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# Kurn Hattin to participate in Wings of Hope butterfly release

WESTMINSTER, Vt. – On Saturday, Sept. 7, the Kurn Hattin Choir will perform at the Wings of Hope 10th annual butterfly release to benefit Hospice of Vermont and New

Hampshire. The event begins at 1 p.m. in Coburn Park in Lebanon, N.H. Following a short program of readings and songs performed by the Kurn Hattin Homes' Choir, everyone releas-

es their butterflies to honor friends and family who have passed. It is a beautiful and powerful experience.

The public is invited to attend and may reserve a butterfly online to honor a loved one and support hospice services in the area. More information is available at [www.vnhcare.org/wingsof-hope](http://www.vnhcare.org/wingsof-hope).

Since 1894, Kurn Hattin Homes for Children has helped thousands of children and their

families by offering a safe home and quality education in a nurturing environment. Follow their journey at [www.kurnhattin.org](http://www.kurnhattin.org).



Children release their butterflies.

PHOTO PROVIDED



Honoring friends and family who have passed.

PHOTO PROVIDED

# BRAT RiverSweep in Springfield

SPRINGFIELD, Vt. – Come help the Black River Action Team clean up the banks and bed of the Black River in Springfield Saturday, Sept. 7. Registration opens at 8 a.m. at Riverside Middle School, 13 Fairground Rd.

Sign in, grab some work gloves and trash bags, pick a site to clean around town, and head out with a buddy. Bring your "treasures" back to the HQ table by 11 a.m. to help sort and tally the trash. Then clean your hands, grab a complimentary hot dog – supplied by Black River Produce with buns from the Vermont Bread Company, grilled to perfection by members of the Trinity Church of Windsor and Springfield's Calvary Baptist Church – chips from Deep River Snacks, and refill your

water bottle. Don't forget your free tee shirt as our "thank you" for your hard work.

If you have your own boat and want to work from the water, contact BRAT director Kelly Stettner to preselect a site to launch and clean. Canoes and small motorized boats are needed.

If you have a pickup truck, your help would be greatly appreciated for bringing a load or two of junk to the transfer station.

Also, new this year, enter to win one of many wonderful raffle prizes. Participants must be present at 12 p.m. to win anything heavier than a gift certificate.

For more information, Kelly Stettner can be reached by email at [blackrivercleanup@gmail.com](mailto:blackrivercleanup@gmail.com) or by leaving a voice message at 802-738-0456.

# Applegate Martial Arts Academy receives warm welcome

BY JOE MILLIKEN

The Shopper

BELLOWS FALLS, Vt. – The Applegate Martial Arts Academy is a new fitness academy business located in Bellows Falls, offering martial arts instruction and classes for adults and children of all ages and

abilities. Opened in early August and owned by Bellows Falls residents Patrick and Megan Applegate, the academy is located at 7 Westminister St., near Jim's Arcade.

"Owning our own academy has always been a dream for Patrick and me," Megan Applegate said. "We've been part of some great schools around the country, including Alaska, Houston, El Paso, but having our own place has always just seemed a bit out of reach until the universe sort of opened the way for us one day."

"We had been asking around about potential business spaces when

the opportunity at 7 Westminister St. opened up quickly. The landlord agreed to give us the space and Applegate Martial Arts Academy was finally coming true."

In just a month's time, the Applegates prepared the new academy space and opened the doors to the public Aug. 5, receiving a warm reception from the community. "It certainly helps that we know so many great people and the kids within our community," Megan said.

Patrick Applegate is a second-degree blackbelt in Brazilian Jiu Jitsu under Gracie Barra, the largest association in the world. A former high school wrestler, Patrick started practicing Jiu Jitsu in 2005 and placed third in the world at the largest level black competition in 2008. He has also coached mixed martial arts since 2010, and four of his fighters have reached the Ultimate Fighting Championship.

Megan Applegate started practicing martial arts in 2002 and has a brown belt in Judo and a purple belt in Brazilian Jiu Jitsu. She had a 3-1 professional MMA record in the works

when she was diagnosed with a pre-fight brain aneurysm and forced to retire. She has since turned her concentration to coaching and mentoring.

"Patrick is the 'professor,' what Brazilian black belt teachers are referred to as, and the brains and face of the academy, while I am a hybrid coach/cheerleader, bookkeeper, marketer, interior decorator, extrovert person who connects with the public. Patrick is a natural leader and sets a positive, empowering tone for the classes."

Applegate Martial Arts Academy offers classes in Brazilian Jiu Jitsu and kickboxing for adults and kids ages 5 and older. Classes are separated into a junior program for ages 5-12, a youth program for ages 13-17, and an adult program. They



Patrick Applegate working with children.

PHOTO PROVIDED

quickly, therefore our schedule is expanding with several new classes added already," Megan added. "We've had such a great reception from the general community and downtown businesses. We are also hoping to celebrate with a grand opening during the downtown Bellows Falls Third Friday event Oct. 18, which will offer demonstrations and giveaways to help introduce our programs to anyone interested in learning more about what we offer."

The Applegate Martial Arts Academy is open weekdays from 4:30 to 7:30 p.m. and Saturdays from 9 a.m. until noon. For more information, visit [www.applegatemartialarts.com](http://www.applegatemartialarts.com).

# Vermonters must be 21 to purchase and possess tobacco

REGION – As of Sept. 1, Vermonters must be at least 21 years old to purchase and possess tobacco products or paraphernalia. The new law also includes tobacco-substitute products, such as e-cigarettes. Health officials say the increase in buying age will help protect youth from nicotine addiction and potentially toxic chemicals.

Commonly known as Tobacco 21, the new law is expected to reduce smoking rates over time and ultimately save lives. An estimated 95% of adults start smoking by age 21, so restricting access to these products will help prevent young Vermonters from ever taking it up.

"We've made great strides against tobacco use, but the

popularity of e-cigarettes and vaping continues to skyrocket among our youth," said Health Commissioner Mark Levine, M.D. "We are also seeing evidence of increasing rates of health problems associated with vaping."

According the Vermont Youth Risk Behavior Survey, there was a significant increase in the percent of students who have ever tried e-cigarettes, from 30% in 2015 to 34% in 2017. Among high school students in Vermont, 12% said they used electronic vapor products in the past 30 days.

A single 5% "pod" of liquid nicotine used in e-cigarettes can contain as much nicotine as an entire pack of cigarettes. Teens and young adults are uniquely vulnerable to the ef-



The legal smoking age in Vermont has been raised to 21.

SROCK PHOTO

fects of nicotine and more likely to get addicted. Exposure to nicotine in adolescence can impact attention, learning,

mood, and impulse control. The aerosol that users breathe from e-cigarettes can contain nicotine and other toxic chem-

icals, including formaldehyde and arsenic.

Dr. Levine said that while e-cigarettes are less harmful to adults than combustible cigarettes, they are never safe for teens and young adults, making this new law all the more necessary. "These cyber-cigarettes, with their thousands of flavors, represent a 21st century version of big tobacco's decades-long push to market and promote their products to youth," said Dr. Levine. "Society always races to keep up with technology. This law helps to close the gap in favor of protecting public health."

With the enactment of Act 27, Vermont joins 17 states, the District of Columbia, Guam, and more than 480 municipalities with a Tobacco 21 law.

Two related laws went into effect in July that prohibit the online sales of e-cigarettes and liquid nicotine and subjects e-cigarettes and liquid nicotine to the same 92% tax already assessed on tobacco-related products. These laws, in combination with Tobacco 21, help strengthen statewide tobacco prevention efforts to discourage teens and young adults from using these products.

Health officials urge anyone looking for help to quit smoking or the use of any kind of tobacco product to visit [www.802quits.org](http://www.802quits.org).

Read the Vermont Tobacco Prevention Laws fact sheet and find more information about tobacco, e-cigarettes, at [www.healthvermont.gov/wellness/tobacco](http://www.healthvermont.gov/wellness/tobacco).

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The deadline for ad content is **Friday, Sept. 13 at 12 p.m.** for the **September 18 and 25 publications.**

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# The 37th annual Vermont Apple Festival and Craft Fair

SPRINGFIELD, Vt. – Plans for the Springfield Regional Chamber of Commerce's 37th annual Vermont Apple Festival are well underway, and we're looking forward to another wonderful event at Riverside Middle School in Springfield. This year's fair will be held Saturday, Oct. 12, from 9 a.m. to 4 p.m. We are currently accepting sponsorships – the deadline for Red Apple, Golden Apple, and Apple Barrel level sponsors to be listed on our red iconic reusable shopping bags, which we distribute to the first 300 families at the event, is Sept. 6. Green Apple and Apple Seed sponsorships will continue to be accepted through the end of September. Sponsoring is a great way to support this wonderful

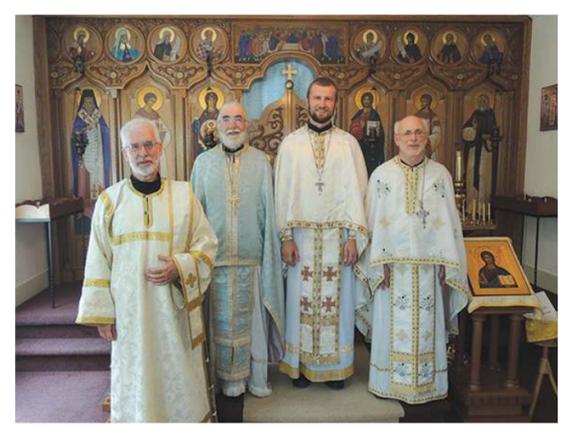


Get ready for this year's Apple Festival. PHOTO PROVIDED

event, which is a longstanding tradition in the community, a fantastic opportunity to get your business name out there, and also a way to support the chamber and the ongoing

work we are doing to support area businesses and the revitalization of the Springfield area. For sponsorship information, please email [caitlin@springfieldvt.com](mailto:caitlin@springfieldvt.com) or call 802-885-2779. We also still have a few spots open for artisans and crafters. Have you been honing a craft, and maybe thinking about selling some items to support your creativity? Have you been tinkering with making birdhouses, or garden decorations, or whimsical fairy gardens? Are you a woodworker,

sculptor, or metal artist? Do you enjoy painting in your spare time, or photography, or making paper crafts? Do you have a knack for knitting, or a penchant for pottery? Do you have a creative hobby that could become a source of income? Have your friends and family been telling you for years that you should take a stab at selling your stuff? Take the leap, and consider submitting an application with the 37th annual Vermont Apple Festival. This beloved local event attracts visitors from all around New England and beyond. Several spaces for outdoor food vendors are also still available. To apply, please call the Springfield Regional Chamber of Commerce at 802-885-2779 or email [alice@springfieldvt.com](mailto:alice@springfieldvt.com).



## Passing on the torch

SPRINGFIELD, Vt. – Sunday, Aug. 18 was the last day for Father Peter Carmichael at Holy Trinity Orthodox Church in Springfield, Vt. After 24 years of service to the church, he and his wife Karen have been transferred to the Diocese of the West and will relocate in San Diego near their children and grandchild. Holy Trinity welcomes Father Mircea Geana as its new rector along with his wife Sarah and their five children. Also serving that day was Father Mark Sherman (Holy Trinity Rector 1985-1995) and Deacon Alex Rastorguyeff from Holy Resurrection in Claremont, N.H. From left to right, Deacon Alex Rastorguyeff, Father Mark Sherman, Father Mircea Geana, and Father Peter Carmichael.

PHOTO PROVIDED

## Springfield Art Gym celebrates three years with open house

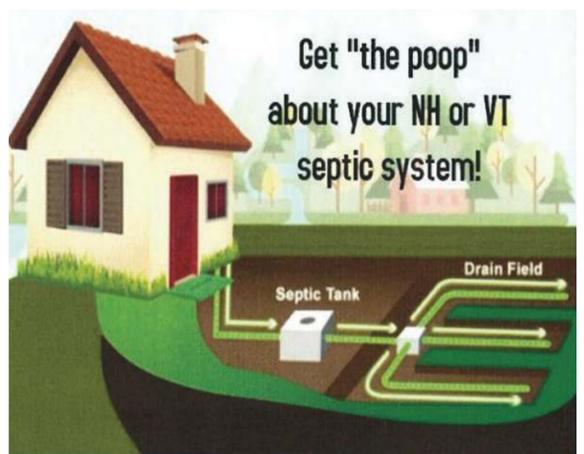
SPRINGFIELD, Vt. – The Springfield Art Gym is celebrating its three years of operation and invites the public to come and observe some demonstrations, hear about what's ahead, and see how far we've come in providing a safe and

healthy space for our community to exercise their creativity. On Sept. 14 at the Art Gym, 62 Clinton St., from 6-8 p.m., our volunteers will be available to answer questions and show you around our space. There'll be plenty of refreshments and

door prizes to celebrate this memorable event. Please join us if you can. For questions about our hours or upcoming events, visit our website at [www.artgymvt.com](http://www.artgymvt.com) or email [springfieldartgym@gmail.com](mailto:springfieldartgym@gmail.com).

## Septic Smart workshop for local homeowners

CHARLESTOWN, N.H. – Got a septic system? Need a septic system? Considering replacing or installing a septic system? Come learn all things septic at a free public workshop on the home septic system Saturday, Sept. 21, from 9:30 a.m. to 12 p.m., at the Old Town Hall, 29 Summer St. in Charlestown, N.H. There's parking in the lot behind the Anglican Church on



Get the scoop on septic systems. PHOTO PROVIDED

Summer Street. Hosted by the Mt. Ascutney Subcommittee of the Connecticut River Joint Commission, this annual event will offer loads of information for the general public about a topic that is rarely discussed in polite company – your septic system. Bring your questions and a pad of paper to hear from designer Steve Pro of Septic Pro, John Fay of the state of Vermont's Department of Environmental Conservation, and an installer from Stearns Septic Service of Grantham, N.H. While the workshop is free, pre-registration will help us plan seating and light refreshments. Contact Olivia Uyizyey at 603-448-1680 x 205 or by email at [ouyizyey@uvlsrc.org](mailto:ouyizyey@uvlsrc.org).

## Bellows Falls Women's Club holds first meeting of the year

BELLOWS FALLS, Vt. – Members of the Bellows Falls Women's Club will hold their first meeting of the new club year Sept. 10 at the United Church on School Street, beginning at 1:30 p.m. Susan Shapiro of Valley Cares in Townshend will present the program. Upon payment of dues, members will receive the program booklet. Since meeting in May, and then disbanding for the summer, the club presented its \$1,500 high school scholarship to Brigid Hodsdon. During the summer, the Executive Board met to plan programs, establish committees, and formulate a budget that will be voted on at the meeting. In July, the club held a food and

bake sale in conjunction with the Walpole Historical Society's summer fair. Area women interested in joining the club and helping with its projects and activities may contact Wendy O'Dette, Membership Chairman, at [jo-dette1@comcast.net](mailto:jo-dette1@comcast.net). The club meets on the second Tuesday of each month, September to May, at the United Church of Bellows Falls, unless otherwise noted, beginning at 1:30 p.m. The Bellows Falls club is a member of the General Federation of Women's Clubs, an international women's organization dedicated to community improvement by enhancing the lives of others through volunteer service.

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# Johnny Swing – master welder, farmer, sculptor –

SPRINGFIELD, Vt. – One can find Johnny Swing working in a large industrial style two-story studio on a narrow country road in Brookline, Vt. with peaceful views of farmland, pastures, and growing fields that offer soft contrast to his workspace.

Swing grew up in Salisbury, Conn. His mother was a painter and his father the executive vice president and acting president of the Council on Foreign Relations. He went to Skidmore College, Skowhegan School of Painting and Sculpture, and ended up in the East Village. He moved to Vermont in 1995.

The Great Hall in Springfield, Vt. is delighted to exhibit Johnny Swing's series of sculptures entitled, "The Wedding Present" in the upcoming exhibition, "Alchemy – Metal, Mystery and Magic – The Art of Transformation" that opens Friday, Sept. 6 at 5:30 p.m. The exhibition will be on display through February 2020.

A wide range of his work was recently shown from February through June 2019 at The Shelburne Museum and "The Wedding Present" series was recently hosted at the Bundy Modern, a midcentury gallery and sculpture park in Waitsfield, Vt.

The Great Hall has nine of the original Wedding Present sculptures, which are made with stainless rods and assorted bread toasters, twisted together into abstract knotted forms. Swing says he wants the sculptures to look a little like found objects.

"Clearly, they were made, but their unexpected shapes imply curiosity. Like a 13-year-old boy twisting a string into a knot, they have a little bit of that energy. I've always wanted to twist up a car or washing machine. A buddy once said, 'Why not try something smaller? Why don't you try a toaster?'"

The toasters, new and shiny, some still in their boxes, burst and contort when twisted by the rods. "There's whimsy in their fragments and exposure,"



Johnny Swing showcasing one of his pieces.

PHOTO PROVIDED

he says. The playful yet powerful sculptures celebrate metal transformed. A video on the Great Hall's Facebook page shows a work-in-progress as an excavator and a giant fly wheel provide the muscle for the twisting of long steel rods.

Best known for his undulating, welded coin furniture, Swing's work sits along side de Kooning's, rests on the lawns of the Duke of Cornwall, and the Storm King Art Center, and is displayed in Christian Dior stores in Beverly Hills, Tokyo, and Seoul.

Swing plans to attend the opening Sept. 6, along with the seven other distinguished artists including Jeanne Carbonetti, Chester; Sabrina Fadiel, Barre; Alexandra Heller, Morrisville; Peter Heller, deceased; Pat Musick, Manchester; Dan O'Donnell, Springfield; and Gerald Stoner, Underhill.

The Springfield Food Co-op and Trout River Craft Brewery will provide festive fare. The Great Hall is located at 100 River St. Exhibitions are sponsored by Springfield Regional Development Corporation.



## Family Vacation Bible School at Springfield Church of Christ

SPRINGFIELD, Vt. – Pictured, some of those who participated in this year's Family Vacation Bible School at the Springfield Church of Christ on Chester Road. A group from the Breckenridge, Texas Church of Christ helped make this year's VBS one of the most successful and memorable ever. There were many new and exciting adventures around every turn where the children became involved in hands-on fun and exciting experiences. All are invited to the regular Sunday school classes each Sunday at 10 a.m. with the worship service following at 11 a.m.

PHOTO PROVIDED

## "The Secret Garden" cast begins rehearsals

SAXTONS RIVER, Vt. – With a cast ranging in age from 12 to 71, the Main Street Arts musical production of "The Secret Garden" has begun its intensive rehearsal schedule in preparation for opening night at the Bellows Falls Opera House Friday, Oct. 25.

"We have a tremendous group of actors, some with years of experience and others just getting their feet wet, but they are all dedicated to making this a great show for our loyal local audience," said David Stern, the show's director, along with musical director Ken Olsson.

In the role of the story's main character Mary Lennox is Teya Bryan of Acworth, N.H. Although only 12 years old, she has some serious acting creds, most notably in the River Theater production of "Oliver" and this past summer's Great River Theater Festival production of "H.M.S. Pinafore," not to mention an appearance in a grade school production of "How the Grinch Stole Christmas."

Although a busy eighth grader with schoolwork and volleyball on her docket, Teya is looking forward to facing the challenge of learning to sing harmony and taking on a different persona for a while. "I like making people feel what you're trying to portray," in your character, she said.

Joining Teya as the crippled Colin Craven is Brattleboro Middle School student Eben Wagner, himself no stranger to the theater. The 13-year-old has had roles in "Rags" and "James and the Giant Peach" at the New England Youth Theatre and was recruited for this role by Stern. "I've never been to the MSA theater, but I want to meet new people," he said. "This will be different from what I've done before [in youth theater] because I'll be working with actors of different ages."

At the other end of the age spectrum, with many years of amateur and professional stage experience, is Falko Schilling of Saxtons River, who acted for many years at the Weston Playhouse under the stage name Eric Castle. Schilling also founded and shepherded the Saxtons River Playhouse for 17 years, offering start-up gigs to scores of aspiring actors and providing the community with top-flight entertainment.

In "The Secret Garden," he plays the role of Ben Weatherstaff, the grouchy, grizzled caretaker of the grounds of Misselthwaite Manor who discovers Mary and Colin in the garden. Fresh from his role this summer in the festival's "H.M.S. Pinafore," Schilling said he appreciates a role more



Teya Bryan and Eben Wagner rehearse for their roles in "The Secret Garden" at Main Street Arts.

PHOTO PROVIDED

suited to his age and physical abilities that still allows him to be involved.

Playing Colin's father and Mary's uncle, the sad Archibald Craven who is mourning the

loss of his wife Lily, is Gavy Kessler of Dummerston, himself a veteran of recent MSA productions of "Jesus Christ Superstar" and "Hedwig and the Angry Inch."

Morganna Ekkens (Lily) appears as one of the five ghosts who haunt Archibald: Ron Bos-Lun (fakir), Sam Holmberg (Rose), Victor Brandt (Albert Lennox), and Erica Yuengling (Mary's nursemaid).

Other cast members with a local connection include Libby McCawley of Putney as the housekeeper, Gary Clay as Major Shelley, Heidi Lauricella as Mrs. Winthrop, and Bellows Falls Union High School graduate Sam Empey, who studied in musical theater program at the University of New Hampshire.

"The Secret Garden" will run two weekends, with performances Friday, Saturday, and Thursday, Oct. 25, 26, and 31 and Friday and Saturday, Nov. 1 and 2 at 7:30 p.m., with matinees at 2 p.m. Satur-

day and Sunday, Oct. 26 and 27 and Saturday, Nov. 2.

Reservation and ticketing information will be available at [www.mainstreetarts.org](http://www.mainstreetarts.org) later in the month. Facebook posts

have already captured some of the behind-the-scenes costuming and scenery work going on in the former Café 7 in Bellows Falls under the direction of Liz Guzynski.



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Lemons \$0.59 each  
Limes 4 for \$1.00

Grocery Specials

Large White Eggs \$0.99/carton  
Adirondack Selzer \$1.19/2liter  
Old Orchard Juices \$2.39/64oz  
Wise Chips \$2.00/bag  
Hood Ice Cream \$3.19 each  
Cabot 2pt Yogurt \$3.49 each

WINE: Too many wines under \$5.99/bottle! Please drink more wine! Thanks!

Sale Prices Effective

Tuesday, Sept. 03 - Monday, Sept. 09, 2019

Bonny's Home Cooking - great sandwiches and deli. Hey, please come in!

# Springfield Health rummage sale

SPRINGFIELD, Vt. – The Activities Department of the Springfield Health and Rehabilitation Center in Springfield, Vt. will be holding a rummage sale Sept. 27, 28, and 29 for the benefit of the residents.

We are requesting donations of small appliance, DVDs, tapes, CDs, books, knick-knacks, clothing, and other similar items. The items must

be clean, working, and in good condition. Donations can be dropped off at the center at 105 Chester Rd. in Springfield until Sept. 27.

For more information, contact Nick Defeo, activities director, at 802-885-5741. All donations will be greatly appreciated and will be used to improve the lives and activities of the residents.

# Rolling over retirement savings plan funds

## Why consider a rollover?

When you roll over a distribution from a 401(k), 403(b), or governmental 457(b) plan, you generally don't pay any taxes until you receive a distribution from the new plan or IRA. If you take a distribution but don't roll it over, it will be subject to federal income taxes; and you may also be subject to a 10% early distribution penalty tax unless you're eligible for an exception. If you take a cash distribution, you're also foregoing any further tax-advantaged growth; and if you spend the funds, you may not have sufficient assets to last throughout retirement.

## Reasons to roll over to an IRA

You generally have more investment choices with an IRA

than with an employer plan. You typically may freely move your money around among the various investments offered by your IRA trustee, and you may divide your balance among as many of those investments as you want. By contrast, employer plans typically give you a limited menu of investments from which to choose.

You can freely move your IRA dollars among different IRA trustees. Unlike indirect rollovers between IRAs, which are generally limited to one in any 12-month period, there is no limit on how many direct trustee-to-trustee IRA transfers you can do in a year. It can also allow you to have IRA accounts with more than one institution for added diversification. With an employer's plan, you cannot

move the funds to a different trustee unless you leave your job and roll over the funds.

An IRA may give you more flexibility with distributions. The options available to you and your beneficiaries in an employer plan are typically more limited. With an IRA, the timing and amount of distributions are generally at your discretion.

If you've made Roth contributions to your 401(k) or 403(b) plan, those contributions will be subject to required minimum distribution rules after you turn 70.5. You can avoid the RMD rules by rolling your Roth contributions over to a Roth IRA.

You can use an individual retirement annuity to effectively annuitize all or part of your employer plan benefit. This can be helpful if your plan doesn't provide an annuity option.

## Reasons to leave in, or roll over to, an employer's retirement plan

Many employer-sponsored plans have loan provisions. If you roll over your retirement funds to a new employer's plan that permits loans, you can generally borrow against your vested balance in the new plan, including the amount rolled over. You can only access your money in an IRA by taking a distribution, which may be subject to income tax and penalties.

A rollover to another employer plan may provide greater creditor protection than a rollover to an IRA. Most qualified employer plans receive virtually unlimited protection from creditors under federal law. Your creditors cannot attach your plan funds to satisfy any of your debts and obligations, regardless of whether you've declared bankruptcy. In contrast, traditional and Roth IRAs are generally protected under federal law only if you declare bankruptcy. Any creditor protection your IRA may receive in cases outside of bankruptcy will generally depend on the laws of your particular state.

Distributions from your employer plan won't be subject to the 10% early distribution penalty if you retire during the year you turn 55 or later. However, distributions from your IRA before you reach age 59.5 will be

subject to the penalty tax, unless an exception applies.

You may be able to postpone any required minimum distributions. These distributions usually must begin no later than April 1 following the year you reach age 70.5. However, if you work past that age, are still participating in your employer's retirement plan, and own no more than 5% of the company, you can delay your first distribution from that plan until April 1 following the year of your retirement.

While IRAs typically provide more investment choices than an employer plan, there may be certain investment opportunities in your particular plan that you can not replicate with an IRA. Further, you may be satisfied by potentially lower-cost institutional funds available in your particular plan, and therefore may not regard an IRA's broader array of investments as an important factor.

## Other considerations

Both employer retirement plans and IRAs typically have investment-related expenses and plan or account fees. Investment-related expenses may include sales loads, commissions, the expenses of any mutual funds in which assets are invested, and investment advisory fees. Plan fees typically include plan administrative fees and fees for services, such as access to a customer service representative. In some cases, employers pay for some or all of the plan's administrative expenses. An IRA's fees may include, for example, administrative, account setup, and custodial fees.

Also be sure to consider the different levels of service available under the employer's plan versus an IRA. Some employer plans provide access to investment advice, planning tools, telephone help lines, educational materials, and workshops. Similarly, IRA providers offer different levels of service, which may include full brokerage service, investment advice, distribution planning, and access to securities execution online.

## Special considerations for distributions from designated Roth accounts

In order to receive a tax-free qualified distribution of earnings from a Roth IRA or from a designated Roth 401(k), 403(b), or 457(b) account, you must satisfy a five-year holding period. Separate five-year holding periods apply to designated Roth accounts and Roth IRAs. If you receive a nonqualified distribution from a designated Roth account and roll it over to a Roth IRA, the investment earnings rolled over will then be subject to the Roth IRA's five-year holding period. So, for example, if your money has been in a designated Roth account for four years, and you roll those dollars into your first Roth IRA, they will be subject to a new five-year holding period – the amount of time those dollars spent in the 401(k) plan does not affect your Roth IRA holding period.

On the other hand, if you receive a distribution from your designated Roth account and roll it over into a designated Roth account in a new employer's 401(k), 403(b), or 457(b) plan, your five-year holding period in the receiving plan, for both the amount rolled over and other funds in the receiving plan, will be the five-year holding period in the distributing plan or the five-year holding period in the receiving plan, whichever ends first.

Minimum distributions are generally required from Roth 401(k)/403(b) accounts after you turn 70.5. However, Roth IRAs are not subject to the lifetime RMD rules. You can avoid the Roth 401(k)/403(b) lifetime RMD rules by rolling your eligible distribution over to a Roth IRA.

If your distribution includes employer stock or other securities special tax rules may apply that can make taking a distribution more advantageous than making a rollover.

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

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Fresh Lobster Rolls - Daily

**NEW YORK STRIP STEAKS - Only \$14.95**  
with your choice of Potato or Rice, and a side of Vegetables

**SURF N TURF - Only \$25.95**  
NY Strip Steak, choice of Broiled or Fried Scallops or Shrimp, your choice of Potato or Rice, and a side of Vegetables  
Available Friday, Saturday, and Sunday

**Ludlow American Legion**  
**FRIDAY NIGHT DINNER**

Friday, September 06

## Roast Pork

with Gravy, Mashed Potatoes, Veggie, and Dessert

### \$12.00

to Benefit the Sons of the American Legion

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

**American Legion Post #36**  
135 Main Street Ludlow, VT  
802-228-9807  
Seatings from 5:30 to 7:00 pm

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Space available for private parties, call 802-228-7797 for reservations

### September, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Sunday FUNDAY	2 OPEN MIC NIGHT Mondays at 8:30pm	3 VT TRIVIA 20oz Draft Beers \$7!	4 Join our Mug Club	5 \$7 VT Drafts IRISH MUSIC GYPSY REEL 6:30-9PM	6 TG IFI	7 Let the weekend BEGIN
8 It's Sunday ALREADY!?	9 Open Mic Night Mondays at 8:30pm	10 VT Drafts \$7! Trivia Tuesday w/ Rick Davis 7:30-8:30pm	11 Trade your Patch or Purchase ours for \$5	12 \$7 VT Drafts GYPSY REEL 6:30-9PM	13 HAPPY FRIDAY	14 LIVE MUSIC w/ Sammy Blanchette from 8 - 10 pm
15 Sunday FUNDAY	16 OPEN MIC NIGHT Mondays at 8:30pm	17 VT TRIVIA 20oz Draft Beers \$7!	18 Join our Mug Club	19 GYPSY REEL 6:30 - 9 PM	20 tgif	21 SMILE IT'S THE WEEKEND!
22 Sunday FUNDAY	23 Open Mic Night Mondays at 8:30pm	24 VT Drafts \$7! Trivia Tuesday w/ Rick Davis 7:30-8:30pm	25 Trade your Patch or Purchase ours for \$5	26 \$7 VT Drafts GYPSY REEL 6:30-9PM	27 tgif	28 HELLO Weekend
29 It's Sunday ALREADY!?	30 OPEN MIC NIGHT Mondays at 8:30pm	15 Draft Beers!	Watch Sports on our 60" TV Screens!	Chicken Wing Champions!	Come for the Food Stay for the Fun	Join our Mug Club



# 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

## Working for a living



Ed Spaulding's Star Route license plate from Ted Spaulding's donation.

PHOTO PROVIDED

Examining a 1921 journal kept by W.R. Spaulding and his son Ed, I am able to put together what a typical day was like at their livery stable. Some weeks W.R. and Ed took in \$35 - \$501 today.

I imagine most mornings Ed or W.R. Spaulding would have been in the livery stable by 7 a.m. They owned many horses including Lady, Dan, Maud, Buster, Prince, Mag and Nell, Babe and others.

Ed took excellent care of his horses, brushing them out each morning so they looked their best. His wagons, sleighs, and buggies were well-maintained. Along with the livery stable, he carried passengers around Chester and area towns with his horse-drawn taxis.

Working from the 1921 journal, I see they owned a three-seater sleigh, a two-seater as well as various wagons and buggies. The three-seater was a luxurious sleigh used to carry passengers in style.

W.R. and Ed boarded and hitched horses. Hitching a horse was taking in someone's horse for a few hours and usually 15 to 25 cents. Feed was extra.

Because this was Ed's business, he took great care keeping his horses and vehicles in tip-top condition. Brass sleigh bells and the brass tips of hames were kept polished. Leather harnesses were kept oiled. These vehicles were always spiffy and ready to go.

Ed might spend an hour or more each morning grooming his horses and another hour cleaning his vehicles. When a train pulled into the train station next door, a passenger might wander over to Ed's and need a carriage or sleigh to Cavendish, Windham, or

Grafton. He had to be ready to go on short notice. In Ed's daily journal entries, he mentions who hired him, the fee, and the horse or horses used. Some entries are "Stranger."

I found this entry interesting: "March 23, 1922 Hearse to Grafton & Saxtons River. Pete and Babe horses \$8.00."

Hugh Henry was a regular customer usually going to his office at 50 cents. Pearl Dorand paid 50 cents for a ride to school. Some will remember Pearl as Mrs. Sherwin who lived across the street from the Park Light B&B. Funerals were recorded as for who and how many vehicles were hired.

Other entries are Ed Farr and Wilt Holt. Both men had Star Route mail contracts with the government. In 1910 Ed became a substitute driver on Ed Farr's Star Route from Chester to Rockingham. Others Ed subbed for were Wilt Holt and Tom Sullivan. Tom Sullivan lived in the house on High Street that I grew up in. Average charge for subbing was \$4.65 per day. Eventually Ed had his own Star Route. That's another story.

In the journal I found a couple horse remedies:

"Black Water 1 pint linseed oil, 2 oz turpentine, 2 oz of nitre. Put liniment on kidneys.

"Condition Powders 2 lbs Sulphur, 1 lb cream tartar, 4 oz Salt Peter. 3 days skip 3 days Tablespoon at night."

Ted told me his father learned a lot about veterinary work and treated his own horses. While Ed wasn't a licensed vet, people in the area would have him treat their horses. Because Ed wasn't licensed, he couldn't charge. Instead those seeking his help made donations.

In my mind I imagine travelling by sleigh from Chester to Springfield. You can hear the sleigh runners as they slide over the snow-covered road. And because the sleighs were flexible you would feel every dip in the road. The sleigh bells would be jingling with the cold air in your face. Riding in a sleigh gives you the sensation of floating on air. I wonder what the driver and passengers talked about. It must have been an enjoyable trip.

There are several entries listed as "Standard Oil Company." I wonder what their business was in Chester. One entry reads: "Standard Oil men around town \$2.00." What were they looking for?

While Ed was out delivering mail or driving passengers, W.R. would have run the livery. They must have had spare drivers. With Ed away, any customer who came in for a carriage would not have been made to wait. This was a professionally run business.

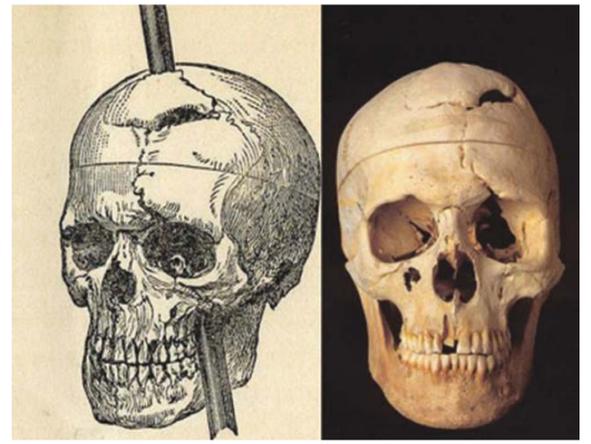
Now I offer an explanation Ted Spaulding told me about horses. I recall years ago hearing old-timers talking about horses, a hoss or hawses. I always thought it was a Vermont accent but this is not so.

In the old days: A single workhorse was a "hoss." Two workhorses or more were called "hawses" or a "team," and a riding horse was a "horse." Today, those of us who work in a trade have terminology limited to those working in that trade. These terms for a horse would be the same thing.

# Cavendish annual Phineas Gage Walk and Talk

CAVENDISH, Vt. - Many know the story of Phineas Gage, the railroad foreman, who sustained a traumatic brain injury when a tamping rod went through his head during a blasting accident. They may even know of Dr. John Martyn Harlow, the Cavendish physician who treated him and followed his recovery, thereby documenting the first case of TBI in the medical literature.

Each year, the Cavendish Historical Society hosts the annual Phineas Gage Walk & Talk to commemorate the event that took place Sept. 13, 1848. On Sunday, Sept. 8 at the CHS Museum, 1958 Main Street in Cavendish, Vt., the program begins at 2 p.m. and includes a demonstration of how Gage's brain was injured. The walk follows the presentation and includes the location of the accident, Dr. Harlow's



Phineas Gage's traumatic brain injury.

PHOTO PROVIDED

home and surgery, and the boardinghouse where Gage was taken after his injury. The site of the accident is approximately three-quarters of a mile from the museum and is mainly on black top. This program is free and open to the public. For more information, please call 802-226-7807 or email margocaulfield@icloud.com.

# Weston's Colonial Craft Day

WESTON, Vt. - "Return with us to those glorious days of yesteryear." There was plenty of hardship and hard work, but also lots of Yankee ingenuity as our colonial forbears succeeded in carving out a meaningful life in the forests and fields of New England during the late 18th and 19th centuries. Craft Day is a tribute to their industry and their skills.

On Saturday, Sept. 7, from 11 a.m. to 4 p.m., the Weston Historical Society will present their seventh Colonial Craft Day on their museum campus just north of the Weston Green on Route 100. Skills of the 18th and 19th centuries will be demonstrated, and tools and machinery of the period will be in operation and on display.

Favorites from prior years will be on hand, beginning with Cooper Glenn Lael, who will demonstrate the skills used in making barrels, and the 18th-century methods of peeling apples and pressing them into cider always attracts a crowd. Bring your own apples and take a turn at pressing your own cider.

Weston's Farrar-Mansur House Museum, a historic homestead and tavern dating from 1797, will be open for tours, including the remarkable exhibit on Vermont's sharpshooters in the Civil War, new in 2019.

Lace-maker Donna Faturos will again be demonstrating and explaining her skill, while Deb Lyneis will show how to make braided rugs, and Carrie Chalmers will exhibit spinning



The Weston Cornet Band without their bandwagon.

PHOTO PROVIDED

techniques. At the Mill Museum, Weston's famous Grist Mill will be grinding corn, the hit-and-miss engine will be puffing away, and the operation of the revolutionary Lane Shingle Maker will be explained.

Featured will be two historic pieces of rolling stock: the 1886 wagon used by the Weston

Cornet Band for 50 years and an authentic 18th-century tinker's wagon. Maya Drummond and Garry Sharon will provide some "old time" fiddle music.

Colonial Craft Day is always educational, always entertaining for the whole family. Please join us. There is no admission charge; voluntary donations are greatly appreciated.

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From 5-7 pm

Sponsored by the American Legion Unit #67. Thank you for your Support!

<b>FISH FRY</b> w/ all the fixings	<b>\$13</b> per dinner your choice	<b>STEAK TIPS</b> w/ all the fixings
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Early Bird Membership Dinner Sept. 24 - Sign up at the Legion!

BELLOWS FALLS OPERA HOUSE

Sept 6 - Sept 12

"IT CHAPTER TWO"

(Rated R)

Friday: 7:00pm  
Saturday: 3:00pm, 7:00pm  
Sunday: 2:00pm, 6:00pm  
Monday: 7:00pm  
Tuesday: 2:00pm, 7:00pm

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SUMMER CLASSIC MOVIE SERIES

Wednesday, September 11 @ 7:00pm  
Thursday, September 12 @ 7:00pm

"COOL HAND LUKE"

(Rated PG) (1967)  
Sponsored by Dick and Holly Doyle

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ALL TICKETS: \$5.00

Small Popcorn \$1.00 on Monday  
Medium Popcorn, Soda & Most Candy \$5.00

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<ul style="list-style-type: none"> <li>• Fish &amp; Chips - \$8<sup>00</sup></li> <li>• Chicago Prime Rib - \$13<sup>00</sup></li> <li>• Baked Shrimp, Haddock, Scallops - \$13<sup>00</sup></li> <li>• Teriyaki Steak Tips - \$10<sup>00</sup></li> <li>• Maple Glazed Salmon - \$9<sup>00</sup></li> </ul>	<p style="font-weight: bold;">Other Daily Black Board Specials Available</p> <p style="font-size: 0.8em;">All Specials Include your Choice of: Baked Potato, Sweet Potato Fries, OR Regular Fries; AND a Choice of Vegetable of the Day OR Coleslaw.</p> <p style="text-align: right; font-size: 0.8em;">Excludes Holidays</p>
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# obituaries

# CHURCH SERVICES

## ALSTEAD, N.H.

**Third Congregational Church UCC, River St.**  
Sunday service begins at 10:30 a.m. For more information, contact alsteadthirdchurch@gmail.com or 603-835-6358.

## ASCUTNEY, VT.

**Open Bible Baptist Church, 168 Cemetery Rd.**  
Sunday school at 9:45 a.m. Morning service at 11 a.m. Afternoon service at 1:15 p.m. Wednesday Bible Study and Prayer at 7 p.m. For more information, call Pastor Daniel Anderson at 802-230-5307 or at the church 802-674-2266. Visit www.obbcvt.org.

## BELLOWS FALLS, VT.

**Immanuel Episcopal Church, 20 Church St.**  
Holy Eucharist Services are offered at 8 a.m. (quiet service) and 10 a.m. (with music) every Sunday. Handicap accessible. For more information, call 802-463-3100.

**Faith Christian Church, 582 Rockingham Rd.**  
Pastor Matt and Brenda Farkas welcome all to Sunday worship and praise at 10 a.m., the Message at 10:30 a.m., Children's Church (3-7 years) at 10:30 a.m., and Holy Spirit service on the first and third Sundays of the month at 6:30 p.m. Bible Study Wednesdays at 6 p.m. at the Church Home in the same parking lot. For more information, call 802-591-1350.

## CAVENDISH-PROCTORSVILLE, VT.

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

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

## CHARLESTOWN, N.H.

**Charlestown Congregational Church, 71 Main St.**  
Sunday service on starts at 10 a.m. All are welcome. For more information, call 603-826-3335.

## Joan M. Davidson, 1925-2019

CHARLESTOWN, N.H. – Joan M. Davidson of Charlestown, N.H., formerly of Springfield, passed away Thursday, Aug. 15, 2019 at the Elmwood Center in Claremont, N.H. She was born April 17, 1925 in Springfield, Vt., the daughter of Gerald and Vina (Goodnough) Madden. She attended Springfield schools, graduating from Springfield High School class of 1943. She married Howard W. Davidson. He predeceased her in 1987.

Joan made her home in Springfield, Vt. for many years, moving to Charlestown, N.H. in 1984. She worked at the Springfield Hospital, did housekeeping in the area, and was the librarian in Reading for a number of years. She loved music and was a member of the Senior Songsters at the Springfield Senior Center for several years. She loved spending time with her grandchildren and wrote stories for her grandchildren and other children for many years. She is survived by her children Keith J. Davidson of Lebanon, N.H. and Janine L. Davidson of Springfield, Vt.; three grandchildren; and six great-grandchildren.

## CHESTER, VT.

**Chester Congregational Church, 469 Main St., Rt. 11 West**  
Sunday Service at 10 a.m. All are welcome. For more information, call 802-875-3382 or go to www.chestercongregational.org.

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

## LONDONDERRY, VT.

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

**Second Congregational Church of Londonderry, 2051 N. Main St.**  
Worship service is at 9:30 a.m. Sunday school and childcare available. For more information, call the church at 802-824-6453 or go to www.2ndcongregationalchurchvt.org.

## LUDLOW, VT.

**Tyson Community Church, Corner of Rt. 100 and Dublin Rd.**  
Service is at 10:30 a.m., followed by fellowship. Please join us Sept 15, from 2-3:30 p.m., for an ice cream social and meet our new pastor, Rev Terry Bascom. Communion offered the first Sunday of each month. Wheelchair accessible. For more information, call 802-522-8249 or email cindysummer55@gmail.com.

## SPRINGFIELD, VT.

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

**Springfield Assembly of God, 269 River St.**  
Sunday school at 10 a.m. Sunday service begins at 11 a.m. Sunday evening service at 6 p.m. Wednesday Bible study for all ages at 6 p.m. Call anytime during the week to schedule a pick

up for children for Sunday school. 802-885-4261.

**St. Mary's Catholic Church, 10 Pleasant St.**  
Sunday Masses at 9 a.m. and Tuesday at 7 p.m. followed by Eucharistic Adoration. Thursday and Friday at 9 a.m. Confession on Tuesday at 7:30 p.m. Contact the rectory at 802-885-3400.

**Weathersfield Meeting House, Weathersfield Center Rd.**  
Sunday services are at 10 a.m. followed by a coffee hour. Our congregation represents a wide range of spiritual and religious traditions. Services are led by Will Hunter and guest ministers and include discussion following the sermon. Child care is available. All are welcome. Call 802-263-9497.

## WALPOLE, N.H.

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

**First Congregational Church of Walpole / United Church of Christ, 15 Washington Sq.**  
Sunday service is at 10 a.m. Sunday school at 10 a.m. with coffee hour at 11 a.m. Wheelchair accessible with ramps and elevator. Call 603-756-4075 or email walpolechurch@yahoo.com.

## WESTMINSTER, VT.

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

## WESTON, VT.

**Weston Community Church on the Hill, 37 Lawrence Hill Rd.**  
On Sept. 14, evening prayer will be led by Rev. Michael Theogene at 4 p.m. For more information, go to www.vchurchonthehill.org.

All Church Services are listed online at www.VermontJournal.com.

## Stacy L. Ingalls, 1964-2019

SPRINGFIELD, Vt. – Stacy L. Ingalls, 55, passed away Thursday evening, Aug. 29, 2019 surrounded by her family. She was born Feb. 21, 1964 in Hartford, Conn., the daughter of Paul B. Sr. and Elinor K. (Jones) Ingalls. She graduated from Green Mountain High School in Chester, Vt. She was employed as an office clerk and customer service representative with Jeld-Wen in North Springfield, Vt. Prior to Jeld-Wen, she worked at Newsbank in Chester, Vt. Stacy enjoyed riding her motorcycle, kayaking, and collecting elephants.

She is survived by her children Eric T. Parent, Colby A. Frasca, Zachary D. Frasca, and Nicole E. Parent; two brothers Martin B. Ingalls and Scott B. Renfro; two sisters Wendy Ciufio and Kelly Parent; by four grandchildren and also by several nieces, nephews, and cousins. She was predeceased by her parents. A celebration of her life will be held at the convenience of the family. Memorial donations may be made in her memory to the Norris Cotton Cancer Center at D-H/Geisel Office of Development Attn: Jason Naugler, One Medical Center Drive, HB 7070 Lebanon, NH 03756-0001 or online at www.dartmouth-hitchcock.org/donate.html.



Stacy L. Ingalls, 1964-2019. PHOTO PROVIDED

Davis Memorial Chapel in Springfield is assisting with arrangements.

## William G. Swenson

N. SPRINGFIELD, Vt. – A graveside service for William G. Swenson, 74, who passed away May 24, 2018 will be held Saturday, Sept. 7, 2019 at 11 a.m. at the Pine Grove Cemetery in North Springfield, Vt. Reverend George Keeler will officiate. Arrangements are under the direction of the Davis Memorial Chapel in Springfield, Vt.

## Walter A. Wescott

SPRINGFIELD, Vt. – A Celebration of Life service for Walter A. Wescott, who passed away March 23, 2019, will be held at his home at 315 Clinton St. in Springfield Sunday, Sept. 8, 2019, from 1-4 p.m. Family and friends are welcome to attend.

# THE Vermont Journal & THE SHOPPER

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# TAKE A BREAK!

## Weekly SUDOKU

by Linda Thistle

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4				5		9	6		
		8	2						7
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

## DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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## King Crossword

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- ACROSS
- 1 "30 Rock" role
  - 4 Dressed
  - 8 Wrinkly fruit
  - 12 Raw rock
  - 13 Bigfoot's cousin
  - 14 Bellow
  - 15 Slight touch
  - 16 Ski resort in the Poconos
  - 18 Same
  - 20 Vast expanse
  - 21 Comfy footwear, for short
  - 24 Make into law
  - 28 Group of submarines
  - 32 Continental coin
  - 33 Alias abbr.
  - 34 Decelerates
  - 36 Kangaroo's kid
  - 37 Deposited
  - 39 Pancake
  - 41 Hammerstein's contribution
  - 43 God, in Grenoble
  - 44 Upper limit
  - 46 Getting on
  - 50 Type of shoulder bag
  - 55 Anti
  - 56 "American —"
  - 57 Pivot
  - 58 Greek H
  - 59 Roly- —
  - 60 Layer
- DOWN
- 1 Source of wealth
  - 2 Mideastern nation
  - 3 Ox of India
  - 4 One-eyed beast
  - 5 Grazing ground
  - 6 24-hr. money provider
  - 7 Conks out
  - 8 Suave
  - 9 — long way
  - 10 Varnish ingredient
  - 11 Annoy
  - 17 Appomattox loser
  - 19 Bowling alley
  - 22 A little lower?
  - 23 Berate
  - 25 Emanation
  - 26 Gator's cousin
  - 27 Snatched
  - 28 Partition
  - 29 Fine
  - 30 Hideaway
  - 31 "The Bridge on the River
  - 35 House VIP
  - 38 In a pleasant way
  - 40 Moonshine container
  - 42 Automobile
  - 45 "Hey, you!"
  - 47 On the rocks
  - 48 Memorandum
  - 49 Eat away (at)
  - 50 With it
  - 51 Big bother
  - 52 Encyc. portion
  - 53 Foreman foe
  - 54 Prompt
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# sports

## Bellews Falls sports teams start fall season



What a beginning to the season! The Bellews Falls football team had all their fans on their feet on the game's first play. Jack Burke returned the opening kickoff 92 yards to set up the Terriers first score in a 49-26 defeat to Brattleboro. Bellews Falls will be at home again Saturday for a 1 p.m. kickoff against Mount Anthony. PHOTO BY DOUG MACPHEE



Bellews Falls girls' soccer has not won many games in recent years, but the trend didn't continue in the season opener last Friday. Terrier Emily Bazin makes a play on the ball as teammate McKenna Bingham waits for what happens next. The lone Windsor defender is basketball standout Olivia Blackwood. PHOTO BY DOUG MACPHEE



Bellews Falls field hockey team won their 58th straight game in this year's season opener last Friday 2-0 over Woodstock. Halle Dickerson is shown attacking for Bellews Falls in the play. PHOTO BY DOUG MACPHEE



Bellews Falls opened up the 2019 football season falling to new Division II rival Brattleboro 49-26. The Terriers lost much of the experience in their offensive and defensive lines to graduation, as well as volunteer veteran offensive line coach Mike Empey. Pictured, Jed Lober is stopped in his tracks by a Brattleboro defender, Henry Thurber. PHOTO BY DOUG MACPHEE



Bellews Falls girls' soccer played hard from start to finish in a 1-1 season opening tie with Windsor. Terrier Sydney Bazin plays a loose ball, hoping to find an opening. PHOTO BY DOUG MACPHEE



Bellews Falls applies the pressure in the season opening field hockey game. Maya Waryas and Ashlynn Boucher squeeze the Woodstock goalie in hopes of scoring. Waryas tallied one of the Terrier goals in the 2-0 victory with Ashlin Maxfield contributing the other assisted by Meagan Kelly. PHOTO BY DOUG MACPHEE

## Fall sports schedule, Sept. 5-14

**REGION** - For more information about an individual game or team, go to the schools' athletic department websites. If you have any sports news or photos from a recent game, submit them to editor@vermontjournal.com, and we may include them next week!

### THURSDAY, SEPT. 5 -

**Girls Field Hockey**  
Springfield at Woodstock, 4 p.m.

**Boys Soccer**  
Bishop Brady at Fall Mountain, 7 p.m.

**Girls Soccer**  
Bellews Falls at Twin Valley, 6 p.m.  
Fall Mountain at Monadnock, 4 p.m.

### FRIDAY, SEPT. 6 -

**Girls Field Hockey**  
Hartford at Bellews Falls, 4

p.m.

**Boys Football**  
Raymond at Fall Mountain, 7 p.m.

**Boys Soccer**  
Twin Valley at Leland & Gray, 4:30 p.m.  
Windsor at Bellews Falls, 4:30 p.m.

**Girls Soccer**  
Arlington at Leland & Gray, 4:30 p.m.  
Black River Tournament at Black River

### SATURDAY, SEPT. 7 -

**Girls Field Hockey**  
Mount Anthony at Springfield, 11 a.m.

**Boys Football**  
Mount Anthony at Bellews Falls, 1 p.m.  
Springfield at Oxbow 1 p.m.

**Boys Soccer**  
Green Mountain at Springfield, 11 a.m.

**Girls Soccer**  
Black River Tournament Finals at Black River

### MONDAY, SEPT. 9 -

**Girls Field Hockey**  
Springfield at Bellews Falls, 4 p.m.

**Girls Soccer**  
Long Trail at Bellews Falls, 4:30 p.m.  
Springfield at Fair Haven, 6 p.m.

**Girls Volleyball**  
Fall Mountain at Hillsboro-Deering, 6:15 p.m.

### TUESDAY, SEPT. 10 -

**Co-Ed Cross Country**  
Bellews Falls at Fair Haven, 4:15 p.m.  
Green Mountain at Thetford,

4:45 p.m.

**Boys Soccer**  
Fall Mountain at Mascenic, 4 p.m.

**Girls Soccer**  
Black River at West Rutland, 4:30 p.m.  
Conant at Fall Mountain, 7 p.m.  
Green Mountain at White River Valley, 4:30 p.m.

### WEDNESDAY, SEPT. 11 -

**Boys Soccer**  
Proctor at Bellews Falls, 4:30 p.m.  
Springfield at Otter Valley, 4:30 p.m.

**Girls Soccer**  
Leland & Gray at Burr & Burton, 4:30 p.m.

**Girls Volleyball**  
Fall Mountain at Mascenic, 6:15 p.m.

### THURSDAY, SEPT. 12 -

**Co-Ed Cross Country**  
Fall Mountain at Kearsarge, 4 p.m.

**Girls Field Hockey**  
Bellews Falls at Brattleboro, 6:30 p.m.

**Boys Soccer**  
Bellews Falls at Springfield, 4:30 p.m.  
Fall Mountain at Monadnock, 4 p.m.

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

### FRIDAY, SEPT. 13 -

**Co-Ed Cross Country**  
Russ Pickering Invitation at Bellews Falls, 4:30 p.m.

**Boys Football**  
Bellews Falls at Fair Haven, 7 p.m.

**Boys Soccer**  
Josh Cole Tournament at Dorsey Park  
Randolph at Springfield, 7 p.m.

**Girls Soccer**  
Belmont at Fall Mountain, 7 p.m.  
Green Mountain at Windsor, 4:30 p.m.

### SATURDAY, SEPT. 14 -

**Boys Football**  
Fall Mountain at Winnisquam, 1 p.m.  
Springfield at Windsor, 1 p.m.

**Boys Soccer**  
Josh Cole Tournament at Dorsey Park

**Girls Soccer**  
Leland & Gray at Thetford, 2 p.m.  
White River Valley at Bellews Falls, 11 a.m.

## The ninth annual Kurt Dechen Memorial Fund Golf Tournament

SPRINGFIELD, Vt. - Planning is underway for the ninth annual Kurt Dechen Memorial Fund golf tournament to be held Saturday, Sept. 21 at Crown Point Country Club in Springfield, Vt. All proceeds will benefit the Kurt Dechen River Valley Technical Center Scholarship, Springfield Youth Football League, Springfield Booster Club, Springfield Park and Recreation Department, and other local organizations.

The KDM Fund is seeking tournament and hole spon-

sors as well as items to be given as door prizes.

The golf tournament will be a four-person scramble format with a shotgun start at 12 p.m. Registration begins at 11 a.m. Registration should be paid at the event and includes 18 holes of golf, cart, team and individual prizes, and heavy hors d'oeuvres.

To make a donation or register for the golf tournament, please contact Brian by Sept. 14 at 802-345-5454 or KDM-fund@gmail.com.

Kurt graduated from

Springfield High School in 2001, where he enjoyed being a part of athletics and the River Valley Technical Center. He attended Castleton State College to pursue a career in the field of criminal justice. While in college, Kurt joined the United States Marine Corps; graduating from boot camp at Parris Island, S.C. in August 2003. In 2006, Kurt trained at 29 Palms, Calif. before deploying to Iraq. Kurt was killed in action Aug. 3, 2006, his 24th birthday.

## Springfield Elks annual Soccer Shoots

SPRINGFIELD, Vt. - Springfield Elks Lodge annual soccer shoots will be held Sept. 21 in Springfield at Riverside Middle School or Sept. 28 in Chester at Green Mountain High School. Both shoots begin at 9 a.m.

Register with either the

Springfield or Chester Parks & Rec departments or on-site the morning of the soccer shoot starting at 8:30 a.m. Contestants may only shoot at one Elks soccer shoot to be eligible to move on to the state competition.

The soccer shoots are open

to boys and girls under the age of 14 as of Jan. 1, 2019. There are four brackets: Under 14, Under 12, Under 10, and Under 8.

For more information, call Springfield Elks Soccer Shoot Chairman Vic Baskevich at 802-885-4355.

## Robie clinches, Fellows rolls, 11-year-old wins

CLAREMONT, N.H. - Brian Robie celebrated his first career Sportsman Modified championship, Aaron Fellows made it 14 in a row, and 11-year-old Clark Brooks scored his first-ever CMP feature win Friday, Aug. 30, at Claremont Motorsports Park.

Alyssa Rivera, Robert Hagar, and Briana Akusis were each strong in posting runner-up feature finishes. Tyler Lescord, Raven Streeter, Dylan Adams, and Bruce Cantara Jr. were first-of-summer heat race winners.

Dave Greenslit, competing in the night's non-points Casella Street Stock feature, outran the field. Jimmy Zullo came from a half-lap handicap to top his third Red Neck Enduro in a row.

Alyssa Rivera led the first two go-rounds of the Pepsi Sportsman Modified main event, then Dana Smith dashed off to win the caution-free 30-lapper.

Running his most conservative effort of the summer, Brian Robie earned the crown with a fourth-place finish. With Ri-

vera strong in second, Mike Smith came home third.

Tyler Lescord led laps one, two, and three in the R.E. Hinkley Late Model Sportsman feature, with Robert Hagar then taking charge. Aaron Fellows charging from row five was soon knocking at the door.

Hagar and Fellows ran glued together until Fellows edged past Hagar on lap 15 and then drove off to keep his unbeaten streak intact at 14 straight. Hagar, on a rail all night, was the runner-up, with Ben Poland, recovering strongly to finish third.

With no fewer than eight cautions and one red flag turning the Street Stock feature into a marathon, nothing kept divisional points leader Dave Greenslit from his appointed rounds, taking charge on lap 15.

Briana Akusis came home second, with Cody Schoolcraft in third. Tyson Hayes, fourth in the 30-lapper, was the night's hardest charger, picking up nine positions from his row-six starting spot.

Bruce Cantara Jr., gunning to duplicate his earlier heat race win, led the first six laps of the Pure

Stock feature, then giving way to Clark Brooks, who quickly pulled away and then held Dylan Adams in his shadow to score his first Claremont victory.

Adams was strong in second, with Jim Carley not far back in third. Camdyn Curtis came home fourth, and Bruce Adams used his fifth-place finish to pick up eight valuable points on division leader Kyle Templeton.

Paul Colburn and Jeremy Blood went to war in the Six-Shooter 15-lapper, with Blood prevailing to win for the 11th time. Birthday boy Eric Lanou was third on the night.

Jimmy Zullo started a half-lap behind the other 26 Red Necks in round four of the Enduro series, twice passing Kyle Buck to win his third event in a row. With Buck second in the 50-lapper, Andy Brousseau finished third.

Only two events remain in the 2019 CMP season, the Thrasher Road speedplant will be Friday, Sept. 26. For more information, please visit [www.claremontmotorsportspark.com](http://www.claremontmotorsportspark.com).

Written by Gary Dutton.

# arts & entertainment

## Vermont Golden Honey Festival

PROCTORSVILLE, Vt. – On Saturday, Sept. 14, from 10 a.m. to 4 p.m., come check out the Vermont Golden Honey Festival – you'll find big-time fun at this small-town festival. Local beekeepers, crafters, artists, and restaurants join together on the spacious lawns of Golden Stage Inn in Proctorsville to showcase their products, especially those featuring honey or the honeybee. The event is co-hosted with Goodman's American Pie of Ludlow, Vt. Come check out their honey apple pizza baked in their on-site beehive oven pizza truck.

The mission of the Vermont Golden Honey Festival is twofold: to celebrate small, local businesses while also celebrating the honeybee and its products. Some of the items you'll find this year from our local businesses include local raw honey, handmade salves, balms and soaps, handcrafted jewelry, honey gin from Caledonia Spirits, honey mead from Artesano mead, honey chicken wings from The Killarney, salsa and



2014 Honey Festival volunteers and honeybee. Don't miss this year's festivities, crafters and vendors, great food, and great products. PHOTO PROVIDED

barbecue sauce, maple syrup, fine table linens, hot fudge, candy, confections, and more.

Vermont Beekeepers Association and Windham County Beekeepers will both have booths about bees and beekeeping. So many of the other vendors are beekeepers too. There are plenty of people that you can come and chat with about the magical world of bees and the rewarding hobby or small business of beekeeping.

It's free admission, and there are activities for the kids. Some

products from the vendors will be raffled off as well. All net proceeds from the festival are donated to a local nonprofit each year. This year, we'll be donating to Windsor County Youth Services, an organization with residential programs for teens in both Ludlow and Proctorsville.

For more information, contact Julie-Lynn Wood of Golden Stage Inn, 802-226-7744, or go to [www.goldenstageinn.com](http://www.goldenstageinn.com). There are still a few spots open for vendors.

## Bonsai workshop at Main Street Arts

SAXTONS RIVER, Vt. – Main Street Arts will host an "Introduction to Bonsai" workshop Saturday, Sept. 14 from 10 a.m. to noon. MSA artistic director David Stern will teach the basics of tropical bonsai creation and maintenance in what he describes as a "fun, hands-on manner."

The workshop fee includes a pot, plant, soil, plant food, wire, mesh, and other materials needed to bring a new bonsai to life. Participants will learn how to assess the possibilities of a given plant, how to compose the artwork, root prune, prune, wire, and top dress for final finish.

Stern has been making bonsai for more than 20 years, with dozens of trees under his belt. He has led numerous workshops and continues to study under the tutelage of Michael Levine, a bonsai master based in Littleton, Mass.

Preregistration is required by contacting MSA at 802-869-2960 or [info@mainstreetarts.org](mailto:info@mainstreetarts.org).

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## "Rightfully Hers" popup exhibit with local connection

BELLOWS FALLS, Vt. – During the week of Sept. 9-14, the Rockingham Library will host a new popup exhibition from the National Archives, "Rightfully Hers," commemorating the 100th anniversary of the ratification of the 19th Amendment. Despite decades of marches, petitions, and public debate to enshrine a woman's right to vote in the constitution, the 19th Amendment – while an enormous milestone – did not grant voting rights for all. The challenges of its passage reverberate to the ongoing fight for gender equity today.

"Rightfully Hers" co-curator Jennifer N. Johnson states, "The ratification of the 19th Amendment was a landmark moment in American history that dramatically changed the electorate, and although it enshrined in the U.S. Constitution fuller citizenship for women many remained unable to vote."

Shining a local light on this, writer and educator

Nancy Olson will share her knowledge of Clarina Howard Nichols Saturday, Sept. 14 at 10:30 a.m. in the Biography Room of the Rockingham Library. Born in Townshend, Vt. in 1810, Clarina Howard Nichols was an American journalist, lobbyist, and public speaker involved in the women's rights movements of the mid-19th century. Her editorials in the Windham County Democrat, published in Brattleboro, Vt., addressed many women's inequality issues without apology. Despite her prominence at that time, historians have largely overlooked her until recently.

"Rightfully Hers" is organized by the National Archives and Records Administration. In celebration of the 100th anniversary of the 19th Amendment, the National Archives has launched a nationwide initiative and major exhibition that explores the generations-long fight for universal women's suffrage. The exhibi-



Clarina Howard Nichols. PUBLIC DOMAIN PHOTO

tion is presented in part by the National Archives Foundation through the generous support of Unilever, Pivotal Ventures, Carl M. Freeman Foundation in honor of Virginia Allen Freeman, AARP, and Denise Gwyn Ferguson.

This event is free, open to the public, and sponsored by the Friends of the Rockingham Library. The library is located at 65 Westminster St., Bellows Falls, Vt., and is wheelchair accessible. For more information, call 802-463-4270, email [programming@rockinghamlibrary.org](mailto:programming@rockinghamlibrary.org), or go to [www.rockinghamlibrary.org](http://www.rockinghamlibrary.org).

## Steampunk Show at the VAULT

SPRINGFIELD, Vt. – Gallery at the VAULT is proud to present a Steampunk Show to accompany the Steampunk Festival, Sept. 21 and 22. Our show will run from now until Sept. 25. Take a

moment out of your day just to enjoy and smile.

The show is full of super creative works – jewelry and wall art by Kevin Burke; Raggedy Ann and Andy by Sue Carey; magnets, jewelry, hats, hair fascinators, pins, and other fun wearables by Lynette Carsten; unique jewelry and wood creations by Sloane Dawson; a must-see guitar and steampunk girl by Janalene Gould; amazing hats, necklaces, belts, etc. by Sarah Machtey; wall hangings by Rebecca and Barrett Skrypeck; and innovative jewelry by Lois Warren.



"Steampunk Girl" by Janalene Gould. PHOTO PROVIDED

Gallery at the VAULT is located at 68 Main

Street in Springfield and open Monday 11:30 a.m. to 2:30 p.m. and Wednesday through Saturday 11 a.m. to 5 p.m. For more information, call 802-885-7111, email [gallervault@vermontel.net](mailto:gallervault@vermontel.net), or visit [www.gallervault.org](http://www.gallervault.org).

## Springfield Community Chorus announces start for 2019-20 season

CHESTER, Vt. – Do you like to hum along to tunes and sometimes sing the songs you know in the shower? Come and join singers like you who love to sing. The chorus starts its fall rehearsals Sept. 9. No tryouts are required.

Rehearsals are Monday evenings at 7 p.m. at the First Universalist Parish of Chester, 211 North St., Chester, Vt. Ken Olsson is the director and teacher. The first rehearsal starts Sept. 9 with registration at 6:30 p.m.

The concert weekend will be Dec. 7 and 8. The holiday concert will include a selection of Christmas favorites. Come and join us in the joy of singing.

For any questions, contact Pam, manager of the chorus, at [springfieldcommunitychorus@gmail.com](mailto:springfieldcommunitychorus@gmail.com) or call Barbara at 802-886-1777. For more information about the chorus, go to [www.springfieldcommunitychorus.org](http://www.springfieldcommunitychorus.org).

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# arts & entertainment

## FOLA to screen "Daddy Long Legs" musical

LUDLOW, Vt. – The Off Broadway musical, "Daddy Long Legs," will be streamed by FOLA Saturday, Sept. 7 at 7 p.m. in the Frank Heald Auditorium in Ludlow Town Hall.

Based on the Jean Webster's 1912 epistolary novel, and the basis for the 1955 movie starring Fred Astaire, FOLA will screen the 2015 Off Broadway production of the musical. It is another literary adaption by John Caird and Paul Gordon, who also produced a Broadway production of "Jane Eyre." "Daddy Long Legs" echoes Bronte's classic novel and its complicated relationship with young Jane and the dark Mr. Rochester.

Set in turn of the century New England, "Daddy Long Legs" tells the story of the "oldest orphan in the John Grier Home," Jerusha Abbot, and her epistolary relationship with her kindly and anonymous benefactor, known only as John Smith. He agrees to



"Daddy Long Legs."

PHOTO PROVIDED

pay her way through college on the condition that Jerusha write him a letter every month about her life and learnings at college but never know his identity.

At college, she meets the well-to-do Jervis Pendleton, a young relative of one of her classmates, who talks to her of literature and travel. After she graduates from college and becomes a publisher author, Jervis proposes to Jerusha, but she declines as she can't bring her

self to tell him of her true origins and fears how his family might react if they knew. In the aftermath, Jerusha writes a letter to John Smith in which she reveals that she loves Jervis and asks for a meeting with her mysterious benefactor. He agrees to meet. And the meet-

ing will change Jerusha's life forever.

A small, intimate production by two wonderful Broadway performers, it showcases the coming of age of a young woman and her complicated, but heartwarming, love story.

The musical is free and open to everyone and runs about two hours; donations are appreciated. For information, call 802-228-3238 or visit [www.fola.us](http://www.fola.us).

## The fourth annual Springfield Steampunk Festival

SPRINGFIELD, Vt. – The fourth Springfield Steampunk Festival is just around the corner, held Sept. 21, 10 a.m. – 10 p.m., and Sept. 22, 10 a.m. – 4 p.m. This year's theme is "The Kraken," and our tickets are treasure maps that let you know where all our workshops and events are happening. You only need one ticket for entrance to the entire weekend festival. Tickets can be purchased at Eventbrite when searching the event title, or Steampunk Festival in Springfield.

Riverside Middle School will have unique vendors, food trucks, our children's program, and a Trout River beer tent. Take a look around, grab a bite to eat, and let your family enjoy planned activities and a scavenger hunt.

Shuttle buses running every 15 minutes can take you right to the Hartness House Inn in Springfield. At this beautiful Victorian era inn, you can participate in steampunk workshops such as Stellafane's underground tunnel and turret telescope tours, Karnevil's steampunk and pirate inspired panels, Teapot Racing, Tea-Dueling, the SteamWreck Fashion Show, and more. Each workshop you take part in awards you with a sticker to put on your treasure map ticket. Before you leave the festival, cash in your treasure map for raffle tickets to spend in our raffle room.

Hartness House will also have a lineup of live entertainment. Our emcees Professor Adam Smasher and Baron Von Zipple will guide us through a day of steampunk fun. On our list is Blaine's Magic Show; trivia-style music performance called the Indie Gomez Pop Show; a dark storytelling musical experience by Gomez; the pirate band, The Shank Painters; a set by the dynamic duo, The Eternal Frontier; all leading up to our headliner Ryder Cooley and the Dust Bowl Faeries.

Ryder and the DBF are a dark carnival band that have been working on writing a song inspired by The Kraken just for our festival. They will also be holding a singing saw



Don't miss the Steampunk Festival this year!

PHOTO BY STEVEN KOSHERMAN

workshop along with an animal conservation talk.

The next morning, the Mandolin Road Trip will be playing while people can grab their breakfast.

Shuttle buses will also have a stop along Main Street, where multiple participating businesses are holding workshops or specials that grant you another sticker for raffles. Dark Mountain Games will be hosting both steampunk and pirate-themed board games throughout the festival, as well as offering to teach newcomers how to play the games off of their demo wall. Springfield Town Library will be holding a creative writing workshop by the steampunk author Lisa Comstock, as well as a fun surprise for the Children's Program.

The Gallery at the VAULT will have a steampunk art show running, and there will be a street magic show, and roaming pirate band.

Proceeds of the Springfield Steampunk Festival benefits the Steampunk Society of Vermont scholarship fund.



Steampunk Festival will be Sept. 21-22.

PHOTO BY STEVEN KOSHERMAN

## Rotary calls cooks to 29th annual Chili Cook-Off

LUDLOW, Vt. – The Ludlow Rotary Club is looking for a few good cooks to make chili for next month's 29th annual Chili Cook-Off. Think you've got a taste that can't be beat? Here's your chance to vie for bragging rights, cash prizes, and a nifty plaque.

There is an entry fee, and all that's needed are 3-5 gallons of your favorite chili delivered hot to the cook-off on the morning of the event.

Email cook-off co-chairpersons for an application: Suzanne Garvey at [s.garvey@davisandcompany.com](mailto:s.garvey@davisandcompany.com), or Glenn Heitsmith at Timber Inn Motel, [timberinn@tds.net](mailto:timberinn@tds.net), or drop a note at P.O. Box



Chris Saylor, right, serves his award-winning chili at the 2018 cook-off.

PHOTO PROVIDED

216, Ludlow, VT 05149.

The cook-off will be held Saturday, Oct. 12 – rain or shine – under the tent on Depot Street by the traffic light and offers up to two dozen varieties of chili, including traditional, vegetarian, and exotic. The cost to the public covers all you can eat served in a collectible mug, while supplies last. There's also cider, bread, and ice cream. Tasting starts at 11 a.m. and continues until the last spoonful is ladled out, usually around 2 p.m.

Participants vie for cash prizes in three People's Choice categories. Plaques are awarded by the Rotary-appointed judges who decide favorite, spiciest, and team spirit.

## Auditions for "Shrek the Musical"

SAXTONS RIVER, Vt. – Main Street Arts is holding auditions for its winter production "Shrek the Musical," Friday, Sept. 6, 6:30-9 p.m.; Saturday, Sept. 7, 1-4 p.m.; and Sunday, Sept. 8, 3-3:30 p.m., with call backs that day from 3:30-6 p.m.

The eight performances will take place March 26 through April 4 at the Bellows Falls Opera House. Rehearsals begin Jan. 1. Those auditioning should come to the audition at minimum one of the first two days with 18-32 bars of music prepared, either from "Shrek" or

any other Broadway genre song, and bring the sheet music for the accompanist. They should dress for dancing or movement and may be asked to read text.

"This show has a very positive message and is loads of fun to do with lots of parts and a huge ensemble, so we hope that many of our veterans and many new faces will consider auditioning for it," said Director David Stern.

Further information, including suggestions for audition choices, is available on the Main Street Arts website, [www.mainstreetarts.org](http://www.mainstreetarts.org), on Facebook, or by contacting MSA at 802-869-2960 or [info@mainstreetarts.org](mailto:info@mainstreetarts.org).

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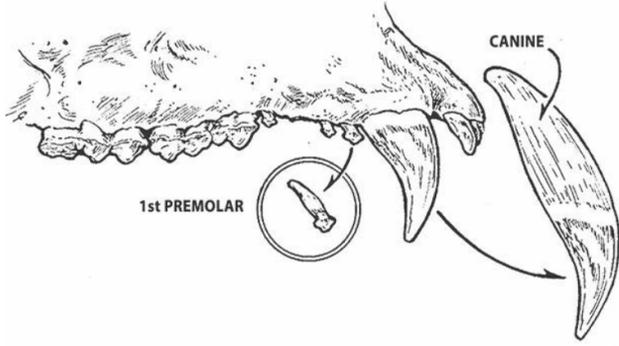
# outdoor news

## Vermont bear hunters to aid wildlife scientists

MONTPELIER, Vt. – The Vermont Fish & Wildlife Department is again reminding successful bear hunters that a regulation requires them to submit a bear tooth so wildlife managers can collect important information on Vermont's bear population.

Teeth submitted by hunters are used to determine the ages of bears. Wildlife biologists use age and sex data to estimate the number of bears in Vermont and to determine the status and health of the bear population. Envelopes for submitting teeth are available at all big game check stations.

"Successful bear hunters will be helping in our management of this magnificent big game animal," said Forrest Hammond, bear project leader for the Vermont Fish & Wildlife Department. "The premolar tooth we're asking hunters to extract is small and easy to loosen with a knife. Directions for removing the tooth are on



**Fish & Wildlife requires hunters to send in the first premolar tooth from their bear. The tooth is small and easy to loosen with a knife.**

PHOTO PROVIDED

the back of the envelope provided by the check station, and a short video showing tooth removal is linked on our website."

Vermont has two bear hunting seasons. The early bear hunting season, which requires a special bear tag, started Sept. 1 and continues through Nov. 15. The late bear season begins Nov. 16 and continues through Nov. 24. The limit for bears remains one per calendar year.

"Carefully regulated hunting plays a very important role in scientific wildlife manage-

ment by helping to control the growth of Vermont's bear population now estimated at being well within the 2010-2020 Big Game Plan population objective of 4,500 to 6,000 bears," said Hammond. "Minor fluctuations in the bear population will always occur due to changes in food availability, winter severity, and hunter success. Despite these fluctuations, we look at the long-term trends to manage for a healthy, robust population."

## Vermont youth waterfowl hunting weekend

MONTPELIER, Vt. – A youngster's first hunt can mark the beginning of a lifelong passion for the outdoors and a commitment to wildlife conservation. There is no finer time to begin this journey than during Vermont's upcoming youth waterfowl hunting weekend Sept. 28 and 29.

"Vermont's youth waterfowl hunting weekend helps ensure that young hunters get the quality training and experiences they need for lifelong participation," said Fish & Wildlife Commissioner Louis Porter. "By design, the youth weekend hunt reinforces the route of initiation that is critical in recruitment – learning from an experienced adult role model."

On Sept. 28 and 29, hunters 17 years of age or younger may hunt ducks and geese in the Lake Champlain and Interior Vermont waterfowl hunting zones. The age requirement is 15 and under in the Connecticut River zone.



**Vermont's youth waterfowl hunting weekend is Sept. 28 and 29 this year.**

PHOTO PROVIDED

The youth hunter must have a Vermont hunting license and must be accompanied by an unarmed adult, 18 years of age or older, who also has a Vermont hunting license. Youths 16 and 17 years of age must

have state and federal duck stamps. All youth hunters must also register with the Harvest Information Program in each state that they hunt. This can be done on Vermont Fish & Wildlife's website or by calling toll-free 1-877-306-7091. The adult may not hunt waterfowl or carry a firearm while accompanying the youth when the youth is hunting waterfowl.

Ducks and geese may be taken by youth hunters Sept. 28 and 29 according to the bag limits set in the 2019-2020 Syllabus of State and Federal Hunting Regulations for Migratory Birds in Vermont, available from Vermont post offices, Fish & Wildlife offices, and as a downloadable file from [www.vtfishandwildlife.com](http://www.vtfishandwildlife.com).

## Tinctures and Tunes, benefit for herbal medicine access

SPRINGFIELD, Vt. – On Sept. 14, from 5-9 p.m., please join us for an evening of activities to benefit the Vermont Center for Integrative Herbalism, hosted at Wild Trails Farm in Springfield, Vt. Activities include conversations about plant medicine, and plant walks with graduates, faculty, and VCIH board members, a silent auction and a raffle with locally made items from vendors like Flora Pottery, Springfield Food Co-op, L.H. Post Ku Nye Massage Therapy, local orchardists' consultation, a landscape analysis from Terrigenous in Chester, and much more.

To top it all off, we'll share light fare and have swingy music and dancing on the hill. The music will be provided by the charming Emma Schneider, Arthur Davis, Anna Patton, Ethan Hazzard-Watkins, and Guillaume Sparrow Pepin of Emma and the Sweet Pea Pickers. Come have fun and



**An evening of herbal medicine and music.**

PHOTO PROVIDED

help your fellow Vermonters access high quality, sliding scale herbal wellness at VCIH.

All proceeds are destined for the Vermont Center for Integrative Herbalism, a 501(c)(3) nonprofit and clinic, [www.vtherbcenter.org](http://www.vtherbcenter.org).

Information on VCIH membership will be available, as will medicinal plant coloring books and cool t-shirts.

You are welcome any time after 5 p.m. to explore the many

trails of Wild Trails Farm, on your own or in the company of herbalists. We'll hear from VCIH Board Members and faculty about the school's work over light fare around 6:30 p.m., and bidding on the silent auction is open 5-7:30 p.m., when the music starts.

RSVP or write with questions to [charis.boke@gmail.com](mailto:charis.boke@gmail.com). Please carpool if possible to Wild Trails Farm, 174 Ruusunen Rd., in Springfield, Vt.

## River walk and talk with Shayne Jaquith

LONDONDERRY, Vt. – Please join us Thursday, Sept. 12 at 5:30 p.m. at the Depot in South Londonderry for a brief walk and talk about Vermont rivers. Shayne Jaquith, watershed restoration manager from The Nature Conservancy, will present a program on the physical nature of our rivers. The discussion will touch on historic and current stressors that affect flood resiliency, water quality, and in stream and floodplain habitat, and what is being done by TNC and its partners to restore Vermont rivers.

Serious human alteration to rivers of the Northeast dates back to early European colonization. The dredging and straightening of rivers to accommodate human

activities has had significant impact on their stability. Active management to control rivers and protect societal investments continues to this day. However, a growing understanding of the natural processes that maintain rivers is bringing about a change in our approach to river management. As climate change results in an increased frequency and magnitude of flood events and the biodiversity that relies in-part on healthy river and floodplain systems it is more important than ever that we develop a societal understanding of how we



**Shayne Jaquith.**

PHOTO PROVIDED

can live alongside these natural systems.

The Londonderry Conservation Commission, in cooperation with The Nature Conservancy, will sponsor this free program and invites the community to come along and learn more about the rivers of Vermont.

## Game of Logging women's workshop offered

PUTNEY, Vt. – The Windham County Natural Resources Conservation District and the Windham Regional Woodlands Association are sponsoring a Game of Logging Level I workshop for women Sunday, Sept. 29 in Putney, Vt. This session, for women only, provides an opportunity to learn how to operate a chainsaw and safely fell a tree.

This program is designed for novice to advanced chainsaw users who have never had formal training. Novices develop safe and productive habits from the start, while experienced chainsaw users

improve their skills and "unlearn" bad habits and unsafe techniques. The "game" refers not only to the friendly competitive aspect of the training, but also to the necessity of having a winning plan or strategy for felling trees and working safely. The program breaks apart saw work into steps that are practiced throughout the course. A fun scoring system helps focus participants' attention on the most important details and allows them to measure their progress.

By listening to explanations, watching demonstrations, and then practicing techniques, participants come away with better work habits and greater confi-



**Game of Logging workshop for women.**

PHOTO PROVIDED

dence in their ability to safely fell trees and work in the woods.

Preregistration is required for this workshop. Please visit [www.windhamcountynrcd.org](http://www.windhamcountynrcd.org) for more information or email [windhamcountynrcd@gmail.com](mailto:windhamcountynrcd@gmail.com).

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WESTMINSTER, Vt. - 1 BR Apt w/ updates & hardwood flrs. Includes washer/dryer, heat, trash P/U, snow rem. \$800 per month. Please no pets. 1st, last, security & references req'd. Call 802-376-4616. Available October 1st. (10/08)

LUDLOW, Vt. - South Main Street (1) one bedroom and (1) two bedroom. Utilities included. Immediate occupancy. Call 802-228-5403. (09/10)

LUDLOW, VT - 1 bedroom apartments at Gill Terrace Retirement Apts II for the elderly. Federally subsidized rent. Must

meet income & eligibility requirements. Accepting applications for immediate occupancy & wait list. Call 1-800-496-9449. Equal Housing Opportunity. (10/01)

SPRINGFIELD, Vt. - Large 3 Bedroom Apartment with Garage on Park Street. No Pets. Rubbish and Snow Removal included. Tenant pays utilities and heat. \$1100 1st Month Rent plus \$1100 Security Deposit due at move-in. 802-296-1307. (09/10)

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SPRINGFIELD, Vt. - Large 2-bedroom apartment, first floor. Includes heat, hot water, snow and trash removal. \$895/month. No smoking. Contact Jake at 802-885-9560. (09/17)

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JAMAICA, Vt. - Church musician wanted for Jamaica Community

Church. One 10 am service on Sunday and ability to work with a choir and accompany soloists. Send letter of interest to Worship Committee JCC, PO Box 287, Jamaica, VT 05343 (09/10)

LUDLOW, Vt. - Mary W. Davis Realtor & Associates in Ludlow is looking for an Administrative Assistant. Candidate will possess excellent computer skills and be proficient in Microsoft Access, Word and Excel, as well as Adobe InDesign, Illustrator and Photoshop. Must have experience with database management and possess good language skills. Knowledge of computer networking is desired. Ability to work well in a team environment is a must. Send resume and cover letter to: reagentvt@gmail.com. (TFN)

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N. SPRINGFIELD, Vt. - Friday and Saturday, Sept. 6 & 7, 9:00 - 4:00. A bit of everything, clothing, books, toys, lots of kids' items, winter boots, etc. Some Harley stuff, tools, vinyl. 23 Olney Road. (09/10)

N. SPRINGFIELD, Vt. - Garage sale Saturday, September 7, 9 AM to 5 PM. Wide range of items, all priced to sell! 903 French Meadow Rd. (09/10)

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## pet of the week



My name's Nara, and I'm a 9-year-old spayed female. Do you love to cuddle? If you do, you need to know that I L-O-V-E to cuddle. That's my most favorite thing to do in the world, and my good people-friends here at Lucy Mackenzie figured that out soon after I arrived. I've made many people-friends since I arrived here, and they've taken good care of me.

I even had a day of beauty not too long ago and received the best fur-cut I have ever received. I look fantastic, if I do say so myself, and feel so much more comfortable. I don't have many kitty-friends, but that's only because I really don't want any. I very much wish to be the only cat in my new home. Speaking of my new home, I would also like

to request that there are no young children in the home. Besides those two things, I am destined to make a cat-savvy, cuddle-loving human very happy. If you think I might be a great kitty for you to adopt, stop in and meet me today.

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

### King Crossword

Answers  
Solution time: 25 mins.

L	T	Z	C	L	A	D	U	G	L	I
O	R	E	Y	E	T	I	R	O	A	R
D	A	B	C	A	M	E	L	B	A	C
E	Q	U	A	L	S	E	A			
			M	O	C	S	E	N	A	C
W	O	L	F	P	A	C	K	E	U	R
A	K	A	S	L	O	W	S	R	O	O
L	A	I	N	F	L	A	P	J	A	C
L	Y	R	I	C	D	I	E	U		
		C	A	P	A	G	I	N	G	
H	A	V	E	R	S	A	C	K	C	O
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## painting

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Interior & Exterior painting, power washing, decks, and roofs. 30+ years experience. Fully Insured. 18 Pleasant St. Ext. Ludlow, VT. 802-975-0356 or 802-738-5282. (11/22/19)

# calendar

## LEGAL NOTICES/HELP WANTED

### CLASSES & WORKSHOPS

**SEPT. 7 –**  
ALSTEAD, N.H. – Charles Andros, former apiary inspector, will hold a beekeeping workshop Saturday, Sept. 7, from 1-4 p.m., at 18 MacLean Rd., in Alstead. Topics of discussion will include treatment of nosema and mites including using oxalic acid, winter preparations, winter protein and carbohydrate supplements, and making beeswax hand creams. Registration required. Email lindenap@gmail.com or call 603-756-9056.

WINDSOR, Vt. – The free Sustainability Speaker Series at the American

Precision Museum in Windsor concludes Saturday, Sept. 7 at 3 p.m. with a presentation on resource capture and recycling programs by Richard Backer, the environmental health and safety manager for the Northwest Vermont Solid Waste Management District. Backer will discuss how waste management districts respond to and better steward the waste and by-products of manufacturing.

**SEPT. 9 –**  
LUDLOW, Vt. – The Black River Academy Museum and the Black River Valley Senior Center will be offering a free square dance demonstration at the museum Monday, Sept. 9 at 6:30 p.m. All are invited and everyone

will have a chance to participate. Refreshments will be served. Put on your dancing shoes and come join us for a fun-filled evening.

**SEPT. 14 –**  
BElLOWS FALLS, Vt. – Join us for a full day watercolor workshop with Lynn Zimmerman Sept. 14, from 9:30 a.m. to 3:30 p.m., at United Church in Bellows Falls. Lynn's instruction will focus on the relationships between objects and their environment and will explore shadows, edges, overlaps, and negative spaces. Organized by the Saxtons River Art Guild. Contact Carolyn Berglund at 603-352-7398 or ecar@ne.rr.com for cost, additional information, or to register.

PROCTORSVILLE, Vt. – On Saturday, Sept. 14, from 9-10:30 a.m., unwind with CBD Yoga at DG Bodyworks, 7 Depot St. Experience firsthand how CBD works in tandem with a yoga practice to increase relaxation and lessen symptoms of anxiety. CBD oil will be offered at the start of class, which you can apply topically or internally at a level that is appropriate for you. See what can happen

when your mental chatter quiets down, and you can fully relax into the present moment.

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

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

LONDONDERRY, Vt. – Neighborhood Connections is offering a six-week beginner Tai Chi class Mondays, from Sept. 9 through Oct. 14, 10:30-11:30 a.m. Tai Chi

is beneficial for all ages and lessens risk of falls by improving balance. Please call 802-824-4343 to reserve your spot.

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

**TUESDAYS –**  
BElLOWS FALLS, Vt. – Come try Senior Safe Tai Chi Tuesdays at 11 a.m. in the top floor meeting room of the Rockingham Library. Better balance, mindful movement, and fall prevention are just a few of tai chi's benefits. This program is free and open to the public. Located at 65 Westminster St. in Bellows Falls and wheelchair accessible. For more information, visit [www.rockinghamlibrary.org](http://www.rockinghamlibrary.org).

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

TOWNSHEND, Vt. – On Tuesdays, from 4:30-6 p.m., Grace Cottage offers yoga in the Viniyoga tradition with Crystal Mansfield. Participants build strength, balance,

and endurance as they move through basic postures in fluid motion with coordinated breath work. Students of all ability levels are welcome. Mats and blocks provided. Classes are held at Heins Building, 133 Grafton Rd., Townshend. For more information, call 802-365-3649 or go to [www.gracecottage.org](http://www.gracecottage.org).

WINDHAM, Vt. – On Tuesdays at 4:30 p.m., join Pauline O'Brien for Zumba Gold classes at Windham Elementary School. These classes are structured for the active 45-plus crowd. Zumba Gold recreates all the original zumba moves at a lower-intensity in an easy-to-follow format. Come prepared to sweat, and leave feeling strong and empowered. For more information, email [paulineblakeob@outlook.com](mailto:paulineblakeob@outlook.com) or call 802-376-5397.

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

BRATTLEBORO, Vt. – On four consecutive Wednesdays, Sept. 18, 25, Oct. 2, and 9, from

6-7:30 p.m., Brattleboro Area Hospice will host "Sick Body-Healthy Mind" at Brattleboro Area Hospice, 191 Canal St. This is a free, four-week book discussion group based on Cheryl Wilfong's book "Breast Cancer Meets Mindfulness: Surrendering to Life." This discussion is for people learning to live fully with a serious illness or a significant loss. Class size is limited to 12. Sign up by contacting Hilary at 802-257-0775 ext. 105.

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

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

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

TOWNSHEND, Vt. – Wednesdays, from 1-2 p.m., there is a Chair Yoga class at Grace Cottage Wellness Center, 133 Grafton Rd. Beginners to yoga are welcome as is anyone with limited flexibility or an inability to practice on the floor. Students will flow through an eclectic blend of seated and standing poses while incorporating breathing techniques into their movements. Class is led by Rebecca Griswold. For more information, call 802-365-3649 or go to [www.gracecottage.org](http://www.gracecottage.org).

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

CHESTER, Vt. – Strength-building chair yoga class with Liz Eaton, 9:30-10:35 a.m., Fullerton Inn, Main Street, Chester. This is a strength building yoga class in the hatha tradition for anyone looking to build bone density, physical strength, flexibility, and endurance. Come as you are and do what you can. Use a chair, yoga mat, or both! Drop in anytime or purchase a few classes at once. No experience necessary. For details, contact 802-875-2868, [eaton.liza@gmail.com](mailto:eaton.liza@gmail.com), or [www.buddhafulyoga.com](http://www.buddhafulyoga.com).

LONDONDERRY, Vt. – Neighborhood

#### TOWN OF ROCKINGHAM

The Town of Rockingham, VT is amending its Zoning Bylaws and Subdivision Regulations. The Planning Commission will hold a public hearing at 6:30pm, Thursday, September 26, 2019 at the Rockingham Town Offices in the Lower Theater. The purpose of the hearing is to receive public input on the proposed changes. Copies of the amendments are available online at [rockinghamplanning.org](http://rockinghamplanning.org) and [rockbf.org](http://rockbf.org). Hardcopies are available at the Rockingham Free Public Library, the Rockingham Town Clerk's Office, and mailed upon request of the Planning & Zoning Administrator ([planning@rockbf.org](mailto:planning@rockbf.org) / 802.376.5241).

#### TOWN OF PERU

The Town of Peru seeks a part-time Zoning Administrator to administer and enforce the town's Zoning Bylaws and to provide professional, technical support to the Planning Commission and the Zoning Board of Adjustment. The Zoning Administrator will also be the Town's Enhanced 911 Coordinator.

Good communication skills, attendance at night meetings, and the knowledge of Vermont planning laws are important. A degree in planning or a related field is preferred, but relevant work experience may be substituted.

Compensation commensurate with experience

To apply, please email a cover letter, resume and references to Town Clerk Jill Braddish at [Peruclerk@gmail.com](mailto:Peruclerk@gmail.com)

Or submit to:  
Jill Braddish, Town Clerk  
Town of Peru  
P.O. Box 127  
Peru, VT. 05152

August 30, 2019

#### TOWN OF CHESTER NOTICE OF PUBLIC HEARING BEFORE THE DEVELOPMENT REVIEW BOARD

The Development Review Board will be holding the Final Plat Review application ( # 538) for a Major Sub-Division in a Public Hearing on Monday September 23, 2019 at 6:00pm in the Town Hall.

Property owners: Gold Rivers Partners, LLC  
Applicants: Amy & Mike O'Neil  
Location: Gold River Extension  
District: Commercial Industrial ( CI)

Action Requested: The purpose of this project is to sub-divide Lot 1A ( 7.49ac) in the Gold River Industrial Park into 3 lots as follows: Lot 1A1 - 2.49ac, Lots 1A2 - 1.66 ac, Lot 1A3 - 3.34 ac and sub-divide Lot 1B ( 7.98 ac) as follows: Lot 1B1 - 2.53 ac, Lot 1B2 - 1.2 ac, Lot 1B3 - 2.06ac and Lot 1B4 - 2.37 ac. The existing boundary between Lots 1A and 1B and between the new lots 1A3 and 1B4 will be adjusted to equalize lot sizes and more closely follow the contours. Gold River Extension, the current road into the Industrial Park will be extended to access the lots via a circular pattern.

Abutters are hereby notified that further information can be found at the Town Clerk's Office, which is open Monday through Friday, 8:00am - 4:00pm. Participation in this hearing is a pre-requisite to the right to take any subsequent appeal.

For the Development Review Board  
Michael Normyle  
Zoning Administrator  
(802) 875-2173  
[michael.normyle@chestervt.gov](mailto:michael.normyle@chestervt.gov)

#### NOTICE OF TAX SALE MOUNT HOLLY

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

It being all and the same lands and premises conveyed to Casey Hodge by Warranty Deed of Dola Holland and John Holland, dated September 3, 2013 and recorded on September 9, 2013 in Book 84 at Page 322 of the Mount Holly Land Records. (E911 address: 49 Belmont Road; SPAN #417-130-10577.)

And pursuant to 32 V.S.A. Section 5254, so much of such property will be sold at public auction at the Town of Mount Holly Office, a public place located at 50 School Street in Mount Holly, Vermont, on the 25th day of September, 2019, at 10:00 a.m., as shall be requisite to discharge such taxes with costs, unless previously paid.

Dated at Mount Holly, Vermont this 19th day of August, 2019.

Peter Perrino, Town of Mount Holly Delinquent Tax Collector

#### TRSU AFTER SCHOOL PROGRAM STAFF NEEDED Chester-Andover, Cavendish, Ludlow

**Multiple positions needed:**  
The after school programs are seeking high qualified educators, retired teachers, high school students, and community members interested in building meaningful connections with K-6 youth. Positions available include flexible hours, and allow staff to provide highly engaging programming for youth that they feel passionate about. After school is a place for creativity, and one way that you can teach students skills you feel they are missing in the 21st Century. Share your passions with future generations.

**Hours of operations:**  
M-Friday 2:45-5:30  
Tuesdays in Cavendish: 12:30-5:30

We provide flexible scheduling—work 2-3 days a week, tutor for a couple hours, provide programming for a session on a single afternoon.

**Qualifications may include:**  
Highly qualified para educator, Associates degree, expert in any subject matter.

Background Check required.

Applicants are encouraged to electronically send their resume to [venissa.white@trsu.org](mailto:venissa.white@trsu.org) or call 802-591-2294

EOE

2/2019



According to the Vermont Business Magazine's 2018 VBM100+ Survey, Whitney Blake Company had the 3rd fastest sales growth in Vermont.

#### Quality Manager - Bellows Falls, VT [wblake.com/company/careers](http://wblake.com/company/careers) APPLY AT: [humanresource@wblake.com](mailto:humanresource@wblake.com)

Provide quality management leadership through the development and implementation of plans to organize, design, implement, and control a quality assurance program to reduce overall manufacturing variation. Ensure plant reliability through identification and elimination of causes of cost of quality; re-inspection, defect escape, customer complaints and production delays.

For Job details go to: [wblake.com/company/careers](http://wblake.com/company/careers)  
WHITNEY BLAKE IS AN EQUAL OPPORTUNITY EMPLOYER  
9 Lovell Drive, Bellows Falls, VT 05101  
<https://wblake.com/company/careers/>

#### FULL TIME SPECIAL-EDUCATION PARA-EDUCATORS Black River High School/Middle School

Black River High School is currently seeking to hire two (2) highly qualified individuals to serve as a Special Ed Paraprofessionals

The ideal candidates will be caring, patient and flexible, Team spirited and very organized. You must be passionate about students, and learning.

Candidates must be highly qualified with an Associates degree or by successful completion of the ParaPro Assessment (see online). The candidates must also enjoy being active, working collaboratively with a team, and possess the qualities of patience, creativity, flexibility, dependability, consistency, commitment, and a desire to learn new skills. Candidate will need to have the ability to follow a detailed educational and behavioral plan. Experience working with Special Needs Students a plus.

Background Check required.

Interested candidates should send a letter of interest, a resume and 3 letters of references to:

Karen Trimboli  
Principal  
Black River High School  
43 Main Street  
Ludlow, VT 05149  
EOE

6/2019

# calendar

Connections is offering a six-week intermediate Tai Chi class on Thursdays from Sept. 12 through Oct. 17, from 10:30 – 11:30 a.m. Tai Chi is beneficial for all ages and lessens risk of falls by improving balance. Please call 802-824-4343 to reserve your spot.

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

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

**TOWNSHEND, Vt.** – Fridays, from 3:30-4:30 p.m., enjoy yoga in the

Hatha tradition. This class takes participants through a series of standard yoga poses with coordinated breathing exercises for the benefit of mind, body, and spirit. Mats and blocks provided. Registered yoga teacher Rebecca Griswold is a physical therapy assistant at Grace Cottage. Classes are held at Heins Building, 133 Grafton Rd., Townshend. For more information, call 802-365-3649 or go to [www.gracecottage.org](http://www.gracecottage.org).

**SATURDAYS – PROCTORSVILLE, Vt.** – Enjoy weekly yoga classes at DG Bodyworks, 7 Depot St. in Proctorsville Saturdays at 9 a.m. All-level classes designed to improve core strength and balance, stretch and strengthen muscles, and promote a sense of well-being.

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

**REGION – Bone Builders** to combat osteoporosis is free and open to seniors 55-plus. Call 802-674-4547. Mondays and Wednesdays at Martin Memorial Hall in Ascutney from 10-11 a.m.

Tuesday and Thursday at Cavendish Baptist Church from 10-11:30 a.m. or at Andover Community Church from 3-4 p.m.

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

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

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

### CLUBS

**SEPT. 8 – BROOKLINE, Vt.** – Hike Windmill Hill Ridge with the Green Mountain Club Manchester Section Sunday, Sept. 8. Meet at

Clark's IGA by the mural at 9 a.m. to carpool to Brookline, Vt. The total distance is 5.4 miles with elevation gains of about 1,100 feet. This is an intermediate hike. Bring snacks, lunch, fluids, extra layers, a hat, a raincoat, and a headlamp just in case as the days are shortening. RSVP is required. Contact Andrew Harper via text at 617-710-3406 or email [ap\\_harper@hotmail.com](mailto:ap_harper@hotmail.com).

**SEPT. 10 – CHESTER, Vt.** – The Southern Vermont Astronomy Group meeting is Tuesday, Sept. 10 at 7 p.m. at Whiting Library in Chester. Presentation by Claudio Veliz will include Hubble images as well as translated sound recordings of mysterious space signals captured over the years.

### COMMUNITY MEALS

**SEPT. 6 – BELLOWS FALLS, Vt.** – First Friday Supper, Sept. 6, serving from 5-7 p.m. at the First Baptist Church, 9 Church St., Bellows Falls. The menu includes pulled pork, hot dogs, potato and pasta salads, green salad, dessert, and beverage. Gluten-free and vegan options available. Suggested donation. Net proceeds for local Emergency Fuel Funds.

**SEPT. 7 –**

**CHARLESTOWN, N.H.** – There will be a turkey supper at the Charlestown Senior Center Saturday, Sept. 7. Tickets go on sale at 4 p.m. until sold out. Serving starts at 5 p.m. The menu is a complete turkey supper, potatoes, carrots, stuffing, green beans, gravy, cranberry sauce, and rolls and butter with homemade pies for dessert. For take-out, please call 603-826-5987 between 12-3 p.m. on the day of the supper to be picked up between 4-4:30 p.m. Please come and enjoy our food and our company.

**SEPT. 14 – ALSTEAD, N.H.** – Turkey Buffet Saturday, Sept. 14, from 4:30-6 p.m., at Third Congregational Church in Alstead, N.H. Takeout available. Children under 6 eat free. Menu includes turkey, stuffing, gravy, cranberry, potato, peas, carrots, rolls, beverages, and dessert. For details, call Joanne at 603-835-6734. Volunteers to help with serving, food prep welcome. Volunteers may call Myrna at 603-835-2939.

### EVENTS

**SEPT. 6 – SPRINGFIELD, Vt.** – Opening reception for the artists of the art exhibit "Alchemy" Friday, Sept. 6 at 5:30 p.m. at the Great Hall, 100 River St., in Springfield. Featuring a catered reception for

the artists with festive fare provided by Trout River Craft Brewery and the Springfield Food Co-op. The show displays whimsical, powerful, and haunting sculptures and paintings featuring the alchemy of turning metal into art.

**SPRINGFIELD, Vt.** – The First Friday Film for Sept. 6 will be "Unnatural Selection: Seeds of Deception," shown at the U.U. Meetinghouse at 7 p.m. Discussion will follow. This stunning, award-winning documentary by Bertram Verhaag and Gabriele Krober reveals harsh consequences of genetic engineering on three continents. Vandana Shiva, Andrew Kimbrell, Percy Schmeiser, and others describe uncontrollable, self-replicating GM contamination, failed crops, farmer suicides, and new GM animals that threaten natural populations. Free admission and popcorn. Held at the meetinghouse, 21 Fairground Rd., Springfield.

**SEPT. 7 – CLAREMONT, N.H.** – St. Mary's Gigantic Indoor Yard Sale Saturday, Sept. 7, from 8 a.m. to 2 p.m., in the St. Mary's gym on Main Street in Claremont. Over 100 tables with thousands of items for sale. Lay-away service, carryout service, and food and beverages available.

**WINDHAM, Vt.** – Gallery Opening and artists reception at the Fourth Corner Foundation Gallery Saturday, Sept. 7, from 5-9 p.m., featuring works from the foundation's collection and a group show.

**SEPT. 15 – LUDLOW, Vt.** – Please join us Sept. 15, from 2-3:30 p.m., for an Ice Cream Social. Meet our new pastor, Rev. Terry Bascom, at the welcoming Tyson Community Church, located at 39 Dublin Rd. in Ludlow, across from the Echo Lake Inn.

### LIBRARIES

**SEPT. 7 – ROCKINGHAM, Vt.** – Rockingham Library is hosting the last of a three-part workshop series Saturday, Sept. 7, from 11 a.m. – noon on "The Art of Spiritual Dreaming." Learn techniques to improve dream recall, interpret dream experiences for yourself, and work with the divine guidance dreams offer. Led by Eckankar, a spiritual teaching that offers simple exercises for people of all faiths, traditions, and walks of life to develop and deepen a conscious and practical relationship with spirit.

**SEPT. 9 – BELLOWS FALLS, Vt.** – Join the book discussion for "The Double Bind" by Chris Bohjalian Monday, Sept. 9 at 3 p.m. at

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# calendar

# AUTOMOTIVE/REAL ESTATE

## LIBRARIES CONT.

**SEPT. 9 CONT.** – the Rockingham Library. Pick up your book today at the library's front desk. This program is free and

open to the public. For more information, go to [www.rockinghamlibrary.org](http://www.rockinghamlibrary.org), call 802-463-4270, email [programming@rockinghamlibrary.org](mailto:programming@rockinghamlibrary.org), or stop by the library at 65 Westminster St., in Bellows Falls.

**SEPT. 14** – BELLOWS FALLS, Vt. – Join Laura Schairbaum, director of Greater Falls Connections, as she leads "Everyone's an Asset Builder," an interactive community introduction to how each of us can contribute to the health and well-being of all our children and

youth Saturday, Sept. 14 at 10:30 a.m. RSVP by Sept. 12 preferred but not required to Laura at 802-463-9927 x 208 or [laura@greaterfallsconnections.org](mailto:laura@greaterfallsconnections.org). The library is located at 65 Westminster St., Bellows Falls, Vt. and is wheelchair accessible.

**THURSDAYS** – ROCKINGHAM, Vt. – Join genealogy enthusiast Wayne Blanchard on a quest to discover your family roots Thursdays from 10:30 a.m. to 12:30 p.m. at the Rockingham Library. If you own a laptop, please bring it

along. With the many free databases available at the library, it's hard to tell what you might find. Both beginners and seasoned genealogists are welcome. This program is free and open to the public. For more information, call 802-463-4270, email [programming@rockinghamlibrary.org](mailto:programming@rockinghamlibrary.org), or go to [www.rockinghamlibrary.org](http://www.rockinghamlibrary.org).

**FRIDAYS** – BELLOWS FALLS, Vt. – Minecraft Club at the Rockingham Free Public Library every Friday, from 3:30-4:30 p.m. A limited number of library computers are available. Registration is recommended if you will need to use a library computer. If you are

joining the club with your own laptop and Minecraft account, you do not need to sign up.

## MUSIC & THEATER

**SEPT. 13** – PUTNEY, Vt. – Next Stage Arts Project and Twilight Music present an evening with folksinger John McCutcheon Friday, Sept. 13 at 7:30 p.m. at Next Stage at 15 Kimball Hill in downtown Putney.

**SEPT. 14** – JAMAICA, Vt. – Enjoy Andy Avery and the A Team with their fabulous harmonies of bluegrass, folk, rock, and originals Saturday, Sept. 14 at 7 p.m. at the historic Jamaica Town Hall. A

donation is suggested at the door. All proceeds go to the Jamaica Community Arts Council, a Vermont nonprofit. For more information on this and other events, go to [www.JamaicaCommunityArts.org](http://www.JamaicaCommunityArts.org).

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

## SUPPORT GROUPS

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

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

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

WALPOLE, N.H. – Hope and Help for Families is held every Tuesday night, from 6:45-8 p.m. at the Congregational Church on the common in Walpole, N.H. It is open to all

family members and loved ones – over the age of 16 – of people who are suffering from addiction. It is free and confidential. For information, call Becky Pearson at 603-860-0221.

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

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

LONDONDERRY, Vt. – Weekly clean and sober 12-Step Meeting. Support group meets at Neighborhood Connections next to the Londonderry Post Office at 5:30 p.m. every Wednesday.

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

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

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

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

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**Specials of the Week**

<p><b>2015 Subaru Impreza</b>                  PZEV AWD Auto 4 Cylinder Fully Loaded</p> 	<p><b>2015 Chevy 2500 HD</b>                  4x4, Ext. Cab Fully Loaded 25,000 Miles 2 Sets of Tires 8 ft. Fisher Plow</p> 
<p><b>2014 Subaru Forester</b>                  AWD Auto 4 Cylinder Sun Roof Fully Loaded</p> 	<p><b>2013 Audi A4 20T</b>                  AWD 5 Speed Sun Roof 4 Cylinder Fully Loaded</p> 
<p><b>2016 Dodge Ram 1500</b>                  Extended Cab 5.7 Liter Hemi Auto Fully Loaded</p> 	<p><b>2011 Nissan Juke</b>                  4 Cylinder AWD Auto Fully Loaded</p> 

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 4 Cylinder, Auto, 4WD, Leather Seats, Power Seat, Keyless Entry, Moon Roof, Privacy Glass, Heated Exterior Mirrors  
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**Muse & Associates REAL ESTATE**  
 Lori Muse, Broker/Owner  
 Carol Cole, REALTOR

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

**Raw Land in Chester.** This 3.88+/- acre parcel is located in a country location on a town maintained road. Power at the road offering great possibilities for an affordable primary, second home or recreational site. \$29,900

**Have you thought about a rehab?** This property is located on the outskirts of town just off the State Highway with 1.3+/- acres. Includes two stories of living space with approximately 1600 square feet of living space. With Kitchen, Living Room, Den, Three Bedrooms, Full Bath, Enclosed porch. \$45,000

**All the makings of a comfortable, pleasant home.** This raised ranch is set up above the town offering a lovely 'double' corner lot (.83+/- acres) with gardens, raspberry patch, ferns and mature trees. Pleasant and well maintained interior has hardwood floors, combination living/dining area with glass doors leading to the private back deck, a large eat-in kitchen, three bedrooms and a full bath. The basement offers a family room, with bedroom and bath/laundry room and two car garage. New roof, replacement windows, freshly painted exterior makes this home ready to enjoy. \$189,900

**Highly visible 1800+/- Square Foot Property** located in downtown Springfield within walking distance to Post Office, Town Office, Library, Banks, Eateries, storefronts and so much more. This property is currently set up with two residential rental units and one office space (one on each floor). Priced below assessment. Imagine the possibilities! \$69,900

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 "Professional Real Estate Services"  
[www.barrettandvalley.com](http://www.barrettandvalley.com)  
 39 Pleasant Street, Grafton

**Great Cape w/Fabulous Views!** Swimming Pond, Timber Frame Barn, 3 Bedrooms, 3 Baths Windham, \$339,750

**Historic Village Home** West Street Location! 3 Bedrooms, 2 Baths, 0.75+/- Acres Newfane, \$329,000

**Fantastic Opportunity!** Potential Retail, Medical/Dental, Office Use & In Great Condition. Chester, \$265,000

**Contemporary Lodge Style Home** 8 +/- Country Acres w/A View 2 Bedrooms, 2 Baths, Rockingham, \$259,000

**Peaceful Ranch on 50+/- Acres!** Spacious Living Room w/Fireplace 3 Bedroom, 1.5 Baths Springfield, \$250,000

**Well Maintained Income Property "On The Green"** Steeped In History Chester, \$249,000

**Immaculate & Cozy Ranch** Beautifully Landscaped w/Views! 3 Bedroom, 2 Baths Andover, \$225,000

**Charming Cabin!** Open Concept, Exposed Beams 2 Bedrooms, 1 Bath Weathersfield, \$185,000

**Cozy 3 Story Chalet** Close To 3 Ski Areas! 3 Bedrooms, 1 Bath Chester, \$144,000

**Cozy Cape Cod w/2 Car** Garage and Breezeway 2 Bedrooms, 1 Bath. 2.7 +/- Acres Weathersfield, \$129,000

**Nice Level 3.79+/- Acre Lot** Cleared For Views Great Privacy, Close To Downtown Brattleboro, \$110,000

**Surveyed 10.29+/- Country** Acres w/Mountain Views To North & South Weathersfield, \$49,900

**GRAFTON** 802-843-2390  
**CHESTER** 802-875-2323  
**SPRINGFIELD** 802-885-8282  
**NEWFANE** 802-365-4311

Adopt a friend  
  
 See Pet of the Week on Page 5B