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Ludlow Town Meeting

BY IAN BARD

The Vermont Journal

LUDLOW, Vt. – The results from the March 7 vote in Ludlow are as follows: Ulla Cook was re-elected as Town Clerk. George B. Tucker Jr. was elected for the three year selectboard position. Scott Baitz and Robert Brandt were re-elected to the selectboard. Jeffrey Billings was made first constable and Shannon Barton Stark was elected to the cemetery commission. The voters of Ludlow approved both the Ludlow Mount Holly Unified Union School District and the River Valley Technical Center budget.

There will be a vote on March 28 for the positions of town moderator (one year), village trustee (three years), electric light commissioner (three years), and water commissioner (a two year and three year term). Vote in person or get an absentee ballot from town hall.

The Ludlow Town Moderator, Marty Nitka, was not able to attend the Ludlow Town Meeting on March 6, 2023. Selectboard member Brett Sanderson nominated Newton Rose as moderator for the meeting, Brandt seconded the nomination, and Rose was elected.

Ludlow Town Manager Scott Murphy read two resolutions offered by Rep. Logan Nicoll of Ludlow, honoring Selectboard Chair Bruce Schmidt for “an exemplary tenure of 21 years” with the selectboard, and Phil Carter for “his services for 37 years on the Ludlow Development Review Board, which he currently chairs.”

Don Lagro made a motion to adopt Article 2, exempting the Ludlow Masonic Building Association from property taxes at 22 Butter-milk Falls Road for a period of five years. Earl Washburn read a statement from the Mason’s lodge, thanking the town for the past 15 years of exemption and discussing some of the lodge’s contributions. Peter Girouard asked what the taxes for the property were, Cook said they were \$3,360. Article 2 was passed.

Bob Fortuna made a motion to accept Article 3, fixing the salaries of the selectboard, cemetery com-

mission, and trustees of public funds as the same as the previous year. Alan Couch voiced his opinion that some of the salaries should be looked at during a future meeting, “the cemetery commission, their meetings are typically 11 to 37 minutes, the planning commission meets for at least an hour and a half every month they meet, I think the planning commission is severely underpaid.” Article 3 passed.

Chris Miele asked if the dates listed in Article 4 could be changed if the state does not release education rates in time, Murphy said they could. Article 4 passed. Article 5 passed with no discussion.

Girouard asked the board why Articles 9 was separate from Article 6. Schmidt explained that Article 9 is to approve capital purchases and Article 6 is to approve the day to day items in the budget. Gary Blodgett commended the selectboard on the budget. Ron Parry mentioned expenses for the Black River High School building, asking “are we gonna break even on this?” Schmidt acknowledged that the town originally said they would do something with the building in five years, which is approaching, and that it would be up to the board. Article 6 passed.

Article 7, asking to appropriate \$312,085 to operate the Ludlow Community Ambulance Service, was motioned by Mariel Melengolo. Girouard asked what other communities contribute to the ambulance. Schmidt mentioned that Cavendish and Plymouth both contribute money to the fund. Steve Meyers asked how much money Okemo contributes. Murphy said the mountain helped provide staffing for the second ambulance during the peak season and contributed \$38,000. Article 7 passed.

In discussion for Article 8 Dean Alexander asked why the ambulance is in a proprietary fund. Murphy explained that being in a proprietary fund keeps the ambulance separate from the town, and that funds cannot be transferred in or out of the fund. He said that moving the ambulance into the

general fund would allow the town greater flexibility with managing its funds along with other departments. Andrea Goldman asked how Okemo came to contribute \$38,000, as opposed to another amount. Murphy said that it came from an agreement with the mountain and that the amount is supposed to cover all of the calls to Okemo. Stephanie Grover stated that in the winter 20-40% of the ambulance calls are to the mountain and that without the \$38,000 they couldn’t run a second ambulance. Article 8 passed.

Jarod Harper made a motion to amend Article 9 to strike the words “and to fund programs” from the Article. The amendment passed, as did the Article afterwards.

Article 10 passed with no discussion.

Discussion for Article 11, granting \$75,000 in bridge funding for the Expeditionary School at Black River (ESBR), opened with ESBR Trustee Pat Pullinen giving a statement. He explained that the school had planned to be approved by the state by now and that they are currently in the reapplication process and are requesting this funding to bridge the gap until they are approved. Pullinen said the school has been operating on \$150,000 and the \$75,000 would help secure personnel for the upcoming year and cover operational costs. Kendra Rickerby, Head of School at ESBR, stated that the school currently is at capacity with 15

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Plymouth Town Meeting

BY PAULA BENSON

The Vermont Journal

PLYMOUTH, Vt. – The voters of Plymouth headed to the polls on Tuesday, March 7, 2023.

Article 1 was presented via Australian Ballot to elect Plymouth Town Officers, and the results of those elections are as follows: Town Moderator, one year, Thomas W. Harris; Selectperson, three years, Jay Kullman; Trustee of Public Funds, three years, Shawn Bemis; Lister, three years, Michael Coleman; and Cemetery Commissioner, three years, Andrew M. Crossman.

On Monday, March 6, the more than 50 residents present at the Plymouth Town Meeting listened as Moderator Thomas W. Harris read through the remaining Articles, and participated as he brought each Article to a discussion then a vote.

Article 2, to approve \$13,316 for human services, with the funds distributed to 20 organizations as listed on the Warning, passed unanimously on the floor.

Article 3, to allocate \$1,288,741 in taxes toward payment of an estimated \$1,647,441 in expenses, was addressed by Selectboard Chair Jay Kullman, presenting what he called, “A high level look at the finances of Plymouth.” The detailed Powerpoint presentation began with the 2023 town reserve fund of \$928,813. The largest portion was the highway equipment reserve funds. The building reserve account and ARPA fund account were the second and

third largest segments.

Kullman broke down the highway equipment reserve budget, referencing expenditures including purchasing of a loader and replacing a damaged truck, leaving a balance of \$60,459 going into next year.

Overall, Kullman reported, “[We are left with] about a half of a million dollars in [the reserve] account, and that will provide adequate cash flow over the course of the year.”

Kullman presented a chart covering FY2018-2024, commenting that the municipal tax rate has “remained steady over the last seven years.” Kullman noted that in 2022, \$20,000 from the General Fund was returned to the taxpayers. Taxes have stayed consistent at about \$1.2 million per year, while inflation and spending have continued to rise, Kullman pointed out, explaining that the gap between expenses and incoming tax revenues was filled by government grants, highway funds, and other project funding.

The bond for town hall renovation, previously approved by voters, was briefly discussed, and Kullman stated that the annual payment of \$74,000 over 20 years will start in FY2025.

Harris read Article 3 in its entirety, requesting the town to vote to raise \$1,288,741 in taxes. The town voted unanimously to pass the Article.

Articles 4 and 5, pertaining to the Plymouth Fire Department, were detailed by Fire Chief Kirk Turner, who reiterated much of what he had presented to the selectboard in January, regarding the needs of the department. He told the town how the department had been turned down for a FEMA grant, and

how with both Ludlow and Bridgewater unable to take on fire services for Plymouth, should the town lose the vote for funding, they were facing no alternative.

After an emotional testimony from a Plymouth resident who said, “This fall I saw a house fire, and, you don’t want to see that. Everyone got out and everyone was safe. Steve came with the firetruck, and I was thankful that we had someone who could come at 9 on a Saturday night. I know we’ll all be talking about the cost of a tragedy in our town, if we don’t do something about it right now.”

Kullman made a motion to amend the Article to officially read that the loan will be amortized over four years, instead of two, and participated in dialogue about other options for funding that were determined not to be viable. Harris was about to put the Article to a floor vote when Plymouth resident Karen Evans raised her hand and requested the vote be conducted via paper ballot.

“This did not get on tomorrow’s ballot due to time restraints. Plus, you have the right to vote in private. Plus, there are people here who don’t like to vote when we vote by hand.” Evans’ motion was seconded and eight residents voted in favor of a paper ballot, resulting in a paper ballot vote. All votes were cast and counted, resulting in an overwhelming majority, 54 voting ‘Yes’ on the Article, with four ‘No’ votes. The passage was greeted with a round of applause.

After some confusion, the selectboard agreed to amend the wording of Article 5, to create a “reserve fund to be

See **PLYMOUTH** on Page 2

Andover Town Meeting

BY IAN BARD

The Vermont Journal

ANDOVER, Vt. – Andover Town Moderator John Bliss opened the Town Meeting on March 7, 2023, with a moment of silence for friends and family who passed over the last year.

Bliss was re-elected as town moderator for the ensuing year. Jeanette Haight was re-elected as town treasurer and town clerk.

There were two nominations for the open three year seat on the selectboard, Melissa Gates-Perry was nominated for re-election, Gene Pategas was also nominated for the position. “...I think I’d just like to help out the town to move towards the future...” said Pategas. “...any big decisions need to be made by the citizens, need to be voted on, rather than the selectboard... I work for you...” said Gates-Perry on her experiences in the selectboard. While paper ballots were being handed out Executive Director of Neighborhood Connections Nicole

Wengerd spoke on the organizations request for \$1,500 from the town, thanking them for past contributions. Gates-Perry won the election 37-25.

Susan Leader was nominated for the one year remaining from a three year selectboard term, previously held by herself. She won the re-election. Richard Griswold and Robin Trask were both re-elected for one year terms on the selectboard.

There were no nominations for the position of town auditor, the selectboard will look to appoint an auditor until the next town meeting.

There was two nominations for the three year lister position, Gene Garvey was nominated and Francesca Salazar was nominated for re-election. It was noted that there was currently a vacant lister position that simply wasn’t on the town warning. It was decided that the decision would go to a vote, but whichever candidate did not get elected would then be appointed by the selectboard at their next meeting.

Windsor County Sheriff Ryan Palmer spoke on his plans for policing in Andover as ballots were being

passed out. “We are looking to transition from an agency that just does an hourly contract... so we can take over calls for service, answer if someone has a problem.”

Francesca won the vote 38-22.

Lucas Trask was re-elected as first constable. Haight was re-elected as delinquent tax collector. Nick Baker was re-elected as cemetery commissioner. Hank Mauti was re-elected as cemetery sexton. He spoke on his duties as sexton.

Article 3 passed with no discussion. During discussion of the FY2023-24 budget Raymond Makul spoke on Andover’s need for a fire station, “...our primary firehouse is in Chester, it is so far away from many people in this town that we are in the same risk category as having no firehouse.” He spoke on the money being paid to Chester for fire coverage, “...the \$76,000 represents about 7% of our budget, 7% of our taxes are going to Chester.” Article 5 passed.

Article 6 passed with no discussion. Article 7 was approved with the amendment to “...the Monday preceding the first Tuesday

in March...” Gates-Parry said she felt there had been enough discussion on the listers during the election for the position. Everyone agreed and moved on to Article 9, discussing proposed zoning changes.

State Rep. Kelly Pajala spoke on the omnibus housing bill currently in the state house. She stated it would allow the state to overrule municipalities on certain zoning rules, “...if you allow single family dwellings, the state would mandate that that would automatically mean that you would need to allow multi-unit development as well,” “no town is one size fits all.” Mauti asked her opinion on S.5, the affordable heat act. “I have some concerns about the fact that all the authority is being given to the public utilities commission,” she responded.

“Frankly, I don’t envy the selectboard for having to make a final decision on those. It was a very difficult thing to develop,” said Joe Fromberger on short term rental regulations.

The citizens of Andover voted to change the position of Lister from an elected position to an appointed one.

Weston Town Meeting results

WESTON, Vt. – There was about 100 residents present at the Weston Town Meeting on Tuesday, March 7, 2023. The election results for the Town of Weston Town Meeting are as follows: Kim Seymour was re-elected as the Town Clerk and Town Treasurer. Wayne Granquist was re-elected as the Town Moderator. Denis Benson and Lisa Yrsha were re-elected to the selectboard.

Article 5, asking the voters to eliminate the position of town constable, did not pass. Articles 6-15, ask-

ing the voters to appropriate various amounts to various organizations and projects, all passed. Articles 16-18, setting the salaries for the town treasurer, town clerk, and selectboard, all passed. Article 19 passed, allowing taxes to be paid to the treasurer. Article 20 passed with amendments changing \$654,798 to \$662,298 and \$478,265 to \$485,765. Article 21 passed, approving highway operating expenses of \$868,951.

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Okemo Ski Report supports learning to ski

LUDLOW, Vt. – Any kid growing up in this resort town should learn how to ski. But, when Vail bought Okemo four years ago, corporate bean counters not only axed a cadre of local ski condition reporters, but also cut support for a decades-long program offering free midweek skiing to local school children.

“Not enough local kids are enjoying skiing,” says Noah Schmidt.

Speaking last week to the Ludlow Rotary Club, Schmidt, a Ludlow native, described his partnership with Abby Childs, a fellow UVM graduate with a background in graphic design, to counter lackluster ski conditions reporting and lend financial assistance to the elementary school ski program.

“Unofficial Okemo” (UO) is a compilation of daily ski reports, videos, photos, lift and trail stats, activity highlights, ski town stoke, and more. The UO website launched last Dec. 17, coincidentally when it snowed



Abby Childs and Noah Schmidt describe their Unofficial Okemo ski report to the Ludlow Rotary Club.

PHOTO BY KEVIN BARNES

more than two feet in town.

“Our goal is to create a positive group of Okemo fans,” Childs says, adding that UO currently counts 855 subscribers – mostly from New England, but also England, New Zealand, and Ireland. The website logs 7,000 impressions and is supported by 27,000 emails to draw attention to the ski reports.

The Ludlow Rotary Club provides local scholarships

and services to area nonprofits, and support for international programs to fight illiteracy, polio, and more. The club meets most Tuesdays for lunch at DJ’s Restaurant. Contact any rotarian for more information. Check out Unofficial Okemo at www.unofficialokemo.com.

Written by Glenn Heitsmith.

Legislative forum at The Hub

WESTON, Vt. – On Saturday, March 18, from 9-10:30 a.m., New Thought Vermont and The Hub at Weston will host a Legislative Forum at The Hub, for Weston, Chester, and neighboring towns. Come listen to updates from our state legislators and share your thoughts with them about current issues and matters of interest or concern.

Vermont State Senators

Alison Clarkson, Dick McCormack, and Becca White will be on hand from the Windsor District, along with Vermont House Representatives Kelly Pajala, who represents Weston, Londonderry, and other mountain towns, and Heather Chase, who represents Chester and neighboring communities.

While this is a free event, you still need to make a reservation by calling 802-

856-7212 or emailing thehubatweston@gmail.com.

Space is limited, coffee and tea will be served.

Sign language interpretative services are planned to be provided for individuals who are deaf. Please let us know if you will need these services.

Participants are welcome to stay for brunch, which begins at 11 a.m.



Legislators expected to attend the forum at The Hub.

PHOTO PROVIDED

Springfield’s Annual Family Festival coming April 8

SPRINGFIELD, Vt. – The Springfield Area Parent Child Center (SAPCC) is pleased to announce the 30 annual “Week of the Young Child” Family Festival on Saturday, April 8, from 9 a.m. - noon. Free and open to all, join local children’s educators and family support organizations for entertainment, games, snacks, resources, and giveaways in the gymnasium at Riverside

Middle School in Springfield, Vt.

Thanks to Cota Oil, VT & NH Photo Booths will be present once again to capture all the fun. The Children’s Literacy Foundation will be giving away free books to children and sign ups for the Imagination Library will be available. The Easter Bunny will be present handing out eggs and Mrs. Rubber Ducky will be promoting SAPCC’s annual Fit ‘n Fun Duck Run.

Booth activities will include sensory play, tumbling, face painting, music, and more.

If you are interested in having a free booth or offering entertainment or giveaways at this treasured family event, please email sapcc@sapcc-vt.org for a link to the registration form.

Visit the Springfield Area Parent Child Center Facebook event for more information or call 802-886-5242.

Scholarship for Andover seniors

ANDOVER, Vt. – Are you a graduating high school senior who lives in Andover and plans to continue your education? Or, do you know someone who is? The Andover Scholarship Committee has been offering first year college/university/tech/trade school scholarships to qualified Andover students since the mid-1990s.

You can find and download a scholarship

application at www.andovervt.org/s/Andover-Scholarship-Application-2023.pdf.

The scholarship is competitive, based on your commitment and service to the community, not on your GPA. All graduating high school seniors who live in Andover and are continuing their education are encouraged to apply. Applications will only be considered in the spring of each year.

If you are a graduating

high school senior who lives in Andover and has been accepted into military service after graduation, please contact the Andover Town Clerk, Jeanette Haight, at clerk@vermontel.net, so that the scholarship committee can thank you for your service. The military “thank you” does not require an application.

Completed scholarship applications are due May 11. Interviews are to be scheduled for early June.

LUDLOW

From Page 1

students, six being from Ludlow, and that they are hoping to increase incrementally.

Fran Kissell asked if the other towns sending students are contributing money to the school. Pullinen said they have not requested funding from other towns. Jordan Harper said that the

town voted twice to not support the high school and he would never vote for public funds to go to a private school. Meyers mentioned that the town sends money to schools outside of town and “to keep \$75,000, to actually support local, to keep it in town seems like a great idea.” Harper mentioned that state approval of the school is not guaranteed. Pullinen said

that even if they are not approved this year, they are already recognized as a school and may continue operating under that designation. After further discussion Article 11 passed.

Representative Logan Nicoll thanked Schmidt again for his years of service with the town, “I can safely say from the whole town, that we are so thankful for your service over the years.”

PLYMOUTH

From Page 1

used for purchase of future fire apparatus,” rather than “purchase of a fire truck.” With the language amended, Article 5 was put to a floor vote and passed unanimously,

establishing an equipment reserve fund for the fire department.

Article 6, which would permit non-Plymouth residents to be appointed town clerk, treasurer, and delinquent tax collector, was briefly discussed, then passed with no opposition.

Reading Article 7’s purpose, “to transact any other necessary or legal business,” Harris announced, “We were in a jam, we had no town clerk. Beth Lombard had just retired... and Beth stepped up.” Stating it was his “great pleasure,” Harris asked Lombard to join him at the front of the room to receive the Vermont Public Service Award. “This certificate is awarded to Beth Graves Lombard in recognition of service as Interim Town Clerk for the Town of Plymouth,” Harris read. The room erupted in applause.

Cpl. Tyler Trombley from the Sheriff’s department spoke, breaking down Sheriff Palmer’s plan to transition Plymouth and the surrounding towns into a more community-based policing service. The overall policy will create a larger police presence over a wider area to service a larger number of towns, and provide more efficient emergency response time, with less hours spent issuing speeding tickets.

Board member Keith Cappellini raised the topic of education spending, as Plymouth voters are being asked to approve a \$25,836,048.00 school budget. Reading from an article written by local freelance political writer Rob Roper entitled, “Vermont’s public schools are a hot mess,” Cappellini started to quote the per student cost of an average Vermont high-schooler compared to the national average, when Harris interrupted Cappellini.

“This is not at all germane to the public meeting,” Harris said. “This is not a school board meeting. I am going to adjourn the meeting, and anyone who wishes to may remain to hear you. Feel free to continue speaking, it just can’t be during the open town meeting, that’s just the rules. Sorry.”

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Stingrays Swim Team celebrates success

SPRINGFIELD, Vt. – On the weekend of Feb. 4 and 5, the Connecticut River Valley Stingrays youth swim team traveled to the Upper Valley Aquatic Center in White River Junction to compete in the Silvers Championship Swimming Meet. This meet was for swimmers who achieved qualifying times this season. Stingrays' participants included Ashton White, 7, Autumn Lord, 10, Oliver Lord, 10, Noah Waterman, 12, Berkley Hutchins, 17, and Janie Thompson, 18.

Ashton White, in his second meet as a Stingray, swam the 25-yard freestyle in 19.63 seconds, which qualified him for the New England Age Group championship. During the meet, Ashton also achieved a personal best time of 45.73 in the 50-yard freestyle and swam the 25-yard backstroke in 26.45 seconds. Ashton will be competing in the New England B Championship Meet on March 11 and 12 at the University of New Hampshire.

Autumn Lord swam four events during the Silvers Championship and achieved personal best times in every event, 40.02 seconds in the 50-yard

freestyle, 50.02 seconds in the 50-yard breaststroke, 1:50.74 in the 100-yard breaststroke, and 53.96 seconds in the 50-yard butterfly.

Oliver Lord achieved his personal best times in three of his five events, including 36.80 seconds in the 50-yard freestyle, 1:24.63 in the 100-yard freestyle, and 49.14 in the 50-yard breaststroke. His other race times were 47.28 in the 50-yard butterfly and 45.95 seconds in the 50-yard backstroke. Oliver qualified to compete in the upcoming New England B Championships.

Noah Waterman also qualified for the New England B Championship meet for ages 12 and under with a personal best time of 33.94 seconds in the 50-yard backstroke. In all his other events, Noah swam personal best times, including 29.44 seconds in the 50-yard freestyle, 1:05.06 in the 100-yard freestyle, 1:17.53 in the 100-yard backstroke, 49.35 in the 50-yard breaststroke, and 36.45 in the 50-yard butterfly.

Janie Thompson, a Stingrays senior, gave an outstanding performance, swimming the 50-yard freestyle in 28.03 seconds.

Berkley Hutchins, also a member of Stingrays senior team and New England Age Group Championships qualifier, achieved a personal best in the 200-yard freestyle with a time of 2:18.21. She also swam the 200-yard breaststroke in 2:49.48.

"I'm so impressed with these terrific, young athletes who embraced the spirit of competition with such drive and enthusiasm," says Stingrays coach Rick Matthews. "We teach that winning is not just being the best, but becoming the best you can be in whatever you do. Our Stingrays did just that at the Silvers Championship, encouraging one another and having a lot of fun in the process."

The Connecticut River Valley Stingrays are coached by Rick Matthews and Ann Thompson at the Edgar May Health and Recreation Center in Springfield, Vt. The winter 2023 season will wrap up in March. The summer 2023 season will begin in mid-June with registration opening in May.

For more information, call 802-885-2568, email info@edgarmay.org, or visit www.edgarmay.org.

Different ways books happen

WESTMINSTER, Vt. – On March 22, at 7 p.m., Westminister author Jessie Haas will speak on writing the different types of books she has authored, from picture books to young adult books, nonfiction, and a history of Westminister. Her books are available at the Butterfield Library, which is sponsoring her talk, located at 3534 Route 5, Westminister, Vt.

Refreshments will be served. Jessie will have books available for purchase (cash or check, please). Proceeds from sales of "Westminister, Vermont 1735-2000" go to the Westminister Historical Society. This event is free and open to the public. We ask that you please wear a mask; they will be available at the door.

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LOCAL HISTORY
BY RON PATCH
Ron Patch is a Chester native, past President of Chester Historical Society, and a lifelong antiques dealer.
He can be reached at 802-374-0119 or email ronpatch27@gmail.com

Winters of old

When I was a boy in the late 1950s, winters were much harder than today. Mountains of snow accumulated around our kitchen door entrance. Snow would slide off our slate roof. Add to that, the path we shoveled to our kitchen door. The snowbank would be 10 feet or more high.

By January, cabin fever began to set in. The world began to close in on us. January was hard on many. Bitter cold, short days, and more snow. It seemed endless.

Unlike today, very few owned four wheel drive vehicles. Mostly working men had four wheel drive rigs. The average Vermonter didn't own such a vehicle. But we still got around. Sandbags in the trunk improved traction.

February
February could be hard, but days were getting longer. It could be 20 to 35 below zero, for days, with mountains of snow. We hunted rabbits on wooden snowshoes until March 15, when the season closed. We fished through the ice till the end of March. Both activities broke up the monotony, as well as put food on the table.

As we traveled back roads in February rabbit hunting, we noticed signs of the seasons beginning to change. It was a welcome sight when sap buckets appeared in late February. Still, the snow was crotch deep.

In those days most Chester residents knew each other. We were all in this together. Someone in town would say, "Did you hear Don Farrar is hanging sap buckets?" Word spread quickly. "A sure sign of spring," was the general consensus. We needed to hear this.

March
March was always welcome. The sun was now much higher and days longer. You could



Paul Carr plowing in Putney, circa 1960s. PHOTO PROVIDED BY PAUL CARR

see where the rays of the sun penetrated snowbanks. Rays from the sun would reach deep into the snowbanks, creating small caverns, and forming stalactites when dripping melt water froze at night. You knew it wouldn't be long now.

Buds
Dad and I noticed the buds on the tips of branches were beginning to swell. Another sign the seasons were changing. It was Maxfield Parish who best captured these colors of late winter. His paintings sometimes show purple-pinkish hues in the mountains and treetops.

Walking to school
Regardless of snow or cold we walked to school. Some mornings it was 25 below zero or snowing. Walking from High Street to the old high school was quite brisk. School was seldom cancelled. The Popple Dungeon bus would be the last bus to school if it was snowing heavy. Harold "Rapid" Rowe was the bus driver and school janitor.

Laundry
My mother had an old-fashioned wringer washing machine. Ma would roll the wringer washer over to the sink, tut the clothes in, and with a hose connected to the kitchen faucet, add water to the washer tub. After 10 minutes or so, pump the dirty water from the machine into the sink, and refill the tub with fresh water to rinse. Then run the clothes through the wringer, shake a couple times and

hang them on the line. In winter our clothes froze on the line. You could literally stand up a pair of dungarees. We brought them in off the line and put them on a clothes rack over a large register. We had a coal furnace that Dad later converted to burn wood. Above the furnace, on the first floor, was the large register. This heat helped dry the clothes. But there were mornings when your pants were still damp walking to school.

April
In April, when it warmed up, Dad would get his spade shovel and shovel the high snowbank near our kitchen door, out into the driveway to melt. The snowbank was well compacted. The base was now ice. Dad was not alone. Many Vermonters did this to kiss winter goodbye.

Today
Today winters are much milder and shorter. I still find myself observing the progression of winter as I previously mention. I guess it is deeply instilled in my mind. I probably notice things others wouldn't see. The photo with this article is from Paul Carr, as it appeared in the "Winter 1979 Vermont Life" magazine. Paul plowed town roads in Putney.

This week's old saying: "You don't need an army behind you to be right."

Meet Percy

SPRINGFIELD, Vt. – Percy got all dressed up hoping for a Valentines date, but sadly it never came. Percy's perfect home would include another playful dog, and loving people that like to train him and give him yummy treats. Percy is amazing with other dogs; he befriends every dog he meets. His sweet and loving personality will quickly win you over too. If you are a fe-

line free home and want to adopt this handsome boy go to our website and fill out an application or call. On March 28 at 1 p.m. we

will have a Zoom on separation anxiety in dogs. For more information check out our Facebook, Springfield Humane Society, VT.



Springfield Humane Society, 401 Skitchewaung Trail, Springfield, Vt. 802-885-3997. www.spfldhumane.org.

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opinion

COMMUNITY NEWS

Dear Editor,

My favorite parts of The Shopper Newspaper are the Obituaries/citizen biographies and Letters to the Editor/opinion. The Letters to the Editor on March 1, 2023, were journalism at its best—supporting the democratic right to self-expression. Two writers were commenting on an interaction at a Cavendish Selectboard meeting regarding efficacy of Covid vaccines and mask mandates—a conflagration between those who value Covid masking and vaccinating and those who do not.

Two writers, one backing up the other—perhaps relatives from the look of their names—seem to think that one size fits all and the government knows categorically what is best for all citizens.

After reading these opinions, I have more questions than answers. What makes one writer think that having academic alphabet after his

name makes his thoughts more credible than someone else's? How do his ties to the pharmaceutical industry affect his opinions or make him the expert? When is it appropriate for a citizen to decide what is best for their own body? To mask or not to mask? To vaccinate or not to vaccinate?

Our government is designed to prevent abuse of power: to protect an individual's right to privacy and free speech. Health mandates are a clear violation of these concepts. I alone know my health history and what promotes my well-being. While I choose not to wear a mask or be vaccinated, I value your right to wear a mask and be vaccinated. But from my experience, Covid mandates have only generated fear and hostility. How is this healthful?

I do know this about masks: During my training as a respiratory therapist

thirty years ago, we were taught that surgical masks do not prevent the spread of germs. They simply keep large droplets—say a sneeze—from contaminating the surgical field. And N95 masks are designed for short-term use, only say 15 or 20 minutes. Dr. Anthony Fauci stated this in the early days of Covid, until he changed his mind. Dr. Fauci owns many drug patents. What financial gain has come his way from the drugging of Americans?

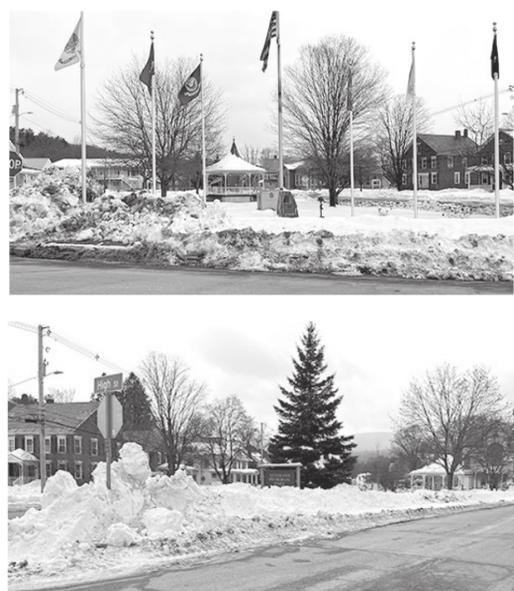
Regarding obituaries: Recently, a phrase started appearing repeatedly: "died unexpectedly." These deceased are generally age 40 to 70, enjoying life to its fullest. Is this code for vaccine-related death? I'll let you decide. I don't plan to include those words in my obituary.

Sincerely,
Betsy Thomason
West Townshend, Vt.

Dear Editor,

Last summer, 2022, Ballard Hobart American Legion Post 36 in Ludlow spent about \$35,000 on Veterans Memorial Park, with many hours of volunteer work from members. M&M Construction donated labor and equipment to help with the project. I know the road crew works hard and long hours, however, could a couple more truckloads not have been possible?

Sincerely,
Ned Bowen
Ludlow, Vt.
Veteran, US Coast Guard
Post 36 Finance Officer and volunteer



Piled snow at Veterans Park in Ludlow.

PHOTOS PROVIDED

Dear Editor,

What would tip you off if a Vermonter was homeless or just couldn't afford childcare? When someone delivers groceries and has a back seat full of very little kids, I just think they are running a day care in the back seat of their car as well as delivering groceries. "Instacart" has created a new breed of entrepreneurs.

But when a man cleared my driveway of snow, and then knocked on my door to let me know he was finished, there was

a little girl standing next to him! "Where did she come from?" I asked. He explained that she had been waiting for him in his car. For an hour? Using the snow blower takes an hour to clear my driveway a few short paths. It was below freezing outside. I just figured he couldn't afford childcare, but now I'm wondering if they were homeless.

I looked up homeless children in Vermont and they are legally allowed

to go to school, but what about housing them? Does every child in Vermont have a legal right to a roof over their head? How many children are homeless in Vermont now?

Sincerely,
Cris Ericson
Chester, Vt.

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.

EFFECTIVE MARCH, 2023, we will be charging for POLITICAL LETTERS.

Viewpoints do not necessarily reflect the views of The Vermont Journal & The Shopper.

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DAN

Fraud Watch Network: scams

REGION – Is it a scam? It's the most frequently asked question we address. There is no simple answer to this somewhat simple question. The response is complex, requiring a response to three questions. How did "they" make contact: phone, email, online/social media, text message, in-person, mail? Who are "they": law enforcement, government agency, tech support, a business such as Amazon, a utility company, relative, romantic interest; and what did "they" request?

Money: cash, gift cards, Zelle/Venmo payment, wire transfer, credit cards, crypto?

Personal Information: account information, Social Security or Medicare number, birth date?

Payment involving a problem (unpaid bill or taxes) or family emergency?

Expense fees to obtain a prize

Money due to an emergency

Let's put the pieces together for each means of contact.

PHONE CALL: only answer the phone when you definitely know the caller. Let the call go to voice mail. Serious callers leave messages; scammers generally don't.

EMAIL: Criminals are adept at "spoofing" (impersonating someone else). Hover the cursor of your device over the sender's name to see the real address. Rarely is a company email address @gmail.com.

SOCIAL MEDIA: Beware of "pop-up" messages from "friends" and unrealistically priced deals that appear. Scammers, once again, are great impersonators. Verify identities before parting with money or information.

TEXT MESSAGES: Text messages are virtually free to send. Respond-

ing to a random text message or clicking on a link when you can't verify the sender's identity puts you at risk. Any response notifies the sender that the number contacted belongs to someone, and sets you up for more scam attacks.

DOOR-TO-DOOR: While winter is not a typical time for in-person contacts, one thing we have come to expect is the unexpected. Don't open your door to uninvited strangers bearing gifts or offers.

USPS MAIL: Generally postal scams via consumer mailings are not typical for one basic reason: they cost the criminal money. Still, the U.S. Postal Inspection Service notes hundreds of fraudulent cases involving postal scams (just visit the website www.uspis.gov/tips-prevention/mail-fraud).

Let's look at the "who" of the three questions (How? What? Who?). Was it law enforcement? Law enforcement won't notify you of an impending arrest; neither will there be a demand for immediate payment. Was it a government agency? First contact is typically by mail. A call, text, or email demanding payment or action – it's a scam.

Microsoft, Apple, Windows, and Google do not notify consumers individually of personal problems. Tech companies don't call or email you about your computer. If enough people call a tech company about the same problem, the company will (sometimes) issue a statement and provide a remedy.

What about Amazon calling? No, they aren't – it's a scam. A message from your bank or credit card company? Unless you can positively

verify identity, hang up or don't respond. Instead use a trusted number such as one on a statement, and call to see if there is an issue needing your attention.

Should I help a relative or friend experiencing an emergency? The scam has a high level of success because it plays on personal emotion. Dodge this ploy. Hang up saying "let me call you back." Then, call the person or someone who would have personal knowledge of any emergency.

SPECIAL NOTE: Gift cards are not legal tender. Government agencies, law enforcement, and businesses do not accept Apple Gift Cards (unless it is Apple).

Did you win the lottery? Probably not and any time you do win you won't be notified by an email or a phone call. In most cases, you need to make the contact yourself or through a representative. It is illegal for lotteries to charge fees for winning.

Finally, be alert to romance scams. These play on emotions and develop over a period of weeks or months. Criminals create synthetic identities using personal histories, invented details, and stock photos. Verify the identity of the person in the relationship by running background and identity checks online. If the person is unable to meet face-to-face because of employment or military service, you are most likely dealing with a criminal.

Contact egreenblott@aarp.org with any questions or concerns. Elliott Greenblott is a retired educator and coordinator of the AARP Vermont Fraud Watch Network.

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Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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King Crossword

ACROSS

- Release money
- Officer
- Wife of Zeus
- "Born Free" lioness
- Billboards
- Elliptical Region of northern Italy
- Breathing (Abbr.)
- Start a round
- Aviary noises
- Irish actor
- Stephen
- Visibility hindrance
- Arched tennis shot
- Like some humor
- Avoids work
- Gumbo or bisque, e.g.
- Work unit
- Minn. neighbor
- Writer
- Lessing
- Pouch
- "Rah!"
- Metric measure
- Alamos
- Big lizard
- Of the lower back
- Gasp for air
- Show hosted by Alex Trebek
- Shopper description
- "Alley —"
- Faction
- Calendar squares
- ICU workers
- Pianist Myra
- DOWN
- Karate level
- Skin soother
- "Woe —!"
- Hard work
- Commuter's cash-on-hand
- Quirky
- Intimidate, with "out"
- Where earth meets sky
- Battery brand
- Grate
- Swiss peaks
- Not many
- Actor
- Holbrook
- "Acid"
- Tic-tac-toe win
- French red wine
- Decade parts (Abbr.)
- Air safety org.
- Firmament
- Pittsburgh team
- Runs like a horse
- Salvador
- Brilliant stroke
- College study
- Big hit
- Apple product
- Big bash
- Party cheese
- Tosses in
- Deli loaves
- Long time

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CHURCH SERVICES

obituaries

ASCUTNEY, VT.

Open Bible Baptist Church, 168 Cemetery Rd.

Sunday services are being held in the church, with people sitting every other pew. Sunday school is at 9:45 a.m., Sunday morning service is 11 a.m., and the afternoon service is 1:30 p.m. Wednesday evening service is at 6:30 p.m. For more information, call the church at 802-674-2266 or visit www.obbcvt.org.

Brownsville Community United Methodist Church, 66 Brownsville-Hartland Rd.

Sunday service is 9:30 a.m., held in the church with reduced occupancy or streaming online at www.facebook.com/brownsvillecommunitychurch and www.brownvilleumc-vt.org.

BELLOWS FALLS, VT.

Immanuel Episcopal Church, 20 Church St.

Services are held most Sundays at 10 a.m., in-person. Masks are optional. Please join us. All are welcome. For more information go to Facebook @ ImmanuelEpiscopalChurch or to our website www.immanuelepiscopal.org.

United Church of Bellows Falls, UCC, 8 School St.

Worship is held on Sundays at 10 a.m. Bible Study is Wednesdays at 2 p.m.

CAVENDISH, VT.

St. James United Methodist Church, 570 Main St.

Please join us Sundays at 8:45 a.m. with Pastor John Hawkins. All are welcome. For more information, call 802-674-3443 or go to www.facebook.com/stjamesumcproctorsville.

CHARLESTOWN, N.H.

Charlestown Bible Church, 37 Hammond Rd.

Sunday School for all ages at 9:45 a.m. Sunday Worship at 10:45 a.m. and 6 p.m. Wednesday Prayer Meeting at 7 p.m. To hear a sermon or learn more go to www.charlestownbiblechurch.org. Call 603-826-5121 for more info or to request a personal Bible study.

Charlestown Seventh-day Adventist Church, 242 Main St.

Saturday Services include Bible Study at 9:30 a.m. and Worship Service at 11:15 a.m. and a healthy lunch for all after the service. Masks are optional. All are welcome, call 603-276-2383 for more information.

CHESTER, VT.

Chester Baptist Church, 162 Main St.

Worship is Sundays at 10:30 a.m. For more information, including online streaming, go to www.chesterbaptist.org.

Andover Community Church, 928 Weston-Andover Rd.

Sunday school at 9:30 a.m. and worship service 10:45 a.m. For more information, go to www.andovercommunitychurch.org.

GRAFTON, VT.

Grafton Community Church, 55 Main St.

Worship begins Sunday at 10 a.m. Masks are requested if unvaccinated and suggested for all singing and response. View sermons on Zoom. For more information, go to www.graftoncommunitychurch.org or call 802-843-2346.

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.

Ludlow Baptist Church, on the Green, 99 Main St.

Weekly worship services are in-person. Sunday school is at 9:30 a.m. for all ages, and Sunday worship is at 11 a.m. and 6:30 p.m. Wednesday's prayer meeting is at 6:30 p.m. For more information, go to www.LudlowBaptist.org.

Tyson Community Church, Corner of Rt. 100 and Dublin Rd., opposite Echo Lake Inn.

Services are Sundays at 10:30 a.m. No service last Sunday of the month. Email terry.bascom@pm.me or call 802-228-2480.

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.

Holy Trinity Orthodox Church, 90 Park St.

Sunday Liturgy is 9:30 a.m. and Saturday vespers at 5 p.m. The church is now at full capacity with state restrictions lifted. For more information, call 802-885-2615 or Parish Council President Thomas Barton at 802-263-5719.

Precision Valley Baptist Church, 69 Rt. 106

Join our worship service every Sunday at 10 a.m. Women's Study group meets on Tuesdays at 6 p.m., and Mens Study Group meets on Wednesdays at 6 p.m. All are welcome! For more information, check out Facebook @PrecisionValleyBaptistChurch.

Springfield Assembly of God, 269 River St.

Sunday morning service is 10 a.m. Evening service is 6 p.m. All services and in-church activities have resumed. Masks are available and social distancing is encouraged. The sanctuary seating is arranged to promote distancing. Go to www.facebook.com/Springfield-Assembly-of-God-156583214402910 for links and more information.

St. Mark's Episcopal Church, 33 Fairground Rd.

Sunday Services 8:30 a.m. - Holy Days as announced.

Marie Ann Harris Ahrens,

1946-2023

LUDLOW, Vt. – Marie was born in Rutland, Vt., to John H. Harris and Ferris Pelsue Harris. She grew up in Proctorsville, Vt.; graduated from Black River High School, Ludlow, Vt., class of 1964; Bridgeport Hospital School of Nursing, Bridgeport, Conn., 1967, with a nursing diploma; Langston University Urban Center, Tulsa, Okla., with a bachelors of science in nursing, 1984; and University of Oklahoma Health Sciences Center, with a masters in Nursing, 1991. Her nursing career included camp nursing, Shands Teaching Hospital, Gainesville, Fla.; University of Colorado Medical Center in Denver; Bishop Randall Hospital, Lander, Wyo.; Homemakers Upjohn/Upjohn HealthCare Services, Tulsa, Okla., from 1975 to 1991, in various nursing roles. She changed career path to nursing education with two years at Rogers State College, Claremore, Okla., and then retired from The University of Tulsa School of Nursing, 1993-2013. Marie was involved in several professional nursing organizations throughout her career and through retirement, including the American Nurses Association, Oklahoma Nurses Association, Sigma Theta Tau, Int'l, Registered Nurse Community Volunteers, Inc., and the OK/National League for Nursing.

Marie is survived by husband Robert F. Ahrens,



Marie Ahrens, 1946-2023. PHOTO PROVIDED

whom she married in 1972 in Powderhorn, Colo. Also survived by sons Sean (Angie) of McKinney, Texas, and Seth (Katie) of Tulsa, grandchildren Everly and Emma of McKinney, Texas, and John and James of Tulsa, brother Lee Harris (Susie) of Madison, Ga., sister Fern Harris Melvin (Denise) of Belmont, Vt., sisters-in-law Clare (Forrest) Miller and Joan Ahrens of Tulsa, many cousins, nieces and nephews, and friends.

Memorial service will be held on March 20, at St. Michael's Reformed Episcopal Church, 8837 S. Garnett Rd., Broken Arrow, Okla. In lieu of flowers, please make donations to The Day Center for the Homeless Nurse Clinic, 415 W. Archer, Tulsa, OK 74103; Clarehouse, 7671 S. Mingo, Tulsa, OK 74133; or Registered Nurse Community Volunteers, Inc. Nursing Scholarship Fund, C/O Clara Holderman, Treas. 3533 E. 29 St., Tulsa, OK 74114.

Services alternate between Clergy Officiated, Traditional Rite I and Contemporary Rite II, Holy Eucharist, and Licensed Lay Led Rites I and II Morning Prayer. All are invited regardless of religious affiliation. Call David at 802-885-2972 with questions.

Unitarian Universalist Church, 21 Fairground Rd.

Sunday Services are at 10 a.m., in person and on Zoom. For more information, go to www.uuspringfieldvt.org.

United Methodist Church, 10 Valley St.

Sunday worship is 9:30 a.m. Everyone should wear masks and physically distance themselves from others. For more information, call 802-885-1916. Everyone is welcome.

WALPOLE, N.H.

St. John's Episcopal Church, corner of Westminster and Elm St.

Sunday services are 10 a.m. in person or via Zoom. For more information, go to www.stjohnswalpole.org, email pastor@stjohnswalpole.org, or leave a message at 603-756-4533.

First Congregational Church of Walpole UCC, 15 Washington Sq.

Sunday services are at 10 a.m. in the sanctuary – masks required – or via Zoom. For Zoom links, please call 603-756-4075. For more information, go to www.walpolenucc.org or www.facebook.com/FirstCongregationalWalpoleNH.

WESTON, VT.

The Old Parish Church, 644 Main St.

A diverse, informal, and welcoming congregation. Sunday service begins at 10:30 a.m. via Zoom. For more information, contact Jon Bliss, minister, at 802-824-4452 or email easthillfarm@vermontel.net.

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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Carole Briere, 1955-2023

BENNINGTON, Vt. – Carole Briere, 67, of Bennington, Vt., died peacefully at the Crescent Manor Nursing home, on Tuesday, March 7. She was born April 11, 1955, the daughter of the late Fred and Carol Sencabaugh and Barbara Martin.

Carole is survived by her two sons Raymond Briere and his wife Amanda of N. Springfield, Vt. and Randy Briere and his wife Kelly of Chester, Vt., along with nine grandchildren and four great-grandchildren. She dearly loved and always prayed for her precious family.

She was the sister of Marie Sencabaugh of Sarasota, Fla., Mark Lane and his wife Marie of Taunton, Mass., Jeffrey Lane and his wife Margaret of Woonsocket, R.I., and Susan Mahoney and her husband Thomas of Lincoln, R.I. She was the sister of the late Joseph, Agnes, Diane, Fred, and William Sencabaugh, and James and Ste-



Carole Briere, 1955-2023. PHOTO PROVIDED

ven Lane. Carole was aunt to 27 nieces and nephews and 32 great-nieces and nephews.

She was a faithful believer in the Lord Jesus and looked forward to seeing her Savior face to face. A Celebration of Life will held at later date

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

Luella Louise French-Stevens, 1930-2023

WESTMINSTER, Vt. – Luella (Lue) Louise French-Stevens, 92, of Westminster, Vt., went to be with the Lord on Monday, Feb. 27, 2023, following a sudden illness.

Lue was born on Nov. 4, 1930, in Cambridgeport, Vt., to Edward (Ned) and Florence (Huntoon) McQuaide. Lue was the youngest of five children, her three brothers Robert, Donald, and Merrill (Bill) McQuaide and sister, Mildred (McQuaide) Willard. Lue was a devout Christian and a cornerstone of the Cambridgeport/Athens church.

In 1948, Lue married the love of her life, Robert (Bob) French. Lue and Bob went on to have two children, Daniel and Gary. Lue was known as a hard worker, taking on several jobs, as life wasn't always easy or kind. She was most proud of her work as a nurse's aide at Rockingham and Townshend hospitals. She was a mother of two and beloved "Auntie Lue" to many, and a friend to all. She loved the Lord, her family, friends, small children, and especially her beloved pets.

In 2016, Lue married Rev. Sherman Stevens of Jacksonville, Fla., where she resided for part of her marriage. She moved back to Vermont following Sherman's death in 2021.

Lue is predeceased by her parents, her husband Robert, her two sons Daniel (Danny) and Gary, husband Sherman Stevens, sister Millie, and brothers



Luella Louise French-Stevens, 1930-2023. PHOTO PROVIDED

Bob, Don, and Bill. Lue is survived by many nieces, nephews, and dear friends who loved and adored her.

There are no calling hours. A funeral service will be held at the Community Christian Church, in Athens, Vt., on March 15, at 11 a.m. In lieu of flowers, the family requests donations are made to the Community Christian Church that Lue loved dearly.

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

DAVIS MEMORIAL CHAPEL
Family Owned Funeral Home
Funeral & Cremation Services
802-885-3322
99 Summer St, Springfield, VT
www.DavisMemorialChapel.net
Owners Scott and Angela Page

GREATER FALLS INSURANCE
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Home • Auto • Farm • Business • Motorcycle • Recreational Vehicles

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Family Owned & Operated Since 1980

Complete Site Work
From Clearing to Finish
Grading, Roads, Foundations
Septics & Drainage Problems

Specializing In
Equine Land Development & Ponds

Sculpting your piece of Vermont to fit your Dreams!

802-824-3140 Londonderry, VT

calendar

LEGAL NOTICES

MARCH 16 – PUTNEY, Vt. – Next Stage Arts Project and Twilight Music present an evening of bluegrass and traditional folk music by The Foreign Landers on Thursday, March 16, at 7 p.m. at 15 Kimball Hill in Putney. Advance tickets are available at www.nextstagearts.org. For information, call 802-387-0102.

MARCH 18 – LANGDON, N.H. – Fred Marple from Frostheaves, N.H., will be performing comedy at the Langdon Meetinghouse at 5 Walker Hill Road in Langdon

on March 18, starting at 7 p.m. A donation is suggested to benefit the Langdon Church Restoration Fund.

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

BELLOWS FALLS, Vt. – There will be a dinner

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

SPRINGFIELD, Vt. – Sound Investment will play Saturday, Mar 18, at 7:30 p.m. at the VFW Post 771, at 191 River Street, in Springfield, Vt. They will perform classic rock and modern country music. Open to the public.

MARCH 20 – LUDLOW, Vt. – Bingo will be held on March 20, from 1-3 p.m. at the Black River Valley Senior Center at 10 High St. in Ludlow. There will be refreshments and "door prizes" for the winners. There is no charge and everyone is

welcome. Call 802-228-7421 for more information, reservations are suggested, seating is limited.

MARCH 23 – PUTNEY, Vt. – There will be a series of talks by curators in the arts and humanities, on March 23, March 30, and April 6, at 7 p.m. at Next Stage Arts, 15 Kimball Hill in downtown Putney. All talks are free to attend, but donations are appreciated. Advance registration is available at www.nextstagearts.org. For more information, call 802-387-0102.

MARCH 25 – SPRINGFIELD, Vt. – The Springfield Moose Lodge will be holding a Texas Hold' Em tournament on March 25 at 1 p.m., with doors opening at noon, limited to 60 people. There will be a buy in. A deposit is required to guarantee a spot. Food and bar will be available. If you have any questions, call Brian Clough 802-886-2473. The Springfield Moose's Lodge

is located at 39 South St., Springfield, Vt.

CHARLESTOWN, N.H. – There will be a potluck dinner, raffles, and a cake auction fundraiser to benefit the River Valley Animal Protection League on Sat, March 25, at 5:30 p.m., at VFW on Lovers Lane, in Charlestown, N.H. Please join us and help support the shelter. For more information, call 603-826-3061.

SUNDAYS – SPRINGFIELD, Vt. – The Catamount Composite Squadron of the Civil Air Patrol meets Sundays, from 3:30-5:30 p.m., at Hartsness Airport in Springfield. Cadets as young as 12 and senior members of any age make up this diverse group of volunteers.

BELLOWS FALLS, Vt. – Bellows Falls Loyal Order of Moose will be hosting a community breakfast on the first and third Sunday of every month downstairs at the Bellows Falls Moose Lodge, 59 Westminster St. in Bellows Falls, from 8-10 a.m. All you can eat for a minimal cost.

MONDAYS – WALPOLE, N.H. – Meeting of Alcoholics Anonymous on Mondays at 6:30 p.m. in St. John's Parish Hall, Walpole.

WESTON, Vt. – Bingo is Monday nights at 7 p.m. at the Weston Rod & Gun Club, 982 Route 100, 1.5 miles north of Weston Village. All are welcome.

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

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

PROCTORSVILLE, Vt. – On Thursdays at 6 p.m., join Lori Wright for a yoga class. Contact Lori Wright at 603-401-8123 or visit www.dgbodyworks.com for more information. Private classes are available.

SATURDAYS – LUDLOW, Vt. – Yoga, Saturdays at 10 a.m. at the Spring House at Jackson Gore. Call 802-228-1419 for more information.

PROCTORSVILLE, Vt. – On Saturdays at 9 a.m., join Lori Wright for a yoga class. Contact Lori Wright at 603-401-8123 or visit www.dgbodyworks.com for more information. Private classes are available.



TOWN OF SPRINGFIELD ANIMAL LICENSE NOTICE

Animal Licenses are now available at the Town Clerk's Office. All dogs and wolf-hybrids six months or over must be licensed by April 1 each year and wear a collar and tag at all times. A dog or wolf-hybrid without a tag is presumed to be unlicensed and is not protected by law. A tag must not be used on any dog or wolf-hybrid other than the dog or wolf-hybrid in the license bearing the corresponding number. If you are unsure if your dog/wolf-hybrid needs a new rabies vaccination before being licensed, please contact this office. Barbara A. Courchesne, Town Clerk CVC, 96 Main Street, Springfield, VT 05156 (802) 885-2104 FAX (802) 885-1617 tosclerk@vermontel.net

PROJECT LISTING SPRINGFIELD, VT SCHOOL DISTRICT

Project: Outdoor Classroom – Riverside Middle School
Location: Riverside Middle School, 13 Fairground Rd., Springfield, VT.
Description: Creation of an Outdoor Classroom
Specifications available from Martha Tarbell, 802-885-5120

Proposal Due Date/Time: Thursday, March 23, 2023 at 3:00 p.m., submitted to owner (below) in a sealed envelope marked "RMS Outdoor Classroom" on the outside of the envelope.

Mandatory site inspection and walk through must be scheduled through Tim Bixby, 802.885.8340 no later than Monday, March 20, 2023.

Documents Required: Proof of Insurance, Details per Specifications

Owner/Contact:

Richard Pembroke
Springfield School District
Central Office
60 Park Street
Springfield, VT 05156
Telephone: (802) 885-5120
rpembroke@ssdvt.org

TOWN OF LUDLOW, VERMONT POSITION AVAILABLE EQUIPMENT OPERATOR/TRUCK DRIVER

The Town of Ludlow Highway Department invites applications for the position of Equipment Operator/Truck Driver. This is a full-time, year-round position. Principal duties will include plowing snow, sanding and salting roads, road construction and maintenance and other related duties. Must possess a valid VT Commercial Driver's License and have experience operating a dump truck with plow, sander, loader and excavator, backhoe and/or grader. General knowledge of vehicle maintenance, fundamental construction and maintenance procedures, public works, and equipment operation are a plus.

Municipal Benefit Package includes health & dental insurance, retirement plan and paid vacations PLUS a \$2,000.00 Sign-On Bonus. Employment applications are available at the Ludlow Municipal Office or on-line at www.ludlow.vt.us. Please submit completed applications to the Ludlow Municipal Office PO Box 359, Ludlow, VT 05149, (802) 228-2841 or email to tmanager@tds.net. 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 Susan Clay Parcel # 262046

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

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

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

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

Attest: _____

Julie Hance
Collector of Town and
Town School District Taxes

STATE OF VERMONT
WINDSOR COUNTY, SS.

NOTICE OF SALE Richard Gilardi Maureen Gilardi Parcel # 90123

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

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

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

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

Attest: _____

Julie Hance
Collector of Town and
Town School District Taxes

STATE OF VERMONT
WINDSOR COUNTY, SS.

NOTICE OF SALE Mccarty Realty, Inc. Parcel # 262036

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

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

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

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

Attest: _____

Julie Hance
Collector of Town and
Town School District Taxes

STATE OF VERMONT
WINDSOR COUNTY, SS.

NOTICE OF SALE Gary Outlaw Roger Outlaw Parcel # 252062

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

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

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

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

Attest: _____

Julie Hance
Collector of Town and
Town School District Taxes

STATE OF VERMONT
WINDSOR COUNTY, SS.

CORRECTED NOTICE OF SALE Randall Parry Parcel # 252016

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

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

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

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

Attest: _____

Julie Hance
Collector of Town and
Town School District Taxes

STATE OF VERMONT
WINDSOR COUNTY, SS.

NOTICE OF SALE Michael Wood Parcel # 312021

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

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

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

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

Attest: _____

Julie Hance, Collector of Town
and Town School District Taxes

LEGAL NOTICES

classifieds

AUCTION

PERKINSVILLE, Vt. – Contents of storage unit #19 rented by Holly Wiley at Perkinsville Storage will be auctioned on March 28, 2023 at 10 a.m. 4215 Rte. 106, Perkinsville, VT 05151. 802-263-5320.

BUYING/SELLING

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

FOR SALE

LUDLOW, Vt. – 2006 AWD Subaru Forester LL Bean Limited Edition. Runs great, needs exhaust, has new struts, head gaskets replaced, comes w/ 4 extra new tires. Asking \$1,000. Call 802-282-7856.

GUNS WANTED

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

HELP WANTED

LONDONDERRY AREA – Looking for weekly, part time help for our property management company.

Must be able to work alone, follow details, and have a drivers license. Jobs change with the seasons and can change daily, but consist of plowing, shoveling, sanding, fire wood deliveries, sometimes furniture removal or trucking, spring cleanups, mowing, brush clearing. Subcontractors or part time help all welcome. Will pay well. 802-345-5110.

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

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

about/jobs.
BELLOWS FALLS, Vt. – The BF Community Bike Project is looking to hire a Bike Mechanic for up to 10 hours per week. Flexible starting date, but preferably by the end of March. Pay based on experience. To inquire, please call Bonnie at 802-460-0662 or email bonnie@bfbike.org. We are a nonprofit bike shop, offering full service repairs and sales of used, refurbished bikes.

SEEKING

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

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

VT 5¢ RETURNABLES

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

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 5th, 2024. 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

Chester-Andover Elementary School KINDERGARTEN REGISTRATION

Chester-Andover Elementary School has begun the process of registration for children who will be eligible for Kindergarten for the 2023/2024 school year. Children must be 5 years old on or before August 31, 2023.

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

NOTICE OF APPLICATION TO BROWNFIELDS REUSE AND ENVIRONMENTAL LIABILITY LIMITATION ACT PROGRAM

Please take notice that Rockingham for Progress, Inc. whose mailing address is 12 Chase Park, Bellows Falls, VT 05101, is applying to the Vermont Brownfields Reuse and Environmental Liability Limitation Program (10 V.S.A. §6641 et seq.) in connection with the redevelopment of property known as The Miss Bellows Falls Diner, 90 Rockingham Street in the town of Rockingham / Village of Bellows Falls. A copy of the application, which contains a preliminary environmental assessment and a description of the proposed redevelopment project is available for public review at the Rockingham Town Clerk's Office and at the Vermont Department of Environmental Conservation offices in Montpelier. Comments concerning the application and/or the above referenced documents may be directed to Patricia Coppolino, at (802) 249-5822 or at Patricia.Coppolino@vermont.gov. Comments may also be submitted by mail to the Vermont Department of Environmental Conservation, Waste Management Division, 1 National Life Drive – Davis 1, Montpelier, VT 05620; attention: Patricia Coppolino.

Solution time: 24 mins.

B	A	I	L	C	O	P	H	E	R	A	
E	L	S	A	A	D	S	O	V	A	L	
L	O	M	B	A	R	D	R	E	S	P	
T	E	E	O	F	F	C	H	I	R	P	
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D	A	I	Y	S	R	N	S	H	E	I	S

Answer

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



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

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

www.charlestown-nh.gov

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

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

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

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

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

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

Position open until filled

STATE OF VERMONT

SUPERIOR COURT Windsor Unit PROBATE DIVISION Docket No.: 23-PR-00483

In re ESTATE of: Kenneth Tedford

NOTICE TO CREDITORS

To the Creditors of: Kenneth Tedford Decedent

late of LUDLOW, VERMONT Decedent's Town of Residence

I have been appointed to administer this estate. All creditors having claims against the decedent or the estate must present their claims in writing within four (4) months of the first publication of this notice. The claim must be presented to me at the address listed below with a copy sent to the Court. The claim may be barred forever if it is not presented within the four (4) month period.

Dated: 3-6-23 Signature of Fiduciary Donna E. Tedford

Executor/Administrator	Mailing Address
Donna E. Tedford	c/o Parker & Ankuda P.C., P.O. Box 519
Phone Number	City, State, Zip
802-885-2582	Springfield VT 05156

Name of Publication: Vermont Journal - The Shopper

Publication Date: March 15, 2023

Name of Probate Court: Vermont Superior Court, Windsor County, Probate Division

Address of Probate Court: 12 The Green Woodstock VT 05091

STATE OF VERMONT

SUPERIOR COURT Windsor Unit PROBATE DIVISION Docket No. 23-PR-00484

In re the Estate of: Keith Young

LICENSE TO SELL OR CONVEY

Real Property Personal Property

TO: Pamela Young

On _____ you filed a motion for a license to sell or convey certain property located in the Town of Springfield, County of Windsor, Vermont.

The property is described as Real Estate Personal Property consisting of: (Description of Property for Real Estate - include Land Records information)
2018 Toyota Tacoma VIN No. STFXSE6JX061576

Findings with respect to notice and hearing:

The motion was accompanied by the consent of all interested persons; or

A hearing was held as required by statute and notice of hearing sent to all parties; or

Notice and hearing were waived because power was expressly conferred by Article _____ of the Will and no surviving spouse, heir, devisee or legatee resides in the dwelling to be sold.

Findings with respect to the requested transaction:

The transaction is authorized by Article _____ of the decedent's Will.

Decedent was under contract to convey or sell the property at the time of death.

The transaction appears necessary to pay the obligations of the estate or to preserve property.

The transaction would aid in distribution or otherwise benefit the interested persons.

The property is the decedent's homestead, but there is no surviving spouse.

The property is the decedent's homestead and the surviving spouse has waived his/her rights to the homestead.

Therefore, it is hereby ORDERED that the property may be sold or conveyed as requested and you are licensed, authorized and empowered in your fiduciary capacity to complete the transaction as requested, subject to:

No Conditions

Conditions as described below: _____

You shall file a Report on License within 60 days from the date of the sale of any real or personal property.

No Report on License is required to be filed.

Dated: _____ Judge's Signature: _____ Printed Name: _____

Art Crafts Gifts

GALLERY AT THE VAULT

Vermont State Craft Center
68 Main St., Springfield 802-885-7111
Open Wed. 11-5, Fri. 11-7, Sat. 11-5

The Artist's Touch Open Wall Show

Calligraphy with Hope with Jorika Stockwell 3/18, 11-3, \$40.

Chinese Calligraphy & Poetry with Jonathan Root 3/25, 11-2, \$28.

galleryvault.org
(04/26/23 - TFN - 13)

Builders/Contractors

APEX VENTURES, LLC - HOUSE PAINTING & PROPERTY SERVICES

Booking exterior painting for the Spring + Summer. Houses, decks, porches, garages + barns. Also offering Commercial + Residential Cleaning Services + Lawn Care with an Electric Push Mower. Email adam@apexventures.one for a free quote. (05/10/23 - 13)

HAMMER FOR HIRE LLC

"Not just for bangin' nails."

We handle a variety of projects, from home repairs, restorations on up to full renovations, and new construction too. Our clients can expect professionalism, proficiency, customer care, and quality. Call or email today at 802-376-3275 edwin.mortensen@gmail.com. Follow us on Instagram @nedthehammer (11/22/23 - 52)

PETER JORDAN CONSTRUCTION

Over 25 years of experience in all phases of construction. Framing, finish carpentry, custom showers and tile work, hardwood flooring, decks, and siding. Fully insured and registered with the State of Vermont. Lead Paint Certified. Located in Proctorsville. 802-558-5267. (03/15/23 - 13)

NEW ENGLAND HOME BUILDING AND REMODEL

802-779-3414 - Located in Weston, VT

Kitchens, Additions, and Remodels. Finish Carpentry and Cabinet Work. Property Maintenance. Fully Insured, Free Estimates.

Like us on FACEBOOK and INSTAGRAM!
www.newenglandhomebuildingandremodel.com
(11/22/23 - 52)

Campground

CATON PLACE CAMPGROUND

2419 EAST ROAD, CAVENDISH VERMONT
SEASONAL SITES AVAILABLE FOR 2023! REASONABLE RATES!
802-226-7767, Catonplacecamp@gmail.com.

Full hook up sites, pull thru, and tent sites. Views of Okemo! Large Private Sites! (05/10/23 - 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. (08/11/23 - TFN - 52)

Cleanouts

A BARE CLEANING

We do cleanouts of every sort, small and large. One room to entire estates. Free estimates, fully insured, lots of references. Call Reg at 802-376-4159. (08/09/23 - 26)

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 stonart49@gmail.com or visit drcstonedesign.com. (05/24/23 - 13)

Okemo Valley TV

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 guide)

Watch Online: okemovalley.tv & youtube.com/okemovalleytv "Gavel-to-Gavel" coverage of local meetings (playing daily on Ed. / Gov. channel) (Meeting Playback Guide available at bottom of okemovalley.tv/schedule) (04/05/23 - TFN - 13)

health & wellness

Grace Cottage Hospital recognized as “age-friendly”

TOWNSHEND, Vt. – Grace Cottage Hospital has joined a nationwide initiative to improve health care specifically for older adults.

The Age-Friendly Health Systems Initiative is helping hospitals and other care settings implement a set of evidence-based interventions specifically designed to improve care for older adults.

In its letter congratulating Grace Cottage Hospital for its “Age-Friendly” level two recognition, the Institute for Healthcare Improvement (IHI) calls Grace Cottage Hospital “a leader in this rapidly growing movement committed to care of older adults.”

Grace Cottage is the only Vermont hospital that has achieved this recognition. The hospital joins an international group of more than 2,900 health systems applying the “Age-Friendly” approach to tailor care to patients’ goals and preferences so that care is consistently of the highest quality. Both Grace Cottage Family Health and Grace Cottage Hospital join 909 facilities nationally who have achieved the more ad-

vanced Level two recognition, “Committed to Care Excellence.”

“The integration of the age-friendly approach into our inpatient care is the perfect way to align that care with what matters most to our older adults,” said Lisa Eaton, Grace Cottage Chief Nursing Officer. “This model truly ensures that our multidisciplinary team is setting goals for our patients by looking through the lens of what matters to the individual.”

The IHI designation is based on a review of Grace Cottage Hospital’s patient care in four main areas, what the IHI calls the four Ms: What Matters, Medication, Mentation, and Mobility. Grace Cottage Hospital has proven that it provides patient-centered care, guided by what is most important to the individual patient (What Matters). It also aims to prevent, identify, treat, and manage dementia, depression, and delirium (Mentation), and to encourage older adults to move safely every day (Mobility). When medication (the fourth M) is necessary, Grace Cottage Hospital

providers choose medications and dosages with the least impact on the other three Ms.

The “Age-Friendly” designation is an initiative of The John A. Hartford Foundation and IHI, in partnership with the American Hospital Association and the Catholic Health Association of the U.S. The aim is to provide guidance and recognition for healthcare institutions seeking to provide the best “age-friendly” care for older adults.

Grace Cottage Family Health & Hospital includes a 19-bed hospital and ER, a primary care clinic, full-service lab and radiology, and both inpatient and outpatient physical and occupational therapy. Grace Cottage’s Messenger Valley Pharmacy is open to the public and located across the street from the hospital. For more information, visit www.gracecottage.org or call 802-365-7357.

Written by Grace Cottage.

Why a hearing aid isn’t just a hearing aid

BRATTLEBORO, Vt. – How many people do you know with hearing aids stuck in their sock drawer, rather than their ears? While there are varying reasons that this may be the case, the most common reason is that the hearing aids are not fit properly. With all the recent changes in the hearing aid marketplace that are focused on the hearing aid itself, it is easy to overlook a key fact: the “best,” most expensive hearing aid in the world is just a piece of junk if it isn’t fit correctly.

What is the most important aspect of a good hearing aid? It’s not the hearing aid itself! It is the settings that run that hearing aid. The first step is getting a hearing test from a qualified professional. With hearing that is accurately measured, hearing aids can be fit specifically for your hearing loss. Inaccuracy in a hearing test can lead to incorrect sound amplification in your loved one’s voices and sounds in the environment. Those most qualified to test hearing are audiologists who provide medi-

cal testing of hearing.

Most people generally believe that’s all you need to have a pair of useful hearing aids. But wait! There’s so much more! Is the hearing aid positioned in your ear correctly? Is the part that goes in your ear fitting the way it should in order to provide the hearing improvement you need? Is the sound that is coming out of the hearing aids into your ears actually correcting your hearing loss? Are the hearing aids working for you, in the daily life that you lead?

At Brattleboro Hearing Center we know that the hearing aid itself is just one part of the equation. We bring our expertise to the table to make sure hearing

aids work well for you by not only providing appropriate hearing aids for your hearing loss, your lifestyle, and your budget, but also by ensuring that the fitting of those hearing aids is appropriate for you.

A cheap hearing aid that is correctly fit will give you far better performance than an expensive hearing aid that isn’t fit well. Make sure your hearing provider is equipped with the knowledge, equipment, and experience to provide you with the hearing aid performance you need, so you can enjoy your life and loved ones to the fullest. Don’t settle for less.

Written by Brattleboro Hearing Center.



Health and wellness.

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Powered by Mike Ramsey, MD
 Chairman, Department of Anesthesiology, The Management Center, University of Vermont

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Thursday, April 6th
11:00 AM-1:00 PM,
 and, on the first Thursday monthly

Ludlow Community Center Mtg Room
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health & wellness

Six steps to manage your blood pressure —



Maintain a healthy blood pressure.

PHOTO PROVIDED

REGION – High blood pressure, also known as hypertension, affects nearly half of adults in the United States, and only about one-in-four with this condition have it under control, according to the Centers for Disease Control and Prevention (CDC). Hypertension can be dangerous, and in many cases, fatal. In 2020, it was a primary or contributing cause of more than 670,000 deaths nationwide. Medical experts say that controlling your blood pressure is possible and it starts with having the right information.

“Nearly half of all American adults have high blood pressure, and many don’t even know it. High blood pressure is a ‘silent killer,’ often having no overt symptoms, but increases the likelihood of heart attack, stroke, and other serious health risks. I urge you to know your numbers and make the simple lifestyle changes that can help you control your blood pressure and live a long and healthy life,” says Jack Resneck Jr., M.D., president of the American Medical Association (AMA).

To get on the right track, consider these tips and insights from the AMA:

1. Know your numbers. Hypertension is diagnosed when your systolic blood pressure is greater than 130 mmHg or your average diastolic blood pressure is greater than 80 mmHg. Visit www.ManageYourBP.org to better understand your numbers.

2. Monitor blood pressure. Once you learn your blood pressure numbers, take and keep regular records using an at-home blood pressure monitor. For an accurate reading, the CDC says to sit with your back supported for five minutes before starting, and wait at least 30 minutes after drinking or eating a meal. You should also avoid stimulants for at least 30 minutes beforehand, as the CDC says that smoking and drinking alcohol or caffeine can elevate your blood pressure. If you take medication for hypertension, measure your blood pressure before your dose. Share your numbers with your health care provider.

3. Eat right. Reduce your intake of processed foods, especially those with added sodium and sugar. Eat less red meat and processed meats, and add more plant-based foods such as vegetables, fruits, nuts, seeds, and olive oil to your diet. Also, reduce your consumption of sugar-sweetened beverages and drink more water instead.

4. Drink alcohol only in moderation. If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans; up to one drink per day for women and two drinks per day for men,

and only by adults of legal drinking age.

5. Be more physically active. Do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity. Be sure to include a mix of cardiovascular exercise, strength training, and flexibility. Obtain guidance from your doctor if you aren’t sure if it is safe for you to exercise.

6. Maintain a healthy weight. If you are overweight, losing as little as 5-10 pounds may help lower your blood pressure. Consult your doctor about safe ways to maintain a healthy weight.

Written by StatePoint.

New Group for those with memory concerns and their care partners to kick off in Ludlow —

LUDLOW, Vt. – Attention Caregivers: Are you caring for a loved one who may be experiencing forms of dementia or other cognitive disorders?

The grand opening of a Memory Café, sponsored by Black River Good Neighbor Services, is scheduled for Thursday, April 6, from 11 a.m. - 1 p.m., in the Ludlow Community Center Meeting Room, 37 Main St., Ludlow, Vt. This will be an ongoing event and will take place on the first Thursday of each month.

A Memory Café is a safe and comfortable space

where caregivers and their loved ones can socialize, listen to music, play games, and enjoy other appropriate activities. It provides mutual support and exchange of information within a safe, non-judgmental setting. Valuable resources will be available from local support organizations to help in the caregiving experience.

Research shows that Memory Cafés enhance caregivers’ well-being by providing them with an environment filled with acceptance and belonging. They offer social connectivity, inclusion, and a time to step out of their daily routine. People living

with dementia can become isolated due to increasing difficulty of engaging in everyday activities. A goal of this Memory Café is to offer caregivers a break. The stress of caregiving can be overwhelming, and the de-

mand for help is huge, especially with the rise of an aging population.

This event is free to attend and lunch will be provided. For more information, please contact Joan Frangiose at 802-228-4145.

Participate in this wellness section next week, March 22!

Email ads@vermontjournal.com for more information.



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arts & entertainment

Cartoon workshop for kids

SPRINGFIELD, Vt. – Cartoonist Elizabeth Scales will be leading an introductory workshop at the Springfield Library in the art of cartooning. Create your own characters and draw them in a comic strip.

March 23 is an early release day for Springfield Schools, so it is a perfect

opportunity for students to have some fun drawing cartoons. Elizabeth is a recent graduate of the Center for Cartoon Studies.

This free workshop is sponsored by Gallery at the VAULT, with support from Claremont Savings Bank. The workshop will be held from 1-3 p.m. on March 23 at the Springfield Town

Library. Please sign up at the library, by calling Gallery at the VAULT at 802-885-7111, or by going on Gallery at the VAULT's eventbrite link on their website, www.galleryvault.org. Include participating student's name and age as well as parent's contact information.

Arts & Humanities Curators

PUTNEY, Vt. – Next Stage announces the NXT Curators series, supported in part by Vermont Humanities, offering an opportunity for audiences to hear from curators in various arts/humanities fields. The intent is to shine a light on lesser known styles and genres, providing a behind-the-scenes look at what curators need to consider when working with their medium.

"This curator series shines a spotlight on some less mainstream mediums to hear from the people who help facilitate the vast body of work, how it gets made, what goes into making it, and how to make sense of it," says Keith Marks, Executive Director of Next Stage Arts.

March 23: Poster House's Angelina Lippert – What

is a poster and how is it different from a print, a handbill, or a flyer? What makes a poster valuable? Join Angelina Lippert, chief curator and director of content at Poster House in New York City, the first and only museum in the United States dedicated to the art and history of the poster. This talk will cover the birth of posters in the mid-1800s, major stylistic movements, important moments in printing history, and a glimpse into the wide array of exhibitions Lippert has curated on posters. This talk is co-presented with the Brattleboro Museum and Art Center.

March 30: The Association for Cultural Equity's Anna Lomax Wood, interviewed by Miriam Elhajli – Singer-songwriter and musicologist Miriam Elhajli will interview Anna Lomax Wood, President of the Association for Cultural Equity (ACE) and daughter of the organization's founder, musicologist Alan Lomax. The talk will focus on ACE and the Global Jukebox, an online database and interactive website which allows users to listen to and learn about more than 6,000 songs from 1,000 cultures, including many from Lomax's personal collection.

April 6: Jacob's Pillow's Melanie George – Melanie George is a jazz dance artist, dramatist, and scholar. She is an Associate Curator & Scholar-In-Residence at Jacob's Pillow. Named one of Dance Magazine's "30 over 30" in 2021, Melanie aims to deconstruct traditional hierarchies in dance.

Next Stage is located at 15 Kimball Hill in downtown Putney, Vt. All talks are free to attend, but donations are appreciated. Advance registration is available at www.nextstagearts.org. For information, call 802-387-0102.

Creative minds at Fact TV

SAXTONS RIVER, Vt. – Creativity, connections, and curiosity are the hallmarks of a weekly video podcast called "Eager To Know," that Saxtons River artist Ricky McEachern is debuting on public access television in Bellows Falls and Keene, N.H., on Wednesday, March 15, at 9 p.m. and Thursday, March 16, at 4 p.m., as well as through podcasting platforms.

"I'm an extremely curious person and I love to connect with creative people," said McEachern, who has produced 104 podcast episodes featuring interviews with creative people, among them a famous novelist, an astrologer, a tattoo artist, a mind reader, a photographer, a muralist, and a garden designer. Episode 105 will be the first one produced at FACT TV in Bellows Falls.

Each 29-minute podcast will connect with

someone in the arts or another arena that is doing something interesting.

"People are curious about the world and want to see inside the minds of people who are doing things they don't do," he said. "I want people to be inspired and see themselves in a new way."

McEachern himself has gone through changes that helped him see himself in new ways.

Originally from the Boston area, McEachern's curiosity about the world was spiked by fifth grade science, which led to a career in plastic engineering. His science brain battled with his art brain until, in 2010, and with the help of meditation and yoga, he embraced the latter.

After exploring art in Chicago, he moved to Saxtons River last year, bought a house, and set up a studio. He was familiar with the area from being part of a group that came to Jamaica

regularly to ski.

McEachern has found no lack of interesting people to interview, including Bellows Falls-based artist Charlie Hunter and a couple who have set up Willow Vermont, an art, meditation, and yoga retreat in South Newfane.

"I was drawn to Vermont because it's so beautiful," he said, "but also because the people are so open and present."

He is hoping others will share his curiosity and find inspiration in the lives of those he interviews.

The podcast will air Mondays after midnight on podcast platforms and Wednesdays at 9 p.m. and Thursdays at 4 p.m. on Falls Area Community Television (www.FACT8.com), serving the Bellows Falls and Keene areas. It will also be available on Apple podcasts, Spotify, and YouTube. More details can be found at McEachern's website www.rickyartist.com.

Vermont Comedy All Stars

PUTNEY, Vt. – Gordon Clark and his Vermont Comedy All-Stars return for a night of stand-up comedy at Next Stage Arts. Featured performers will include several contest winning and touring comedians most often seen in the Burlington area.

"We've got to keep laughing to handle the news, these days," says Keith Marks, Executive Director of Next Stage Arts.

Hillary Boone started life in a log cabin in the Northeast Kingdom of Vermont where they spent their childhood waiting to escape. After traveling the country and

some of the world, Hillary is back in Vermont, making people laugh. Their comedy has been described as quirky, likeable, queer, smart, and "simply delightful" by a local comedy critic.

Vicki Ferentinos started her comedy career over a decade ago at the Upright Citizens Brigade in NYC. She has been seen on Comedy Central, WOR Radio, and the Food Network. Her one-woman show "Lady Bug Warrior" was a hit at the Edinburgh Fringe Festival. Vicki was a top three finalist at the 2022 Vermont's Funniest Comedian Contest.

Al Ghanekar has been a stand-up comic in the New England scene for the last six years. After starting comedy, he learned to write a bio in the third person, to make it look like you're important enough that someone else wrote your bio. He's opened for national headliners like Lenny Clarke, Jim Gaffigan, and Jerry Seinfeld. His comedy is centered on his confusing life experiences and embarrassments, as well as very unique stories of being a first generation Indian American dude.

Marisa Imón's comedy, often expressed through music, addresses the light-hearted nature of issues like death, mental illness, iden-

tity, and spirituality. She's the international Amazon bestselling author of the book "Super Intense" an award-winning composer, host of the podcast "Incandescent," and her comedy screenplay recently made the shortlist at Barnstorm Fest.

Liam Welsh is a Burlington based stand up comic. He performs regularly at the Vermont Comedy Club, has been a multiple time finalist in the Vermont's Funniest Comedian Contest, and has featured for national headliners such as Solomon Georgio, Jay Jurden, and Janelle James. He also hosts a weekly stand up showcase called Free Stuff, every Tuesday at Lincoln's, in Burlington.

Gordon Clark is the producer and host of the Next Stage comedy shows, and the Director of Vermont Comedy All Stars, a non-profit dedicated to promoting the comic arts in Vermont. He also produces and hosts two monthly shows, the "Second Wednesday" Comedy Jam at the iconic Nectar's Lounge in Burlington, and the Third Thursday Stand Up Specials at Bent Nails Bistro in Montpelier.

Next Stage is located at 15 Kimball Hill in Putney. For information, call 802-387-0102.



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