



THE Vermont Journal

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M&T Bank gives to MOW

LUDLOW, Vt. – “M&T Bank is pleased to provide \$5,000 to Black River Valley Senior Center’s Meals on Wheels program,” said Art Randolph, branch manager and vice president of M&T Bank. “Black River Valley Senior Center is not only providing healthy meals for seniors, they are providing wellness checks, a friendly neighbor to visit with, and much more. We are proud to support a program that provides assistance to so many of our friends and neighbors.”

Pictured from left to right are Jean Strong, John Murphy, Isabel Montgomery, Sandy Johnson, and Art Randolph.

PHOTO PROVIDED



Thanks to American Legion

LUDLOW, Vt. – A big heart felt thank you goes out to The Ballard-Hobart American Legion Post 36 in Ludlow for their continued generous support of the Meals on Wheels program. Harry Gruber, World War II veteran and American Legion Post 36 chaplain, presented gas gift cards to the Black River Valley Senior Center, who coordinates the meals program for folks in the Ludlow and Plymouth areas. The gas gift cards were distributed to Meals on Wheels volunteer drivers who personally deliver over 80 meals weekly to those in need. If you are interested in a rewarding volunteer opportunity, call 802-



228-7421. Pictured from left to right are Frank Provance, John Murphy, Harry Gruber, and Jean Strong.

PHOTO PROVIDED

Plymouth discusses grants, policing, childcare

BY SHAWNTAE WEBB
The Vermont Journal

PLYMOUTH, Vt. – At the Dec. 18 selectboard meeting, board chair Jay Kullman introduced Sydney Steinle from the Two Rivers Ottauquechee Regional Commission to discuss the Municipal Technical Assistance Program (MTAP). Steinle gave an overview of the program, which helps towns access grants that they otherwise wouldn’t have the ability to by working with the regional planning commission. The program began in March 2023, and expanded in October to include more towns. MTAP is funded by a budget adjustment by the state, and there is no charge to the towns.

The activities that can be done by the municipalities are needs assessments, opportunity assessments, applications for those funding sources, and management of funding. Grants can be used for a number of projects, including water and wastewater, housing, climate change, resilience, and mitigation. The board

also thought it might be a good avenue for disaster recovery, but they don’t want to overlap with FEMA and other federal funding.

Steinle requested getting the needs of the town from the selectboard, suggesting the community building, which has many functions. Once she has a sense of the priorities of the town, she can see if they match up with any MTAP grants.

Kullman asked emergency management director Al Poirier if the community center building needed any attention. Board member Rick Kaminski reported that it was in good condition with a new roof, paint, and boiler. Kaminski was more concerned with roads and bridges. Steinle said there are grants available, but would have to refer to MTAP to see if they can assist with such projects. Repaving is a large discussion the program is currently having. Steinle also explained MTAP is a flexible assistance program that doesn’t have any particular cap for funding budgets on any particular town or project.

Lauren Skaskiw from the Childcare Community Center spoke about seeking grants to help them continue to operate and expand. She is looking to immediately outfit a baby classroom, but also noted that parents in the community are struggling to find an after school program. Steinle confirmed that municipal buildings that are being used for things like daycares do qualify for MTAP grants.

The childcare center would like to expand further into the activities room of the community building to create another classroom. Skaskiw added that she found a qualified individual who is ready to operate the baby room upon their expansion. “I am not going to progress forward without the blessing of the selectboard, historical society, and emergency department because that is also a function of the building,” Skaskiw said. “It’s a great building and the children who bust through that door, it is their second home and they love it.” Skaskiw added that she is happy to compensate more for rent, as

she would be utilizing more space in the building.

The board was concerned with the other uses of the community center, and discussed the possibility of moving the historical society to the Coolidge Foundation. A bigger concern was the emergency use of the building. Poirier said they already have to move furniture and desks to the side, which makes it more difficult in the need of a shelter space. “I am not saying it is impossible, but we need to discuss it,” Poirier said.

Board member Keith Cappellini said they need to consider the entire community and not just the parents in town. He said the outcome should be voted on by the townspeople.

The board shifted to the town constable’s role. Cappellini said it might be in the better interest of the town if the first constable, Josh Linton, could act with more official policing duties. There was further discussion on responsibilities and budgets, and questioning if the job needed to be so “central” from the Sheriff’s department. Cappellini

said there didn’t need to be black Suburbans in small rural towns.

Kullman countered, expressing that the Sheriff’s department has been responsive, and “is meeting our needs. One of the needs is on call 24/7 and we have that now and the price is pretty darn reasonable.”

Bruce Pauley added that small towns are not immune to big problems. “Things change and a Sheriff’s department has the resources to do a lot of things that a town constable doesn’t have access to.” Pauley felt that Linton could add services to that of the Sheriff’s department.

Linton responded to the conversation, saying taking over that role was just an idea that was tossed out two years ago and it is just now being revisited. “Ultimately, maybe it is something that I can work with Sheriff [Ryan] Palmer. I am open to those conversations.”

Kaminski suggested Linton list a budget for his services and let the voters decide on the policing roles at town meeting.

Palmer noted that with

Linton being a level 2, he cannot investigate; he can respond to a scene and call for back up, and that puts the town more at risk.

Previously, at the Dec. 4 meeting, Poirier gave an overview of the July flooding, and discussed getting back on board with the Vermont Alert system. He noted that the state used 211 to share damage information, which seemed to work well, and Starlink was another source available to help with communications. The cost was estimated at \$600 for installation, and an additional \$110 monthly fee.

Kaminski provided an update on Bridge 46 on Scout Camp Road. An inspection showed that the embankment on one side is undermined, and the town has plans to do repairs in the spring. The town received two bids, and awarded the job to Daniels Construction with the lower bid. Kaminski added that the Billings Road Bridge also needs work. The town received a grant for those repairs.

The next meeting is scheduled for Monday, Jan. 15, at 6 p.m.

Wrapping up Senior Solutions’ 50th year

REGION – As 2023 came to a close, it’s a great time to remind everyone of Senior Solutions’ mission: “To promote the wellbeing and dignity of older adults.”

We do that by providing many services, benefits, and resources, including application and benefits assistance, caregivers and resources, case management, home delivered and community meals, legal assistance, medicare information and counseling, options counseling, senior companions, friendly visitors, vet to vet visitors, senior helpline, transportation assistance, veteran-directed home care, volunteer opportunities, and wellness programs. Please visit our website for detailed information about how to access any or all of that help at www.seniorsolutionsvt.org. Our helpline number is 802-885-2669, or toll free at 866-673-8376.

In 2023, Senior Solutions celebrated 50 years of service to our region as the

designated agency on aging under the federal Older Americans Act of 1973. We are dedicated to serving those who are most vulnerable, and many of our programs and services are available regardless of income or assets.

Senior Solutions Memory Cafés

If you are caring for a loved one diagnosed with Alzheimer’s or dementia, consider attending one of Senior Solutions’ area Memory Cafés. In Chester, the Memory Café is on the first Thursday of each month. It is located in Willard Hall at the rear of St. Luke’s Episcopal Church on the west end of the village green. Anyone who wants to attend these should feel very welcome. They are free with refreshments. We have wonderful volunteers who will keep an eye on your loved one while you gain support from other caregivers and find out about resources to help you deal with the difficulties of

caregiving. A community partner hosts a Memory Café in Ludlow at the Community Center on Route 103 on the second Thursday of each month. All of these are held from 11 a.m. – 1 p.m. In addition, if you have been recently diagnosed with a form of dementia, please feel welcome to come by yourself and take part in any activity or discussion you like.

Senior Solutions annual report and town vote

Get a comprehensive look at Senior Solutions’ year in review. Read through the Annual Report and find out who we are and what we did this past year. The town funding petitioning season is under way. Senior Solutions staffers and volunteers will canvass some of the towns we serve to ask for petition signatures so we can remain on those town ballots. Please take a minute to sign, and feel free to ask about specific programs, such as Walk with Ease,

Foxy Fund, Nutrition Benefits Assistance, LIHEAP Fuel Assistance, and so much more. Remember that we encourage voters to support local meals providers, as we do not use municipal funds to underwrite those programs. We contribute to home delivered meals operations with the federal funds we receive to help them. The federal money does not keep up with inflation, so please support your local meal providers through town meets and ballots.

We do appreciate the support that we receive every year from the many communities we serve. Our services are free to those of us over 60 and to disabled adults. Senior Solutions is always looking for additional grants and outside funding to ensure our resources can meet the needs of our older population. Check with your town and find out when the information meeting and actual vote are go-

ing to take place next year. It is traditionally the first Tuesday in March. We work with many community organizations to combine resources and services. As an umbrella organization, our specialty is coordinating the direct services that so many of us require as we age.

Winter 2024 CARERS Program for family dementia caregivers

CARERS stands for “coaching, advocacy, respite, education, relationship, and simulation.” This is an evidence-based, therapeutic group program to help caregivers attain more knowledge and skills to increase their competence through eight weekly sessions. Visit our website, www.seniorsolutionsvt.org, to learn about the program that is offered by The University of Vermont Medical Center (UVMCC) Dementia Family Caregiver Center and the UVMCC Department of Neurology. If you are a spouse or partner,

there are sessions for you. If you are an adult child caregiver, there is a session for you. These sessions have helped many family caregivers increase their ability to cope. These are offered on a HIPPA compliant Zoom platform. To register, please contact Lori McKenna at 802-847-4589 or Lori.McKenna@uvmhealth.org, or Joan Marsh-Reed at 802-847-4589 or Joan.Marsh-Reed@uvmhealth.org.

Consider volunteering with Senior Solutions

At www.seniorsolutionsvt.org, you’ll find extensive information about Senior Solutions’ health and wellness benefits outreach schedules. We also list locations and dates of congregate meal sites. Find out how to sign up to become a senior companion, a friendly visitor, or a vet to vet visitor. There are many opportunities to make a difference in your own community by giving just a few hours a month.

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DEADLINES

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

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EMAIL YOUR PRESS RELEASES, ARTICLES, AND PHOTOS
editor@vermontjournal.com

OVRCC additional disaster relief funds

LUDLOW, Vt. – The Okemo Valley Regional Chamber of Commerce (OVRCC) is pleased to let you know that we have additional grant funds for disaster relief thanks to a grant award from the Vermont Community Foundation for businesses in Okemo Valley

communities. Our funds remain limited, but we anticipate grant awards of up to \$5,000. Prior awardees are invited to apply again. This grant application will close on Jan. 19, so please complete your application before then. We will do our best to be equitable in how

these limited funds are distributed and in a timely manner. Please forward your questions to Carol Light-hall at Okemo Valley Regional Chamber of Commerce, clighthall@yourplaceinvermont.com.

Winter birding walk at Hillside Springs Farm

WALPOLE, N.H. – What winged wonders wander our wintry world? Flock to Hillside Springs Farm, 32 Comerford Road in Westmoreland, N.H., on Jan. 27, from 9-11 a.m., to find out.

We will discover winter-loving species, and learn about farm habitat dynamics for birds, habitat management, wildlife conservation on the farm, and species identification from experienced bird guides. This workshop series is open to birders and enthusiasts of all skill levels.



Winter birding walk.

STOCK PHOTO


Register at birdingon-farm.eventbrite.com. For more information or assistance in online registration, please contact Matt at 603-756-9282 or matt@cheshirecon-

servation.org. Presented by the Cheshire County Conservation District (CCCD) in partnership with the USDA Natural Resources Conservation Service (NRCS), Windham County Natural Resources Conservation District (Windham NRCD), the Southeastern Vermont Audubon Society, and the Antioch Bird Club.


Participants are encouraged to bring binoculars and weather appropriate attire and boots. Pace will be slow over moderate terrain. Registration is required.



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GMP's rebate programs continue in 2024

REGION – Starting Jan. 1, Green Mountain Power (GMP) will continue its popular rebate programs to help customers save when they switch from fossil fuels to clean electricity for driving, heating and cooling, yard care, and more. All GMP's programs are designed to help cut costs for all GMP customers while also cutting carbon emissions. To learn more about all GMP rebate programs, visit www.greenmountainpower.com/rebates-programs.

Also starting in January, GMP is updating its heat pump program to expand access to the super-efficient heating and cooling technology by more than doubling its enhanced, post-purchase heat pump rebate for income-eligible customers to \$2,000. It had been \$600. To qualify, customers must have a household income at or below 80% of area median income (AMI). To see if your household qualifies for the enhanced post-purchase rebate, check the AMI information available on the heat pump rebate page

on the GMP website, www.greenmountainpower.com/rebates-programs/home-and-yard/heat-pump. At the same time, the \$300 post-purchase rebate for moderate-income customers and the \$400 midstream rebate paid to suppliers will end. The rebate program changes are for ductless mini-split cold climate heat pumps and centrally ducted air source heat pumps, and they go into effect on Jan. 1. "Since 2020, GMP incentives have helped customers install more than 28,000 mini split heat pump systems and 2,700 ducted heat pumps, and we're thrilled to enhance our post-purchase rebate to help more Vermonters," said Tiana Smith, leader of electrification at GMP. "Heating with fossil fuel is the top source of carbon pollution in Vermont, and GMP is proud to have partnered with installers and customers to grow the market here for this clean electric technology." GMP customer Jonathan Klein has heat pumps at his Richmond, Vt., home as his family shifts away from fossil fuel. "They have been incredible all year long. We're able to control energy use and temperature by room,

which is great. I tell all my friends how well they work and how cost-efficient they are," Klein said. GMP's other incentives for heating and cooling systems will continue. They include up to \$400 point of sale discount through participating suppliers, up to \$2,000 for centrally ducted air source heat pump systems, \$1,000 per ton for air-to-water heat pumps, and \$2,100 per ton up to 6 tons for ground source heat pumps and geothermal systems. All GMP incentives and rebate programs, including EV rebates, electric mower, and yard care rebates, cut carbon and reduce costs for all customers, and help address the top sources of carbon pollution – heating and transportation. In 2023, GMP residential and business customers offset more than 629 million pounds of lifetime carbon through GMP's incentive programs, which is the equivalent of preventing the burning of 2.4 million barrels of oil. Customers can email GMP's Energy Innovation Team at energynnovationteam@greenmountainpower.com, or call 888-835-4672.

Snowmobilers to use caution


REGION – The U.S. Forest Service (USFS) looks for a successful snowmobile season and

wants to encourage all riders to put safety first out on the trails. Green Mountain National Forest (GMNF) officials are advising snowmobilers to exercise caution when operating on the National Forest, and all lands in Vermont. GMNF officials remind snowmobile enthusiasts to heed all gates and signs, and to stay off roads and trails that are closed. Forest Service employees and several snowmobile clubs throughout Vermont have been working to clear trees and other debris from trails. However, trail users should continue to use extra caution as downed tree hazards are possible. Weather permitting, snowmobile use is al-

lowed on designated trails within the GMNF for four months beginning on Saturday, Dec. 16, and ending on Monday, April 15. "We are concerned about user safety. Patrols which are aimed at enforcing rules and regulations, monitoring trail conditions, and providing visitor information will occur throughout the forest," said John Sinclair, forest supervisor for the Green Mountain and Finger Lakes National Forests. The GMNF will continue to work closely with state and local law enforcement agencies, as well as the Vermont Association of Snow Travelers (VAST), to make sure that users of the trail system are respectful, responsible, law abiding, and safe.

The GMNF and VAST cooperate to maintain more than 470 miles of National Forest System trails that are part of the larger statewide snowmobile network. VAST is one of several snowmobile associations in the United States that has a cooperative partnership agreement with the U.S. Forest Service. "All of these trails allow mixed uses, so people are snowshoeing, hiking, and cross-country skiing, as well as using snowmobiles. Snowmobilers should travel responsibly and yield to other users," said Sinclair. The maximum speed is 35 miles per hour on state and federal land.

Operators must maintain control of their snowmobile while riding, keep to the right at all times, wear helmets, and stay on designated trails only. All snowmobiles must be legally registered, have liability insurance, and operators must purchase a VAST Trails Maintenance Assessment decal. Officials also encourage winter trail users to pack a flashlight, cell phone, food, and extra warm clothing in case of an emergency. Trail users are encouraged to visit the VAST trail update for specifics on trail conditions and closures, www.vtvast.org/trails.html.



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Ludlow in 1905

BY RON PATCH
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ronpatch27@gmail.com

One photo with this article is a Black River Academy souvenir. It was published in 1955. It's a look back at old Ludlow from 1905 class members. In part, it reads:

“Alumni Day, June 18, 1955

On this, our Fiftieth Anniversary, why not turn back with us for a look at Ludlow as we remember. At your leisure it might be interesting to note the changes that have come about.

In 1905 Ludlow had been a chartered town for 144 years.

The Tax Rate was: Town \$1.63—Village 45¢;

The Population was 2,042;

Main Street was, and is, about 1,026 feet above sea level and Mt. Okemo is 3,372 feet above sea level.

There were no paved roads at this time in the town or village. Sidewalks were paved on some streets. There were some paved walks from one side of the street to the other.

Water and sewer service had been in use seven years.

Electric light service had been in use four years.

The Fletcher Memorial Li-

brary was being used for the fifth year.

Telephone service had been in use seven years.

The Ludlow Opera House had been in use only two years but was very busily engaged in presenting travelling shows. Motion pictures were just starting and were few and far between. (The Opera House, as we called it, burned and in 1923 the present Town Hall was erected).

Our manufacturing consisted of the Ludlow Woolen Mill, Black River Woolen Mill, Verd Mont Woolen Mill, Fullam Chair Factory, Agan's Shoddy Mill, Hathorn's Horse Collar Shop, Keating's Cigar Manufacturing Shop, Morgan's Dress Shop, Harlan Graham's Woodworking Shop, Warner's Machine Shop, Harry Lawrence's Woodworking Shop, Billado and Blanchard's Sawmill. (The last two were burned out during this year of '05).

This was the year the Jewell Brook Mill, which was to mean so much to Ludlow, was nearly completed to open March 1906.

There were two printing offices – the Vermont Tribune and the R.S. Warner shop. The Tribune office was

‘the first place of industry’ to install an electric motor.

The Ludlow House and the Goddard House were two busy hotels. There was only one ‘restaurant’ in town.

Four lively stables with between 60 and 80 horses furnished transportation to nearby places. On Wednesdays, “Drummer Day,” it was almost impossible for a local to hire a team because of the big demand by the travelling salesmen. Four Blacksmith Shops were busy most of the time.

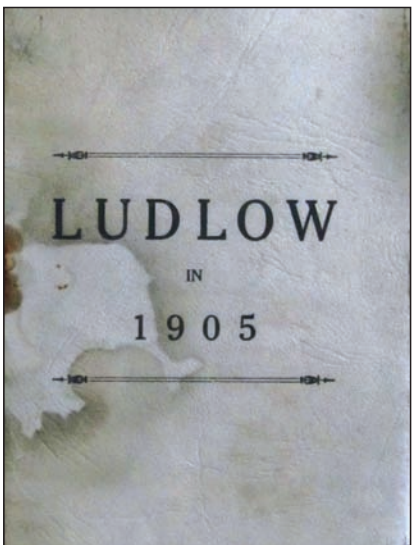
There were eleven passenger trains out of town every day and on Sundays a paper train early in the morning going north.

Autos were few – probably no more than six were owned by locals.”

In 1905 there were 408 pupils enrolled in the schools in Ludlow. In the village was the Andover Street School,



Ludlow school circa 1907. Today these buildings house the Ludlow Senior Center and Black River Academy Museum. PHOTO PROVIDED BY RON PATCH



1905 BRA souvenir. PHOTO PROVIDED BY RON PATCH

the graded school on High Street, now occupied by the Locker Plant.

There were no hot lunches at that time. The hickory rod was in use and probably needed.

Baseball and Football were played for years. B.R.A. was proud of its teams...

Junior Proms were not on the school calendar. Instead of “Proms” they were called “Receptions” and always held in some church vestry with marching as the chief amusement. Dancing was prohibited. One class put on a dance and the next day expulsion was the word heard in school. Later that year the business men sponsored a dance for the graduating class.

The class of '05 was the 70th class to graduate from B.R.A. and the third class to hold their exercises in the first Town Hall”

The last page is a list of 1905 students:

“50-YEAR ALUMNI CLASS
Harlan E. Aldrich, Springfield, Vt.
Vera A. Giddings, Springfield, Vt.
Francis L. Keating, Portland, Me.
Harry N. Lamere, Ludlow, Vt.
Mabel S. Martin (Mrs. Freeman Tilden), British Columbia
Lillian M. Wilson (Mrs. Clarence Pratt, Deceased).”

The other photo with this article is a “real photo postcard,” as we know them in the trade. It would date from 1907 to 1915. These photographers used a large wooden camera, on a wooden tripod. Instead of roll film you might have seen, these photos were taken on a 5 by 7 inch glass plate. This would be the negative. In this photo, the photographer, or his assistant, wrote in white letters directly on the glass plate. From these negatives postcards were published and sold to travellers or locals.

This week's old saying: "Figures don't lie, but liars sure can figure."

Second-Saturday Synthfest Series at Stage 33 Live

BELLOWS FALLS, Vt. – There will be two electronic music performance concerts celebrating synthesizers, circuit-bending, and sound manipulation on the second Saturdays of the first two months of 2024 – Jan. 13 and Feb. 10 – at Stage 33 Live, 33 Bridge Street in Bellows Falls, Vt.

Each session will open with a meet and greet at 6 p.m. Get up close to the gear (don't touch though), talk with the performers, and settle in. Five 20-minute performances will begin at 7

p.m. The players will be in the center of the room, with the audience in the round and encouraged to roam throughout the show. The performances are expected to range from cinematic and lush to computeresque and urgent. It may get loud.

Session 1 performers on Jan. 13 include three from NYC – Metamyther, camer-on.way, and makamqore – along with Thomas Nöla of Vermont, and B.B. Dozer of New Hampshire.

Session 2 performers on

Feb. 10 include Repairer of Reputations from Rhode Island, Acacia Bridge from New York, and three from Vermont – Thorny, Malcolm McShinsky, and Uke Meri.

Suggested donations can be made in advance through www.stage33live.com, or at the door per event. All proceeds benefit the performers. No one will be turned away for lack of money. Advance donations guarantee entry if the session sells out.

Maura Shawn Scanlin at Next Stage

PUTNEY, Vt. – Next Stage Arts and Twilight Music present fiddler, singer, and songwriter Maura Shawn Scanlin and her band at Next Stage on Sunday, Jan. 14, at 7 p.m.

Maura Shawn Scanlin is making a name for herself among the Celtic and acoustic music scenes across the country. Her playing, hailed for its inventiveness, fluidity, and tone, brings together influences from Ireland, Scotland, and the American South, where she grew up. Touring actively with

her duo Rakish and string quartet Rasa String Quartet, Maura has also shared the stage with many cornerstone musicians in the Celtic music world including Seamus Egan, Maeve Gilchrist, Judy Collins, and Hanneke Cassel. Maura is a two-time U.S. National Scottish Fiddle Champion, a Glenfiddich Fiddle Champion, and is touring for the first time under her own name, following the release of her debut full-length solo album. Her band features Conor Hearn on guitar

(Rakish), Adam Hendey on bouzouki (The Fire), and Julian Pinelli on fiddle (Peter Rowan Bluegrass Band, The Foreign Landers).

Next Stage is located at 15 Kimball Hill in downtown Putney, Vt. Tickets discounted in advance through www.nextstagearts.org. There is also a livestream option. Next Stage will provide a beer, wine, and cocktail cash bar. For information, call 802-387-0102 or visit the website above.

“Sightings,” photography show at the VAULT

SPRINGFIELD, Vt. – Gallery at the VAULT is delighted to present “Sightings,” a photography show by Richard Cofrancesco from Jan. 4-31. An exhibit of images that have caught Richard's imagination, printed on metal and paper, in black and white as well as color. Come and talk with Richard at his reception on Friday, Jan. 5, from 5-6:30 p.m.

Richard is always looking for that perfect photo, especially for the ways that light changes, creating interesting compositions. “I am excited to find compositions where all elements come together to form images of beauty or questions to the viewer. I look for natural scenes and



Richard Cofrancesco photography. PHOTO PROVIDED

and has been with the VAULT since its inception. People really enjoy his work.

For more information, please call Gallery at the VAULT, 68 Main Street, Springfield. We are open Wednesdays, Thursdays, and Saturdays, from 11 a.m. – 5 p.m., and Fridays, from 11 a.m. – 7 p.m. For more information, call 802-885-7111, email galleryvault@vermontel.net, or visit www.galleryvault.org or the gallery's Facebook page. The gallery is handicap accessible.



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health & community

OPINION

Apple Blossom responds to community input —

SPRINGFIELD, Vt. — Springfield Hospital and the Apple Blossom Committee have been reaching out to local high school seniors and past high school graduates, and we have discovered that the excitement for Apple Blossom exists, but potential contestants and community members are looking for additional revisions. The organizers have listened, agreed, and are adopting some changes for 2024.

The deadline for contestant applications has been extended to Jan. 19, 2024. Constants do not need a partner to sign up. As always, contestants who are seniors of area high schools are encouraged to apply. Included are the high schools of Springfield, Belows Falls, Fall Mountain, Green Mountain, Ludlow, Stevens, Windsor, Compass School, Vermont Academy, and Woodstock, as well as home school. New for 2024, graduates of the classes of 2020, 2021, 2022, and 2023 are invited to apply for the 2024 event. Those gradu-



Apple Blossom registration deadline is Jan. 19. PHOTO PROVIDED

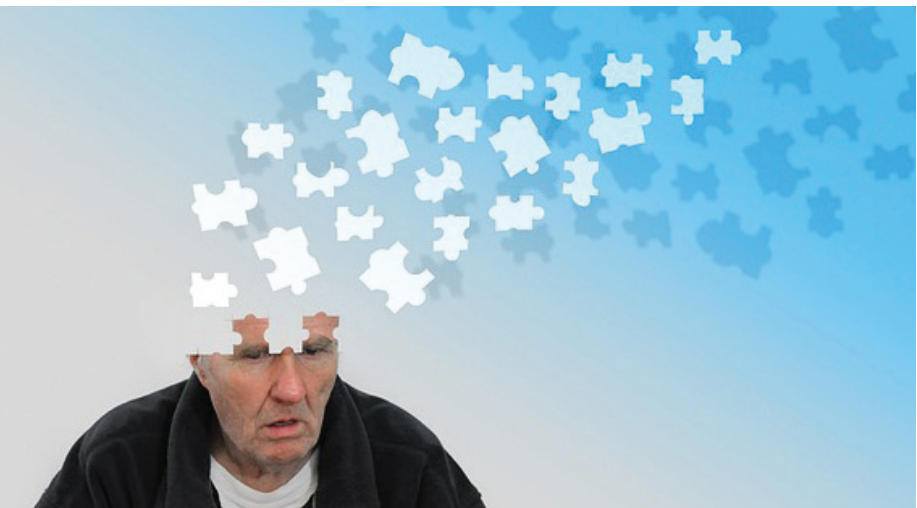
ates can either participate in the “Celebration Dance” that will be included in the Friday and Saturday night performances, or they can fully participate in the Apple Blossom with the understanding that they will not be eligible for the title of 2024 Queen and Court. The theme is “Mamma Mia! Here We Go Again!,” an upbeat musical film, filled with music from ABBA. Also new for 2024, there will be a community dance with a live band after the Saturday, May 4, perfor-

mance. Children in kindergarten – 4th grade are invited to participate as couples, and the deadline for their applications is Jan. 19, 2024.

Apple Blossom is a fundraising event for Springfield Hospital that started in 1957. The community comes alive with song and dance of the youth from our area. The 2024 event will feature some of the original aspects of Apple Blossom. The community dance at the end of the Saturday performance will be similar to the “Ball” of 1957 at the original Apple Blossom.

Apply today to participate. Applications can be found at www.springfieldhospital.org, or www.facebook.com/SpringfieldHospitalVT.

Chester Memory Café —



Memory Cafés provide support for those helping family members with memory loss. STOCK PHOTO

CHESTER, Vt. — Are you a family caregiver for a loved one with a form of dementia? Whether it is Alzheimer’s, Parkinson’s, or one of the many forms of dementia, Senior Solutions knows how demanding that can be.

You are invited to attend the monthly Memory Café held on Jan. 4. The Memory Café is free, and is a welcoming environment where caregivers can socialize, provide mutual support, and exchange helpful information. The Memory Café is based on the Vermont

Alzheimer’s model. Senior Solutions volunteers will be keeping your loved ones entertained with live guitar music, games, and fun activities. We will work to keep your loved ones engaged and safe.

Caregivers are also welcome to come alone. Also, if you happen to have been recently diagnosed with Alzheimer’s and are still able to drive and care for yourself – you are also welcome to attend. Senior Solutions provides snacks and beverages. You are welcome to bring a bagged lunch for those with dietary restrictions.

The Chester Memory

Café will be held on the first Thursday of each month, from 11 a.m. – 1 p.m. St. Luke’s Episcopal Church has kindly offered their Willard Hall activity room to Senior Solutions for this purpose. There is a parking lot behind the Six Loose Ladies shop on the village green on Route 11 in Chester. The entrance to Willard Hall is accessed from the parking area. Just follow the walkway to the rear door of St. Luke’s.

Please RSVP to jerenhhouse@seniorsolutionsvt.org so we can plan refreshments.

Thank you, and hope to see you on Jan. 4.

Dear Editor,

What would you do if you heard that we might lose an important piece of our community and history?

Recently the Fletcher Farm School for the Arts and Crafts announced that they will be closing for the 2024 season to resolve funding, organizational, and personnel issues, including finding a new board chair for the nonprofit’s governing body, the Society of Vermont Artists and Craftsmen (SOVAC), by Jan. 15, or risk statute-dictated dissolution.

If the school shutters, we will lose a piece of living local history and a fantastic opportunity for us young people to participate in community events and learn new skills. In its current form, the school has been serving the Ludlow area for over 75 years, but arts and crafts classes have been offered at Fletcher Farm since the 1930s. Did you know that at different times, the authors Robert

Frost and Dorothy Canfield Fisher served on the board of the Fletcher Farm Foundation (which leases the space to SOVAC)? The school honors this history through classes for students of all ages, and a Young Artists Scholarship to make the arts more accessible for local children and teens.

You can help this historic nonprofit reopen and come back stronger than before. Whether you join the board, make a year-end donation, offer pro bono services, or help out in any other way you can, this valuable community resource needs our support now more than ever. To learn how you can get involved, contact Board Chair Susan Damone Balch at susan@fletcherfarm.org or 802-228-8770. In the spirit of the school’s historic contributions to our community, let’s make sure it can stay open well into the future.

Sincerely,
Lorien P. Strange
Cavendish, Vt.

LETTERS TO THE EDITOR

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

AS OF MARCH, 2023, we will charge for POLITICAL LETTERS at the rate of \$75 for 200 words, and \$0.50 per word thereafter.

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CHURCH SERVICES

obituaries

Renee Bailey, 2023

SPRINGFIELD, Vt. – In loving memory of Renee Bailey of Springfield, Vt., who passed away peacefully on Dec. 20, having lived 100 years. She was a remarkable woman who found her true love amidst the backdrop of history.

During World War II, she crossed paths with her husband Dwight; he passed away on Aug. 12, 2014. Their love story became a testament to the enduring power of resilience and love during adversity.

Whenever possible, she enjoyed spending time with her children, grandchildren, and great-grandchildren. She enjoyed gardening, bird watching, and going for long drives. Her family recalls how her home always smelled like freshly

baked fruit pies. Renee lived a life full of cherished memories. As we bid our beloved mother farewell, let us remember her smile, laughter, and remarkable spirit that lives on.

Renee is survived by her four children Shirley, Frank, Corenne, and Reid who was her caretaker; her five grandchildren Karen, Michelle, Tammy, Tanya, and Sam; and her nine great-grandchildren Ben, Marshall, Evangeline, Victoria, Olivia, Noah, Sofia, Amelia, and Julia.

She is predeceased by her husband Dwight and grandson David.

May she rest in peace alongside her husband.

Services will be held at Davis Memorial Chapel in the spring of 2024.

Walter Genser, 1945-2023

CHESTER, Vt. – It is with great sadness that we tell our friends of the passing of Walter Genser, but it was a happy life.

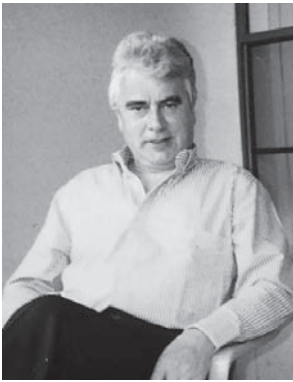
Walter, a native of Austria, was born April 11, 1945. He served in the Austria military before coming to the U.S. as a ski instructor at Mount Snow. There, he met his future wife Bette and they had 53 wonderful years of marriage.

Walter, with his friend Rolf, built a speck house 1970-71, and this led Walter to speculate on his own, and he built three more houses, including his own.

When the barn property became available in Londonderry in 1976, Walter saw the potential for a retail establishment called The Barn, where high quality name brand clothing for men and women could be sold at discounted, reasonable prices. Success with the clothing led to the opening of The Shoe Barn in 1980 across the street. This went well with our local population as well as visitors to the area.

There eventually was a third shop, The Barn Annex, which offered children's clothing and gifts. Such fun.

Walter truly enjoyed meeting so many wonderful people along the way and providing useful merchandise to the area. Also, Londonderry, for a time, became a retail destination. But the time came to close after 30 years.



Walter Genser, 1945-2023. PHOTO PROVIDED

Walter was an excellent private pilot and many day trips to the coast were enjoyed.

Throughout his life, Walter's faith was a big factor and influence. A Lay Ministry program that the Vermont Catholic Diocese offered was completed, and the next step would have been Deacon, but at age 59, that was not an option.

In retirement, Walter was a part-time ski instructor at Stratton Mountain for a few seasons. But most of all, he enjoyed taking care of his beloved property in Windham and having a hand in enhancing the original natural beauty.

Walter leaves his wife Bette, brother Gerald, and many nieces and nephews.

Rest in Peace Walter, Godspeed.

A funeral mass was held at St. Joseph's Catholic Church in Chester, Vt., on Jan. 2, at 11 a.m. Burial followed at the North Windham Cemetery.

Wayne Charles Parker Sr., 1948-2023



Wayne Charles Parker Sr., 1948-2023. PHOTO PROVIDED

WESTON, Vt. – Wayne Charles Parker Sr., lovingly known by all as Charlie, of Weston, Vt., passed away peacefully on Dec. 25, at Rutland Hospital, surrounded by his loving family.

Charlie was born in the family home in Weston, Vt., on Jan. 3, 1948, the fourth child to Fernando and Marguerite (Hart) Parker. Charlie was one of five children, growing up with two sisters and two brothers.

Charlie attended Weston Elementary School and Chester High School. After high school, he was drafted and honorably served his country in the Vietnam War as a helicopter crew chief and flight engineer in the 101st Airborne, from 1969-1970.

Charlie was predeceased by the love of his life, Sandra (Sandy) M. Dayton, whom he married at the Chapel of the Snows in Stratton, Vt., on March 6, 1971. In the early years of their marriage, they resided in Londonderry, and later built their home on the adjacent property to his parents in Weston, where they happily raised their two boys.

Charlie is survived by his son Wayne C. Parker Jr.; his wife Deborah; and his three beloved granddaughters Tori, Halle, and Jenna, all of Londonderry, Vt. He also leaves his son Jerriid S. Parker and his wife Stephanie, who reside next door to his home in Weston; and his brother and sisters Brenda J. Mathews, Gloria J. Cook and her husband John F.H. Cook, and Rodger L. Parker and his wife Diane M. Parker. Charlie is also survived by brothers-in-law William (Jodie) Dayton and Ronnie (Janice) Dayton; and sisters-in-law Patricia (Doug) Roberts, Donna (Roy) Williams, and Kathy (Michael) Dayton; several nieces and nephews, and many special friends. He was predeceased by brother-in-law Lonnie Mathews, whom he was so very fond of, brother-in-law Walter (Tink) Willaims, and sister-in-law Joan Dayton. He was also predeceased by his brother Gordon G. Parker.

Charlie loved many outdoor activities. He loved to hunt, and treasured his time spent in the woods with his brother, sons, and nephews. He can be remembered specifically saying with the dry wit and character that was expected, "Don't forget your green bag." He rekindled his love for the game of golf and enjoyed time spent on the course with good friends and family. Anyone who had the pleasure of playing with, or witnessing, Charlie on the golf course could see his joy with every swing or putt. Even when his health started to fail, his love of sport drove him.

Charlie spent many of his years working at Bromley Mountain, affectionately known as Parker Peak by family and friends, for 35

years, serving as mountain manager. He was a boss, a mentor, and a friend to so many during his time there, including "grooming" his son Jerriid to follow in his footsteps. After his time at Bromley, he started his own property management business, CWP LLC, where he always made sure his clients were well taken care of. He was a master at relationship building and making everyone love, appreciate, and respect him without ever seeming to try. It just came naturally to Charlie.

Charlie and Sandy enjoyed many years of bowling, boating on Lake St. Catherine, traveling in their motorhome to NASCAR races, and camping with their family and friends. In recent years, they enjoyed their second home in Florida during the winter months, and were always willing to play a round of golf. They truly knew how to enjoy life to the fullest.

Charlie enjoyed spending time with his granddaughters. Lovingly, they referred to him as "Pop," and he relished watching them grow, achieve goals, succeed, learn, love, and laugh. He had "Pop-isms" that he shared with his girls, many of them better left unsaid.

Charlie will always be remembered for his extraordinary talents of being a loving, caring, and family-oriented gentleman. He had the quickest of wits and the sharpest of tongues, offering up the best advice and most humorous comments to anyone wanting (or not wanting) to hear it.

Funeral services will be held on Saturday, Jan. 6, at 1 p.m., at the Second Congregational Church on Main Street in Londonderry. The family invites all to a social gathering of remembrance at The New American Grill immediately following the service.

The family would like to especially thank Dr. Allan Eisemann and his staff in the Foley Cancer Center, as well as the staff at Rutland Regional Medical Center for their kindness and many years of comprehensive, compassionate, family centered care.

Donations may be made in Charlie's memory to the Foley Cancer Center at Rutland Regional Medical Center, c/o Brewster-Shea Funeral Services, P.O. Box 885, Manchester Center, VT 05255. To send the family personal condolences, please visit www.sheafuneralhomes.com.

CAVENDISH, VT.

Cavendish Baptist Church, 2258 Main St.
Sunday services are 10 a.m. online or in person. Online services are on Facebook at 10 a.m. Go to www.facebook.com/Cavendish-Baptist-Church-258814894244302. More at www.CavendishBaptist.com or call 802-226-7131.

CHARLESTOWN, N.H.

North Charlestown United Methodist Church, 471 River Rd.
Worship is Sundays at 9 a.m. Holy communion is celebrated the first Sunday of every month. Go to www.facebook.com/UMCofNorthCharlestown for more information.

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

LUDLOW, VT.

United Church of Ludlow (UCC and Methodist), 48 Pleasant St.
Sunday services are held in person and streamed online at 10 a.m. Email unitedchurch@tds.net for more information. Visit www.unitedchurch.us to receive updates on services and meetings.

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.

SPRINGFIELD, VT.

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.

OBITUARIES: A basic 200-word obituary is \$75, and \$0.50 per word thereafter. A photo is an additional \$10. Email to editor@vermontjournal.com by Monday at 12 p.m.

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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Charlotte Pluta, 1930-2023

LUDLOW, Vt. – Charlotte (Aher) Pluta, 93, of Ludlow, passed away peacefully on Dec. 5, 2023, after a short decline in health at Gill Odd Fellows Home in Ludlow.

She was born on Sept. 26, 1930, in Brattleboro, the daughter of Walter T. Aher and Bernice (Stone) Aher. As a young child they settled in Ludlow, and the family purchased Ludlow Insurance Agency in 1939.

She was a 1948 graduate of Black River High School, and attended The University of Vermont and graduated from Rutland Business College in 1951.

Charlotte married John G. "Dud" Pluta on May 1, 1954, at the Church of the Annunciation in Ludlow.

Charlotte and Dud operated and owned Ludlow Insurance Agency from 1963, after her dad died, retiring in 1997. They both were very community minded. Charlotte volunteered over the years for such things as playing Taps for military funerals, both while in high school and in her later years, reading to the children at the Fletcher Memorial Library, helping with VINS classes at Ludlow Elementary, and was very active in the Ludlow Garden Club for a few years. She was on the board of the Fletcher Farm Foundation for over 30 years, and on the board of directors of the Black River Academy Museum for a period of time, and always very active in her church and as a fire department auxiliary wife. She also loved baking for a worthy cause. She and Dud traveled a great deal, both for pleasure and business, and had great friends in Vermont and all over the country.

When they retired, they handed down the business to their daughter and son-in-law Sharon and Ron Bixby, bought a home on the Sarasota Bay in Bradenton, Fla., and spent many winters there.

She is survived by her sister Margaret "Peggy" Nuzzolo of Fair Haven; daughter Sharon (Ron) Bixby of Ludlow; granddaughters Pamela Bixby (Craig Richardson) of Chesapeake, Va., and Kimberly (Brad) Southworth of Ludlow; nephew Walter "Pepe" Nuz-



Charlotte Pluta, 1930-2023. PHOTO PROVIDED

zolo; sister-in-law Margaret Pluta of Florida; nieces Rita and Karen Pluta; four great-grandchildren Connor, Lucas, and Tucker Southworth, and Layla Richardson; and several cousins.

She is predeceased by her husband John G. Pluta in 2012, and by her son Michael J. Pluta in 1989, and brothers-in-law Lee Pluta and Frank "Nick" Nuzzolo.

Calling hours and her Funeral Mass were held on Saturday, Dec. 16, at the Church of the Annunciation in Ludlow, officiated by Father Thomas Mosher. Lector was Isabel Montgomery, and musician Jacob McLaughlin. Bearers were Pepe Nuzzolo, Gerry Martel, Richard Gagnard, Michael Poalino, John Murphy, and Bob Brandt. A reception followed at the family's favorite restaurant – "where everyone knows your name" – D.J.'s Restaurant. Burial will take place in the spring at Pleasant View Cemetery.

In lieu of flowers, donations can be made to the Fletcher Memorial Library, 88 Main Street, Ludlow, VT 05149, or the Black River Academy Museum, P.O. Box 73, Ludlow, VT 05149. Charlotte was an avid reader and loved our area's history.

Arrangements were made under the direction of Clifford Funeral Home.

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LEGAL NOTICES

JAN. 4 –
LUDLOW, Vt. – Community Meal at the Ludlow Community Center on Jan. 4. Serving at noon, a welcoming home style meal of roast chicken, mashed potato, gravy, and winter squash. Bingo follows. Meal provided by Black River Good Neighbor Services.

JAN. 5 –
BElLOWS FALLS, Vt. – First Friday supper on Jan. 5 at the First Baptist Church, 9 Church St., Bellows Falls. Menu includes soups, stews, chowders, chili, dessert, and beverage. Vegan and gluten free available. Serving from 5-6:30 p.m. For take out, call 802-463-3220 before 5 p.m. Suggested donation. Net proceeds go to First Line Foundations of North America, a program for veterans and first responders.

JAN. 6 –
CHESTER, Vt. – Local string band Just the Tip! returns to The Pizza Stone in Chester on Saturday, Jan. 6, at 6 p.m.

PUTNEY, Vt. – Next Stage Arts Project and Twilight Music present roots, ragtime, and jazz quartet DiTrani Brothers, plus Jatoba’s multi-instrumentalist

/singer Jason Scaggs at Next Stage on Saturday, Jan. 6 at 7:30 p.m. at 15 Kimball Hill in downtown Putney, Vt. Tickets are discounted in advance at www.nextstagearts.org. For information, call 802-387-0102 or visit the website above.

JAN. 11 –
LUDLOW, Vt. – Join the post-flood legal clinic on Thursday, Jan. 11, from 1-4:45 p.m., at the Fletcher Memorial Library for flood assistance. Since October, Vermont Law and Graduate School’s Entrepreneurial Legal Lab and Legal Services Vermont have been working in collaboration to assist Vermont business owners affected by the summer 2023 floods. Bring photos, receipts of repairs and replaced items, insurance information, household income, any FEMA or SBA documents and log-in information if that applies, and any additional notes, losses, and impacts from flooding.

JAN. 28 –
BElLOWS FALLS, Vt. – Grammy-nominated songwriter Reed Foehl will perform at Stage 33 Live in Bellows Falls, Vt. on

Sunday, Jan. 28, at 7 p.m. Singer-songwriter Tommy Crawford will open. Tickets are discounted in advance at www.stage33live.com or the door. Limited seating. The event will be recorded and filmed.

SUNDAYS –
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 Street in Bellows Falls, from 8–10 a.m. All you can eat for a minimal cost.

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

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

BElLOWS FALLS, Vt. – Overeaters Anonymous 12-Step Recovery Program is Mondays, from 7-8 p.m., at Parks Place, 44 School Street Extension in Bellows Falls. The program is free. For more information go to www.aa.org.

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.

PROCTORSVILLE, Vt. – On Mondays at 6:15 p.m., join Mikayla for a yoga class. Contact Lori Wright at 603-401-8123 or visit www.dgbodyworks.com for more information. Private classes are available.

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

SPRINGFIELD, Vt. – Senior Solutions is again sponsoring two Fall Prevention Tai Chi classes in the Great Hall, on Pearl Street in Springfield, on Tuesdays. The advanced class will meet from 9:30-10:30 a.m. The beginner class will meet from 10:40-11:40 a.m. When practiced regularly, Tai Chi not only helps to lower the risk of falling, but also improves concentration, leg strength, balance and coordination, reduces joint pain and stress, and builds a sense of belonging. For more information or to register, contact Sue Rubel at suerubl@aol.com, or Sophia Blanchard at SBlanchard@seniorsolutionsvt.org.

WEDNESDAYS –
BElLOWS FALLS, Vt. – Knitting Together, every Wednesday, 1-3 p.m., at Village Square Booksellers, knitting hats and mittens for our school kids. We provide yarn, some direction, and an enjoyable visit. Acrylic yarn donations are always welcome. For more information, contact Caroline at 802-463-4653.

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

LUDLOW, Vt. – Aqua Sculpt, Wednesdays at 10:35 a.m. at the Spring House at Jackson Gore. Call 802-228-1419 for more information.

THURSDAYS –
CHESTER, Vt. – Bone Builders Class in Chester every Thursday, 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.

TYSON, Vt. – The Tyson Ladies Aid Library Association meets the first Thursday of each month, typically at the Tyson Library. Lunch is served at 11:30 a.m. and meetings start at noon. New potential members are always welcome. Please call Janine Norman at 802-228-8764 for more information or to verify meeting location.

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

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

BElLOWS FALLS, Vt. – Genealogy enthusiast Wayne Blanchard will be at the Rockingham Library on Thursdays from 10:30 a.m. – 12 p.m. If you own a laptop, please bring it along. Both beginners and seasoned genealogists are welcome.

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.

GRAFTON, Vt. – A free playgroup for children from newborns to age 5 will be held at Grafton Elementary School on Thursday mornings, from 9:30-10:30 a.m. Activities will include songs, games, and arts and crafts. Contact Heather with any questions at 802-843-4792.

LUDLOW, Vt. – Certified instructor Helena Wu will teach Tai Chi classes every Thursday, from 9-10 a.m., at the Black River Valley Senior Center, 10 High Street in Ludlow. Classes are free, and are limited to 10 participants. Registration is required. For more information, contact the Senior Center at 802-228-7421, or Helena Wu at 802-289-7369.

FRIDAYS –
CHESTER, Vt. – Alcoholics Anonymous meetings held every Friday at 6:30 p.m. at St. Joseph’s Church, located at 96 South Main Street in Chester. If you have a problem with alcohol, this is an understanding place to come to.

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

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.

Enrichment for domestic dogs

REGION – “Enrichment” is supplying species-specific needs to enhance quality of life and the welfare of the individual. A good example of enrichment in the zoological setting would be the construction of habitats that are natural and stimulating to that particular species of animal.

Domestic dogs also have species-specific needs. Some of a dog’s needs are as follows.

Social needs – the opportunity to engage with others including humans, other dogs, and other species of animals.

Occupational needs –a job or task that includes problem solving. Dog sports can do a great job of filling these needs. Mental stimulation through positive reinforcement training is highly enriching to dogs. Teaching your dog a hand-delivered retrieve can give you a wonderful way to play with your dog and engage the dog

mentally at the same time. Maintaining a repertoire of at least ten unique cues over the dog’s lifetime keeps the dog engaged and thinking.

Physical needs – exercise off-leash is really important for all dogs, but sometimes it is just not possible to do it safely. You can still supply physical enrichment on-leash. Teach your dog to hop up on a bench. Go around a tree. Jump over a log or stream. Engage in exploring the world with your dog by getting on it, going over it or going through it. Wade in puddles, run in the ocean waves, play with an empty cardboard box, or chase a plastic bottle around the yard. There are so many things to do with your dog to supply these needs. And it is cooperative; you do them together.

Nutritional needs – foraging for food. Supply your dog with stuffed or filled food toys and puzzles that encourage them to work for the

food. This could be their dinner. Scatter food in the grass, hide food in the home and let the dog hunt for it. You can feed your dog their kibble by loading it into a food toy that the dog nudges around the room, letting each kibble dribble out.

Sensory needs – What is that? Tasting or sniffing something new or novel, gentle massage, body awareness, positive associations with touch and handling, or stepping on something new.

Dogs living in the U.S. today live very restrictive lives in general. Because there are so many dogs and so many people living in close proximity to one another, we must have leash laws and community ordinances to control unwanted interactions between dogs and other dogs, dogs and wildlife, dogs and farm animals, and dogs and humans. It is just a reality of our modern world.

When I was growing up, dogs had much more auton-

omy than they do today. They had more freedom to learn about the world on their own. A dog who was free to explore the world independently was able to seek out their own species-specific needs, all by themselves. This is not the case anymore for our dogs. There are too many dogs and people, all crowded together, for dogs to run loose. It’s not safe.

But we can supply enrichment to our dogs in just about any environment by becoming creative. Supplying the dog’s natural needs goes a long way to helping that dog to live a balanced and fulfilled life. When a dog is enriched, they are relaxed and less likely to develop behavioral problems.

Written by Noel Hoffmann of Noel Hoffmann Dog Training and Behavior Consulting. www.noelhoffmann.com.

SALMON & NOSTRAND EXPANDS OFFICE

Salmon & Nostrand Law Office of Bellows Falls, Vermont is pleased to announce its affiliation with Facey Goss & McPhee Law Office of Rutland, Vermont.

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TOWN OF SPRINGFIELD DEVELOPMENT REVIEW BOARD

The Town of Springfield Development Review Board and Downtown Design Review Advisory Commission will hold a public hearing at 6:30 pm, Tuesday, January 9, 2024, to review a change of use and building renovation for the Odd Fellows Building located at 15-19 Main Street. Individuals wishing to participate in the public hearing may do so in person, via zoom video conferencing, or by submitting written comments. Participation in this hearing in person, via Zoom video conference, or in writing is a prerequisite to the right to take any subsequent appeal. Please contact the Town Planner (802-376-6102 /toszoning@vermontel.net) for copies of the agenda and zoning application.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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King Crossword

ACROSS

- 1 Melville cap-tain
5 Male swans
9 Luau dish
12 Humorist Barry
13 Med. plan options
14 PC program
15 Barrel bottom bit
16 Concerning
17 Old Olds
18 Voice in an iPhone
19 Half of XIV
20 Rooters
21 Formerly called
23 "Morning Edition" a/rer
25 Humidior con-tents
28 Salad base
32 Maxim
33 Sean of "Rudy"
34 Bequest
36 Surround with light
37 Judge Lance
38 Approves
39 Iowa crop
42 WWII service member
44 "See ya!"
48 Some
49 "Legally Blonde" role

1	2	3	4	5	6	7	8	9	10	11
12					13				14	
15					16				17	
18					19			20		
			21	22		23	24			
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32						33				
34					35	36				
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39	40	41		42	43			44	45	46
48				49				50		
51				52				53		
54				55				56		

DOWN

- 1 Totals
2 Mata —
3 Say it's so
4 2013 Keira Knightley film
5 Sour cream tidbits
6 Hotel chain
7 Ho-hum
8 Away from
9 Brazilian rub-ber
10 Frank
11 Wall St. debuts
20 Clean slate
22 Upright
24 Bit of mischief
25 Baseball's
26 Chemical sur-fix
27 Joke
29 JFK info

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Presidential candidates

MONTPELIER, Vt. – Following the Friday, Dec. 15, 5 p.m. deadline, 12 candidates qualified to be placed on the ballot in Vermont's March 5 presidential primary. Six candidates for the Democratic ballot, and six for the Republican ballot.

The Democratic Party candidates qualifying for placement on the ballot in Vermont are Joseph R. Biden Jr., Mark Stewart Greenstein, Jason Michael Palmer, Dean Phillips, Cenk Uygur, and Marianne Williamson.

The Republican Party candidates qualifying for placement on the ballot in Vermont are Ryan L. Binkley, Chris Christie, Ron DeSantis, Nikki Haley, Vivek Ramaswamy, and Donald J.

Trump.

Vermont law requires any candidate seeking to have his or her name printed on the ballot of a major party presidential primary to file petitions signed by no fewer than 1,000 registered Vermont voters, along with a \$2,000 filing fee.

The presidential primary will be held on March 5, 2024, the same day as Town Meeting Day in Vermont. Voters are reminded that by law they must declare which ballot, Democratic or Republican, they wish to vote when voting in the presidential primary, and that choice will be recorded. Presidential primary ballots are not mailed out to Vermont voters, but absentee ballots are available on request at mvp.vermont.gov.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 21 mins.

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

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Pine Needle Basket w/ Irene Dizes 3/8/24 & 3/9/24

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