food, fun bar atmosphere
and the best Celtic band
around.

PUTNEY, Vt. – Next
Stage Arts Project and
Twilight Music present
contemporary bluegrass
and folk quartet The
Stockwell Brothers on
Saturday, March 16 at
7 p.m. at the Next Stage
Café at 15 Kimball Hill
in downtown Putney. To
celebrate St. Patrick’s
Day, JD McCliments Pub

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 <p>2015 Chevy Equinox LT AWD 4 Cylinder Auto Fully Loaded</p>	 <p>2015 Ford Escape 4 Cylinder AWD Auto Fully Loaded</p>
 <p>2011 Hyundai Sonata Hybrid 4 Cylinder Auto Fully Loaded</p>	 <p>2013 Nissan Rogue SPECIAL EDITION AWD 4 Cylinder Auto Fully Loaded</p>

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