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# THE SHOPPER Newspaper

MARCH 23, 2022 | WWW.VERMONTJOURNAL.COM

**VOLUME 60, ISSUE 43** 

# Town and Villages hold meeting seeking resident input on use of Covid funding -

BY BILL LOCKWOOD

The Shopper

ROCKINGHAM, Vt. -The Town of Rockingham and the Villages of Bellows Falls and Saxtons River held a joint public meeting March 16 in the Lower Theater of the Rockingham Town Hall to gather input into the decisions their boards will make on the use of ARPA, or American Rescue Plan Act, funds that have been allocated to the three local administrations. They are tasked with putting them to use for the good of their communities. Athens Pizza provided pizza, salad, and drinks for the large crowd of concerned residents who filled the room.

With ARPA, the Federal Government provided \$350 billion to aid local communities in their recovery from the pandemic. Of the \$200 million that went to the State of Vermont, di-

vided equally based on population among local governments, about \$1.5 million went to these three local ones to use for various projects that fit into what ARPA boards will finally approve as appropriate. Priority will be given to good governance and long-term returns on investment. A local project team has been created that includes Municipal Manager Scott Pickup, Development Director Gary Fox, Bellows Falls Village President Debo-Wright, Saxtons River Trustee Chair Amy Howlett, Selectboard Chair Peter Golec, and Bellows Falls Downtown Development Alliance Executive Director Betsy

Thurston. Rachel Selsky and Alex Tranmer of Camoin Associates, hired to administer the process, facilitated this first public meeting, which they ran as a workshop to



Parks Place in Bellows Falls is a candidate for a solar panel project, which would be build with ARPA funds. In the foreground is the vacant lot, a proposed site for a community center, to be built with the same funding.

PHOTO BY BILL LOCKWOOD

explore the projects suberal public. The consulmitted by a number of contants did a survey of the tributors. These included participants at the meeting the Historic Preservation via cell phone and had built in a Zoom component for Commission, Planning Commission, Take Action those who couldn't attend Rockingham Task Forces, in person. The facilitators Bellows Falls Rotary, Great had already collected 48 Falls Regional Chamber of proposed projects, ranging Commerce, and a number from replacing the boiler of others, besides the genin the health center and in-

the roof of Parks Place, to building a community/youth/senior center on the newly created empty lot at 66 Atkinson Street, and building out the Saxtons River Valley Trail. In a large way, the needs identified echoed those identified two years ago by the Council on Rural Development Visit that set in motion the Take Rockingham Action Task Forces.

stalling solar panels on

The facilitators then broke the attendees into three groups, each with the task of discussing

the list of projects, in an attempt to come to a preliminary consensus on priorities. The three groups were: Sense of Place/Historical/Arts, and included assets of the community; Economic/Opportunities/ Business; and Community Spirit/Social Equity, that included resiliency. Each group was to consider all projects. For example, the group for "Sense of Place" prioritized a community center for youth and seniors that would be built with adjacent green space and the latest environmental concepts. The three groups reported out, and that information will now be processed, vetted by the ARPA regulators, looked at for additional/supplemental funding sources, and presented at a second meeting scheduled for April 13 at 5 p.m. in the same location. The public will then be asked to further prioritize the projects for submission to a Joint Board meeting of the three administrations on May

Anyone seeking more information can check "Community Projects" on the Town home page or contact Gary Fox at development@rockbf.org of call him at 802-376-5425.



# **RVTC** bakes bread

SPRINGFIELD, Vt. - River Valley Technology Center Culinary Arts Program students, along with Chef Groenwold, presenting freshly baked bread to George Thomson for the Ukrainian humanitarian relief fundraiser, held by the United Church of Ludlow and the Ludlow Area Rotary Club on Saturday, March 19.

PHOTO PROVIDED

# SSPTA congratulates fundraising

# top-sellers —

SPRINGFIELD, Vt. -Springfield Schools PTA congratulates the top-selling students of the recent High Mowing Seeds fund-

raiser. Ava Buron, a kindergarten student, was the high seller at Elm Hill School. The top spot at Union Street School went to thirdgrader Olivia Shaw.

SSPTA extends their thanks to all students and families who participated in the fundraiser. Every order was instrumental in helping to reach their fundraising goal. Proceeds will fund healthy snacks for students, classroom supplies, yearbooks, scholarships,

and more.

High Mowing Seeds is a Vermont-based company that cultivates organic and heirloom varieties vegetables, herbs, and flowers. SSPTA has pivoted to support local businesses with their fun-

draising, working last fall with Halladay's Harvest Barn of Bellows Falls.

Up next for SSPTA is their annual Calendar Raffle, which will feature a month's



in April.

Olivia Shaw. PHOTO PROVIDED



PHOTO PROVIDED

worth of prizes donated by generous community sponsors. Tickets will go on sale

The Springfield Schools PTA meets on every second Wednesday of the month,

and new members are always welcome. Updates can be found at www.ssptavt. com and www.facebook. com/ssptavt. For more information, please contact PTA@ssdvt.org.

# "Unforeseen circumstances:" Route 12 construction hits snag; NHDOT working to develop solution

CHARLESTOWN, N.H.-A recent update provided by the New Hampshire Department of Transportation regarding ongoing construction on a major roadway along the Connecticut River shines a light on "unforeseen circumstances" that have arisen in the past month.

According to the New Hampshire Department of Transportation, issues first emerged when workers began to install the soil nail wall, which would help stabilize soil on the east side of the roadway to prevent landslides, during the week of Feb. 14. As work was advancing, the track monitoring system associated with the nearby railroad registered "excessive move-This movement

caused the railroad to reduce speeds to 10 mph in the area of the ongoing construction work.

The movement – as well as other contributing factors including high groundwater, fluctemperatures, tuating and a fractured underlying ledge – also led to the railroad rescinding their approval of the soil nail wall, according to the New Hampshire Department of Transportation update.

Engineers are analyzing the situation and reevaluating design options in the hopes of "working towards a solution with the public's and railroad's safety and travel needs at the forefront."

It is unclear how these



Workers with Casella Construction continue repairs on Route 12 south of Charlestown after having removed the asphalt and concrete base in the damaged section of the road. PHOTO BY CHRISTOPHER SHABAN, EAGLE TIMES STAFF

ongoing developments will tion for comment but did

impact the project's initial end date of April 29. The Eagle Times con-

tacted the New Hampshire

Department of Transporta-

not hear back in time of publication.

> Written by Jordan J. Phelan and Christopher

Shaban, Eagle Times staff.

The following is an update provided by Eileen P. Meaney, New Hampshire Department of Transportation (NHDOT) chief communications officer,

on Thursday, March 17: Work on the soil nail wall, which aimed to help stabilize the ground on the east side of the road to prevent future landslides, began on Feb. 14. At the beginning of March — approximately around March 4 and March 5 — the monitoring system installed to detect ground shifts during construction registered "excessive movement." Working in partnership with the railroad, the NHDOT installed additional monitoring devices "in interest of railroad and public safety" due to "an incredible amount of water." The railroad also reduced speeds in the area of the construction project to 10 mph and rescinded its approval for the engineers to proceed forward with the soil nail wall. It is "too soon to tell whether [the NHDOT] will be beyond the dates originally anticipated with completion" as the department and the contractor, Casella Construction, of Mendon, Vermont, are in a "sort of state of evaluation" in light of these developments, but should know more "in a week." If there is a delay in the project's anticipated completion date of April 29, an update will be posted on the NHDOT's website at www.dot.nh.gov/news-and-

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# **DEADLINES**

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

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# Local teacher earns CAT certification -

TOWNSHEND, Vt. -Bruce Whitman, of Leland and Gray Union High and Middle School, has earned the American Meteorological Society's Certified AMS Teacher designation, a professional recognition for completing required coursework and being actively engaged in raising Earth science literacy. Among science educators, the CAT designation is sought as a mark of distinction and recognition.

"The CAT Program provides an incentive for continued professional growth for Earth science educators, ensuring that CATs remain up-to-date on new developments in Earth science and teaching standards. It offers K-12 educators opportunities to enroll in AMS Education Program courses to enhance their knowledge of weather, ocean, and climate science," said AMS Executive Director Keith Seitter.

Bruce Whitman, of Athens, Vt., has been a teacher at Leland and Gray Union High and Middle School, in Townshend, Vt., for 22 years and currently teaches two dual enrollment classes in atmospheric science and chemistry through Northern Vermont University -Lyndon Campus, along with human anatomy and physiology, biology, and introductory classes in chemistry and physics. Whitman is finishing up a Post-Baccalaureate Certificate in Atmospheric Science through California University of Pennsylvania in May. California University is a division of the State University System of Pennsylvania.

To earn the CAT, active, in-service K-12 teachers and informal educators must have a degree in atmospheric or related science and/or have successfully completed all the requirements of at least two of the AMS Education Program's Professional Development Courses for graduate credit. CATs must also earn professional ment points in order to maintain their certification. These points can be earned by additional AMS coursework, attending scientific seminars or meetings and similar activities.

The AMS promotes the development and dissemination of information and education on the atmospheric and related oceanic and hydrologic sciences and the advancement of their professional applications. Founded in 1919, AMS has a membership of more than 12,000 professionals, students, and weather enthusiasts. AMS publishes 11 atmospheric and related oceanic and hydrologic journals, sponsors more than 12 conferences annually, offers educators low cost graduate coursework in weather, ocean and climate science, and provides many other programs and services.

# BF Woman's Club holds afternoon tea

**BELLOWS** FALLS, Vt. - The Bellows Falls Woman's Club members



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will host an afternoon tea on May 1, 2022, from 2-4 p.m., at the Masonic Temple, Westminster Street. Offerings will be tea and punch along with sweets and savories. A limited number of tickets will be sold and be available at Village Square Booksellers starting on April 1. The event will include a raffle of gifts and certificates to area businesses, and a fancy hat and fancy mask contest. Proceeds from this event are earmarked for the high school scholar-



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# Rockingham seeks volunteer members for Bike/PED Committee

ROCKINGHAM, Vt. -The Rockingham Selectboard is seeking resident members for its Bike/ PED Committee. The committee will work in an advisory capacity toward improving both village and inter-town roads and sidewalks for the safety of pedestrians and cyclists. As it operates under the Selectboard, the Bike/PED Committee is subject to

VT Open Meeting law, details of which are available at the VT Secretary of State website.

The committee is tasked with identifying infrastructure and maintenance issues, gathering data to prioritize improvements, and identifying possible grant funding. The committee works directly with VTrans, Windham Regional, and Rockingham Planning Commissions,

in cooperation with local schools, Bellows Falls Police, and neighboring towns, presenting all recommendations to the Selectboard. The resulting improvements should increase the number of cyclists and walkers on our roads and sidewalks, draw more people to our town, trails, and businesses, and reduce cars on the road. Send letters of interest to manager@rockbf.org.

# Rockingham Town Committee invites residents to discuss mission statement -

ROCKINGHAM, Vt. -The Rockingham Town Committee will meet on Saturday, March 26 at 10 a.m. to discuss and finalize their platform, or, mission statement.

Personal liberty, environmental awareness, and the economic role



Join the discussion.

of small businesses will be among the topics discussed. The meeting will take place at the Knights of Columbus Hall above the People's United Bank on The Square, in Bellows Falls. Coffee and donuts will be provided. All are welcome

# United Church and Rotary fundraiser raises over \$12,000

to support Ukraine

LUDLOW, Vt. - "The generosity of the community was way beyond our expectations," said George Thomson in his enthusiastic summary of the results of the recent lasagna dinner. The dinner was jointly sponsored by the United Church of Ludlow and the Ludlow Rotary Club.

The dinner raised over \$12,000 for Ukrainian humanitarian relief and served over 250 meals. The amount is also set to increase by additional

This collaborative effort also saw the participation of a number of area organizations and individuals, including:

• The Okemo Valley Woman's Club, which made desserts. • Black River Produce,

- which provided all the salad fixings. • The Reading Greenhouse, which provided
- sunflowers for arrange-• People's United Bank, which provided coffee
- supplies. Vermont Family
- Farms, which provided the hamburger. • River Valley Technical
- Center Culinary Arts Program, which provided fresh baked bread. Cavendish
- ementary School students as part of the Young Historians Program, sponsored by the Cavendish Historical Society, which provided sunflower seed packets, decorated and filled with



Support Ukrainian relief efforts.

• Thirty workers from the Church, Rotary, and Woman's Club who served the meals.

Thomason noted that 70% of those attending the dinner paid well above the required price.

Linda Thomson, who handled the preparation and serving of the dinners, said, "Thanks everyone who made this such a success. It was heartwarming for sure to see all the support and energy over this dinner for Ukraine. The suffering folks of the Ukraine would thank everyone too for their support and kindness."

The proceeds from the fundraising dinner will be sent to an Eastern European relief organization providing relief to the Ukraine. Additional donations may be sent to the Ludlow Rotary Club's charitable foundation, LARCF, P.O. Box 216, Ludlow, VT 05149.

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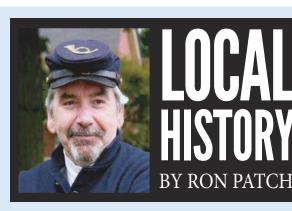
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The Vermont Journal/The Shopper March 23, 2022 | 3



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 ronpatch27@gmail.com

# Popple Dungeon Old Home Day —

I've been looking over a scrapbook of newspaper clippings kept by Mary Harris. Most clippings date to the early 1900s. Mary lived where Dakin's Law Office is today. If you look up in the peak of the porch roof, you'll see a large "H" for Harris. There's a great photo of the Harris place in our 2022 calendar.

From Mary's scrapbook

An Enjoyable Gathering The Poplar Dungeon Old Home Day held last Thursday, Aug. 26, 1909, was a great success. There were about 160 present, most people who live or used to live in that vicinity. Everyone went for a good time and seemed to get it. A picnic dinner was served at noon at one long table near the schoolhouse in District No. 15.

The celebrated Edson Drum Corps was present and entertained the company by playing the old time airs. This drum corps is worthy of special mention as it consists of a fife, base drum, and two snare drums, played by Ezra R. and Aaron H. Edson and their two sons, Azro and LeRoy. Their ages respectively, 89, 84, 65, and 60 years.

A collection of antiques from the neighborhood were on exhibition in the schoolhouse and many of them were worth seeing.

Some of the older ladies present were Mrs. Huldah Clark, aged 81; Mrs. Hannah Fuller, 77; Mrs. C.C. Fletcher, 67; Mrs. Esther Sheldon, 67 – (all of Chester); Mrs. C.E. Howard of Walpole, age 74, and Mrs. Amy Mack of Bellows Falls, aged 73.

Visitors, most of whom were at one time residents of this portion of the town, were present from Windham, Bellows Falls, Bartonsville, Walpole, Alstead, N.H., Cavendish, Ludlow, Brattleboro, Ascutneyville, and Williams,

C.E. Wellman was pres-



Aug. 26, 1909. Old Home Day at the schoolhouse.
PHOTO PROVIDED BY RON PATCH

ent with his camera and took a good many pictures of the different groups. An organization was started and officers elected for another vear as follows: President Frank Clark; vice president May Warner; secretary and treasurer, Dana Bean; business committee Mrs. Frank Clark, Mrs. Coolidge Clark, and Willis Edson. They voted to hold another Old Home Day the last Thursday in August, 1910.

**Another clipping** Lucy Harris was Mary's

Mrs. F. Harris went to New York last Friday to spend a short time. On her return Miss Mary will come with her. Miss Lucy Harris had an accident Monday afternoon while skating on the ice on Mr. Edson's Meadow. A deep hole near the bank was covered with weak ice. The others had crossed safely calling to her to hurry. Essaying to do so she was precipitated into the water to her chest. She was pulled out and hurried to F. Lawrence's where dry clothes were substituted for the frozen ones, and a warm bath at home left her none the worse. If it had been the river – We shudder at the thought.

**Explanation** 

Here I do my best to describe locations mentioned. School District No. 15 was in Popple Dungeon. The following information is from Jon Clark. After the school was closed, it was bought in about 1938 by Don Landry and became a well-known hunting camp, known as the Big-4. The Big-4 burned down 1983. In 1994, Jon

Clark bought the property and built a small camp on the site. Jon told me that, as far as he knows, the last year of Old Home Day was 1916. Jon is the person I go to regarding Dungeon history - you should too.

C.E. Wellman was a professional Chester photographer in the early 1900s. His studio was in the small house next to Whiting Library. I have a number of these Old Home Day photos but didn't know who the photographer was until now.

At the Chester Historical Society we have a bass drum that was found in Popple Dungeon years ago. It dates to the 1840s and has a large eagle painted on it; it may have been used by the Edson Drum Corps.

Lucy's skating accident at Edson's meadow would have been on Blue Hill Road going west out of Chester on Route 11. As you turn onto Blue Hill Road there is a meadow on either side of the bridge. This would have been the location mentioned For historical purposes this iron bridge was known as, "Edson Bridge."

This was also the location of the Chester Fairgrounds in the old days. Lucy Harris graduated Chester High School in

This week's old saying is from one of Henry's friends: "The butter has slid off his peas."

# Springfield annual Young Child Family Festival -

SPRINGFIELD, Vt. The 29th Annual Week of the Young Child Family Festival will be held on Saturday, April 9 from 9 a.m. -12 p.m. The event will be outdoors at Riverside Middle School in Springfield, Vt. Admission is free. The rain date is Saturday, April 16. All are invited to join in on the celebration.

Springfield Area Parent Child Center, Edgar May Health and Recreation Center, and many other community partners, teachers, and friends, will be presenting in the all outdoor Family Festival, which is free to the community. There will be tents filled with resources and activities for young children, the VT & NH Photo Booth, food options, a buy-



Enjoy the family festival.

one-get-one free Scholastic Book Fair, Wunderle's Big Top Adventures, and a Touch-a-Truck event which will include various vehicles, like a fire truck, open for little ones to explore.

This event would not be possible without sponsors. Thank you to Cota & Cota, Dragonfly Designs, and Building Bright Futures.

Please join in the fun to celebrate The Week of the Young Child and say Happy Birthday to the Springfield Area Parent Child Center, as they celebrate 30 years of building bridges of support for children, families and caregivers.

For more information, visit the Facebook event, call 802-886-5242, or email sapcc@ sapcc-vt.org.

# Painting flowers in watercolor at the VAULT-

SPRINGFIELD, Vt. Much sought after artist Robert O'Brien is offering a one-day workshop entitled, "Painting Spectacular Flowers in Watercolor," at Gallery at the VAULT on April 9.

Attendees will learn basic floral painting techniques with an emphasis on values and composition, as well as layering and blending color into soft edges. The course will focus on painting from close-up photo references of flowers that participants themselves bring, in an artistic setting with spectacular results. A critique and class discussion will be held at the end of the session.



Spring Iris by Robert O'Brien.

This will be an in-person workshop with location determined by the number of students. Gallery at the VAULT will be observing Covid protocols. The work-

of New York to provide ani-

mal and community-related

services to the residents of

shop is open to all levels of painting ability. There is a member and nonmember cost. Register by Saturday, April 2. Please include your phone number. A supply list is provided upon registra-

For more information, please call Gallery at the VAULT, 68 Main St., Springfield, VT. The Gallery is open Wednesdays and Saturdays from 11 a.m. – 5 p.m. and Fridays from 11 a.m. - 7

Contact 802-885-7111, galleryvault@vermontel.net, or visit the webpage at www. galleryvault.org. Handicap

# "Decoding the Mysteries of Cats" at Springfield Library —

Springfield Town Library and Feline Behaviorist, Stephen Quandt, for an online for the Animal Care Centers presentation of "Decoding of New York City, a not-forthe Mysteries of Cats, Why profit contracted by the City Cats Do What They Do" on Tuesday, April 5 at 6 p.m.

A 60-minute webinar with a Q&A will be streamed over Zoom.

This webinar pulls together and interrelates cats' relationship to hunting and resting through the Cycle of Predation that can lead to ankle-biting, play aggression, early morning wake up, and food aggression as examples.

Their sense of identity of being a predator or being prey on the confidence scale can lead to similar behaviors but can also result in fearful cats, victimized cats, cat-oncat aggression, fear aggression, and redirected aggres-

Stephen was originally a theatrical lighting designer who began working with cats in 2002, including many years professionally with the ASPCA based out of N.Y.C. and around the country on

**SPRINGFIELD, Vt.** - Join disaster and cruelty cases. New York City. Stephen is Most recently he works as also in private practice as a feline behaviorist who spea feline behavior specialist

> approach to cat behavior Call the library at 802-885-3108 if you have any questions.

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# Next Stage performances -

Schneckenburger

playing fiddle at the age

of six. In 2001, she gradu-

ated from the New England

Conservatory of Music

with a degree in Contem-

porary Improvisation, and

has been performing and

teaching music around the

world ever since. Lissa is

currently one-third of the

Brattleboro-based folk trio

Next Stage is located at 15

Kimball Hill in downtown

Putney, Vt. Tickets are

available in advance, at the

door, or for virtual spectat-

ing. For information, call

tickets are available at

Construction

**Excavating** 

Advance

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802-387-0102.

began

**PUTNEY, Vt.** – Next Stage Arts Project and Twilight Music present an evening of traditional Irish, Scottish, English, and American folk music by Dublinbased duo Ye Vagabonds and New England fiddler and singer Lissa Schneckenburger on Friday, April 1 at 7:30 p.m.

Ye Vagabonds – brothers Brían and Diarmuid Mac Gloinn – are a staple of the vibrant and innovative live music and session scene in Ireland. Influenced by Irish traditional music, Appalachian singing, and the 1960s folk revival, they feature original songs as well as folk songs from the British Isles and U.S.

Inspired by her parent's

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www.nextstagearts.org. Next Stage will provide a beer, wine, and cocktail cash bar. Proof of vaccination or negative Covid test within 48 hours is required for entry to indoor shows, and masks are required while inside the venue.



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# opinion

# **LEGAL NOTICES**

Dear Editor:

For the past several weeks I have been submitting press release updates for the West Hill Rejuvenation Project as part of the larger vision of the Ludlow Recreation Committee to upgrade a

number of facilities and resources in the Town of Ludlow. I wish now to not only advocate as the Chair of the Ludlow Recreation Committee but also as a life lifelong community member.

#### **TOWN & VILLAGE OF LUDLOW** DEVELOPMENT REVIEW BOARD NOTICE OF PUBLIC HEARING

The ZOOM electronic DRB board meeting is on April 11 at 6:00 P.M., to hear the following application:

Applicant: Winterplace COA Post Office Box 425 Ludlow, VT 05149

Application No: 081-94-PRD, AMD 17 Property Location: Stewart Lane

REASON FOR HEARING: Application to build a duplex in a previous approved Planned Residential Development

The meeting Agenda will be available on the Ludlow's Web page, www.ludlow.vt.us with the zoom ID no. and the URL

Additional information about this application is available in the Planning and Zoning office at the Town Hall.

Rosemary Goings Board Clerk, DRB

#### **TOWN & VILLAGE OF LUDLOW DEVELOPMENT REVIEW BOARD** NOTICE OF PUBLIC HEARING

The ZOOM electronic DRB board meeting is on April 11 at 6:00 P.M., to hear the following application: Applicant: Cool Edge Lake Rescue Homeowners Association, Inc

Application No: SUB18-006, AMD 2 Property Location: Route 100 North, Ludlow, VT 05149 Parcel Number: 200246.200

REASON FOR HEARING: Amend Permit SUB 18-006 in order to change the dock location previously permitted to the new proposed location

The meeting Agenda will be available on the Ludlow's Web page, www.ludlow.vt.us with the zoom ID no. and the URL

Additional information about this application is available in the Planning and Zoning office at the Town Hall.

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Rosemary Goings Board Clerk, DRB

Mark Mitchell

Growing up in Ludlow, my childhood was filled with fond memories spread across this little hamlet. From every child and every teacher knowing one another in our quaint grade school and middle/high school; to the sports and music/arts and educational programs they offered; to first job experiences with local business owners; and to summers we all spent at West Hill for the Summer Recreation Camp. In many ways, the West Hill camp was a culmination of all those opportunities. We looked forward to activities West Hill provided: swimming, hiking, biking, basketball, VINS trips, and a

multitude of group activities and games, ensuring we still had plenty of interactions with our friends. It also offered many of the older kids their first volunteer experiences and even first official summer jobs, as they themselves had grown up in the program throughout the years. Furthermore, the amenities at West Hill afforded many kids and families security, as most parents worked, being the backbone of any community's economy, so their children could one day also contribute to a thriving community's success. West Hill was always a sure thing families could entrust their children to, and children were always guaranteed an adventurous and interactive summer in the fresh Vermont air.

As previously addressed, West Hill among a few other amenities is in need of some necessary restoration. Although our numbers have dwindled over the years, there are still families here who make Ludlow their home and children who need these resources. Parents who work and support fellow families, children who benefit tremendously from the various activities provided at these locales, and our Rec Director who works hard to utilize these facilities as best as possible for the families. As activities continue, we owe it to the families and members of this community to make sure the facilities' potential is fully supported. Article 7 on the Town Meeting Vote on Monday, April 4, 2022, allots for this support. It is the first step in a more cohesive future plan the Ludlow Recreation Committee has been working on to rejuvenate these resources for the Community. Furthermore, these facilities are accessible to everyone, locals and visitors alike; it behooves us all to support this endeavor. Please support Article 7. Thank you.

Sincerely, Marissa Selleck Ludlow, Vt.

Dear Editor,

I am writing to express my concerns about the town rental registry, written about by Sharon Huntley.

I am a vacation homeowner and I have worked with Airbnb to offset the costs of ownership. I am actually in a competitive position in Ludlow - guests don't want to rent hovels that are fire hazards, and as an owner who would not risk harm to my family, I do want respectful guests with five-star reviews so I can screen accordingly.

It's pretty sad that there are Airbnb's that are intact, clean homes - it's a competitive market that keeps them so - but that there are actual residences that are hovels; literally some barely have a roof or may be half-burned down, and I wonder how people can live there, one giant fire hazard after another - with no care given to maintenance. So I'm not happy with the Town "exploiting" the STR [short-term rental] market while they let their residents live in homes that should be condemned, or at the least inspected, and if they have a "slumlord-owned" [property], deal with those owners!

Honestly, wanting to know who is renting sounds like a civil rights issue. If I tell a registry who is renting, what exactly can they do about it? Like having to tell the town who it is a realtor sells property to. That is not legal!

At this point in time, the fire and rescue departments need to make the case – just exactly how many fires took place in STR, how many police calls, rescue calls – real numbers, and clearly names and addresses are attached to problem locations. Deal directly with the offenders don't just pluralize and lump everyone into the "problem

The cottage industry that I support alone - property manager, cleaners, carpenters, plumbers, electricians, restaurants - the economic impact of the STR market is a boon for Ludlow. The less local rentals, the more skiers driving here, so this is not a solution for traffic. My guests take the shuttle, which cuts down on that

Shuttles from more locations could alleviate the traffic as well, and yes, Vail should be involved.

I hope the Town Selectboard takes these points into consideration and acts in a way that it doesn't end up hurting the town.

Sincerely, A.K. Lehmann Ludlow, Vt.

#### **TOWN & VILLAGE OF LUDLOW** DEVELOPMENT REVIEW BOARD NOTICE OF PUBLIC HEARING

The ZOOM electronic DRB board meeting is on April 11 at 6:00 P.M., to hear the following appeal: Applicant: Okemo Trailside Community Association, Inc.

f.k.a Okemo Trailside Master Association Application No: 484-22-AP

Property Location: Okemo Trailside Condominiums

REASON FOR HEARING: Appeal to the Development Review Board from the Notice of Violation, dated February 22, 2022, issued by Rosemary Goings, Administrative Officer to Okemo Trailside Master Association.

The meeting Agenda will be available on the Ludlow's Web page, www.ludlow.vt.us with the zoom ID no. and the URL

Additional information about this application is available in the Planning and Zoning office at the Town Hall.

Rosemary Goings Board Clerk, DRB





**Knitting with Friends** Wednesdays 10am-12pm

Knit Knite Thursdays 5-8pm Virtual Zoom Thursdays 7-8pm **Odd Bobbins Spinners** 

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### **LETTERS TO** THE EDITOR **SUBMISSIONS**

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

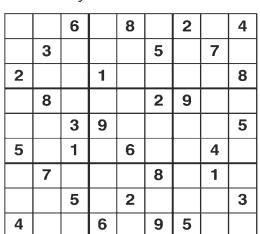
Just Like Cats & Dogs

by Dave T. Phipps



# Weekly **SUDOKU**

by Linda Thistle



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

## **DIFFICULTY THIS WEEK:** ◆◆

◆ Moderate ◆◆ Challenging ◆◆◆ HOO BOY!

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# King Crossword

ACROSS Slander in print 6 L-P link 9 Old map letters

Ken Duffy

12 Fred's dancing partner 13 Goal 14 Salt Lake ath-15 Lightweight wood 16 "Lust for Life" punk rocker 18 Duration 20 Sea predator 21 "I'm not

im-pressed" 23 Poseidon's home 24 Serpentine 25 "- a roll!" 27 Lent a hand 29 Live-in nanny 31 Mine vehicle

unit

44 "Oops!" 45 Proverbial

burg 47 1987 Peter

52 CBS logo

Weller film

49 Hotel posting

54 Said some-55 ISP alterna-35 Call on tive 37 Activist Parks 56 Norm (Abbr.) 38 Island porch 41 Stitch 43 Resista

57 Plains shelter **DOWN** Science room 24 Sun. talk Writer Tarbell Hotel staffer Otherwise 5 Inclines Rum cocktail

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At hand

Texter's

10 Inventory 11 Settle a debt 19 Bike components 21 Ms. Farrow

Ostrich's kin 26 Arizona tribe 28 Fawned (on) 30 Jr.'s son 32 Stove work-

Toyota model 36 14-legged 38 Enticed 39 Greetings at

40 Prestigious prize 42 German sau-

45 Sulk 46 Scruff 48 LPs' successors

50 Scrape (out) 33 Fireplace resi- 51 Observe

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# **CHURCH SERVICES**

# obituaries

# George A. Bousquet Jr., 1935-2022

BELLOWS FALLS, Vt. -George A. "Junie" Bousquet Jr. died unexpectedly and peacefully at home, with his wife by his side, on March 13, 2022. He was born in Barton, Vt. on March 19, 1935, the tenth child of Mary (Brooks) and George A. Bousquet.

He moved to Bellows Falls with his family in 1937 and grew up on the "New Terrace." He attended St. Charles School and graduated from BFHS in 1954. An outstanding athlete, George was very proud to tell the story of how he, along with his lifelong friend Dick Whitcomb and Coach Hadley, marked out and worked the first practice area on the new athletic field. The area would soon become known as Hadley Field. Following high school, George would proudly serve in the USAF as part of the Strategic Air Command Base in Kansas before being transferred to England for three years, until his discharge in 1958. He then attended Burdett and enjoyed a life long career

in banking services at the BF Trust Co., Indian Head Bank, and The Savings Bank of Walpole.

George was gifted with a remarkable sense of humor and quick wit. He could always be counted on to enliven any gathering of family and friends, of whom he had

He is survived by his wife of 56 years, Mary McDonald, to whom he was married on Nov. 27, 1965. As the youngest of ten children, he is also survived by his many nieces and nephews, whom he loved as if they were his own children. He was predeceased by his parents and his nine siblings – Irene, Maurice, Leo, Mary, Pete, Anita, Dick, Phil, and Claire.

Services were held on Thursday, March 17, 2022 at 11 a.m. at the St. Charles Church, 31 Cherry St., Bellows Falls, VT, followed by a burial in the St. Charles Cemetery. Arrangements are being made at Fenton and Hennessey Funeral Home, 55 Westminster St., Bellows Falls, VT.

# David Regan, 1940-2022

SPRINGFIELD, Vt. - David R. Regan, 81, passed away unexpectedly at home on Monday, March 14, 2022. He was born Dec. 29, 1940, the son of Leslie and Ida (Wheelock) Regan. He attended Springfield schools, graduating from the Springfield High School class of 1958. Many in his class still meet for a monthly breakfast gathering, which he enjoyed very much through the years.

Like many in Springfield, David's early years were spent working at Fellows Gear Shaper. He also worked for construction contractors and paint contractors. His final 11 years of employment were at Mc-Dermott MFG, before his retirement in 2002.

In 1972, he married d later divorced, but his marriage produced his two wonderful daughters, Heather and Erin Regan, whom he was very proud of for their many accomplish-

On Aug. 6, 1988, David married "His Life Partner," Joy Zaleski. Together they were able to enjoy a mutual hobby of antiquing and old stuff, biannual weeklong trips to Brimfield, Mass., a week at Madison-Bouckville, N.Y., and any flea market or yard sale they could find, always adding to one of their collections. He was also a diehard Dallas Cowboy fan for more than 50 years. He never gave up on 'em, noted by the star on the back of his trucks. David and Joy were able to go on many vacations and really enjoyed every bit of it.

David didn't think he'd like to have a dog, but they adopted a little rough coat Jack Russell named Bridget. Even though Joy was the



David Regen, 1940-2022. PHOTO PROVIDED

dog lover, Bridget took to David and never left his side and could be seen riding on the console of his truck, including daily trips to Jakes Market to purchase lottery tickets, and soon she won him over completely.

David is survived by his wife, Joy; his daughter, Heather, daughter, Erin, and daughter-in-law, April Wortmann; nephews, nieces, and an extended Regan "Leominster Family."

He was predeceased by his parents, his brother and sister-in-law, Robert and Evelyn Regan (Leominster, Mass.), and brother-in-law, Steve Zaleski (Charlestown,

David never lacked for a story, joke, or one-liner... We're gonna miss him.

Visiting hours will be held on Friday, March 25, 2022, from 5-7 p.m. at the Davis Memorial Chapel in Springfield, Vt.

A memorial service will be held on Saturday, March 26, 2022 at 10 a.m. at the Davis Memorial Chapel. Reverend Gerry Piper will officiate.

Donations may be made to the Springfield Humane Society (in memory of David Regan), 401 Skitchewaug Trail, Springfield, VT 05156.

## **ASCUTNEY, VT.**

Bow Baptist Church, 1102 Route 5, Weathersfield Bow Sunday services are 10 a.m., 11 a.m. and 6 p.m. and Wednesday Bible Study and prayer at 7 p.m. For more information, call 802-546-4902.

# CHESTER, VT.

St. Luke's Episcopal Church, 313 Main St.

Join us for our Sunday worship at 10 a.m. Join us in person or on Zoom. For more information, visit www. stlukesepiscopalvt.org.

## LONDONDERRY, VT.

Second Congregational Church of Londonderry, 2051 N. Main St.

Worship service is at 9:30 a.m. in person or online. Fill out a form at www.2ndcongregationalchurchvt.org to be sent a link to the live stream.

## LUDLOW, VT.

Annunciation Catholic Church, Corner of Depot and High St.

Mass services are Saturday at 4:30 p.m., Sundays at 8 a.m., and 10 a.m. For more information, go to www. okemovalleycatholicparishes.com or call 802-228-3451.

# Roger Duquette, 1958-2022

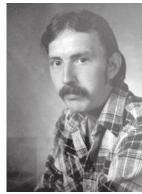
SPRINGFIELD, Vt. Roger A. Duquette passed away peacefully at his home on March 18, 2022 at the age of 63. He was the son of Leo and Eva Duquette and was born May 16, 1958 in Springfield, Vt.

He attended Springfield Schools and worked as a mason for several local builders. He lived in Arizona for a few years where he worked in landscaping. Upon returning home to Springfield, he worked in maintenance for a local elderly care facility.

Roger enjoyed hunting, fishing, and gardening at his home. He was very proud of his vegetables and herbs and happily gave them away to his family, friends, and neighbors. You could find him outdoors, trimming trees, ing the garden, stacking his wood, or just walking around the yard. Roger also enjoyed watching old western movies and listening to country music.

Roger was soft-spoken, low-keyed, kind, and a very private guy, but if you became a friend of his it was a friendship that lasted a lifetime. Even his wild black cat, Sam, became his buddy after being treated with a special hot dog a least once a week. Sam will miss his

Roger was the thirteenth child in a family of fif-



Roger Duquette, 1958-2022.

teen. He is survived by his younger brother, David Duquette, and older brothers, Wayne Duquette and Raymond Duquette, along with his sisters, Nancy Duquette, Sandra Holt, Linda Usle, Eileen Duquette, Helen Duquette, Lena Stocker, and Leona Blodgett. Roger also has many aunts, uncles, cousins, nieces, and nephews.

He is predeceased by two brothers, George Duquette and Alfred Duquette, and two sisters, Marie Weldon and Anna Egan, as well as his parents, Eva and Leo Duquette.

At Roger's request there will be no service. A graveside service will take place at a later date. Contributions made in Roger's memory may be made to the Springfield Humane Society.

Davis Memorial is assisting with the arrangements.

# Roger Shanafelt, 1940-2022

CHESTER, Vt. - Roger Thomas Shanafelt, 81, of Chester, Vt., formally of Northfield and Westfield, Mass., passed away Jan. 23, 2022 at Dartmouth Hitchcock Medical Center. He was born near Butler, Pa. on Nov. 12, 1940.

Roger served six years in the U.S. Air Force and was proud to have achieved top security clearance in the field of communications. Later, he worked with the electronics team that built the first lunar lander. He was a member of the International Union of Elevator Constructors and retired as a mechanic from Payne El-

He is survived by, and was the loving husband of, Cynthia DeVall, whom he married in 1986. From a previous marriage he had a daughter, Lynn (Ray) Beliveau, and a son, Todd Shanafelt, both of Massachusetts. There are four grandchildren, Eric, Leanne and Joshua Beliveau, and Tyler Shanafelt. He was blessed with one greatgrandchild, as well. He was brother to Dallas (Sue) Shanafelt, Sandra (Ben) Beichner, Patricia (Jack) Allmendinger, Pamela (Jeff) Shivley, and Robin

(Don) Ivol. In addition to his parents James Vern Shanafelt and Helen Ruth Shanafelt, he is preceded in death by siblings, Mary Jane Shanafelt, Larry Shanafelt, Barbara Brothers, Linda Williams, Arthur Shanafelt, Ronald Shanafelt and Wanda "Darlene" Rodgers.

Roger made friends easily wherever he went, always



Roger Shanafelt, 1940-2022. PHOTO PROVIDED

ready with a joke or a smile and eager to help a friend or neighbor. He could fix almost anything and was only too willing to leave things unfinished at home to lend a hand where needed. He absolutely loved people, closely followed by good food - or maybe the other way around. He was happiest when both were present, be it at a diner, coffee shop, or an occasion with friends and family. He particularly loved open mic nights, as they added another favorite,

local music, to the mix. He loved nature, camping, and especially beautiful gardens. He grew up hunting and fishing and often talked about the times he spent fishing with his brothers at their favorite swimming hole. In later years, although he was always buying new gear, he rarely went, liking the nostalgia more than the activity, it seemed. The exception being, how he loved showing the grandkids how to fish with just a stick and a string in the pond out back. His presence will be greatly missed.

There are no services at this time.

# **Paul Jennings**, 1956-2022

BELLOWS FALLS, Vt. -Paul F. Jennings, 65, of Rockingham Street, died Friday, March 11, 2022 at the Sullivan County Home in Unity, N.H. He was born May 25, 1956 in Hartford, Conn., the son of David and Eleanor (Joyal) Jennings.

Paul attended schools in Windsor Locks and East Hampton, Conn. In his early years he worked as a carpenter and recently worked in Store Maintenance for the Walmart in Claremont, N.H. Paul was a talented Artist, Craftsman, and Woodworker.

Paul is survived by two brothers, Pete and wife Becky, of Dumfries, Va., Chris and wife Diane, of Burlington, Iowa, and brother-in-law Steve Ellis of Hardwick, Vt., along with ten nieces and nephews. Besides his parents, he was predeceased by his brother,



Paul Jennings, 1956-2022.

Joseph, and sister, Terri El-

A funeral mass was held Saturday, March 19, at 10 a.m. at Saint Catherine's Church in Charlestown, N.H. His burial will take place in Fairview Cemetery, Hardwick, Vt., at a later

Fenton & Hennessey Funeral Home is handling all arrangements.

## Donald Mack, 1950-2022

WALPOLE, N.H. - Donald "Houlie" Ernest Mack Jr., 71, passed away at home March 13, 2022, in Marlow, N.H. Donald, better known as Houlie to most - was born Sept. 15, 1950, the son of Donald Mack Sr. and Verna Winot in Bellows Falls,

Donald graduated from Fall Mountain and went on to pursue a career in plumbing, working at Steve James Plumbing. He then spent a long career at Hubbard Farms, first as a truck driver and then ending his career in the hatchery. He also worked part time at Tole's Sunoco. Donald loved Harley Davidson motorcycles and spent many weekends simply getting on his bike and going wherever the road took him. He traveled all over New England and could speak with great authority on almost any road. Donald spent most Saturday nights throughout the summer months at either Monadnock Speedway or Claremont Speedway with friends and was an avid fisherman. His hobbies were second only to his family he spent as much time as he could with his children and grandchildren.

Donald is survived by his son Dan Mack and wife Jessica of Marlow, N.H., his daughters Lisa Mack of



Donald Mack, 1950-2022. PHOTO PROVIDED

Chesapeake, Va., and Ashley Cote of West Bradenton, Fla., his brother Chris Mack, and his two sisters, Cindy Wendel of Chester, Vt., and Brenda Pierce of Springfield, Vt., along with five grandchildren - Kalea Ezequelle, Adrianna Cote, Alexis Cote, Cameron Lowery, and Alyssa Mack. He is predeceased by his parents, his son Kyle Mack, and his brother Michael Mack.

Services will be held on Saturday, April 2, 2022. Visiting hours will begin at 3 p.m., followed by the vice at 4 p.m. at Fenton and Hennessey Funeral Home, 55 Westminster St., Bellows Falls, VT. The burial will follow at Walpole Village Cemetery. All are welcome to attend. There will be a post-service gathering to be announced at a later date.

## **OBITUARIES:**

A basic 200-word obituary is \$75, and \$0.50 per word thereafter. A black and white photo is an additional \$10. Email to editor@vermontjournal.com by Monday

# **CHURCH SERVICES:**

We run Church Services on an alternating schedule. Subject to space. All services are posted online at www. VermontJournal.com.

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# MOUNT HOLLY, VT.

Village Baptist Church, 32 Church St.

Masks recommended, but we welcome all to come and worship with us Sunday at 9:30 a.m. For more information, call 802-259-2440.

## SPRINGFIELD, VT.

First Congregational Church UCC, 77 Main St.

Sunday services are at 9:30 a.m. in person. Singing is encouraged! For more information, call 802-885-5728, email fccucc@vermontel.net, or go to www.fccuccspfdvt.

North Springfield Baptist Church, 69 Main St.

Join us for worship Sunday mornings at 10 a.m. and to meet our Interim Pastor, Joanne Thomas. For more information, please email the church office at office@ nsbcvt.org or call 802-886-8107. We are handicap accessible.

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# calendar

# **LEGAL NOTICES**

#### **MARCH 27 -**

BELLOWS FALLS, Vt. -Multi-instrumentalist husband-and-wife duo Dan and Faith will play the Stage 33 Live listening room on Sunday, March 27 at 7 p.m., located at 33 Bridge Street in Bellows Falls. Requested donation recommended for the band. Limited seating. Masks required by performer request. The performance will be recorded and filmed. More information at www. stage33live.com.



Meeting Room

Engagement Room

Rockingham Town School Board meets the 1st and 3rd

Monday of each month at 5:30 in the BFMS-Community

All Board meetings will be hybrid, meeting in person and

conducted virtually. Anyone from the public who would

like to participate in the board meeting may do so by going

to the WNESU website and follow the instructions for the

Bellows Falls Union High School Board meets the 2nd

and 4th Monday of each month at 6:30 at BFUHS-Family

All Board meetings will be hybrid, meeting in person and

conducted virtually. Anyone from the public who would

like to participate in the board meeting may do so by going

to the WNESU website and follow the instructions for the

particular meeting they wish to participate in.

particular meeting they wish to participate in.

#### **MARCH 31 -**

LUDLOW, Vt. - The Expeditionary School at Black River is proud to host a fundraiser featuring "100 Years of Everest," presented by Jake Norton on Thursday, March 31 at 7 p.m. Join us for a live Community Watch Party at the Roundhouse at Jackson Gore. For those who can't attend in person, there will also be a live stream link. For more information, please contact Kendra Rickerby via email at krickerby@esblackriver.org or visit the school's website at www.esblackriver.org.

#### APRIL 9 -

CHESTER, Vt. - Chester American Legion Post 67 Children and Youth Breakfast on Saturday, April 9, from 8 a.m. to noon. Kids under 12 eat free. Come meet first responders and see the vehicles that keep you safe. Enjoy games, face painting, giveaways, and American Flag discussion. Surprise Easter Bunny visit and egg hunt finish the day.

#### MAY 3 & 4 -

BELLOWS FALLS, Vt. -Auditions for the Main Street Arts performance of "The Books of Alice and Wonderland," are scheduled for Tuesday and Wednesday, May 3 and 4, from 6:30-8:30 p.m. at Main Street Arts in Bellows Falls. For more information, visit www.mainstreetarts.

#### AUG. 20 & 21-

LUDLOW, Vt. - The Okemo Valley Regional Chamber of Commerce is excited to announce the dates for the second annual Best of Vermont Summer Festival! This two-day event is scheduled for Saturday, Aug. 20, from noon - 7 p.m. and Sunday, Aug.

21, from 10 a.m. - 4 p.m. in Ludlow. The event will take place at Okemo Field on Route 103. Enjoy specialty foods; wine, spirits, and brew tastings; artisan products; fine art; awesome music; hot air balloons; agricultural demos; children's activities; and more. For details, visit www.yourplaceinvermont.

#### **SUNDAYS** -

CHESTER, Vt. - Chester American Legion Post 67 hosts Bingo every Sunday. Doors open at 12 p.m., and games start at 1 p.m.

SPRINGFIELD, Vt. - The Catamount Composite Squadron of the Civil Air Patrol meets Sundays, from 3:30-5:30 p.m., at Hartness Airport in Springfield. The Civil Air Patrol is the auxiliary unit of the U.S. Air Force tasked with the mission of supporting America's communities with emergency response, diverse aviation and ground services, youth development, and promotion of air, space, and cyber power. Cadets as young as 12 and senior members of any age make

#### **MONDAYS** -

volunteers.

BELLOWS FALLS, Vt. - Free Tobacco Quit class led by Sarah Doyle, Mondays, from 6-7 p.m., at Parks Place, 44 School Street Ext., Bellows Falls. Dinner included. Call or text Sarah at 802-289-0045 or email sdoyle@springfieldmed

up this diverse group of

#### TUESDAYS -

SPRINGFIELD, Vt. – Meals on Wheels serves a senior community lunch every Tuesday, from 11:30 a.m. to 12:30 p.m., at the

meal site, which is located on the corner of Union and Southridge streets in Springfield. All-you-caneat buffet includes milk, coffee or tea, and dessert. Suggested donation. For more information, call 802-885-5879.

#### WEDNESDAYS -

CHESTER, Vt. - Bone **Builders Class in Chester** every Wednesday, from 10-11 a.m. Classes will be held in the First Universalist Parish of Chester community room. Classes are free and open to all. Drop-in class, no registration needed. For details, contact Barbara at bwquilter1778@gmail.com.

#### THURSDAYS -

CHESTER, Vt. - Knit Knite at Six Loose Ladies on the Chester Common Thursdays, from 5-8 p.m., and via Zoom, from 7-8

N. SPRINGFIELD, Vt. -Support group for parents of pregnancy and infant loss on the first Thursday of the month, from 6-7 p.m., at Springfield Area Parent Child Center, 6 Main Street in North Springfield. For details or to register, email dominiquer@sapcc-vt.org or call 802-886-5242 ext. 258.

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

#### FRIDAYS -CHESTER, Vt. - Bone

**Builders Class in Chester** every Friday, from 10-11 a.m. Classes will be held in the First Universalist Parish of Chester community room. Classes are free and open to all. Drop-in class, no registration needed. For details, contact Barbara at bwquilter1778@gmail.com.

WALPOLE, N.H. - Meeting of Alcoholics Anonymous Fridays from 7-8 p.m. in St. John's Parish Hall, Walpole.

#### SATURDAYS -

GASSETTS, Vt. - The Gassetts Grange and Green Mountain Express are holding their Round and Square Dances the first Saturday of every month, from 7-10 p.m., at the Grange Hall. Donation per person. There are snacks and drinks on sale in the kitchen and a 50/50 raffle drawing. We do ask for donations to be paid at the door. For more information, please call 802-591-4290 or 802-875-1051.

GASSETTS, Vt. - Gassetts Grange hosts breakfast the second Saturday of every month, serving from 8-9:30 a.m. There is a fee per person. Menu includes bacon, sausage, eggs, sausage gravy, plain and blueberry pancakes, home fries, toast, juices, coffee, and tea. Eat in or take out. Hope to see you all there. For more information, call 802-591-4290 or 802-875-1051.

### DAILY -

REGION - If you want to drink that's your business, but if you want to stop, that's ours. Contact Alcoholics Anonymous at www.aavt.org or call your local hotline at 802-885-8281 and join a meeting. You are not alone.

# **LMHUUSD School Board**

Has an Immediate Opening

The Ludlow-Mount Holly Unified Union School District (LMHUUSD) seeks One Ludlow Town resident interested in serving as a member of our local school board. The term of this position will be until Town Meeting Election Day held on Tuesday, March 7th 2023. The Board meets regularly, the second Wednesday of each month at 6:00 p.m. and others as necessary. Members may fulfill additional responsibilities such as serving on board committees

> Please submit a letter of interest to: LMHUUSD Board c/o Lauren Fierman 609 VT Route 103 South Ludlow, Vermont 05149

# **Highway Maintenance Worker**

Town of Mount Holly, Vermont

Looking for a full time Highway Maintenance Worker with a positive attitude and strong work ethic. Will work under the guidance of Highway Foreman. Responsibilities includes plowing and sanding roads, repairing roads and drainage systems, roadside mowing, brush and tree removal, sign install, and flagging. Expected to perform daily safety inspections, maintenance and repairs on equipment.

Qualifications, must have high school diploma or GED. Looking for a minimum of 2 years of relevant experience. Must have a valid CDL A or B driver's license and clean driving record.

Physical and Mental Demands include frequently lifting of 50-100 lbs. Must be able to drive equipment for prolonged periods of time that include darkness and challenging weather conditions. Must adhere to all federal drug and alcohol testing requirements.

Work Environment involves overtime during winter months and emergencies. Work schedule will vary with weather and will include nights and weekends. Normal work hours 6:30 AM to 3:00 PM M - F.

The Town of Mount Holly is an equal opportunity employer. Benefits include paid time off, health and dental ins., uniforms, and VMERS pension eligibility. Applications due March 31, 2022. CONTACT Town of Mount Holly Selectboard at 802-259-2454 or mounthollysb@gmail.com. Full job description and application available at Town Office 50 School St, Mount Holly, VT 05758, or www.mounthollyvt.org/announcements-bulletin-board/

## TRAFFIC ORDINANCE

Town of Mount Holly, Vermont

www.mounthollyvt.org

On March 8th, 2022, the Selectboard of the Town of Mount Holly, Vermont, adopted a new "Traffic Ordinance" pursuant to the provisions of 24 V.S.A. § 59. This notice is published pursuant to 24 V.S.A. § 1972 to inform the public of this adoption and of the citizens' right to petition for a vote to disapprove this adoption.

T.H. #1 (Tarbellville Road, Belmont Road, and Hortonville Road) -A maximum speed of 35 m.p.h. from the intersection of VT. Route 155 easterly village limits, 500 feet from the intersection of T.H. #2; then a maximum speed of 25 m.p.h to the intersection of T.H. #17; then a maximum speed of 40 m.p.h. to the intersection of T.H. 20; then a maximum speed of 35 m.p.h to the intersection VT. Route 103; then a maximum speed of 35 m.p.h. to the Shrewsbury Town Line.

T.H. #2 (Church St and Healdville Road) -A maximum speed of 25 m.p.h. from intersection of T.H. #1 easterly 1320 feet; then a maximum speed of 35 m.p.h to the intersection of VT. Route 103. T.H. #4 (Old Turnpike Road) - A maximum speed of 30 m.p.h. from VT. Route 103 to T.H. #1; then a maximum speed of 35 m.p.h. to the Shrewsbury Town Line.

T.H. #5 (portion known as Shunpike Road) -A maximum speed of 35 m.p.h. for the entire length.

T.H. #11 (portion known as Shunpike Road) -A maximum speed of 35 m.p.h. for the entire length.

T.H. #20 (Gates Road) -A maximum speed of 35 m.p.h. for the entire length. T.H. #22 (Maple Hill Road) -A maximum speed of 35 m.p.h. for the entire length.

T.H. #23 (portion known as Maple Hill Road) -A maximum speed of 35 m.p.h. from the intersection of T.H. #22 to southernly village limits, 500 feet from the intersection of T.H. #1; then a maximum speed of 25 m.p.h. to the intersection of T.H. #2.

T.H. #26 (Lake St)A maximum speed of 25 m.p.h. for the entire length.

T.H. #30 (portion known as Shunpike Road) -A maximum speed of 35 m.p.h. for the entire length.

The full text of the Ordinance may be examined at the Town of Mount Holly Town office at 50 School St, Mount Holly, VT and at www.mounthollyvt.org/town-ordinances-policies/

## CITIZENS' RIGHT TO PETITION FOR VOTE

Title 24 V.S.A. § 1973 grants citizens the right to petition for a vote at a special or annual Town Meeting to disapprove ordinance adopted by the Selectboard. To exercise this right, citizens must present to the Selectboard or the Town Clerk a petition for a vote on the question of disapproving the adopted ordinance signed by not less than five percent (5%) of the Town's qualified voters. The petition must be presented within forty-four (44) days following the date of the adoption of the ordinance. Unless a petition requesting a vote is filed pursuant to 24 V.S.A. § 1973, the adopted "Traffic Ordinance" shall become effective sixty (60) days from the date of said adoption.

PERSON TO CONTACT

Additional information pertaining to this Ordinance may be obtained by contacting Jeff Chase, Selectboard, 50 School St, Mount Holly, VT 05758, or at 259-2454.

Town of Mount Holly Selectboard

## NOTICE OF HEARING TO LAYOUT TOWN HIGHWAY

Town of Springfield, Vermont

In accordance with Vermont State Statues, Title 19, Chapter 7, the Springfield Selectboard will hold a site visit and hearing thereafter to consider the condemnation of private property for purposes of facilitating the renovation, repair and replacement of highway bridge 61, culverts, and sloping, along with utility repair, replacement and alignment all in accordance with a project entitled "Springfield BF 0134(49)". The plans for such project can be viewed at Springfield Town Hall.

The following two properties are subject to this proceeding:

- 1. Property of Velcea Kae, located at 3 Chester Road, so called, deed reference Book 122, Page 336 of the Springfield Town Records.;
- 2. Property of Springredeem, LLC, located at 6 Chester Road, mailing address 3187 Middlebrook Road, Ferrisburgh, Vermont 05456, deed reference Book 652, Page 233

The Selectboard will meet in person at the site at 3 and 6 Chester Road on April 11, 2022 at 5 PM to examine the premises and inspect the sight, then return to Town Hall at 6 PM to take testimony regarding whether the public convenience requires the Selectboard to alter and widen of the highway and utility right of way in accordance with said project plans.

Dated March 11, 2022

of the Springfield Town Records.

#### MAY 16, 2022----- ANNUAL BELLOWS FALLS VILLAGE CORPORATION BUSINESS MEETING IN THE **BELLOWS FALLS OPERA HOUSE AT 7:00 PM**

MAY 17, 2022-----VOTING BY AUSTRALIAN BALLOT AT THE MASONIC TEMPLE, 61 WESTMINSTER ST, BELLOWS FALLS **VOTING HOURS 8:00 AM - 7:00 PM** 

OFFICES TO BE FILLED TERM LENGTH CURRENT SEAT HOLDER 1 MODERATOR 1 YEAR TERM PAUL OBUCHOWSKI 1 PRESIDENT 1 YEAR TERM DEBORAH WRIGHT 2 TRUSTEES 2 YEAR TERM JEFF DUNBAR WADE MASURE 1 YEAR TERM 1 CLERK KATHLEEN NEATHAWK 1 TREASURER 1 YEAR TERM DONNA J. HARTY 3 AUDITORS 1 YEAR TERM PAT FOWLER TIM POWERS

Nomination petitions are ready for those who wish to run for Bellows Falls Village office. The petitions may be picked up at the Town Clerk/Village Clerk's office any weekday between 8:30 am and 4:30 pm. They must be returned to the Clerk's office by April 11, 2022 at 4:30 pm (six Mondays before the election) and contain a minimum of 19 valid signatures.

The last day to file petitions signed by at least five percent (5%) of Village voters with the Village Clerk for articles to be included in Annual Meeting Warning is April 2, 2022 (forty-five days before Annual Meeting).

Anyone whose name does not appear on the Bellows Falls Village checklist must register with the Village Clerk on or before Tuesday May 17, 2022. You may come to the clerk's office to register to vote Monday thru Thursday from 7:00 am - 4:30 pm. For more information, call the clerk's office at 463-4336 ext 1102 or 1103, or by email clerk@rockbf.org or asstclerk@rockbf.

# **LEGAL/HELP WANTED**

# classifieds

# **BUYING**/ **SELLING**

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

# **FIREWOOD**

FREE FIREWOOD - Hardwood & softwood. Free to pick up at Landing in Windham, Vt. Call 802-875-2646 evenings.

# **FOR SALE**

LUDLOW, Vt. - 5 Bose speakers

with subwoofer and Onkyo components \$375. Proform treadmill \$125. Quality exercise bike \$80. Sunbeam food processor with extra blades brand new in box \$150. All delivery free. Call Bill 802-228-4916.

REGION - Guns wanted. Handguns, rifles, or shotguns. Top prices paid. Call Ray at 802-775-2859 or 802-236-7213.

# **HELP WANTED**

Aumands Furniture - Full Time Sales/Clerical and Full Time Furniture Delivery/Laborer. Drivers, license required. Wednesday and

# **Submit your Classified Online!**

www.VermontJournal.com

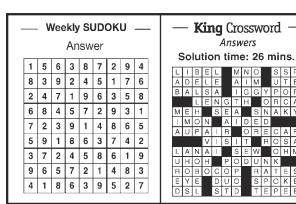
Click "SUBMIT A CLASSIFIED AD" in the black navigation menu bar at very top of the page

**Evans Construction** 529 South Main St Brattleboro, VT 802-254-1154

#### Seeking a CDL A dump truck driver for a busy construction/concrete company

Benefit package to be discussed. Overtime available. Must be willing to get out of the truck and do labor work plus other duties as a team player. References required.

Call 802-254-1154 Email jevansconstruction@gmail.com or stop by 529 South Main Street, Brattleboro



Sunday off. Call 603-445-5321 for details or stop in at 2 Church St., North Walpole, NH.

READING, Vt. - Cheese Help Wanted! The Spring Brook Farm Cheese team is looking for yearround part-time help, caring for aging cheese, packing/wrapping cheese, and box making. This can be 5-25 hours/week. Days are flexible. \$15-\$18/hr DOE and availability. Please contact Frankie@sbfvt.org for

information.

# **WORK WANTED**

LUDLOW AREA - Garbage pick-up, use of truck with driver and helper. Moving, cleanouts, whatever you need a truck for, great references. Call Bill 802-228-4916.



#### **DIRECTOR OF PROPERTY SERVICES**

**FULL-TIME YEAR-ROUND** BENEFITS, 401K, COMPANY VEHICLE

Join our team and Lead our Mountainside Community in all planning, construction, and services.

Apply online at www.bromley.com or contact HR at 802.824.5522



#### **Employment Opportunities** \$1000 Hiring Bonus!

As part of the Windham Southeast School District (WSESD), Early Education Services, a Vermont Parent Child Center, and a Head Start/Early Head Start program (EES), is an increasingly diverse community with an ongoing commitment to social justice and anti-racism. We are looking for enthusiastic professionals to join us in furthering this work.

- Early Head Start and Head Start Teachers, Assistant **Teachers and Classroom Aides**
- Per Diem Substitutes (\$110.00 per day)
- Human Resource Coordinator
- Fiscal and Data Entry Assistants
- Home Visitor

All candidates must be able to communicate effectively and work collaboratively on a multi-disciplinary team. We offer competitive salaries, ongoing professional development including free college courses, and an excellent benefit package for full-time employees which includes 10 paid vacation days, 10 paid holidays, 15 paid sick days, 3 paid personal days and 2 additional paid floating holidays, 403 (b) plan with up to 4% employer match, and health insurance.

Full job descriptions and applications are available on our website: earlyeducationservices.org.

Apply online at http://earlyeducationservices.org/

Like us on Facebook! @VermontJournal



#### **Chester-Andover Elementary School** KINDERGARTEN REGISTRATION

Chester-Andover Elementary School has begun the process of registration for children who will be eligible for Kindergarten for the 2022/2023 school year. Children must be 5 years old on or before August 31, 2022.

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

#### **Green Mountain Unified School District Lawn Mowing Bids**

The Green Mountain Unified School District is seeking bids for lawn mowing at Chester-Andover Elementary School. Those interested in submitting a bid need to be fully insured and should contact Cheryl Hammond, Business Manager at cheryl.hammond@trsu.org or Keith Cyr, Maintenance Supervisor at keith.cyr@trsu.org or 875-2108.

#### **Ludlow Elementary School Kindergarten Registration**

Will be March 31st from 12:00 - 3:00 pm. If you have any questions, please contact the main office at (802) 875-5151 about registering your child for the fall. Children must be five years old on or before August 31, 2022. Please bring a birth certificate and all immunization records.

#### **School Bus Driver**

Green Mountain Unified School District has a position open for a Full Time Bus Driver starting immediately. Driving will be approximately 4 - 6 hours a day split between the morning and afternoon. This is a School Year Position. Requirements: CDL Class B with school bus and passenger endorsement, as well as current DOT Medical Card. Background Checks and a pre-employment drug test are required as well as being in a pool for random drug testing. EOE.

Job Type: Full-time

Pay: \$22.87 per hour

Send Resumes to: Michael Ripley at michael.ripley@trsu.org

### BELLOWS FALLS VILLAGE CORPORATION PUBLIC NOTICE

WATER MAIN FLUSHING

THE BELLOWS FALLS VILLAGE CORPORATION WATER SYSTEM WILL BE FLUSHED WEEKDAYS FROM 9:00 A.M. – 3:00 P.M. BEGINNING MONDAY, April 4 2022 AND CONTINUING THROUGH FRIDAY April 29 2022.

SOME AREAS MAY EXPERIENCE ROILY WATER BUT THIS CONDITION SHOULD CORRECT ITSELF IN A SHORT TIME.

IF YOU HAVE PROBLEMS, PLEASE CALL THE BELLOWS FALLS WATER DEPT. AT 802-463-1232. THANK YOU FOR YOUR COOPERATION.

Brian Joslyn Chief Operat Bellows Falls Water Dept.

# page BUSINESS DIRECTORY

\$150 for 13 Weeks • \$250 for 26 Weeks • \$400 for 52 Weeks

Prices are based on a 20 word listing. An additional 50 cents for each word thereafter.

## Art Crafts Gifts

#### **GALLERY AT THE VAULT** Vermont State Craft Center

68 Main St., Springfield Open Wed. & Sat. 11-5. Fri. 11-7 www.galleryvault.org 802-885-7111

VAULT's 20th Anniverary Online Mtg. 4/12 at 5:00

Treasures of the Earth Open Wall Show until 5/11

Women and Animals, a Parallel Path - Dioramas by Louis Scott. Until 3/30.

Calligraphy Cheer with Jorika Stockwell, March 26, 11-3. Learn several different styles and scripts of calligraphy through writing the word cheer. Register by 3/23.

Painting Spectacular Flowers in Watercolor with Robert O'Brien, April 9, 9:30-4. All levels welcome. Register by 4/6. . (04/27/22 - TFN - 13)

## **SAGE JEWELRY AND GIFTS**

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Handcrafted jewelry made on site, full jewelry repair service. Locally crafted gifts, cards, and much more!

## Bakery

## **CROWS BAKERY & OPERA HOUSE CAFE**

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## **Builders/Contractors**

1 Ton dump and mini excavator for hire. Driveway repair, regrading, and resurfacing in Plymouth, Ludlow, and Mount Holly. Call 802-558-2920 or email handymanvt@gmail.com. (05/25/22 - 13)

# **Builders/Contractors cont.**

## **APEX VENTURES, LLC**

House Painting. Booking exterior painting for the Spring and Summer in the Ludlow area. Houses, decks, porches, garages and/or barns. Email: adam@apexventures.one for free quotes.

## HAMMER FOR HIRE LLC

802-376-3275 ~ "Not just for bangin' nails."

We offer a variety of sevices, ranging from handyman projects, through small restorations to full blown renovations. Our clients expect a great experience from start to finish. Our professionalism matched with proficiency, customer care, and quality hit that mark. We are fully insured and ready for your next project, bia or small.

Like us on FACEBOOK: Hammer for Hire LLC @nedmortensen2008 (06/14/22 - 52)

## **ROSE'S HOME IMPROVEMENT**

Booking for spring 2022 projects. Also offer carpentry, kitchen & bathroom remodels, interior & exterior painting, window & door replacements, window cleaning, vinyl siding washing, pressure washing, drywall repairs, and odd jobs. 802-591-0019. Cavendish. Vt. (06/29/22 - 26)

## PETER JORDAN CONSTRUCTION

Over 25 years of experience in all phases of construction. Framing, finish carpentry, custom showers and tile work, hardwood flooring, decks, roofing and siding. Fully insured and registered with the State of Vermont. Lead Paint Certified. Located in Proctorsville. 802-558-5267. (06/15/22 - 13)

# Chiropractor

## FOUR SEASONS CHIROPRACTIC, PC

Dr. Denise Natale 58 Parker Avenue, Proctorsville, VT 05153, 802-226-7977 Hours: Tuesday 1pm-6pm, Wednesday, Thursday, Friday 10am-6pm.

## Cleaning

# RAINBOW CLEANING SERVICE

Houses, offices, apartments, and auto. We clean everything! References on request, fully insured, free estimates. Contact Verina Field at 802-289-9188 or stoneart49@gmail.com. (05/04/22 - 13)

## **Masonry**

## **DRC STONE DESIGN**

Specializing in all Stone Masonry Applications including veneer, walls, patios, walkways. Fully insured. Free estimates. 32 years experience. Contact Dan Field at 802-384-0122 or stoneart49@ gmail.com or visit drestonedesign.com. (06/01/22 - 13)

## **MOORE MASONRY**

Fireplaces, chimneys and liners, chimney sweeps, patios, walls, steps, restoration and repairs. Fully insured, free estimates. Contact Gary Moore at 802-824-5710 mooremasonry802@gmail.

## Okemo Valley TV

## **LOCAL PROGRAM HIGHLIGHTS THIS WEEK**

- Forecasts from West River Weather Guy • Stuck in VT: Demonstration for Ukraine
- Olympic Ryan Cochran-Siegle Parade & Interview
- Author David Rosenfelt at Cavendish Library • Legislative Update from Rep. Charlie Kimbell
- Watch on TV: Community Channel: Comcast 1076 & VTel 166 Education / Gov't Channel: Comcast 1086 / VTel 167

(TV.Schedules available at okemovalley.tv/schedules & on cable TV program quide) Watch Online: okemovalley.tv & youtube.com/okemovalleytv

# Property Management

## **GREAT BROOK LLC**

(06/15/22 - 13)

Property Maintenance & Small Engine Repair. Call Chris at 802-886-2700 or 802-376-3150.

## Scrap Metal Wanted

Call Chet for free removal of scrap metal. Also buying scrap cars. Call 802-875-3788.

Junking Johnson will remove your junk metal, appliances, and autos from Springfield to New York. Call Ed 802-824-8197.



Physical • Nutritional • Spiritual • Emotional • Intellectual • Environmental

# Holistic wellness practices

**LUDLOW, Vt.** - Stress. This word has been quite common for years but has almost taken on a whole new meaning these days. Though it gets tossed around pretty casually, it can wreak serious havoc on the major systems of the body. Chronic, or long-term stress, can cause structural changes in the brain that can lead to memory, cognitive, and learning difficulties, plus additional complicaneurological

If you're suffering from stress, anxiety, or are overwhelmed by life's challenges and the state of the world, there are more natural and holistic approaches available than ever before that can help you restore your equilibrium on all levels so that you can navigate your life path with more clarity and peace.

Yoga is considered by many to be the oldest defined practice of self-development, dating back 5,000 years. Many of the popular techniques found to reduce stress derive from yoga, including controlled breathing, meditation, physical movement, mental imagery, and stretching. Virtually everyone can see physical benefits from yoga, and its practice can also offer psychological benefits, such as stress reduction and a sense of wellbeing. Studies show that the most effective ways in which yoga targets stress are by lifting your mood by allowing for increased mindfulness and increasing self-compassion.

Cannabidiol, widely known as CBD, seems to be the talk of the town no matter where you go these days, but there's a lot of information to sift through if you're considering giving it a try. This can get a bit confusing and not all CBD products are created equal. CBD is a cannabinoid derived from the hemp plant that contains either very little to no tetrahydrocannabinol (THC), the psychoactive compound of cannabis, meaning that it's unlikely you'll feel "high" when taking CBD. Along with a diverse range of other benefits, CBD may help instill a sense of calm when used as a supplement, which may lower stress levels. While the research on CBD is still emerging, current research suggests that CBD may help with symptoms of anxiety, depression, panic disorder, obsessive-compulsive disorder (OCD), and posttraumatic stress disorder (PTSD). By dampening the stress response and protecting against chronic stress, CBD may help prevent or treat certain mental health conditions related to

Reiki is an energy healing technique that originated in Japan in the early 20th century. The word Reiki can be translated to "Universal Life Force Energy," and is a way of guiding or channeling this energy through the body of the practitioner and transferring it to the body and energy field of

the recipient to promote its self-healing abilities. During a session, a Reiki practitioner will move through a series of hand placements using gentle touch or hovering above or close to the body not directly touching. A primary benefit of Reiki, which leads to a lot of other benefits, is reducing stress. Our bodies cannot heal when they're in a constant state of stress. Reiki gives your body a break from the stresses of daily life, helping your body return to a state of relaxation. Research shows that a single Reiki session may help your autonomic nervous system move from a sympathetic-dominant, or "fightor-flight" state, to a parasympathetic-dominant, or "rest-and-digest" state.

The crystal industry has seen massive growth in recent years because of the interest in tapping into their powerful healing potential, but how do they work? The theory behind working with stones can be explained through Einstein's theory of energy, "E=MC2." Everything has a vibration and frequency, including crystals and human beings. Each body part actually vibrates at a different frequency just like each gemstone vibrates at its own specific frequency. When we come into contact with something that has a similar vibration to us but a higher frequency, it helps raise our frequency higher we realign with the frequency of the stone; and when we are at a higher frequency, we feel in better health, we have more energy, and we experience more flow. It's like a chemical reaction - our frequency rises to align with the frequency of the stone. Considering that one common wellness belief is that stress and anxiety can be rooted in being ungrounded, working with crystals can ground our energy, creating a sense of balance to calm the mind. If you're curious about what all the crystal healing hype is about, perhaps it's time to explore working with these gems and decide for yourself if it's an effective stress reducing method that works for you.

Written by Jennifer Esposito, Integrative Wellness Practitioner, Registered Yoga Teacher, and owner of Jasper Forest, a holistic wellness center.

# Healthcare **Professionals** Program

BRATTLEBORO, Vt. -The Brattleboro Retreat, a leading specialty psychiatric hospital for people of all ages located in Brattleboro, Vt., is now accepting patients for its Healthcare Professionals Program.

Launched as a remote clinical service, the program offers partial hospitalization and intensive outpatient programming for currently employed and former nurses, physicians, dentists, EMTs, social workers, LNAs/ CNAs, therapists, technologists, and other healthcare professionals who experience PTSD, anxiety, depression, stress, or substance use disorder as consequences of their jobs.

In a group therapy format, healthcare professionals address their personal challenges exclusively among peers, other healthcare professionals who understand the pressures of providing healthcare. The program's partial hospital option consists of five groups per day, five days per week, Monday - Friday from 9:30 a.m. – 2 p.m., while the intensive outpatient option features three groups per day, five mornings per week, Monday -Friday from 9:30 a.m. - 12 p.m. Participants receive personal orientations to establish individual treatment goals, as well as a consultation with a medical doctor. Group sessions are supplemented by one-on-one sessions to focus on personal needs and goals and to develop personalized aftercare plans. Time spent in the program varies according to individual needs.

Those wishing to learn more about the Healthcare Professionals Program are directed to www.brattlebororetreat.org/hpp. Those interested in participating may fill out a pre-intake form online at www.brattlebororetreat.org/admissions or call 802-258-3737 or 1-800-RETREAT. Verification of insurance acceptance is provided free of charge by the Brattleboro Retreat.





185 Grafton Rd, Townshend, VT 802-365-7357 • gracecottage.org

#### **MARCH 26 -**

LUDLOW, Vt. - CBD Yoga Class on Saturday, March 26, from 6:30–8 p.m. at Jasper Forest, 110 Main Street in Ludlow. Preregistration and prepayment required at www.jasperforest.com.

### **MONDAYS** –

BELLOWS FALLS, Vt. -Overeaters Anonymous 12-Step Recovery Program is Mondays, from 7-8 p.m., at the old St. Charles Catholic School building, 25 Cherry Street in Bellows Falls.

The program is free. Call Celeste with any questions at 802-376-3507.

#### TUESDAYS -

BELLOWS FALLS, Vt. -Come check out TOPS -Take Off Pounds Sensibly. We are a nonjudgmental, affordable, and supportive weight loss group. The first visit is free. We are taking Covid-19 precautions so a mask is required while attending the meeting. All are welcome; youth must be at least 9 to attend and have parental permission. Meetings are every Tuesday at 25 Cherry Hill in Bellows Falls. Weigh-ins start at 5:45 p.m.

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

### WEDNESDAYS -

REGION - On Wednesdays at 5 p.m., join Lori Wright for Yoga Flow with Meditation, live or watch the video during your perfect time. A 45-minute gentle flow class with meditation to strengthen, improve flexibility, bring balance, relieve stress, and improve the immune system. Calm the "monkey mind" and help bring peace to your life, whether it is on or off your yoga mat. Contact Lori Wright at 603-401-8123 or email at loriwright163@ gmail.com to register.

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SATURDAYS -

SPRINGFIELD, Vt. - The Edgar May Health and Recreation Center offers Springfield residents the opportunity to come for a free swim every Saturday, from 1-3 p.m. Participants may need to show proof of Springfield residency. This free program will continue to run as long as there is interest from the community. For more information, call 802-885-2568, email info@edgarmay.org, or visit www.edgarmay.org.

LUDLOW, Vt. - Zumba classes Saturdays at 8 a.m. at the Spring House at Jackson Gore. All fitness levels welcome. Call 802-228-1419 for more information.

# **SATURDAYS & SUNDAYS**

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





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# Health & Wellness

Physical • Nutritional • Spiritual • Emotional • Intellectual • Environmental



# SVMC Rehabilitation offers dry needling —

BENNINGTON, Vt. – Michael Fredette, DPT, CSCS, Cert. DN, a physical therapist in the Outpatient Rehabilitation department at Southwestern Vermont Medical Center, part of Southwestern Vermont Health Care, has completed a 54-hour, two-part advanced certification for performing dry needling.

Dry needling, also known as trigger point dry needling and myofascial trigger point dry needling helps patients who are experiencing pain in their muscles or connective tissues. Muscles sometimes develop knotted areas that are sensitive or painful when touched. The pain can be transferred to other parts of the body and sometimes change the way patients

Practitioners of dry needling stimulate the muscle tissue by pushing solid acupuncture-type needles through the skin into the knotted areas. No medication is delivered through the needle. The procedure itself helps change the muscle's interaction with the nervous system and can help patients feel better and move more naturally. Dry needling can also address low back pain, knee arthritis, ankle sprains, plantar fasciitis, headaches, neck pain, shoulder pain, temporomandibular joint disorders.

The rigorous certification required Fredette to demonstrate skills and standardsmeeting activities through the completion of practical assessment via instructors at each course. The certifica-

tion provides assurance that patients will receive a reliable and competent dry needling treatment at SVMC

Those interested in pursuing dry needling as part of their physical therapy treatment plan may be referred to Fredette by their physician or healthcare provider. The treatment is covered by some insurances. It is recommended that patients check with their insurance prior to receiving this treatment. Dry needling is performed in the Outpatient Rehabilitation Department, located in the Toolan Building on the Southwestern Vermont Medical Center campus. Patients should call 802-447-5140 for more information.

# Dental care as a preventative measure, not after-the-fact

CLAREMONT, N.H. – Dental caries, or, "cavities," is the most common chronic disease of childhood. The disease process is well-understood: our teeth develop cavities when bacteria in our mouth break down sugar to create an acid. Acid dissolves the teeth to create holes that can result in difficulty chewing, pain, and infection.

At Montshire, our goal is ambitious but simple: to eradicate this disease using techniques that are less traumatic, less invasive, and often significantly less costly.

This improved method of care makes dental health more accessible and more enjoyable. Nutritional counseling and oral hygiene instruction help children and parents develop habits to minimize acid exposure to teeth. Safe and easily applied antimicrobials such as betadine and silver diamine fluoride can be used to kill the bacteria in our mouth directly.

These antimicrobials – Silver Diamine Fluoride and Betadine – allow us to treat the disease directly, rather than just the symptoms. Importantly, these minimally invasive techniques help to prevent the need for uncomfortable procedures and allow our

children to have a positive dental experience.

By focusing on overall health, wellness, and early intervention, our team has been able to lessen the number of children 'put to sleep' for dental treatment by an estimated 90%! This means less surgical dental work for our young patients!

Encouraging good habits and early intervention can help set the stage for a lifetime of good oral health. A small shift can pay large dividends over the course of our children's lives.

Written by Dr. Jonny, Dr. Colin, and Dr. Bryn of Montshire Pediatric Dentistry.

# Girls on the Run Vermont registration –

**REGION** - Girls on the Run Vermont's registration for its spring program is now open statewide. Girls on the Run is a physical activity-based, positive youth development program that inspires girls in third through eighth grade to be joyful, healthy, and confident. The volunteer-led program brings together groups of students for an eight week program that encourages personal development, team building and connection to the community.

Girls on the Run Vermont has inspired girls in Vermont for twenty-two years, and has impacted the lives of 40,000 girls. This season, Girls on the Run will be offered at approximately 108 locations across Vermont

Irene Berry

Robin Nelson

starting the week of March 28. Each team will meet twice a week for 90 minutes after school and participate in research-based lessons that use dynamic discussions and fun movement games to teach life skills. The season will culminate with two statewide 5k events, one on June 4 at the Champlain Valley Expo in Essex Junction, and the other on June 11 at the Manchester Recreation Fields, that brings together family, friends, and community members to celebrate the participants' growth throughout the season.

There is a program fee for the spring 2022 season. Financial aid is available to those who qualify. The program fee includes registration for the end of season 5k

Nancy Durgin

**Tad Martin** 

Calm Moments

101 Main Street, Ludlow, VT

Massage Studio

event, a shirt, journal, cinch sack, water bottle, and more. Information about the program and registration can be found on the Girls on the Run Vermont's website at www.gotrvt.org

With trained coaches ready to empower these participants, Girls on the Run (grades 3-5) and Heart & Sole (grades 6-8) is currently set to take place.

Girls on the Run Vermont still needs coaches! Coaches do not need to be runners but are required to be a minimum of eighteen years old. All volunteer coaches must complete a background check and online training modules. Please visit www. gotrvt.org/coach for full de-

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www.outbreathinstitute.com

# **Keeping Youth Safe Around Cannabis**

Did your town, or one nearby, opt-in for retail cannabis? It takes a community to support youth to make healthy choices as their brains are developing. That's why the legal age is 21.

Together we can take steps to reduce risk of harm by talking with young people often about cannabis. It's not easy, but you can do it. Just A.S.K. = Advise, Support, Know. Learn tips at: ParentUpVT.org Caring adults who choose to use should safely use, store, and dispose of their cannabis. Ingestion of high THC cannabis products can be harmful to youth. To learn more about cannabis and your health: healthvermont.gov/LetsTalkCannabis



Green Peak Alliance is a regional network that promotes healthy communities. We bring federal and state resources

to local areas through our work with schools and service organizations. Through research, education, and outreach, we create conditions to positively influence the public by increasing youth assets and reducing risks. Greenpeakalliance.org



Pediatric Dentistry?
Because we are different! On

Because we are different! On purpose, and for a purpose. The experience your child has at the dentist influences them for a lifetime. We believe in working cooperatively with parents to provide a positive dental experience for your child. Our field is dentistry, but our focus is children. At Montshire Pediatric Dentistry, we work with you as a team to provide a holistic, wonderful experience for infants, toddlers, adolescents, and children with special needs

Jonathan Norris, DDS Colin Boswell, DDS

Bryn Boswell, DDS

TWO LOCATIONS:

165 Winchester Street, Keene, NH
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603-543-0455

HOURS:
Monday - Thursday
8:00 am - 4:30 pm
Friday 8:00 am - 1:00 pm
Closed on Weekends

ww.MontshirePediatricDentistry.com

AMIRICAN BOARD OF PIDARTISED BOARD CERTIFIED

After my skiing accident, I was brought by ambulance to Springfield Hospital's Emergency Department. The level of care I received was wonderful! The team really listened to me as I answered their questions. Everyone was extremely attentive to my care throughout the entire process. My follow up with Connecticut Valley Orthopaedics & Sports Medicine was also very reassuring. Dr. Muller made me feel confident that my collarbone was going to heal properly and safely. In the proper amount of time, I'd be back running with my dogs.

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— Tish Lewis, Reading, VT



Mel Charboneau, RT(R)(CT), Marcus Riccioni, MD, and Tammy Locke. RN

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# community

# **LEGAL NOTICES**

# Vermont Everyone Eats funding extended to July 1

Vermont Everyone Eats, the unique Covid-19 recovery program that provides Vermonters impacted by Covid with prepared meals made by Vermont restaurants using locally grown and produced ingredients, will continue through July 1, 2022. The program had previously been set to end on March 31, but will now continue due to FEMA's 100% cost

share being extended for existing Covid-19 relief programs.

While the health impact of the latest surge has recently receded, the long tail of the economic crisis continues to challenge restaurants, farmers, food producers, and individuals. The VEE program both feeds people and strengthens the state economy at the same time. Regional hubs purchase and distribute meals from local restaurants, and a statewide mobile app provides meal access to eaters directly from restaurants.

Since August 2020, Vermont Everyone Eats has provided over 2.25 million meals statewide, entirely paid for with nearly \$30 million of Federal CARES Act and FEMA funding. More than 260 Vermont restaurants have participated. Over 37% of VEE meal ingredients, from nearly 300 Vermont farms and food producers, have been used by restaurants as part of a local purchasing requirement that spreads the economic benefit as widely as possible. Local purchasing has far exceeded requirements and is considered a major success in this pro-

Southeastern Vermont Community Action, as

VEE administrator, convenes a regional hub community of practice and a statewide task force of multi-sector leadership in order to guide the program. Locally governed hubs determine needs and resources in their region and connect directly with restaurants and eaters. Task force participants bring extensive experience with food insecurity programs, government

opment entities, and restaurant engagement. The effectiveness of the program's cross-sector, whole systems approach may lead to long-term changes in federally-funded food access programs.

For more information on the program or how to receive a meal, visit the Vermont Everyone Eats website at www.vteveryoneeats.org/.

# Gov. Scott signs bill in support of Ukraine

**MONTPELIER, Vt.** – At a candlelight vigil Tuesday, March 15, 2022, Governor

an act relating to providing humanitarian assistance to the people of Ukraine, Phil Scott signed H.717, and announced that more

than \$640,000 of aid will go to Save the Children, a humanitarian organization dedicated to supporting

children around the globe.

"We are here today to send a message to the people of Ukraine and to the tyrant in Russia: We stand united with Ukraine - for its freedom, and with its people," Governor Scott said in his remarks. "The fact is, Ukraine's fight to protect their people, their rights, and their land - and what that means for democracies across the globe - is too important for us to sit out. We must do our part."

Governor Scott signed the bipartisan bill, which passed unanimously.

The State will contribute aid to Save the Children to support its efforts in Ukraine, which include responding to the health, nutrition, and educational needs of displaced children, protecting them and their families from harm, supporting access to shelter, and more.

Governor Scott has talked with the CEO of Save the Children, who verified that the organization has a presence in Ukraine and surrounding areas, relationships with key partners, and experienced staff. This will

ensure the Vermont aid will have a maximum benefit for Ukrainians.

On March 3, Governor Scott signed an Executive Order expressing support for the Ukrainian people and outlining steps the State would take in response to the Russian invasion of peaceful Ukraine, which included a request to the Vermont Legislature to pass a bill appropriating one dollar for every Vermonter for humanitarian efforts needed to support the people of Ukraine.

The Legislature acted quickly to pass H.717, allocating a total of \$644,826; \$643,077 representing one dollar from every Vermonter and \$1,749 equaling the total amount of funds collected by the Vermont Department of Liquor and Lottery for the sale of Russian-sourced products from the start of the invasion to the date Governor Scott directed the state to discontinue the sale of these products.

### TOWN OF LUDLOW, VERMONT POSITIONS AVAILABLE

The Select Board for the Town of Ludlow, VT invites applications for the following positions for FY 2023:

All terms are one year except where noted.

Black River Senior Center Representative Council on Aging/Senior Solutions Representative Deputy Health Officer (paid position) Development Review Board (DRB):

One, two-year term (appoint in July) Development Review Board (DRB):

Three, one-year terms (appoint in July)

**Emergency Management Director Emergency Management Assistant** 

Fence Viewers (3 positions)

Planning Commission: Two, 4-year terms Pound Keeper/Animal Control Officer (paid position)

Recreation Committee: One, 3-year term Recreation Committee: Three, 1-year terms Mount Ascutney Regional Planning Commission

- Representative Mount Ascutney Regional Planning Commission

- Alternate

Mount Ascutney Transportation Advisory Committee - Representative

Mount Ascutney Transportation Advisory Committee

- Alternate Surveyor of Wood & Lumber Tree Warden Deputy Tree Warden

All interested parties should submit a letter of interest by mail or email no later than April 15, 2022 to Scott Murphy, Municipal Manager, or email tmanager@tds.net . Appointments will be made at the Ludlow Select Board's regular meeting on May 2, 2022. The Town of Ludlow is an equal opportunity employer.

Town of Ludlow PO Box 359 Ludlow, VT 05149

Weigher of Coal

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#### Town of Londonderry, VT **JOB OPENINGS**

#### Road Crew Member/Equipment Operator

Work includes plowing, grading, ditching, road repair, roadside mowing, culvert work, chainsaw operation, equipment maintenance, and other duties. A clean driving record, a CDL license, and the ability to pass drug/alcohol tests are required. Highway/road maintenance experience preferred. This is a full-time position with excellent benefits.

#### **Transfer Station Attendant**

Part-time (5 hours per week) Transfer Station Attendant to work on weekends. Backhoe experience preferred.

## Administrative Assistant to the Conservation Commission

Part-time (~ 2 hours per week) assistant to the Londonderry Conservation Commission, to provide notices, attend and take minutes of meetings, often held on evenings, and provide administrative services as necessary.

Applicants must complete and submit a required Employment Application, which can be found in the Town Forms section of the Town web site: www.londonderryvt.org. Submit via email to townadmin@londonderryvt.org or mail to: Town of Londonderry, 100 Old School Street, South Londonderry, VT 05155. Other supporting information from applicants is welcome. Positions opened until filled. The Town of Londonderry is an equal opportunity employer.

#### TOWN OF LUDLOW, VERMONT POSITION AVAILABLE PART-TIME POLICE DISPATCHER

The Town of Ludlow invites applications for the position of a Part-Time Police Dispatcher. Applicant must be organized and able to communicate effectively in written and in oral form. Must be able to work all shifts, including midnight. Computer experience is required. Send resume in confidence with references to the Chief of Police, Town of Ludlow, PO Box 359, Ludlow, VT, 05149 or email to: Jeffrey.Billings@vermont.gov . Applications will be accepted until the position is filled. The Town of Ludlow is an Equal Opportunity Employer.

STATE OF VERMONT WINDSOR COUNTY, SS

## NOTICE OF SALE

Said lands will be sold at public auction at Town Office, 68 Town Office Road, Plymouth, Vermont, a public place in such Town, on the 7th day of April, 2022 at Ten O'clock in the forenoon, as shall be requisite to discharge such taxes with costs, unless previously paid.

The resident and nonresident owners, lien holders and mortgagees of land in the Town of Plymouth, in the County of Windsor are hereby notified that the taxes and/or water and sewer taxes assessed by such Town for the years indicated are, either in whole or in part, unpaid on the following described lands in such Town, to wit:

## 1-15 Crimson Hawk Road

For the years 2018, 2019, 2020 and 2021. Being all and the same lands and premises conveyed by Salt Ash Mountain Corporation to Cesar A. Millan Abreu by deed dated May 7, 1985 and recorded in Book 48 at Page 148 the Plymouth Town Land Records

# 1-23 Crimson Hawk Road

For the years 2015, 2016, 2017, 2018, 2019, 2020 and 2021. Being all and the same lands and premises conveyed by Tyler Nathan Westcott and Beth Westcott to James S. Berman, Trustee by deed dated December 1, 2011 and recorded in Book 114 at Page 129 of the Plymouth Town Land Records

## 1-6 Hawk Spur Road

For the years 2018, 2019, 2020 and 2021. Being all and the same lands and premises conveyed by Juergen Brandt to Juergen Brandt and Sabine Engl by deed dated April 29, 2002 and recorded in Book 87 at Page 190 of the Plymouth Town Land Records

## 2-78A Kestral Drive

For the years 2018, 2019, 2020 and 2021. Being all and the same lands and premises conveyed by Salt Ash Mountain Corporation to Paul Chadwick and June Marie Chadwick by deed dated February 21, 1983 and recorded in Book 44 at Page 340 of the Plymouth Town Land Records

## 1-25 Crimson Hawk Road

For the years 2018, 2019, 2020 and 2021. Being all and the same lands and premises conveyed by Salt Ash Mountain Corporation to Dr. Paul Chadwick and June Marie Chadwick by deed dated December 10, 1979 and recorded in Book 39 at Page 392 of the Plymouth Town Land Records 960 Grand View Lodge Road

For the years 2018, 2019, 2020 and 2021. Being all and the same lands and premises conveyed by Roger E. Steward and Carolyn A. Steward and Ellery C. Steward and Sally Jane Steward to Peter P. Courtney and Alba L. Courtney by deed dated November 18, 2016 and recorded in Book 122 at Page 486 of the Plymouth

For the years 2015, 2016, 2017, 2018, 2019, 2020 and 2021. Being all and the same lands and premises conveyed by S & A Properties VT, LLC to Michael Darmetko and Christine Darmetko by deed dated February 6, 2004 and recorded in Book 95 at Page 43 of the Plymouth Town Land Records

For the years 2020 and 2021. Being all and the same lands and premises conveyed by Peter J. Marcessault and Geraldine A. Marcessault to Jesse A. Gagnon by deed dated May 30, 2019 and recorded in Book 127 at Page 65 of the Plymouth Town Land Records Route 100A

For the years 2018, 2019, 2020 and 2021. Being all and the same lands and premises conveyed by Kathleen Billings, Tax Collector to Todd Gilman by deed dated December 4, 2006 and recorded in Book 102 at Page 767 of the Plymouth Town Land Records

# For the years 2018, 2019, 2020 and 2021. Being all and the same lands and premises conveyed by Charles

W. Johnson to Todd Gilman by deed dated October 20, 2005 and recorded in Book 99 at Page 728 of the 35 Amherst Inn For the years 2018, 2019, 2020 and 2021. Being Unit 35 of Amherst Inn, Parcel No. 1268, owned by Vera

## M. Jenne, Trustee of the Plymouth Town Land Records

For the years 2019, 2020 and 2021. Being all and the same lands and premises conveyed by John Mansfield and Mary Mansfield to John G. Mansfield and Mary M. Mansfield by deed dated June 23, 2005 and recorded in Book 98 at Page 725 of the Plymouth Town Land Records

For the years 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020 and 2021. Being all and the same lands and premises conveyed by Salt Ash Mountain Corporation to Emilio Martin Augustin by deed dated April 17, 1987 and recorded in Book 54 at Page 354 of the Plymouth Town Land Records

For the years 2020 and 2021. Being all and the same lands and premises conveyed by Clayton Blay and Ruth Blay to John B. Mercier by deed dated February 21, 2003 and recorded in Book 91 at Page 9 of the Plymouth Town Land Records

## 2-47 East Ash Road

 $For the years 2014, 2015, 2016, 2017, 2018, 2019, 2020 \ and \ 2021. \ Being \ all \ and \ the \ same \ lands \ and \ premission \ and \ premiss$ es conveyed by Salt Ash Mountain Corporation to Peter J. Meyer and Linda Meyer by deed dated May 27, 1984 and recorded in Book 45 at Page 498 of the Plymouth Town Land Records

For the years 2016, 2017, 2018, 2019, 2020 and 2021. Being all and the same lands and premises conveyed by John Hewitt and Thelma Hewitt, Trustees Hewitt Realty Trust to John Milano and Kathleen E. Milano by deed dated November 6, 2000 and recorded in Book 81 at Page 419 of the Plymouth Town Land Records

## 84 Merlin Way

For the years 2020 and 2021. Being all and the same lands and premises conveyed by Arthur E. Deffaa  $\,$ and Fatimah K. Deffaa to Michael Neville and Elizabeth M. Neville by deed dated November 1, 2019 and recorded in Book 127 at Page 730 of the Plymouth Town Land Records 1830 Lynds Hill Road

#### For the years 2019, 2020 and 2021. Being all and the same lands and premises conveyed by Thomas Rossi and Linda Rossi to Philip O'Brien and Catherine Newman by deed dated July 19, 2019 and recorded in

Book 127 at Page 339 of the Plymouth Town Land Records For the years 2015, 2016, 2017, 2018, 2019, 2020 and 2021. Being all and the same lands and premises conveyed by Diana M. Weeker and Claire E. Poll to Sudad Saman by deed dated March 9, 2015 and recorded

# in Book 120 at Page 174 of the Plymouth Town Land Records

1-30 Crimson Hawk Road For the years 2017, 2018, 2019, 2020 and 2021. Being all and the same lands and premises conveyed by Stephen Whaley and Michelle G. Whaley to Stephen C. Whaley by deed dated March 3, 2017 and recorded

#### in Book 123 at Page 57 of the Plymouth Town Land Records Route 100 (Tax ID 486-153-11244)

For the years 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020 and 2021. Being all and the same lands and premises conveyed by Herbert Carver, Trustee of the Carson Trust to Robert Zorn by deed dated February 23, 2000 and recorded in Book 85 at Page 492 of the Plymouth Town Land Records

You have the right to request in writing, at least 24 hours prior to the tax sale date set forth above, that only a portion of the property be sold to satisfy the delinquent tax bill. Should you wish to proceed with this request, you must follow the procedure set forth in 32 V.S.A. § 5254; clearly identify the portion of the property to be sold, and include a certification from the Act 250 district coordinator and the town zoning administrator that the portion identified may be legally subdivided.

If you qualify under 24 V.S.A. § 1535, you may be able to receive an abatement of the property taxes, interest and collection fees you owe to the town. Abatement means that your taxes could be reduced or eliminated. You have the right to appear before the Board of Abatement and explain why you think your taxes should be abated. To apply for an abatement, you must write to Plymouth Town Clerk, 68 Town Office Road, Plymouth, Vermont 05056.

Dated at Plymouth, County of Windsor and State of Vermont, this 3rd day of March, 2022.

Sandie Small, Collector of Town and Town School District Taxes Town of Plymouth, Vermont