

Solar eclipse talk by Claudio Veliz

CAVENDISH, Vt. – Join the Cavendish Community and Conservation Association’s Walk and Talk Committee for a talk by noted astronomer Claudio Veliz about the upcoming total solar eclipse. The talk will be held on Tuesday, March 19, at 6 p.m., at the Cavendish Fletcher Community Library, 573 Main Street, Proctorsville.

The last time Vermont had a front row seat for a total solar eclipse was in

1932, when it was hailed as a “grand celestial spectacle.” This time we will experience that spectacle here in Vermont on Tuesday, April 8.

In a graphic-rich presentation, Mr. Veliz will discuss the mechanics of the eclipse, why we have a moon in the first place, and how it is that we are so fortunate to experience this event. He will also talk about how to best prepare for and understand the occasion.

Safe, solar-filtered glasses will be handed out to attendees, complete with instructions on their use during the eclipse.

This presentation is an event of the Walk and Talk Committee of the Cavendish Community and Conservation Association.

For more information, please email cavendish-communityconservation@gmail.com.

Rotary donates lectern in memory of Martin Nitka

LUDLOW, Vt. – Just prior to the start of the Town of Ludlow Annual Meeting on March 4, Tom Ray, Ludlow Rotary Club President, and Past President Jim Rumrill, presented to the Town a new lectern in memory of longtime town moderator, Ludlow Rotarian, and respected attorney Martin Nitka, who passed away last year. Nitka was affectionately known around town as Marty.



Alice Nitka speaks at the lectern dedicated in memory of her husband Martin Nitka.

PHOTO PROVIDED

appreciation and respect for local level democracy, always being careful, as town moderator, to let people have their appropriate say on matters concerning the town. He was instrumental in many of the Rotary projects that impact the community still to this day.

Tom noted that it was a pleasure to have Alice Nitka, Marty’s spouse, in attendance at the meeting. Town residents and selectmen were delighted to witness this gesture made in remembrance of the town’s beloved citizen.

LUDLOW

From Page 1

Article 6, a capital fund totaling \$225,500 for equipment and facilities maintenance, also saw some discussion, particularly relating to the \$125,000 allotted for a “dam spillway fund.” This money would be used for repairs and upkeep to the Jewell Brook Dam sites, several of which have caused concern recently due to the condition of their spillways. McNamara told the voters that it would likely not be necessary to raise these funds as tax revenue,

as he was “99% certain” that the town had secured funding for this project via other avenues. Article 6 passed when put to a vote.

The remainder of the articles on the ballot were passed with little controversy. These included Article 7, funding for the MOOver; and Article 8, property tax exemption for the Fletcher Farm Foundation for five years.

Rep. Logan Nicoll, Ludlow’s representative in Montpelier, was also on hand to speak to voters prior to acting on the final article. Nicoll told those present

that, while his committee was not personally involved with action on education spending and ways to decrease property taxes, he would be watching all relevant bills closely and shared residents’ concerns about the rising cost of living in Vermont. He also noted that the House of Representatives had managed to secure an additional sum of over \$1 million in flood relief funding for Ludlow specifically. Nicoll encouraged constituents with concerns to call or email him at 802-345-8430, or relogannicoll@gmail.com.

After moving through Article 9, a largely procedural article allowing for other business to be raised if voters felt compelled to speak to the board, the meeting was adjourned.

ESBR Cabin Fever Flannel Fundraiser

LUDLOW, Vt. – The Expeditionary School at Black River (ESBR) is excited to announce that they are hosting an end of winter Cabin Fever Flannel Fest. Wear your favorite flannel for this beer and pizza fundraiser at Outer Limits in Proctorsville, complete with live music. A silent auction will feature great local items: golf packages, artisan pieces, gift certificates to your favorite local restaurants, ski tuning gift cards, and gift baskets, to name a few. Red Sox

vs. Yankees tickets are available for bid as well. To purchase advance tickets and to view or bid on silent auction items, visit www.32auctions.com/esbr2024.

The event will be held on Sunday, March 17, from 4-6 p.m. Family friendly, Outer Limits provides a wonderful atmosphere for a midafternoon St. Paddy’s Day activity that also goes to a great cause. ESBR set out to find a way to keep an affordable, viable, and flexible secondary school in our community, and it would not have been possible without the

help of supporters near and far. ESBR looks forward to this fun end-of-the-season event, and hopes to see everyone there.

ESBR is eager to expand, and will be attending school fairs this spring. It is extremely beneficial to this community to provide a secondary school that can host choice town students. For further information, please visit www.esblackriver.org, or you can contact the board chair, Gary Blodgett, at gblodgett@esblackriver.org, or 802-558-3147.

Rotary hears from Croatian exchange student

LUDLOW, Vt. – The Ludlow Rotary Club was treated to a lively overview of Croatia’s history, language, culture, and geography by a Rotary Youth Exchange Student, Klara Lendic, at their recent meeting.

She spoke of how her country has been strongly influenced by neighboring countries, as Croatia is a small country that was at one time part of the Habsburg Empire, the central European monarchy that ruled over a collection of lands from the 13th century to 1918.

The historically difficult yet close connection to its

neighboring countries continues, even though Croatia has been an independent, democratic country since 1991, and a part of the European Union since 2013. Long and difficult negotiations have been a tradition, as political and cultural differences overlap the boundaries of so many small countries in such close proximity. Croatia has strong cultural and culinary traditions, which Klara described in terms of extended family groups, traditional foods, and elaborate celebrations of holidays and weddings.

Lendic is being hosted this year by the Manchester, Vt., Rotary Club. She will be par-

ticipating in the Youth Exchange Ski Weekend at Okemo Mountain, March 1-3. Vail’s Epic Promise Grant to the Ludlow Rotary Club makes this weekend event possible for 13 international students, who are on a year’s exchange in Vermont, New Hampshire, Connecticut, and Massachusetts.

In other business, the Ludlow Rotary Club inducted Mary Davis Realtors as a new business member of the club. Sue Chadwick was inducted by Rotarian Tom Harris, with their sponsor Kim Lampert participating. Club members warmly welcomed Sue as the newest member.

LONDONDERY

From Page 1

explained how the new pupil weighting system had led many school districts to believe that they could raise budgets significantly with low tax burdens, leading to increased education spending across the state. She described Londonderry as a “gold town” in regards to education spending, saying that, “We have always sent more money to the State of Vermont than it takes to educate our local students.” She acknowledged that property tax projections are “extremely scary,” but for Londonderry, she can say that, “at the very least, the scariest numbers that everyone is hearing right now shouldn’t come to fruition.”

Eleven of the meeting’s 21 articles were appropriation funds for several local community organi-

zations, public services, and town projects. None were as lengthily debated as the \$50,000 to go towards the salary and expenses of the new STR administrator position. Many citizens were concerned that the selectboard had not properly prepared the registration fee structure to cover the \$50,000 that will go towards the salary and expenses of the part-time position. Chair Cavanagh explained that the selectboard had agreed at a special meeting the night before that the town would levy a \$140 fee for hosted STRs (properties where the owner or caretaker lives on site) and a \$500 fee for unhosted STRs (properties where the owner or caretaker does not live on site). This was based on last year’s Londonderry Housing Study, which estimated there to be 140 STRs total in town – a figure selectboard member Melissa Brown and several other residents called a conservative estimate. The selectboard explained that, no matter how much or how little money was raised through fees and fines, they would only be able to use those funds to cover the salary and expenses of the position. As the State of Vermont does not recognize STRs as a business, the town is not allowed to make revenue from any excess, and as a condition of the position, any shortage in those funds would result in the STR administrator’s hours being limited rather than the loss

of taxpayer funds.

A few citizens believed the selectboard’s calculations were not concrete enough to warrant action, and moved for the article to be tabled until the selectboard had a special meeting on the issue, which moderator Doug Friant warned would essentially kill the article. Brown called for immediate action to help address Londonderry’s housing crisis, and she and town administrator Shane O’Keefe defended the selectboard’s research. After considerable roundabout discussion, the question was called and the article passed.


Articles 19 and 20 proposed the introduction of 1% local option taxes on meals and alcoholic beverages, and sales, respectively, which the selectboard hoped would ultimately save homeowners from some of this year’s expected exorbitant tax rates. While the meals and alcoholic beverages tax passed relatively quickly after some discussion, many residents spoke out against the introduction of an additional sales tax. Chief among their concerns was that shopping in Londonderry is already expensive enough to make many citizens buy their goods in other area towns, and as the tax would have applied to online shopping as well, many wondered if the selectboard had done adequate research on what the effects on that would be. After a long discussion period, the article failed.

Cabin Fever Festival

Sunday, March 17, from 4-6 p.m.
at Outer Limits Brewery, Proctorsville

Beer • Pizza • Music by Krishna Guthrie
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Some Beers Atlas history

BY RON PATCH
802-374-0119
ronpatch27@gmail.com

Many readers will be familiar with the 1869 Beers County Atlases. The original atlases are scarce today, and have a greenish tan cover. In the originals, all towns are printed in color. See photo with this article.

In 1969, they were reprinted in black and white with a black hardcover, so they are easy to discern from the originals. The subject of this article is the 1969 reprint that many of us use today.

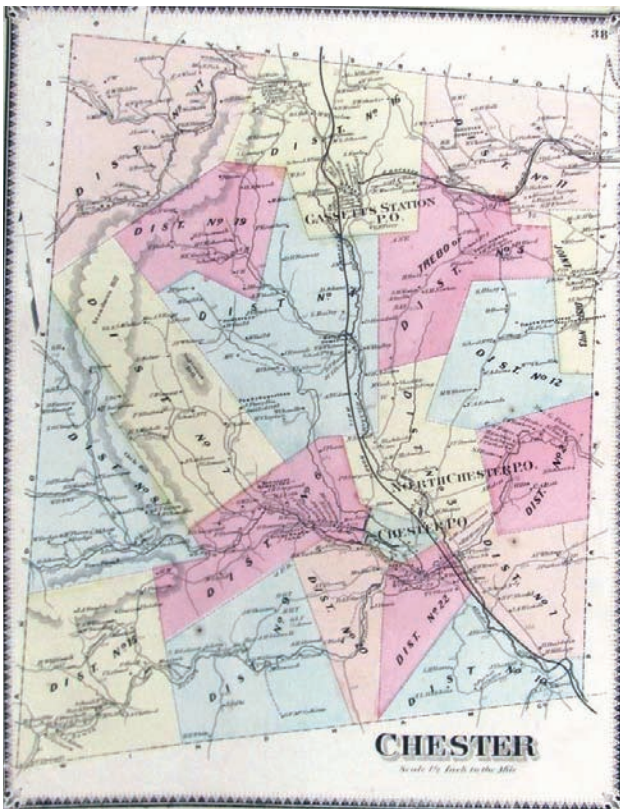
When Bob Ulbrich was retiring, he contacted me to sell his collection of atlases. In that collection was an atlas I had not seen before. It's a promotional for the upcoming 1969 atlas of Windsor County. It is a softcover, and a bit narrower than the 1969 reprint.

Taped inside the front cover is a typed one and a half page letter with letterhead "Charles E. Tuttle

Co., Inc." At the left of this is their address in Japan. In part, it reads:
"ANNOUNCING THE PUBLICATION OF REPRINT EDITIONS OF THREE IMPORTANT EARLY VERMONT ATLASES"
"History is an everlasting possession," said Thucydides, the Greek historian. To assure this statement applies to these three famous counties in Vermont the Charles E. Tuttle Co. is proud to announce the publication on March 15, 1970 of a limited number of reprints of the early atlases of Rutland, Bennington and Windsor counties. An attractive feature of the reprints will be the comparatively low prices, the prepublication price being a special \$15.00, and the publication price \$17.50.
"These accurate and eyeappealing atlases have been almost impossible to obtain for many years. The few copies that have been sold

always brought premium prices. Published in 1869, the atlases were produced from actual surveys by and under the direction of F.W. Beers, the greatest American map-maker of his day.
"Each attractive, folio-size atlas will contain a magnificent map of Vermont in full color. The individual town maps will be printed in black and white, with excellent production quality. Each volume will contain a sketch of the early history of the county, and a list of statistics of the various towns and villages. The town maps indicate the location of buildings, names of residents, and names of most of the business places in each town.
"A few of the towns listed have died of old but venerable age; some have been by-passed by progress; but all are well preserved for posterity in these invaluable works.
"The atlases will be of special interest to town clerks, libraries, real estate

dealers and legal firms. Their genealogical and statistical gleanings will delight students of local history.
"The old print addict can gaze joyfully and nostalgically at the several pages of engravings in the back of each atlas, depicting such historic and sometimes quaint scenes as the Bennington Battle Field, the University of Vermont, Ethan Allen Monument, the Ludlow Woolen Mills, Chester Academy, the Hubbardton Battlefield and Monument, and the early churches, some of which are still in use today.
"The Tuttle Company is proud to be a part of this Vermont heritage, the parent publishing house having been started in Rutland in 1832. We will be pleased to fill all orders on a first-come, first-served basis. We urge you to place your order promptly, and take advantage of the special pre-publication price of only \$15.00 per copy. After



Chester from an original Beers Atlas. PHOTO PROVIDED BY RON PATCH

publication on March 15, 1970, the regular price will be \$17.50."
Handwritten below that in red ink, "Ordered 10-6-69 via check 6703."
Also from Bob Ulbrich is a boxed Beers Atlas of Windham County. These loose pages are also in black and white. The colored box cover reads, "The Centennial Edition 1869-1969. For sale from 'The Book Celler Brattleboro, Vermont' Distributed by the Stephan Greene Press, Brattleboro."
This week's old saying is from Ken Barrett. "Hotter than a Stihl chainsaw in a pawn shop."

NXT Curator Series, "Historical Grooves"

PUTNEY, Vt. – Next Stage Arts is excited to host an engaging and interactive musical conversation as part of the NXT Curator Series, featuring professor Christopher Silver on Wednesday, March 20, at 7 p.m. The event will take place at Next Stage Arts, located at 15 Kimball Hill in Putney, Vt.
Admission to this event is free, with donations appreciated. The evening promises a unique experience as Silver delves into the captivating world of early 20th century North African

Jewish and Muslim voices through a groundbreaking archive of shellac records from Morocco, Algeria, and Tunisia.
Silver, the Segal family assistant professor in Jewish history and culture at McGill University, will share his efforts to amplify the historical voices that have long remained silent. His first-of-its-kind archive, detailed in his award-winning book "Recording History: Jews, Muslims, and Music Across Twentieth Century North Africa," focuses on the sublime sounds of art-

ists who shaped an era of profound change and resilience.
Keith Marks, executive director of Next Stage Arts, describes the event as a "listening room experience, historical talk, and a conversation around Chris Silver's process of musical preservation." He invites music enthusiasts to unite and celebrate the rich history and legacy of musical traditions that risk being



Early 20th century shellac records. PHOTO PROVIDED

lost to time.
The lecture is supported in part by the Harold Grinspoon Foundation, contributing to the preservation of cultural heritage. The NXT Curator Series is also sponsored in part by the Putney Public Library.

Women writers break silence

BELLOWS FALLS, Vt. – Award-winning writer Elayne Clift offers a presentation on women writers who were courageous enough to tell the truth about their lives on March 18, at 6:30 p.m., at the Rockingham Library. Clift is inspired in part by Muriel Rukeyser's iconic question, "What would happen if just one woman told the truth about her life?" Her answer was, "The world

would split apart." Clift will showcase historically and more currently how women writers and thinkers helped achieve social change and created new norms, especially for women – many of which are now threatened.
This event is free and open to the public. For more information, contact programming@rockinghamlibrary.org, call 802-463-4270, or stop by the library at 65 Westminster Street, Bellows Falls, Vt.

250 Years of Vermont Agriculture

LONDONDERRY, Vt. – The Londonderry Conservation Commission announces the second program in its Winter Speaker Series, "Turning the Soil: 250 Years of Vermont Agriculture." The guest speaker for this evening presentation is Newfane resident Roger Albee, former Vermont Secretary of Agriculture. In this interactive talk, he will discuss the ways that our state's land and economy have worked together to reshape the landscape of Vermont.
Mr. Albee and his family

have been farming in Newfane since it was originally founded by his sixth-great-grandfather in 1790. He was honored with the Vermont Lifetime Achievement Award from the Vermont Council on Rural Development in 2020 for his many contributions to the entire Vermont community, economy, and working landscape. Among his many accomplishments,



Farmers use oxen to plow a field. PHOTO PROVIDED

he helped write and implement the state's current use policy, and brought folks in the agricultural community

together with state officials to work on ways of mitigating pollution in Vermont's rivers, lakes, and wetlands. According to VermontBiz, "Roger has dedicated his entire professional career to making Vermont a better place to live, work, and play."
This event will be held at the Londonderry Town Office building on Thursday, March 21, at 6:30 p.m., and will be broadcast by GNAT-TV.



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"The Hills of Home" at SAHS

SPRINGFIELD, Vt. – The Springfield Art and Historical Society will host the Vermont Humanities Council program "The Hills of Home: Mountains and Identity in Vermont History" on Saturday, March 23, at 2 p.m., at the SAHS facility, 65 Route 106 in North Springfield, Vt. Historian Jill Mudgett will be the speaker.
Vermonters have strong ideas about the importance of their mountain topography. Where did our pride in Vermont's landscape come from, and why is it that we see our shared identity as rooted in the land? Evolving human ideas about the Vermont mountains form

the base of this lecture. The story begins with the state's founders, and moves forward through Vermont history to explain how environmental understandings changed over time. This talk is timely and relevant in its relationship to current interdisciplinary scholarship, and offers us tools to understand the origins and meaning of our own strongly-held attachments to the Vermont landscape.
This talk is free, open to the public, and accessible to those with disabilities. For more information, call 802-886-7935 or sahs@vermontel.net. This talk is supported in part by the National Endowment for

the Humanities. Any views, findings, conclusions, or recommendations expressed in this program do not necessarily represent those of the NEH or VHC.



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opinion

Dear Editor,

I would like to ask Mike LeClair, Leslie Thorsen, and anyone else with complaints about the Julian Quarry to please submit online forms to the United States Environmental Protection Agency at [echo.epa.gov/report-environmental-violations](https://www.epa.gov/report-environmental-violations), Enforcement and Compliance History Online (ECHO).

Use this page to report what appears to you as a possible violation of environmental laws and regulations. You can upload 10 photo files, or two video files.

Quarrying is known to be destructive to the environment. The extraction process can contaminate air and water with sulfur dioxide, putting wildlife at risk. The effluent from quarry sites can not only worsen water clarity by adding sediment or other particles, but it can also change the temperature, depth, current, and pH balance, making streams less habitable for their native species.

Sincerely,
Cris Ericson
Chester, Vt.

Dear Editor,

I want to bring you up to date on some of the activities with which I have been involved in the current legislative session at the statehouse in Montpelier.

In the House Commerce and Economic Development Committee on which I sit, we took testimony on the Film and Creative Media Workforce Development Initiative from the Vermont Arts Council, Vermont Production Collective, and several filmmakers and writers from Vermont. All agreed that Vermont could benefit greatly

from tapping into a database that would offer a network of film industry information that would identify local Vermont talent, film equipment availability, locations for filming, jobs, internships, and apprenticeships when planning a film production in Vermont. As demonstrated this past summer with the filming of the movie “Beetlejuice 2” in East Corinth, attracting filmmakers from away and within is a growth industry that would have a positive impact on our Vermont economy.

Better Places, a community matching grant pro-

gram that empowers Vermonters to create inclusive and vibrant public places for projects throughout the state, spoke to my committee about the fundraising opportunities available to upgrade local buildings. Let’s talk about possible projects that we could rally around in our communities.

The impact of legislative action on local property taxes is always a major concern as we review, propose, and act on bills that will have an impact on educational policy and opportunity in our state. We are working to reconfigure legislation from the

previous session that may inadvertently cause property taxes to increase at an unintended rate. I support a strong public education system which is funded in a fair and reasonable manner. Our state budget must be adopted with a clear focus on the cost impact on our residents and taxpayers, including the costs of educating our students.

You may contact me by email at hchase@leg.state.vt.us, or by phone at 802-875-4663.

Sincerely,
Rep. Heather Chase
Windsor Windham District

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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.

POLITICAL LETTERS Due to the volume of political letters we receive during elections, and the increased cost of adding pages to the paper to print them all, as of March 2023 we are charging a fee for political letters at the rate of \$75 for 200 words, and \$0.50 per word thereafter. Political letters include electioneering for a specific candidate, party, or article that may impact one’s vote.

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Dear Editor,

The Vermont Legislature was recently in its Town Meeting Week break. This is an opportunity for us to go to Town/Informational Meetings, meet with constituents, and re-energize our personal batteries. When you represent 25 towns, this is a great time to get a better sense of some of the different places we represent, and an opportunity to re-appreciate this treasured Vermont tradition.

Before we left the statehouse, we passed the Budget Adjustment Act (BAA), which adjusts the fiscal year 2024 state budget. The BAA addressed a number of additional state needs from emergency housing to adult basic education. And it allocated \$23.5 million to our most flood-impacted municipalities for much-needed repairs of sewer systems and other damaged infrastructure. Of the 25 most impacted towns, nine are in Windsor County. And, while many towns will receive some financial support, Ludlow will receive the most, almost \$3 million to help repair their devastated wastewater system. Here is a link to the funds allocated to each flood-impacted town: ljo.vermont.gov/assets/Uploads/0b45686011/GENERAL-374929-v1-Muni-Grants_ERAF_summary.pdf

In addition, the legislature passed a fix to an ed-

ucation-funding problem, which resulted from 2022’s Act 127 in H.850. This year, some key cost drivers have challenged our schools as they created their budgets: a 16.4% increase in teachers’ health care, the end of one-time federal Covid/ESSER funds, overall inflation, and the debt service on new capital projects or renovations. And an aspect of Act 127 misled some school boards to think they had more financial protection than they did.

Act 127, known as the Pupil Weighting bill, led to budgeting confusion, and sent inaccurate messages about what was possible without raising taxes. Many school boards thought they could raise budgets 5%. However, the 5 % cap in Act 127 was designed for one purpose: to help districts hit particularly hard by the changes in pupil weighting adjust over time to accommodate those changes. The “5% cap” mechanism in Act 127 has not behaved as expected, preventing the legislature from taking necessary steps to reduce property tax rates for Vermonters, across towns.

We had to address the flaws in this mechanism ASAP. We did so in passing H.850, which repeals the 5% cap transition mechanism established in 2022’s Act 127 and replaces it with a new tax rate transition mechanism to be implemented between fiscal years 2025 and 2029. This new mechanism will grant a discount to some district homestead property tax rates for those districts negatively impacted by the new weighting system. We will continue to work on these education funding concerns as the legislative session continues.

I appreciate hearing from you. I can be reached by email at aclarkson@leg.state.vt.us, or by phone at the statehouse, Tuesday-Friday, at 802-828-2228, or at home, Saturday-Monday, at 802- 457-4627. To get more information on the Vermont Legislature, and the bills which have been proposed and passed, visit the legislative website at legislature.vermont.gov.

Sincerely,
Sen. Alison Clarkson
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Ludlow Baptist Church

on the Green

Easter Sunday

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— Mark 16:6

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6:30 pm on Friday – Good Friday service

7:30 am – Easter Sunrise service at the gazebo

8:30 am – Breakfast in the church

9:30 am – Sunday School – all ages

11:00 am – Morning Worship service

Weekly SUDOKU

by Linda Thistle

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

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 Egg on

5 Science room

8 Arm bone

12 Actress Gilpin

13 Hosp. area

14 Wedding cake layer

15 Bridge position

16 Not "agin"

17 "Snap out —!"

18 Monet or Debussy

20 Wards off

22 "— Poetica"

23 Be sick

24 Healthy

27 Embeds

32 Comic Philips

33 Menagerie

34 Trio after M

35 Fish lover's deli order

38 Group of quail

39 Transcript no.

40 Parched

42 Oracle setting

45 "Brigadoon" lyricist

49 Buffalo's county

50 Miss Piggy's pronoun

52 French waterway

53 — Romeo

54 Canine greeting

55 Summit

56 Ogler's look

57 "— -haw!" (cowgirl's cry)

58 Monopoly card

1 Detail, briefly

2 Bell sound

3 — Major

4 Ceremony

5 Not enlarged or reduced

6 Tennis feat

7 "Ironsides" star

8 Perfect place

9 Game show aid

10 Astronaut

11 Armstrong

12 Scientists' partner

13 AMA member

14 Hearing thing

15 Drenched

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30 Slinger girl

31 Marsh plant

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CHURCH SERVICES

ALSTEAD, N.H.

Third Congregational Church UCC, River St.
Sunday worship begins at 11 a.m., led by Pastor Maureen Adams. Communion is the first Sunday of each month. For more information, email alsteadthirdchurch@gmail.com, call 603-835-6358, or go to www.facebook.com/Third-Congregational-UCC-Church-of-Alstead-NH-120645387960916.

ASCUTNEY, VT.

Vision of Light Church of Spiritualism and Healing, P.O. Box 133, Windsor
The Sunday service is at 10 a.m. with Lay Pastor Dawn Hancy via Zoom. Sign up for the Vision of Light newsletter and Zoom links on Facebook @VOLChurch.

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.

Holy Resurrection Orthodox Church, 99 Sullivan St., Claremont, N.H.
Worship is Sunday at 9:30 a.m. and Wednesday and Saturday at 5 p.m. in person. For more information, go to www.hroc.org.

CHESTER, VT.

St. Luke’s Episcopal Church, 313 Main St.
Services are on Wednesdays at 5:30-6 p.m. and on Sundays at 10 a.m., both in person and by Zoom, followed by coffee hour. All are welcome. Handicapped accessible. For a link to the Zoom service or more information about services and events, please visit www.stlukesepiscopalvt.org.

LONDONDERRY, VT.

First Baptist Church, 62 Crescent St., S. Londonderry
Worship service is Sunday at 10 a.m. at the church. Services will still be live streamed at www.firstbaptistslondonderryvt.org/streaming-worship.html. For more information, visit www.firstbaptistlondonderryvt.org or call 802-856-7266.

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.

Springfield United Methodist Church, 10 Valley St.
Worship begins at 9:30 a.m. on Sundays. Springfield United Methodist Church welcomes everyone! The church can be reached at 802-885-3456.

St. Mark’s Episcopal Church, 33 Fairground Rd.
Sunday Services 8:30 a.m. - Holy Days as announced. 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.

St. Mary’s Catholic Church, 10 Pleasant St.
Sunday mass is at 9 a.m., followed by coffee hour as well as weekday services. To watch the live streams, go to www.youtube.com and search Holy Family Parish Springfield Vermont. Streaming is available five minutes before the service starts. For more information, go to www.stmaryjoseph.com.

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.

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, or via Zoom. For Zoom links, please call 603-756-4075. For more information, go to www.walpolenhucc.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.

Gloria L. MacDuffie, 1929-2024

BELLOWS FALLS, Vt. – Gloria Lee MacDuffie died Sunday night, at midnight. She was born to Mary and Floyd Tuttle on Nov. 12, 1929, in Reid, Okla. Her mother Mary, whom we all called Mamaw, had journeyed to her parents’ home from Liberal, Kan., and returned there with Lee when Lee was about two weeks old. So way back then Lee – we all called her Lee – ceased to be an Okie, and became a Kansan prairie farmer with her skilled farming parents. Out on the farm they lived 15 miles from Tribune, the county seat of Greeley County. Lee describes cooking for harvest crews of 15 folks when her mom was ill one year, and also at age 12 driving grain trucks to the elevator. Lee was a leader in her tiny Greeley County High School, editor of its yearbook, and baritone player in its little marching band. She went to Kansas State University, earning a bachelor’s degree, was a baritone player in its marching band, and then married Bill Harper, with whom she had three children. They lived in Braintree and then Walpole, Mass. She was president of the League of Women Voters in Walpole, and also instrumental in promoting educational opportunities and programs at the state prison in Walpole.

After her divorce from Bill Harper, she met Bruce MacDuffie, and they built a life together.

She pursued graduate work in counseling at the University of North Dakota and North Dakota State University, and art therapy training at the Chicago Art Institute, and at Lesley College. She had also become a skilled painter in watercolor and acrylic, and a little oil.

Bruce MacDuffie found her a healing support for his own three children and for himself over the years. She practiced psychotherapy and counseling for 20 or more years. Letters from former clients speak of her as the most skillful and supportive of therapists.

She also was active in the churches her husband pastored, and much loved in those church communities.

Even in retirement, in 2018-2020, she helped host a total of five Honduran asylum-seekers, sharing home and life with them. Najenyi Domingez, who

was age 9 when she came to us and is now 16, calls her “grandmother,” expressing the loving relationship that developed.

Lee gave of herself to her children and her communities. Two of her now adult children William Harper III and Karen Davidson succumbed to cancer last spring and summer. Her youngest child David moved from 42 years in Mississippi to live with his mom and stepdad, and was able to be with her in her last days, as was her step-son Robert MacDuffie, whom she nurtured and mothered from age 5 on.

After years of living with dementia, she passed into continuing her journey in God’s loving care. We all give thanks for her loving presence in our lives.

She is survived by her husband Bruce MacDuffie of Westminster, Vt.; step-daughter Elizabeth MacDuffie of Holyoke, Mass., and her husband Mark Miller; son David Harper, now of Westminster, Vt.; step-son Joe MacDuffie and his spouse Donna Reed, of Westerville, Ohio; step-daughter Emily Klein of Barrington, R.I.; grandchildren Erin Hamann of Easthampton, Mass., and Erin’s two sons Finnegan and Killian, Jennifer Higdon of Apex, N.C., and her husband Ryan and new baby Mairi (born Christmas Day 2023, Andrew Harper and his wife Catie of Mebane, N.C., Megan Harper of Cary, N.C., Madeleine Darling and her husband Steve Schmelz and their daughter Oona of Philadelphia; grandsons Benjamin and Christopher Davidson of Colorado; and great-grandson John Paul MacDuffie Woodburn of Seattle and his two children Ramona and Llewyn.

Funeral services were held earlier this week, and burial took place at Emmanuel Church Cemetery in Bellows Falls.

Arrangements have been entrusted to the care of the Fenton and Hennessey Funeral Home, 55 Westminster Street in Bellows Falls, Vt.

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Martha Mortenson, 1933-2024

CHARLESTOWN, N.H. – Martha “Marti” Mortenson passed away March 3, 2024, in Keene, N.H., surrounded by her loving family. Marti was born on December 30, 1933. She grew up in Keene with her parents Clyde and Mabel Clark, until they were tragically killed in the infamous Coconut Grove fire in Boston when she was just 8 years old. Her sister Ann, 15, survived the fire, but she, Martha, and younger sister Carol, 3, were sadly separated. John and Christine Peterson of Keene then raised her as their daughter, later adopting her in her adulthood.

Marti was an outgoing and successful young woman. At an early age, Marti became enamored with the performing arts world. She played the piano, sang in an acapella group, and participated in summer theater for many years. She toured with these groups throughout New England. In high school, she was one of two women in the state chosen to attend Girls Nation.

During one of her high school performances in St. Johnsbury, Vt., a young college student sat and watched Marti perform. He had never met this beautiful young woman, but leaned over to his friend and said, “That’s the woman I’m going to marry.” That man was Howard Mortenson, and he and Marti would indeed marry on June 14, 1953. They enjoyed a wonderful marriage for 70 years, living principally in their historic Charlestown, N.H., home.

Marti was, in her own way, a woman ahead of her time. She enrolled in Keene Teacher’s College (now Keene State College) at a time when only about 2% of women in the country attended college. Marriage and children interrupted her schooling, but Marti later finished her degree, while raising four children. She then became a teacher at Charlestown Primary School.

Marti subsequently founded her own successful real estate business, Mortenson Real Estate, again when it was an industry dominated by male owners. She was a founder of the Charlestown Woman’s Club, and its first president. Marti hosted a radio show on WCFR out of Springfield, Vt. She also produced and starred in local television commercials for her business, again when this was not commonplace. Later in life, she found her way into a cameo role in a movie. Marti was told she would only have a non-speaking part, but in her typical “just watch me” way, she ended up with a speaking role. Unfortunately, the critics hated the movie, but not Marti’s short performance.

In their later years, Marti and Howard traveled the world together, a list that included trips to every



Martha Mortenson, 1933-2024. PHOTO PROVIDED

continent, much of the U.S.A., and most European countries. But their favorite spots were their homes in Charlestown and Maine, and for many years their summer home on Great Island on Lake Sunapee.

Marti and Howard were recognized by the Town of Charlestown in 2021 as community stewards, and had a plaque placed in their honor at the town offices.

Marti is survived by her loving husband Howard Mortenson of Charlestown, N.H.; and by her four children Heidi (Bruce) Hadley of Duxbury, Mass., Cindy Bar (Steve MacAllister) of Annapolis, Md., Steve Mortenson (Dawne) of Charlestown, N.H., and Heather (Tom) Minkler of Keene, N.H.; eleven grandchildren; and fifteen great-grandchildren. They were all the loves of her life for the woman who believed “family matters most.”

She was predeceased by her older sister Ann Gallagher of Keene, and is survived by her younger sister Carol Robinson of Croydon, N.H., and many nieces and nephews.

The family would like to thank the caring staff at Covenant Living of Keene, where Marti was a resident the past year, and the professionals at Cheshire Medical Center for their support and care of Marti. The family asks that in lieu of flowers, donations be made to the Colonial Performing Arts Center, 95 Main Street, Keene, NH 03431.

There will be calling hours on Friday evening, March 15, from 4-6 p.m., at the Charlestown Memorial Chapel, 34 Main Street, Charlestown, N.H., with a small service at 6 p.m. Burial will be held in the spring at Pine Crest Cemetery in Charlestown.

Arrangements are with Stringer Funeral Homes and Crematorium, 146 Broad Street, Claremont, N.H. To view an online memorial or send a private message of condolence, visit www.stringerfh.com.



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LEGAL NOTICES

UNITED STATES OF AMERICA
FEDERAL ENERGY REGULATORY COMMISSION

Great River Hydro, LLC

Project No. 1855-050

NOTICE OF APPLICATION ACCEPTED FOR FILING, SOLICITING MOTIONS TO INTERVENE AND PROTESTS, READY FOR ENVIRONMENTAL ANALYSIS, AND SOLICITING COMMENTS, RECOMMENDATIONS, PRELIMINARY TERMS AND CONDITIONS, AND PRELIMINARY FISHWAY PRESCRIPTIONS

(February 22, 2024)

Take notice that the following hydroelectric application has been filed with the Commission and is available for public inspection.

- a. Type of Application: New Major License
- b. Project No.: 1855-050
- c. Date Filed: May 1, 2017; material amendment filed December 7, 2020
- d. Applicant: Great River Hydro, LLC (Great River Hydro)
- e. Name of Project: Bellows Falls Hydroelectric Project (project)
- f. Location: The project is located on the Connecticut River in Windsor and Windham Counties, Vermont, and Sullivan and Cheshire Counties, New Hampshire.
- g. Filed Pursuant to: Federal Power Act 16 U.S.C. §§ 791(a) - 825(r)
- h. Applicant Contact: John Ragonese, FERC License Manager, Great River Hydro, LLC, 40 Pleasant Street, Suite 202, Portsmouth, NH 03801; (603) 498-2851 or jragonese@greatriverhydro.com
- i. FERC Contact: Steve Kartalia, (202) 502-6131 or stephen.kartalia@ferc.gov
- j. Deadline for filing motions to intervene and protests, comments, recommendations, preliminary terms and conditions, and preliminary fishway prescriptions: 60 days from the issuance date of this notice; reply comments are due 105 days from the issuance date of this notice.

The Commission strongly encourages electronic filing. Please file motions to intervene and protests, comments, recommendations, terms and conditions, and prescriptions using the Commission's eFiling system at <https://ferconline.ferc.gov/FERCOOnline.aspx>. Commenters can submit brief comments up to 6,000 characters, without prior registration, using the eComment system at <https://ferconline.ferc.gov/QuickComment.aspx>. You must include your name and contact information at the end of your comments. For assistance, please contact FERC Online Support at FERCOOnlineSupport@ferc.gov, (866) 208-3676 (toll free), or (202) 502-8659 (TTY). In lieu of electronic filing, you may submit a paper copy. Submissions sent via the U.S. Postal Service must be addressed to: Debbie-Anne A. Reese, Acting Secretary, Federal Energy Regulatory Commission, 888 First Street NE, Room 1A, Washington, DC 20426. Submissions sent via any other carrier must be addressed to: Debbie-Anne A. Reese, Acting Secretary, Federal Energy Regulatory Commission, 12225 Wilkins Avenue, Rockville, Maryland 20852. The first page of any filing should include docket number P 1855-050.

The Commission's Rules of Practice require all intervenors filing documents with the Commission to serve a copy of that document on each person on the official service list for the project. Further, if an intervenor files comments or documents with the Commission relating to the merits of an issue that may affect the responsibilities of a particular resource agency, they must also serve a copy of the document on that resource agency.

- k. This application has been accepted and is ready for environmental analysis at this time.

- l. Project Description: The Bellows Falls Project consists of: (1) a 643 foot-long, 30-foot-high concrete dam that includes: (a) two 18-foot-high, 115-foot-wide steel roller gates; (b) two 13-foot-high, 121-foot-wide stanchion flashboards; and (c) a 13-foot-high, 100-foot-wide stanchion flashboard; (2) a 26-mile-long, 2,804-acre impoundment with a useable storage volume of 7,467 acre-feet between elevations 288.63 and 291.63 feet National Geodetic Vertical Datum of 1929 (NGVD 29); (3) a 1,700-foot-long, 36- to 100-foot-wide, 29 foot-deep stone-lined power canal; (4) a 130.25-foot-wide concrete forebay that includes trashracks with 4-inch clear bar spacing; (5) a 186-foot-long, 106-foot-wide, 52 foot-high steel frame, brick powerhouse containing three 13.6-megawatt (MW) vertical Francis turbine-generator units, for a total project capacity of 40.8 MW; (6) three approximately 20-foot-high, 31-foot-wide concrete draft tubes; (7) a 900-foot-long tailrace; (8) a 12-foot-wide, 10-foot-high ice sluice; (9) three 80-foot-long, 6.6-kilovolt generator leads that connect the turbine-generator units to two step-up transformers; (10) a 920-foot-long, 8-foot-wide fishway; (11) a concrete fish barrier dam in the bypassed reach; and (12) appurtenant facilities.

Great River Hydro operates the project in a peaking mode in coordination with its upstream Wilder Project No. 1892 and downstream Vernon Project No. 1904. Average annual generation is approximately 239,070 MW-hours. Great River Hydro is proposing several protection, mitigation, and enhancement measures for aquatic, terrestrial, cultural, recreation resources, and threatened and endangered species, as well as changes to project operation that would reduce impoundment fluctuations and increase the stability of downstream flow releases relative to current project operation, including targeted water surface elevation levels and flow ramping rates. Great River Hydro also proposes to install a new turbine on the downstream side of the spillway that would generate power using the 300-cubic feet per second proposed minimum flow to the bypassed reach. The specific proposed changes are described in the amended application, the settlement agreement filed on August 4, 2022, and the revised relicensing proposal filed on June 8, 2023.

- m. A copy of the application can be viewed on the Commission's website at <http://www.ferc.gov> using the "eLibrary" link. Enter the docket number excluding the last three digits in the docket number field to access the document. For assistance, contact FERC Online Support.

- n. Anyone may submit comments, a protest, or a motion to intervene in accordance with the requirements of Rules of Practice and Procedure, 18 C.F.R. §§ 385.210, .211, and .214. In determining the appropriate action to take, the Commission will consider all protests or other comments filed, but only those who file a motion to intervene in accordance with the Commission's Rules may become a party to the proceeding. Any comments, protests, or motions to intervene must be received on or before the specified comment date for the particular application.

All filings must: (1) bear in all capital letters the title "PROTEST," "MOTION TO INTERVENE," "COMMENTS," "REPLY COMMENTS," "RECOMMENDATIONS," "PRELIMINARY TERMS AND CONDITIONS," or "PRELIMINARY FISHWAY PRESCRIPTIONS;" (2) set forth in the heading the name of the applicant and the project number of the application to which the filing responds; (3) furnish the name, address, and telephone number of the person submitting the filing; and (4) otherwise comply with the requirements of 18 CFR §§ 385.2001 through 385.2005. All comments, recommendations, terms and conditions, or prescriptions must set forth their evidentiary basis and otherwise comply with the requirements of 18 CFR § 4.34(b). Agencies may obtain copies of the application directly from the applicant. A copy of any protest or motion to intervene must be served upon each representative of the applicant specified in the particular application. A copy of all other filings in reference to this application must be accompanied by proof of service on all persons listed on the service list prepared by the Commission in this proceeding, in accordance with 18 CFR §§ 4.34(b) and 385.2010.

The Commission's Office of Public Participation (OPP) supports meaningful public engagement and participation in Commission proceedings. OPP can help members of the public, including landowners, environmental justice communities, Tribal members and others, access publicly available information and navigate Commission processes. For public inquiries and assistance with making filings such as interventions, comments, or requests for rehearing, the public is encouraged to contact OPP at (202) 502-6595 or OPP@ferc.gov.

You may also register online at <https://ferconline.ferc.gov/FERCOOnline.aspx> to be notified via email of new filings and issuances related to this or other pending projects. For assistance, contact FERC Online Support.

- o. The applicant must file no later than 60 days following the date of issuance of this notice: (1) a copy of the water quality certification; (2) a copy of the request for certification, including proof of the date on which the certifying agency received the request; or (3) evidence of waiver of water quality certification.

- p. Procedural Schedule: The application will be processed according to the following schedule. Revisions to the schedule will be made as appropriate.

MILESTONE: Deadline for filing motions to intervene, protests, comments, recommendations, preliminary terms and conditions, and preliminary fishway prescriptions
TARGET DATE: April 2024

MILESTONE: Deadline for filing reply comments
TARGET DATE: May 2024

- q. Final amendments to the application must be filed with the Commission no later than 30 days from the issuance date of this notice.

Debbie-Anne A. Reese,
Acting Secretary.

MARCH 15 –
LUDLOW, Vt. – Fletcher Memorial, Cavendish Community, and Mount Holly Libraries present three-time Iditarod participant Karen Land and her sled dogs Chloe and Noggin on Friday, March 15, from 6-7 p.m. Karen will share their experiences of participating in the 1,049-mile sled dog race across Alaska. This is a free and family-friendly event. Please note it is being held at the Ludlow Town Hall Auditorium, 37 Depot Street, Ludlow Vt., not at the libraries. Please use on-street parking or the municipal lot behind Brewfest Beverage Co.

MARCH 16 –
S. LONDONDERRY, Vt. – South Londonderry Free Library invites kids of all ages to celebrate mud season by making sugarhouse collages with art teacher Casey Junker Bailey on Saturday, March 16, at 10:30 a.m. We'll be using wood, tin, paper, and fluffy cotton for this fun project. Thanks to a generous grant from the Stratton Foundation, kids will also receive a free sugaring book to keep. Contact the library at 802-824-3371 for more information.

CHARLESTOWN, N.H. – The Charlestown Congregational Church, 71 Main Street, invites the public to take out a corned beef and cabbage dinner on Saturday, March 16, from 4-5:30 p.m. A complete dinner will be provided for a small fee. This traditional New England boiled dinner will also include potatoes, cabbage, turnip, carrots, onions, rolls, and dessert. Our tasty feast is prepared by some of the best cooks in the valley.

SPRINGFIELD, Vt. – Springfield Town Library will host a Kids Plant Party on Saturday, March 16, at 11 a.m. While the grown-ups dig into starting seeds, there will be plenty of plant-based fun in the kids' room with gardening stories, crafts, and games.

BELLOWS FALLS, Vt. – The Bellows Falls Moose Lodge will host a building fund bingo on Saturday, March 16. Doors open at 11:30 a.m., and bingo starts at 1 p.m. Food available for purchase. The lodge is located at 59 Henry Street, Bellows Falls. Call 802-463-4054 for more information.

MARCH 17 –
PLYMOUTH, Vt. – The Plymouth Historical Society will be holding a help session on genealogy on Sunday, March 17, from 2-4 p.m., at the former Plymouth Elementary School, Route 100,

Plymouth Union, Vt. Please join us, and bring any information that you have regarding your family history.

PROCTORSVILLE, Vt. – Wear your favorite flannel and join the Expeditionary School at Black River (ESBR) for a fun spring fundraiser on Sunday, March 17, from 4-6 p.m., at Outer Limits Brewing, 60 Village Green in Proctorsville. We are looking forward to this big hurrah before the winter season winds down and mud season takes over. Bid on a variety of items and gift certificates from local businesses, with proceeds to benefit ESBR. Family friendly, and Outer Limits offers a wonderful atmosphere.

MARCH 19 –
PROCTORSVILLE, Vt. – On Tuesday, March 19, at 6 p.m., Astronomer Claudio Veliz with the Southern Vermont Astronomy Group will discuss the moon, eclipses, and how to prepare for the upcoming April 8 eclipse, at the Cavendish Community Library. Presented in conjunction with the Cavendish Conservation Association.

MARCH 20 –
SPRINGFIELD, Vt. – Springfield Town Library will host a World Frog Day Party for kids on Wednesday, March 20, at 4 p.m. Come meet the library's new frogs and celebrate World Frog Day with all the froggiest stories, games, and crafts.

SPRINGFIELD, Vt. – The First Congregational Church of Springfield will host a free community lunch on Wednesday, March 20, from 11:30 a.m. – 12:30 p.m. The menu will be broccoli, ham, and cheese sauce over rice, green salad, rolls, and brownies/fruit with ice cream.

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.oa.org.

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

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.

WEDNESDAYS –
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.

WESTMINSTER, Vt. – The First Congregational Church of Westminster's Souper Wednesdays are held every Wednesday until May 1, from 12-2 p.m., in the Church Fellowship Hall, with several delicious soups to try. All are welcome.

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

SPRINGFIELD, Vt. – Free Chair Yoga classes for ages 50 and over are held on Thursdays from 9-9:45 a.m., at the Springfield Senior Center, 139 Main Street. All equipment is provided.

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OF INTENT TO APPLY HERBICIDES
RIGHT-OF-WAY MAINTENANCE

To prevent safety hazards and the interruption of electric service, National Grid is obligated to maintain its rights-of-way and carefully control the growth of certain tree species under transmission lines. The most effective method of accomplishing this is selective herbicide treatment. The herbicides that are used have been registered by the U.S. Environmental Protection Agency. Certified and experienced applicators will apply the treatments with handheld tools. A permit has been applied for through the Secretary of Agriculture by National Grid for the purpose of making a selective ground-based treatment of the following herbicides: Garlon 4 Ultra (Triclopyr); Krenite S (Ammonium salt of Fosamine); Escort XP (Metsulfuron Methyl); Rodeo (Isopropylamine Salt of Glyphosate); or Polaris (Isopropylamine salt of Imazapyr) on its rights-of-way in the following towns:

ROW:	Towns:
1667	Brattleboro, Dummerston, Putney, Rockingham, Westminster
1670	Brattleboro

The treatment will start on or about June 3, 2024

National Grid uses GIS based topographic maps to locate public water supplies, which will be avoided. Vermont regulations require National Grid to warn residents to protect private water supplies and environmentally sensitive areas. It is the responsibility of the residents to notify the Company contact person of the existence of private water supplies or other environmentally sensitive areas located within 100 feet of the right-of-way.

Landowners with questions regarding private water supplies on the Company's rights-of-way maintenance program should contact:

Marielaire Rigby
National Grid
939 Southbridge Street
Worcester, MA 01610
Telephone: (781) 290-8310 or marielaire.rigby@nationalgrid.com

Residents who wish to submit comments regarding this vegetation management treatment should contact:
Vermont Department of Agriculture
State Office Building, 116 State Street
Montpelier, VT 05602
Telephone: (802) 828-2431

community

LEGAL NOTICES

A business plan can be your guide to growth

REGION – Whether you’re a current business owner or a budding entrepreneur burning with the next great idea, one of the most important steps you can take on your road to success is creating a business plan. Why? A well-thought-out and well-written business plan captures your vision, illustrates it for others – including potential lenders and investors – and creates the roadmap you and your management team need to guide you through the growth of your business. Consider the following points:

If you’re a current business owner, you probably feel like you’re always working to close the next big deal, juggling financials, or responding to the latest crisis. Remember, however, that it’s important to periodically climb out of the trees and take a good, hard look at the forest. A business plan can help you do just that: take stock of where you’ve been, and lay the groundwork for where you’re headed.

If you’re a budding entrepreneur, a business plan can help you raise money. It will help prove to potential investors and lenders that your idea is worth funding.

For both current and potential business owners, the process of creating a business plan can prove beneficial by revealing potential risks and uncovering opportunities that may not otherwise be apparent.

A business plan should be comprehensive, yet as concise as possible. Although there are no limits to the length, a business plan should respect the time of your readers while providing the information they need to make important decisions. Before you begin writing, consider contacting an attorney or business consultant with expertise in business plan writing. Following are some of the main components of a business plan.

Cover page and table of contents

The cover page is simply a title page for your business plan document. It should include the name of the company, address, phone number, owners’ names, and contact information. It should also include the date on which the document was finalized and published. The table of contents helps readers navigate through the document and identifies page numbers for each of the sections.

Executive summary

The executive summary is essentially your elevator pitch – an abridged version of the business plan that describes to readers why your business is worthy of their attention and possibly their money. It should be no longer than one page, but should contain all pertinent details. For this reason, it is often easier to write this section last.

An executive summary should answer readers’ primary questions – i.e., are you looking for funding, is the document a strategic guidebook for management, or both? As you draft your executive summary, keep in mind that many readers will decide whether the subsequent pages are worth reviewing based on this important section.

Business description

The business description is the first major section of your business plan, and should provide more details on the nature of your business. One paragraph should outline the key elements of your business, and then subsequent paragraphs might expand on each. These elements should include:

Product or service description – Describe in detail the product sold or service provided. If you are producing a product, explain how the product is manufactured. What materials are used? Who are your suppliers? What are the costs of production? If you provide a service, describe what it is and why it is different. How will it be provided? In this section, you might also address potential pitfalls and how they will be addressed. For example, if demand for your product or service is higher than expected, how will you manage the volume?

Legal structure – Business entities come in a wide variety of legal structures, ranging from sole proprietorships and partnerships, to corporations. Each has its own pros and cons. In this section of the business plan, you’ll need to describe the entity you selected, and the reasons for your decision. Include supporting documentation (e.g., a partnership agreement).

Business and industry description – Who are your key advisors and managers, and how does their experience benefit your organization? Where are you located, and why did you choose this location? You might also want to use this section to describe the genesis of your business – i.e., how and why you decided to launch the venture. Provide details on the industry you are in, and why your business has a competitive edge. Include relevant data and illustrations, if applicable. For example, a retail establishment might include a map highlighting strong pedestrian traffic patterns in the area.

Market analysis and marketing strategy

Perhaps the most influential section of your business plan, the market analysis and marketing strategy sections are where you convince readers that your business will be successful.

The market analysis section should provide a specific and detailed analysis of your target market, including what you have done to maximize your opportunity within it. Who are your current and potential customers, and why? Summarize any market research you have conducted to prove the viability of your business. How big is your potential market? Who are the major competitors?

If your business plan is intended for potential investors or lenders, this section will help convince them that you truly understand your market and are an expert in your industry. If your plan is primarily designed to educate key employees, it will provide the basic information they need to strategize and carry out your vision for growth.

Once you have conducted thorough market research, the next step is to brainstorm how you will market your product or service within your industry. This marketing strategy section of the business plan should provide details about how you will promote your products and services. How will you differentiate yourself from the competition within your target market? What is your business’s value proposition

See **FINANCE** on Page 9

Town of Plymouth
Public Notice of Hearing
Before the Planning Commission and
Zoning Board of Adjustment

A public hearing before the Planning Commission and Zoning Board of Adjustment of the Town of Plymouth will be held on Tuesday, April 2, 2024 at 7:00 P.M. in the auditorium of the Plymouth Town Hall, located at 68 Town Office Rd. Plymouth, VT to consider a Conditional Use Permit application for:

Applicant: PJC STR, LLC (Jodi Couture)

Location: 612 Route 100

Parcel Id: 001000

Proposal: Rebuild a single family existing dwelling over existing foundation

Application #: 2024-02

Town of Plymouth
Public Notice of Hearing
Before the Planning Commission and
Zoning Board of Adjustment

A public hearing before the Planning Commission and Zoning Board of Adjustment of the Town of Plymouth will be held on Tuesday, April 2, 2024 at 7:00 P.M. in the auditorium of the Plymouth Town Hall, located at 68 Town Office Rd., Plymouth, VT to consider a Conditional Use Permit application for:

Applicant: Rebecca Ruplin

Location: 2185 Lynds Hill Rd.

Parcel Id: 000626

Proposal: Change of Use to a Rural Small Enterprise and to apply for a permit for 2 un-permitted Structures.

Application #: 2024-06

Town of Plymouth
Public Notice of Hearing
Before the Planning Commission and
Zoning Board of Adjustment

A public hearing before the Planning Commission and Zoning Board of Adjustment of the Town of Plymouth will be held on Tuesday, April 2, 2024 at 7:00 P.M. in the auditorium of the Plymouth Town Hall, located at 68 Town Office Rd. Plymouth, VT to hear comments from the public regarding proposed changes of road names.

The following town highways and private roads / driveways have two (2) or more structures. The Planning Commission has recommended naming the following:

Gilmore Road: a class 4 road from Kingdom Rd. to Dix Hill Rd.

Caroline Road: a private road off Great Roaring Brook Road. Created by the Sculti 4 lot sub-division.

Duck Pond Drive: a private road off Route 100 at the site of the former Michael gravel pit sub-division into 5 lots.

Plymouth Vista Estates Road: a private road off Route 100A, the Sweetser sub-division into 5 lots.

Moore’s Pond Drive: a private road off Lynds Hill Road with 3 lots with 3 camps.

Comments regarding the proposed changes may be submitted verbally at the Public Hearing. Written comments may also be submitted via email to Mike Coleman, Plymouth Planning Commissioner at mcoleman@plymouthvt.org

Town Of Plymouth, Vermont
Treasurer / Tax Collector

- Directs and performs duties involving the daily operations of the Treasurer/Tax Collector’s office; develops office procedures and documents, reviews, prepares and administers departmental budget and works with Town Clerk to prepare Annual Report.
- Maintains effective working relationships with Town officials, staff, and members of the community. Meets and speaks with taxpayers, the general public, municipal or other business associates to provide answers, address complaints and requests, deal with errors or other job-related issues.
- Manages the billing and collects all monies for the Town including real estate property, fees, charges, bills and revenues committed to the Treasurer/Tax Collector.
- Prepares municipal lien certificates, delinquency notifications and all other documents as required in the collection of taxes.
- Works with the Town Clerk to oversee the collection, deposit and reconciles bank statements for all Town accounts; prepare reports for Town’s annual audit; and balance cash, receivables, and debt monthly.
- Initiates collection action on delinquent accounts. Prepares and collects tax liens and pursues foreclosures and oversees tax title records and selling of tax title property at auction.
- Manages debt including the borrowing of funds for the Town, compliance with all reporting requirements, timely payment of debt obligations, preparation of all financial documents including continuing disclosure.
- Works with the Town Clerk to manage payroll, ensures that employees are properly enrolled in the system; maintains earnings records for all employees. Prepares and files W-2 information and all other third-party required reports.
- Performs such other duties as are required by the Select Board or as the situation dictates.
- Works with Town Officials, Staff and FEMA on documentation/reporting on recent and future disasters.

Recommended Qualifications

Degree in business administration, finance, accounting or related field preferred; at least two years of experience in business or financial management preferably in a municipal Treasurer and/or Collectors office; or an equivalent combination of education and experience.

Competitive salary as well as a great Municipal Benefit Package to include health & dental insurance, retirement plan, paid holidays, and paid vacation.

Please submit a completed application to the Plymouth Town Clerk’s Office at 68 Town Office Road, Plymouth, Vermont 05056 or email clerk@plymouthvt.org. Applications will be accepted until the position is filled. The Town of Plymouth is an Equal Opportunity Employer.

STATE OF VERMONT

SUPERIOR COURT
Windsor Unit

PROBATE DIVISION
Docket No.: 24-PR-01255

In re ESTATE of : Barbara Champagne

NOTICE TO CREDITORS

To the Creditors of: Barbara Champagne

Decedent

Date of Reading: 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: 7 Mar 24 Signature of Fiduciary

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

Name of Publication: Vermont Journal - The Shopper

Publication Date: March 13, 2024

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
Case No. 24-PR-00717

RE: ESTATE OF JOYCE NEWTON
Late of Chester, Vermont

NOTICE TO CREDITORS

To the creditors of the Estate of Joyce Newton
Late of Chester, Vermont

I have been appointed Executor of the above-named Estate. All creditors having claims against the Estate must present their claims in writing within 4 months of the date of publication of this notice. The claim must be presented to me at the address listed below with a copy filed with the register of the Probate Court. The claim will be forever barred if it is not presented as described above within the four-month deadline.

Dated: 2-16-2024 Signed: Donald Williams

Don Williams, Administrator
Address c/o Jake L. Thompson, Esq.
Otterman and Allen, P.C.
P.O. Box 473
Barre, Vermont 05641

Name of Publication: The Vermont Journal

Publication date: March 13, 2024

LEGAL NOTICES

community

Narcan explained to Ludlow Rotary

LUDLOW, Vt. – The impact of drug addiction and its related overdose problem was the subject of a recent Ludlow Rotary Club (LRC) meeting. Alastair Huntley, AmeriCorps alumnus and a harm reduction advocate, spoke to the members of the LRC about the purpose of Narcan, also known as naloxone, a drug for restoring breathing to an overdosed person.

Huntley, introduced by Melanie Gulde, a LRC Rotarian and program director of Divided Sky, located in Ludlow, addressed the key questions of identifying someone suffering from an overdose, how to prepare the person for Narcan, and the need for quick contact to 911. He outlined the important sequence needed to ensure that the Narcan was delivered: (1) check to see that

it was an overdose, (2) immediately contact 9-1-1, (3) administer the Narcan, (4) position the victim properly, (5) support the victim until 911 arrives.

He noted that there were a variety of overdose signs to check for, chief among them being the inability to breath. This will result in a lack of blood being pumped through the body. One quick way to see this is via the fingernails, which, when blood is slowed, will turn blue.

Huntley stressed the importance of contacting 911 to get medical assistance as quickly as possible.

The Narcan is a very simple matter to administer. It is contained in a small pump, which is pressed into the nostrils of the victim. Immediately after administering the Narcan, the victim

should be lain on his or her side to help breathing return to normal.

The final step is important to ensure the victim remains in the correct position until 911 arrives.

Narcan is available from many health and drug avoidance programs. Huntley distributed Narcan kits to the LRC members. Information is available by calling a national help line at 1-800-662-4357, or at the Vermont Health website at www.healthvermont.gov/emergency/injury-prevention/opioid-overdose-prevention.

During the meeting, Gulde was presented the Paul Harris Fellow award for her service to Rotary and efforts concerning addiction problems and recovery.

John Sawyer joins the Mary W. Davis team

LUDLOW, Vt. – Earlier this year, Mary W. Davis Realtor & Associates welcomed John Sawyer of Chester to their expanding sales team. John and his family fell in love with Vermont, and the Okemo Valley

specifically, and have been enjoying all the outdoor activities the area has to offer since 2008. “John’s background in the software and music industries provides him with problem-solving skills necessary to navigate the market to assist people

in achieving their property goals,” says Suzanne Garvey, principal broker and partner. “We are thrilled John has joined us at Mary W. Davis Realtor & Associates. He is already proving to be an asset to our sales team.”

Senior Solutions Tai Chi instructor training

REGION – Interested in becoming a Tai Chi instructor and working with seniors? Senior Solutions and Tai Chi Vermont are offering a free, in-person, two-day Tai Chi Level One Training, focusing on improving balance and preventing falls. Training will be held April 20 and 21, from 9:30 a.m. – 4:30 p.m. each day, at Neighborhood Connections in the Mountain Marketplace, Londonderry, Vt. Senior Solutions will pay the full tuition in return for instructors offering two series of classes to area seniors at no charge. Instructors will be Laurie Knauer and Anne Bower, authorized trainers from Tai Chi Vermont Inc.

The workshop consists of two full days where Level One movements and fundamental exercises are practiced. Safety issues and ways to adapt movements to

accommodate participant limitations are taught. Attendees will receive pre-learning materials, and must attend a required Zoom meeting on Saturday, April 6, from 9:30 a.m. – 12:30 p.m. Full certification is valid for two years.

Fall Prevention Tai Chi is a fun and rewarding experience that helps the students and instructors. Benefits include improved balance, coordination, flexibility, focus, memory, and mindfulness. Those who practice frequently often find their sleep, mental health, and blood pressure improve as well.

Registration is available at www.taichivermont.org/register-for-an-event. Contact Thom Simmons at Senior Solutions to apply for the tuition waiver at 802-755-7295 or tsimmons@seniorsolutionsvt.org.

FINANCE

From Page 8

(i.e., the unique value your company offers the marketplace), and how will you communicate it to your stakeholders? Describe any marketing tactics, such as advertising and public relations, as well as sales models and sales compensation structures.

While the market analysis and marketing strategy sections may be the most time-consuming to put together, they will be well worth the effort. Conducting thorough market research can uncover previously unknown challenges and opportunities. Addressing these findings with a creative strategy can give your business a competitive edge. It can also help your business’s leadership team understand the reasons for certain strategic decisions you make that they may not necessarily agree with.

Financials

Of particular importance to potential investors and lenders, the financials por-

tion of the business plan is designed to help your readers understand where you are now financially, and where you hope to be. If you are seeking money, this section should outline exactly how much you need and why. You should include all current and projected (or “pro forma”) financial statements, including a cash flow statement, balance sheet, income (or profit and loss) statement, and a break-even analysis.

This section will likely be scrutinized the most, so be sure it is completed carefully. Some readers will require more information than others. What is most important is that the information provided is accurate and well-supported with documentation. The main purpose of this section is to educate readers about the use of resources – including any debt and equity financing you hope to get — proving to them that you and your leadership team can and will manage money effectively.

Most business owners

would much rather focus on their daily objectives and challenges than take valuable time away from their business to write a business plan. But in the end, it will be worth the effort. A business plan is not only important, but it can also become a critical resource on your journey toward success.

For more information, visit the Small Business Administration website, www.sba.gov.

Written by Mark Huntley, Huntley Financial Services, 802-228-5774.

SPRINGFIELD SCHOOL DISTRICT
SCHOOL BOARD MEMBER VACANCY

Springfield School District seeks a School Board member to fill the remainder of a term for one year (April, 2024 through March, 2025).

Interested parties should submit a letter of interest to Colleen Amaya, Admin Asst to the Superintendent camaya@ssdvt.org by March 31, 2024.

NOTICE OF
REQUEST FOR PROPOSALS
TOWN OF CHESTER
Housing Development Feasibility Study

The Town of Chester is requesting proposals for a Feasibility Study regarding the development of approximately 120 acres of town owned land for the purpose of developing housing. This project will include a site constraint analysis, zoning analysis, basic conceptual plans, an Implementation and Phasing Plan as well as identification of potential funding opportunities.

This project is being funded by a Municipal Planning Grant and matching town contribution.

Contact the Chester Town Office to obtain a full copy of the Request for Proposal.

All bids are due no later than April 5, 2024 at 3:00 p.m. The submittal requires one digital copy and one printed copy.

Attn. Julie Hance
Town Manager
Town of Chester
P.O. Box 370
Chester, Vermont 05143
(802) 875-2173
Julie.hance@chestervt.gov



THM
PROPERTY MANAGEMENT SERVICES
129 Lincoln Avenue, Suite A • Manchester Center, VT 05255
(802) 362-4663 • Fax (802) 362-6330 • TDD 1-800-545-1833 EXT. 326 OR 178

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Manchester Center, VT 05255
802-367-5252
802-367-5251
Hearing Impaired 1-800-545-1833 ext. 326

We do not discriminate against tenant applications on the basis of race, color, national origin, religion, sex, familial status, age, creed, gender identity, gender related characteristic or because a person intends to occupy a dwelling unit with one or more minor children or because a person is a recipient of public assistance, sexual orientation, marital status or disability.
EQUAL HOUSING OPPORTUNITY
THM is an equal opportunity provider and employer



TOWN OF LUDLOW, VERMONT
POSITIONS AVAILABLE

The Select Board of the Town of Ludlow, Vermont invites letters of interest for the following available positions for 2024/2025:

One-year Term Positions Available:

- Black River Valley Senior Center Representative
- Council on Aging-Senior Solutions Advisory Board Representative
- Development Review Board (DRB)
- Emergency Management Director
- Emergency Management Assistant
- Fence Viewers- (3) positions
- Pound Keeper
- Recreation Committee – (3) positions
- Southern Windsor County Regional Planning Commission Representative
- Southern Windsor County Regional Planning Commission Alternate
- Southern Windsor County Transportation Advisory Representative
- Southern Windsor County Transportation Advisory Alternate
- Southern Windsor/Windham Counties Solid Waste Mgmt. District Representative
- Southern Windsor/Windham Counties Solid Waste Mgmt. District Alternate
- Surveyor of Wood & Lumber
- Town Health Officer
- Town Health Officer – Deputy
- Tree Warden
- Tree Warden - Deputy
- Weigher of Coal

Three-year Term Positions Available:

- Recreation Committee

Four-year Term Positions Available:

- Planning Commission – (1) Position

Five-year Term Position Available:

- None

Anyone interested in filling one or more available positions should submit a letter of interest no later than March 22, 2024 to the Ludlow Municipal Office. For your convenience, you may email your letter to: townhall@tds.net and village@tds.net or send your letter to: Town of Ludlow Appointments P.O. Box 359 Ludlow, VT 05149

Appointments will be chosen by the Ludlow Select Board at their regular meeting scheduled for April 1, 2024 at 6:00 PM.

Town of Londonderry, VT
Job Opening - STR Administrator

The Town of Londonderry, Vermont is accepting applications for the new position of Short-Term Rental Administrator. This position is responsible for the development, implementation and administration of the Town's Short-Term Rental (“STR”) registration program in keeping with the Town's STR Ordinance.

A hiring package including the job announcement, job description, employment application, and STR Ordinance can be found on the Town website: www.londonderryvt.org. Position open until filled. EOE.

TOWN OF SPRINGFIELD
ANIMAL LICENSE NOTICE

Animal Licenses are 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

Town of Grafton, Vermont
117 Main Street, P.O. Box 180, Grafton, VT 05146
Invitation to Bid

The Town of Grafton (herein Town) is seeking sealed proposals for the removal of existing culvert (81”x59”x50’ long) and headwalls and installation of a CONCRETE BOX CULVERT on Tom Bell Road, Grafton, VT, TH 37 & TH 38.

A mandatory site visit shall occur on Thursday, March 21, 2024, at 8:00 a.m.

Bids are due in the Town Administrator’s office by March 28, 2024, at 3:00 p.m.

For the full invitation to bid, please contact Morgan Wilbur, Town Administrator, at townadmin@grafftonvt.org or 802-843-2552. The invitation is also available on the Town of Grafton’s website: https://grafftonvt.org/?page_id=2509

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

Please take notice that Salvatore Marottoli c/o Jewell Brook, LLC whose mailing address is 31 Halls Point Road, Branford, CT 06405, 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 Former Jewell Brook Mill, 1 Parker Avenue, in the Town of Ludlow, Vermont. 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 Ludlow 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 Kimberly Caldwell at (802) 461-5857 or at Kimberly.caldwell@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: Kimberly Caldwell

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Pelvic pain help at Grace Cottage

TOWNSHEND, Vt. – Are you struggling with pelvic pain, urinary incontinence, or some other pelvic floor dysfunction? If so, you are not alone. More than one-third of American women, and some men, have a pelvic health disorder.

In case the term “pelvic floor” is unfamiliar to you, it will help to know that the pelvic floor muscles are at the base of your pelvis. Both men and women have a pelvic floor. These muscles support your bladder, uterus and vagina or prostate, and rectum. The pelvic floor helps these organs function, and problems can occur when the pelvic floor is weakened or

injured.

When the pelvic floor muscles aren't working correctly, you may experience pelvic pain when you go to the bathroom or during sex. Or you may have leaking urine or a need to urinate too often.

Pelvic health disorders are more common in women than in men, and more common as women age. Pregnancy, childbirth, aging, obesity, and other conditions can cause the pelvic floor muscles to stop supporting a woman's pelvic organs, a condition known as pelvic organ prolapse. The organs press down on

each other, causing pain.

Grace Cottage's Outpatient Rehabilitation Center now offers pelvic health therapy, which can help those dealing with the conditions listed above, as well as with interstitial cystitis (inflamed bladder), sexual dysfunction, urinary incontinence, vulvodynia (painful vulva), orthopedic and sports injuries affecting the pelvic region, and pelvic issues due to pregnancy, childbirth, or postpartum complications.

A pelvic health therapy session begins with private and supportive conversation. First, the therapist

asks about the issue – its symptoms, how long it has been going on, and the emotional stress that goes with it. Then, the therapist does a physical examination to assess the situation and determine the best treatment approach.

Pelvic health therapy helps with physical conditions, but ultimately, it treats the whole person. Treatment is individualized for each patient's needs, and may include physical exams, therapeutic exercises, biofeedback, ultrasound, and conversation about the emotional stress that often accompa-

nies this issue.

Most insurance will cover this kind of therapy when a patient has a medical provider's referral. Talk to your primary care provider to determine if this therapy is right for you.

If you are encountering an issue of pain or dysfunction in the pelvic region or incontinence, don't lose hope. Please reach out for help by calling Grace Cottage's Outpatient Rehabilitation Center at 802-365-3637.

Written by Grace Cottage Family Health & Hospital.

HEALTH CARE WITH
COMPASSION & CONVENIENCE



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



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Gift Certificates Available

802.228.7772

www.calmmomentsmassage.com

Dry eyes, a crying shame

SPRINGFIELD, Vt. – Let's set the scene. It's the end of the day, and you're watching TV, curling up with a book, or scrolling on your smartphone, and your eyes begin to blur and tear up profusely. Or, after several hours of work on the computer, your eyes feel tired and look glassy and red. These are common descriptions recounted by patients in our clinic. The most likely diagnosis is dry eye disease.

Dry eye disease (DED) is a complex condition of the eye surface that results in symptoms such as tearing,

burning, pain, grittiness, a feeling like something is in the eye, and blurry vision. A recent epidemiological meta-study shows dry eyes affecting up to 50% of people worldwide. The condition may have a considerable impact on vision, quality of life, work productivity, and well-being. Dry eyes can arise at any age, from childhood through the golden years.

DED has many causes. Surprisingly, the most common culprit is the eyelids. The eyelid's job is simple, to blink to keep the surface of the eye protected and lubricated during waking hours. However, eyelid function was not designed with the modern digital world in mind.

During focused activities such as extended digital screen time, the blink reflex is reduced by an estimated 40-60%. Without adequate blinking, the tears on the eye surface evaporate quickly, causing discomfort. Other causes of dry eyes include age, contact lens wear, inflammation, and certain medications.

Due to its complex and chronic nature, there is no hard and fast cure for dry eyes. If you are diagnosed with dry eye disease, there are many methods to bring relief, and consistency is key. With mild symptoms, your doctor may recommend over-the-counter remedies, such as preservative-free artificial tears,

warm compresses, and an eyelid hygiene regimen. Taking five-to-10-minute breaks from extended computer or smartphone screen time every 20 minutes is also beneficial in resetting the blink reflex. More severe cases of DED may require prescription eye drops.

Though dry eyes are a common and frustrating cause of eye discomfort, adequate identification and management of the condition can bring considerable relief. Let your eye doctor know if you are having symptoms.

Written by Dr. Mercedes D. Smith, optometrist, Springfield Family Eyecare.

A “CAN DO” Company! - TEAMWORK with TOM

- Is it time to improve family or business relationships before paying expensive legal fees and court costs? Do you simply need a referee to avoid never speaking to family again?
- Do you need a *Life Coach* to help make a clarity plan to act on and achieve your goals?
- Do you need to settle debts or work through a financial issue before people *Lawyer Up*?

• **Businesses and Organizations:** How is teamwork, communication and culture in the workplace? Need to refresh aspirations or vision/mission? Let me facilitate: 1-hour sessions to all-day workshops. Also, a 4-step leadership training program for individuals.

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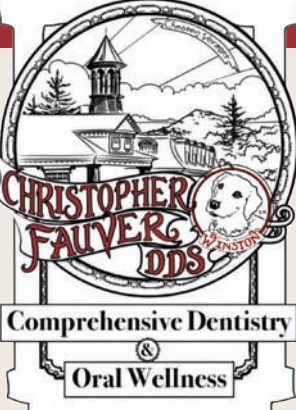
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Supporting a child with ADHD

REGION – Many children struggle with academics and/or behaviors. It is important to identify why a child is struggling. Some struggle to stay attentive in class and are distracted. Another common issue for children is being fidgety, and/or being impatient and impulsive. They require redirection and reminders, and struggle with time management and organizational skills. These children may be smart, but don't succeed due to this. This can lead to low self-esteem and confidence.

Sometimes children can

benefit from accommodations and supports in school and at home. Simple things that can help, including extra time on exams or assignments and preferential seating, more frequent breaks, movement breaks, exercise, etc. Finding the right accommodations is important, as every child is unique.

There is often much misinformation circulated regarding the use of medications for ADHD. The goal of using medication is to help the child learn and grow by helping them be able to focus better, sit still longer, and be more

organized. Another goal of treatment with medication is to improve overall everyday functioning. It can also be helpful in improving self-esteem and confidence, which provides its own longterm benefits. When used properly, medications for ADHD do not cause addiction or dependence. The correct medication should not change the child's mood or personality. It is important not to use sedating medications, as children need to be more alert and focused, and able to participate better in class and in social activities. There

are many types of medication that can be used, but medication is not the appropriate treatment for everyone. Giving a brief two-week trial with a low dose of medication may help a parent decide if this is right for their child. Medication is one of many tools we can use to help these children.

Having ADHD can be difficult for kids. Success comes from supporting these children through their difficulties in an encouraging and caring manner, while helping them understand themselves. Reminding them

that they can be very successful, and that we are here to help them achieve their goals, will be an important start to healthy and successful treatment.

Dr. Henry Hasson is a child neurologist trained at AECOM in New York. He diagnoses and treats children with ADHD, autism, developmental

disorders, seizures, headaches, etc. He is based in Ludlow, and telemedicine appointments can be scheduled throughout the state of Vermont. Appointments are available without long waits and without the need to travel. For more information, visit www.hassonmd.com, or email henry@hassonmd.com.

Youth third spaces

REGION – The Black River Area Community Coalition (BRACC) believes that addressing the root cause of substance misuse is at the heart of positive development for young people. Projects coordinator Lauren Ingersoll has spent this past year gathering data, building relationships, and working closely with local school leaders to better understand the needs of the local youth.

BRACC looks at local and regional data to identify trends in substance use, and collects information from their own assessments to fill in the gaps. “When we look at all the data together, including the 2021 YRBS, the discussions at the Vermont Youth Opportunity forums, and qualitative feedback from the Chester community, there seems to be a general consensus on the idea of third spaces being a huge asset for young people in this area,” says Ingersoll.

The vision of a third space has quickly fostered a great deal of buy-in from the town and the Chester community at large. BRACC's coalition team, now consisting of over 20 individuals, is exploring the feasibility of this project, meeting once a month to share resources, discuss prevention strategies, and bring ideas to the table. While they research potential building spaces and opportunities for implementation, BRACC is also rounding up GMUHS student ambassadors to bring them on board the conversation and planning process.

"From a prevention lens, a place like this could be an opportunity to reduce risk factors in teens who feel isolated, who feel like they don't matter to the community, or who could benefit from just having a safe space to socialize, decompress, and have access to resources outside of home and school," Ingersoll noted.

BRACC has connected with several other youth-serving organizations in southern Vermont, partnering with leaders who are starting teen center projects, and taking notes

from those who are already doing it successfully. The coalition recently presented their plans to the Chester Selectboard and to outreach representatives of Bernie Sanders' office, spreading awareness around the need to strengthen protective factors for youth, and building on the shared inspiration of individuals across the state who see the value in this effort. With the support and momentum from a network of community partners, BRACC's coalition

team continues to grow and mobilize under a shared mission for substance-free youth.

*Written by Black River
Area Community Coali-
tion.*

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arts & entertainment

Gypsy Reel to play St. Patrick’s Day shows

REGION - The St. Patrick’s weekend sees Gypsy Reel – the Celtic band that rocks – playing several shows in the area. Known for playing high-energy, stirring music rooted in the Celtic tradition, but garnered from the whole world, their legendary St. Patrick’s shows will have your toes tapping, hands clapping, and voices raised with all your favorite Irish songs and dance tunes. The lineup includes talented banjoist, guitarist, and vocalist Claudine Langille; Graham Parker on fiddle and vocals; Camille Parker on mandolin, bodhran, and vocals; Jon Scaife on guitar; and Silas Hamilton on standup bass.

Featuring wide ranging tunes, from traditional and original songs to wild sets of jigs and reels, you can catch Gypsy Reel at the following free shows. As usual, on Thursday, March 14, they host their weekly Irish session at the Killarney in Ludlow, from 6:30-8:30 p.m. On Friday, March 15, they will be at the New American Grill in Londonderry, from 6-9 p.m. Great food and beer selections. Come early to grab a table for dinner in the music room. Saturday, March 16, and Sunday, March 17, they will be back at their traditional St. Patrick’s home base, the Killarney in Ludlow, for

7-9:30 p.m. shows. Fantastic traditional food, drink, and music – always a great night. Get there early for a good spot. On the afternoon of St. Patrick’s Day, they will also play at the Bull at Okemo Base Lodge from 3-5 p.m. A welcome return for a show where a lot of local families mingle with the skiers. Be prepared to join in on the Unicorn Song. So put on some green and join Gypsy Reel to celebrate the man who wasn’t a saint, wasn’t called Patrick, and wasn’t even Irish, but is a great excuse for a lot of fun.

The Gaslight Tinkers at Next Stage

PUTNEY, Vt. – Next Stage Arts Project and Twilight Music present roots and world music quintet The Gaslight Tinkers at Next Stage on Friday, March 22, at 7:30 p.m. Blending African, Caribbean, funk, reggae, and Latin grooves with traditional fiddle music, the quintet creates the genre-bending future of the music of the past. The Gaslight Tinkers’ mix of global rhythms creates a joyous world beat sound around a core of traditional New

England old time and Celtic fiddle music, merging boundless positive energy with melody and song. Drawing from their extensive musical backgrounds in traditional folk, Caribbean, old time, Celtic, and rock, I-Shea, Clara, Garrett, Elie, and Peter craft a sound that brings world traditions together. Since its formation in 2012, the band has lit up the nation coast to coast, as well as the Caribbean, headlining clubs, dances, and major festivals. The Gaslight Tinkers have per-

formed at Green River Festival, The Iron Horse Music Hall, The Parlor Room, Old Songs Festival, Caffé Lena, Strange Creek, Rock and Roll Resort, Old Songs, Falcon Ridge Folk Festivals, and Wormtown Festival. Next Stage is located at 15 Kimball Hill in downtown Putney, Vt. Tickets are 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.

Artists Town Meeting to be held at MSA

SAXTONS RIVER, Vt. – The next Artists Town Meeting will be held on Sunday, March 24, from 10:30 a.m. – 12 p.m., at Main Street Arts in Saxtons River. Artists, artisans, local food growers, and the general public are encouraged to participate. The focus of these meetings is to bring creatives together in order to share ideas, challenges, and opportunities. “The more we know each other and can identify ourselves as a constituency, the more strength and credibility we gain,” Robert McBride, director of Rock-

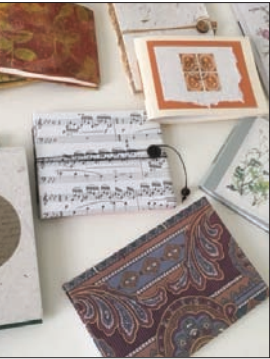
ingham Arts and Museum Project (RAMP), explains. “There is an ever-growing community of working artists and local growers in our midst, all of whom are contributing to the cultural and economic vitality of our communities. One of RAMP’s many roles is to be an advocate for these artists. In order to be effective in that role, RAMP creates and participates in opportunities to hear from local artists, and assist them in making community connections that benefit us all.” This is the first time the Artists Town Meeting will be held at MSA.

For accessibility questions, please call Main Street Arts in advance at 802-869-2960. RAMP and MSA thank The Vermont Arts Council and the National Endowment for the Arts for helping to make these meetings possible. Interested participants are asked to RSVP by emailing ramp@sover.net with “Artists Town Meeting RSVP” in the subject line.

Bookmaking at the VAULT

SPRINGFIELD, Vt. – Do you like handmade books? Well, here is a chance to make and decorate your own folded books with Deborah Stuart at Gallery at the VAULT on March 23, from 11 a.m. – 1 p.m. Participants will work with various tools and papers to make two to three small, unique books suitable for pocket jotter and notebooks. Basic bookmaking techniques will include working with a variety of papers folded in interesting and varied

ways. There will be a rich selection of art materials with which to decorate pages and covers. All will go home with several books they have created, and knowledge of how to continue making books on their own. Please register by Wednesday, March 20. Gallery at the VAULT is located at 68 Main Street in Springfield, and is 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-



Handmade books by Deborah Stuart. PHOTO PROVIDED

7111, email gallervault@vermontel.net, or visit www.gallervault.org or the gallery’s Facebook page. Gallery at the VAULT is ADA accessible.



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Weston Theater Company 88th season

WESTON, Vt. – Weston Theater Company announced its 88th theatrical season, featuring five marquee titles celebrating the boundless joy that only live theater can produce. Says executive artistic director Susanna Gellert, “In the aftermath of last summer’s floods, we discovered the full potential of our wonderful, intimate second venue, Walker Farm. Rebuilding timelines mean that we’re unable to return to the Playhouse this summer, and so, I am excited to announce that this year’s lineup will take place solely at Walker Farm. This season isn’t just about the productions on the stage; it’s about rediscovering joy after loss, and celebrating Weston’s indomitable spirit. 2024’s shows promise laughter and inspiration, stories centered around family and friendship, love and hope.” Season 88 begins with the spirit of rock ‘n’ roll, “Jersey

Boys,” written by Marshall Brickman and Rick Elice, with music by Bob Gaudio, and lyrics by Bob Crewe. Rock out with four young men of the 60s as they rise from the streets of New Jersey to conquer the music industry and forge friendships that stand the test of time. “Jersey Boys” will run from June 12 – July 7. July brings musical magic to Weston with the unforgettable “Pippin,” written by Roger O. Hirson, with music and lyrics by Stephen Schwartz. Unleash your imagination and join the company of “Pippin,” as they tell the story of young Pippin’s quest to be a hero, with stops along the way in military glory, revolutionary fervor, and romantic bliss. In the end Pippin finds, like all of us, that happiness lies not in the extraordinary, but in the sweet moments of love we create every day. “Pippin” will run from July 24 – Aug.

17. In August, join the actor-musicians of “The Porch on Windy Hill: A New Play with Old Music,” for gloriously authentic “old time” and bluegrass music and a heartwarming, contemporary tale of a family reuniting against all odds. A young, biracial Korean American violinist and her boyfriend leave the confines of New York City for the freedom of the North Carolina mountains, where the music of Appalachia offers the inspiration they’re searching for. When they come upon her old family home and the estranged grandfather she’s tried to forget, old hurts and new joy reveal themselves through the music that binds us all together. “The Porch on Windy Hill” will play from Aug. 22 – Sept. 1. Laughter is guaranteed at Weston’s free Young Company performances of “Junie B. Jones, The Musical.” See the world through the eyes of the spirited and spunky Junie B. Jones. Based on the beloved children’s book series, this vibrant and hilarious musical adventure follows the unforgettable antics of that irrepressible first-grader and her quirky, lovable friends through the ups and downs of elementary school. Playing June 20 – July 7 at Walker Farm, and on tour across central and southern Vermont.

Weston will close its 88th season in the fall with a thrilling title yet to be revealed. This production also anchors Weston’s Student Matinee Program, which brings hundreds of middle school, high school, and home school children from across Vermont to the theater each year. Playing Oct. 2-20. Join the Weston community with a Pick Your Price Subscription to Season 88. Perks include first choice on premium seating, and the ability to pick your subscription price. New subscriptions are available on March 18. Single tickets can be purchased online, and by calling the Weston box office at 802-824-5288 beginning on April 9. Discounted tickets are available to students and children, with and a limited quantity of VTix for Vermont residents who hold a Vermont ID. Weston Theater Company builds on and enhances the unique assets of its Vermont village campus to produce a diverse, entertaining, and challenging season of live professional theater and high-impact events; enrich the theater-going experience with education and outreach programs for all ages; and make significant contributions to the American theater through training programs, play development, and retreats. Learn more at www.westontheater.org.

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