

# THE Vermont Journal

MARCH 11, 2026 | WWW.VERMONTJOURNAL.COM

VOLUME 26, ISSUE 10

## Town Meeting 2026 results

**Andover**  
Article 5, town budget, \$1,333,006.76, with \$1,160,455.12 to be raised by taxes – Passed  
Article 7, to change the day of Town Meeting to one of the three days prior to the first Tuesday in March – Passed  
Article 8, if Article 7 passes, which day shall Town Meeting be held on? – Monday  
**Chester**  
Selectboard, one-year term – Lauren Fierman and Tim Roper  
GMUUSD director – Patricia Benelli and Jesse Bailey  
Article 6, town budget, \$4,461,054.98 – Passed  
Article 7, 1% local options tax on rooms, meals,

alcohol, and retail for a period of 10 years – Did not pass  
**Cavendish**  
Selectboard, one-year term – Shannon Devereaux and David Norton  
Selectboard, three-year term – Robert Glidden  
Article 3, town budget, \$2,724,654 – Passed  
Article 4, adopt subdivision regulations – Passed  
**Londonderry**  
Selectboard, two-year term – Jim Fleming  
Selectboard, three-year term – Leanna Alexander  
Article 4, general fund budget, \$3,600,065.99 – Passed  
Article 6, \$37,000 to social and health care services and organizations – Passed

Article 8, highway equipment reserve fund, \$100,000 – Passed  
Article 9, town buildings reserve fund, \$200,000 – Passed  
Article 10, highway improvement reserve fund, \$410,000 – Passed  
Article 11, Pingree Park reserve fund, \$20,000 – Passed  
Article 12, community economic improvement reserve fund, \$25,000 – Passed  
Article 13, general office manager position/salary, \$81,000 – vote deferred until Monday, May 11  
Article 14, 1% local options tax on retail – Did not pass  
**Ludlow**  
Article 5, town budget,

\$5,454,528.45 to be raised by taxes – Passed  
Article 6, capital fund for emergency, recreation, and facilities department equipment, \$97,500 to be raised in taxes – Passed  
Article 7, \$5,000 for Okemo Valley TV – Passed  
Article 8, establish grant matching fund, \$100,000 – Passed  
Article 9, establish re-appraisal fund, \$47,000 – Passed  
Article 10, establish hazardous tree removal fund, \$15,000 – Passed  
**Plymouth**  
Article 1, school district budget – Passed  
Article 9, school director – Joshua Linton  
**Weston**  
Selectboard, three-year

term – Denis Benson  
Selectboard, two-year term – remains vacant  
Article 5, \$234,702 plus 2% interest for 4 years from the highway fund to the special projects fund, to purchase land at 1047 Vermont Route 100 for highway purposes – Passed  
Article 6, Continued participation for three years in the Mountain Towns Recreation program, not to exceed \$11,500 annually – Passed  
Article 9, \$140,00 for highway equipment replacement reserve fund – Passed  
Article 10, \$75,000 for highway maintenance fund – Passed  
Article 11, \$40,000

for fire apparatus fund – Passed  
Article 13, \$40,000 for bridge repair fund – Passed  
Article 14, \$30,000 for Wilder Memorial Library Capital Fund – passed  
Article 20, general fund budget, \$804,224, of which \$580,216 will be raised by taxes – Passed  
Article 21, highway budget, \$1,268,848, of which \$1,128,662 will be raised by taxes – Passed  
**Green Mountain Union School District**  
School district budget, \$19,341,997 – Did not pass  
**Ludlow-Mount Holly Unified Union School District**  
School district budget, \$10,455,017 – Passed

## Diane McNamara retires

**CAVENDISH, Vt.** – Tuesday, March 3, was Diane McNamara's last election as Cavendish town clerk and town treasurer. She is now retiring. Michael Murphy has been written in by the voters of Cavendish to replace her.

McNamara will be available in the coming days to help Murphy in his new role.  
Thank you Diane for your many years of dedicated service to the town. Many thanks for a job well done.

## Leanne Alexander appointed to selectboard at Londonderry Town Meeting

BY SHAWN TAE WEBB  
*The Vermont Journal*

**LONDONDERRY, Vt.** – At the Londonderry Town Meeting, on Monday, March 2, Doug Friant was reappointed to the position of town moderator, and explained the rules of the meeting. State Rep. Chris Morrow then spoke on the legislature, stating that the three biggest topics are education, health care, and transportation budgets. He said the state health care budget just received \$105 million from the federal government, which was directed mostly toward primary care and telehealth.  
Article 3 was the election of town officials. James "Jim" Fleming was reappointed to the selectboard for a term of two years. Martha Dale did not run for reappointment to her seat, which carries a three-year term, and Friant and the audience thanked her for her service on the board with a round of applause. A nomination was made for Leanne Alexander, and another for Chad Stoddard. After a paper ballot vote, 71-46, Alexander was congratulated for her appointment to the three-year seat to the selectboard, and she was welcomed to her seat at the table.  
Allison Marino was reappointed as town clerk, Tina Labeau as treasurer, Marge Fish as lister, Maureen Cronin as cemetery commissioner, and Katherine Mosenthal as trustee of public funds.

Article 4 requested to see how much the town would vote for a general fund, which stood at \$3,600,064.99. Part of this budget was reserved for an increase of \$4,000 to use the Windham Regional Animal Control officer instead of a local officer.  
A public comment shared with the audience that the town has \$10 million in trust funds, which the town seemingly has no interest in trying to use to offset taxes or other funds and budgets. It was clarified that the trust funds are granted from individuals with specific uses in place. The trust fund is limited to use for schools, cemeteries, and libraries. The cemetery fund has in fact grown, but can also provide loans to the town. "It is not an asset to the town...we have written to attorneys on ways to use [the funds]."  
The general fund budget was then passed, as was Article 5, for taxes to be paid to the treasurer on or before Oct. 1, 2026.  
The town voted to appropriate the sum of \$37,000 to Friends of the West River Trail, Grace Cottage Foundation, My Community Nurse program, Neighborhood Connections, Senior Solutions, SEVCA, The Collaborative, and West River Montessori School.

See **DERRY** on Page 2

## Plymouth municipal building dedicated

**PLYMOUTH, Vt.** – On Monday, March 2, prior to the Town of Plymouth's Town Meeting, four individuals from the town were recognized with a plaque.

Donald Martin, former fire chief, selectboard member, and highway foreman, was recognized for his role in the proposal and determination to have the municipal building built. John S. Sailer, junior firefighter and selectboard member, was also recognized for his role in the presentation and efforts to have the municipal building erected. Raymond Billings, former fire chief, firefighter, and selectboard member, was recognized for his efforts. Family and friends gathered to show their support for Sailer and



Plymouth municipal building dedicated to Donald Martin, John S. Sailer, Raymond Billings, and Rick Kaminski  
PHOTO PROVIDED

Billings, who are deceased. These three townsmen dedicated much of their lives to the Town of Plymouth. If you read annual reports from years passed you will find their names repeatedly. The municipal building is standing today because of

these three gentlemen.  
The final recognition of the night went to current selectboard Vice Chair, Rick Kaminski, for his role in the entire renovation project that has spanned over the last two years. The oversight of this project was a full-time

job, and Kaminski was at the municipal building daily.

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**OFFICE ADDRESS:**  
8 High Street • PO Box 228 • Ludlow, VT

**BILLING ADDRESS:**  
PO Box 116 • Rutland, VT 05702

**PHONE NUMBER:**  
802-228-3600

**WEBSITE:**  
www.VermontJournal.com

### CONTACT US

**SHAWN TAE WEBB**  
publisher@vermontjournal.com  
ads@vermontjournal.com

**NICK GIBERTI**  
editor@vermontjournal.com  
calendar@vermontjournal.com

**JOE MCCAFFREY**  
sales@vermontjournal.com

**LISA STICKNEY**  
messagesales@vermontjournal.com

**PAULA BENSON**  
billing@vermontjournal.com

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## Ludlow Town Meeting 2026

BY NICK GIBERTI  
*The Vermont Journal*

**LUDLOW, Vt.** – Ludlow held its annual Town Meeting on Monday, March 2, voting on Articles 2-10 of its Town Warning on the floor. Article 1, to elect town officers, was to be voted on the following day, by Australian ballot, at the Ludlow Town Hall.  
Prior to voting, however, those assembled heard from their senators in the state legislature, Joe Major and Alison Clarkson. Major spoke on Act 73, which passed the Vermont Legislature last year, and is "aimed at modernizing...and strengthening Vermont's educational system, while addressing its long-term cost pressures." Major told voters that, while the Senate favors an approach "based on voluntary school consolidation and preserving existing school choice," the House "has proposed a more stringent reduction in school choice, and forced redistricting." While a compromise and final course of action has yet to be reached, Major insisted that, with both approaches, "The thought process...is to lower your property taxes."  
Clarkson echoed Ma-

ior's remarks on education reform, adding that she believed the Vermont Legislature is "very functional," and is also working on "protect[ing] Vermonters' civil liberties" and "protecting Vermonters from federal budget cuts." Clarkson also took the opportunity to announce her retirement after 22 years in the state legislature, adding, "Thank you for the opportunity to serve you, it is an honor and a privilege."  
The meeting then moved on to voting on the floor, beginning with Article 2, to set the salaries of the selectboard members, cemetery commissioners, and trustee of public funds. Former selectboard member Bob Brandt rose to propose an amendment increasing the selectboard's salary from \$1,600 per year to \$2,100 per year, noting that the board attends many more meetings per month than just their regularly scheduled selectboard meeting. Upon a vote, the amendment passed, as did Article 2.  
Article 5, the town's budget, set at \$5,454,528.45, generated some discussion. Resident Gary Joseph, looking at the town report, noted how many departments had, in the previous year, exceeded their budgets by considerable amounts. Resident Andrea Goldman added that it "seems like...the surprises

are what we would call 'controllables,'" asking, "What is the accountability to the various departments to hold to their budgets?"  
Town manager Penny Wu responded, explaining, "In my opinion, we've been grossly underfunded in our essential services...for several years, and so if you take that underfunded percentage every year and you carry that forward, you're never going to catch up." Wu said that she preferred to present "realistic" numbers to the voters based on the departments' actual expenditures.  
Resident Linda Thompson asked about the perennial issue of the Black River High School (BRHS) building, which is now owned by the town after the school's closure in 2020. Upkeep for the building is a significant cost for the town, and, while there have been attempts to determine the building's ultimate fate over the last several years, no definite plans have been decided. Selectboard Vice Chair Justin Hyjek replied that the town intends to set up a "steering committee" in the coming year, which will work with the Ludlow Building Committee to determine potential uses for the building. Ludlow resident Pam O'Neil also noted that, with the potential

See **LUDLOW** on Page 2

# Runs for Research

LUDLOW, Vt. – The annual Runs for Research (R4R) fundraiser will be held on Saturday, March 14, at Okemo Mountain Resort.

Ski and ride for research from 10 a.m. – 2 p.m., on the Lift Line Trail (NASTAR course) at Okemo. R4R is a daylong event open to all interested skiers and snowboarders. All par-

ticipants are asked to seek sponsorship, and will compete for the most ski runs. One-hundred percent of all sponsorships and proceeds from donations will be given directly to the Dana Farber Cancer Institute/Jimmy Fund, StandUp2Cancer, and the American Diabetes Association.

After, join for the apres ski and ride event, from

5-8 p.m., at The Barn at Fox Run. Hors d'oeuvres and drinks will be available. Raffle prizes will be awarded, and a silent auction will be held.

All proceeds raised support much-needed research in the fight against cancer and diabetes. For more information, visit [www.runs4research.org](http://www.runs4research.org).

## DERRY

From Page 1

An appropriation of \$3,000, to be deposited into the emerald ash borer infestation reserve fund, was also passed.

Article 8 requested that \$100,000 be added to the highway equipment reserve fund. Board member Taylor Prouty explained they had some “catching up” to do on some of the older equipment, and the fund would help keep a schedule for replacing equipment. Article 10 would appropriate \$410,000 to the highway improvement reserve fund. Prouty noted these are separate funds, and stated the town is trying to keep up with the mileage of roads. With the challenges of significant increases in paving costs, “we can’t pave our roads fast enough” to keep up with the rotating schedule. Prouty said this year the goal is to pave roads end-to-end, as well as get culverts replaced. Articles 8 and 10 both passed.

The sum of \$200,000, to be deposited into the town buildings reserve fund, was then discussed and passed. Labeau said the town is working on a plan for town

hall upgrades, including heat, windows, and insulation. She confirmed that the fund is currently \$232,000 in negative funds, but that they have a grant of \$215,000 for the town hall weatherization projects, and the proposed \$200,000 buildings reserve fund would help offset the remaining cost. Labeau noted they would likely have to borrow money to finish the town hall renovations.

The town voted to appropriate \$20,000 to the Pingree Park reserve fund, which will go directly towards the replacement of the tennis courts.

Article 12 was approved, and appropriated \$25,000 to the community economic improvement reserve fund. Selectboard Chair Tom Cavanagh said the town used about \$4,000 of the funds to flood proof some buildings in the village. In the future, he would like to use these funds to match grant funding.

Article 14 presented the town with the choice to authorize a 1% local options tax on sales. The proceeds of the funds raised would be applied to the general fund revenue, to reduce the town’s municipal property tax rate. Labeau clarified this is for sales tax, and is separate from the meals and rooms tax that the town already has in place.

Tulloch made a presentation that outlined the local options tax. Londonderry would keep 75% of the revenue generated by the tax, and the state would get the other 25%. Anything that already has a 6% sales tax would get the 1% local options tax applied to the purchase. Non-taxable purchases would include drugs and medical supplies, food, clothing, gas, and vehicles. The amount of

revenue that is generated from the local options tax would determine how much the property taxes would be offset, or what the lowered property tax rate would be.

Cavanagh confirmed this was voted on a few years ago, but was brought back to the town this year, as it could benefit everyone. Both locals and tourists would be contributing back to the town.

The town voted not to add the 1% local options tax.

There was a discussion on Article 13, to appropriate a sum not to exceed \$81,000, to fund the salary of a general office manager position, which included full-time wages and benefits. Labeau and town administrator Aileen Tulloch explained that the assistant town clerk position would not be eliminated, but they were looking to add another full-time individual to the town office to assist all departments of the town. Duties may include helping with land records, digitizing zoning files, maintaining office supplies, and assisting all boards and committees with postings of agendas and minutes.

There was an overall concern with the cost of this new position. After multiple amendments were voted on, resident Melissa Brown motioned for the article to be postponed to a later date, after a detailed job description and better accounting of the position’s budget is presented to the town. The motion to postpone the vote passed.

Friant clarified, there will be another meeting and another vote. The town will reconvene on Monday, May 11, at 6 p.m., at the town hall. Those who attend the meeting will vote on Article 13, whether to appropriate \$81,000 for a general office manager position.

# Land transferred to the Town of Ludlow

LUDLOW, Vt. – The Ludlow Economic Corporation, formerly known as the Ludlow Development Corporation, and its President Ronald G. Bixby, recently transferred almost 20 acres of land, located in the Dean R. Brown Jr. Industrial Park, to the Town of Ludlow. The parcel of land is zoned for industrial use, and will be utilized for future economic development projects.



Left to right: Frank Heald, former town manager; Penny Wu, Ludlow town manager; Bob Brandt, Village of Ludlow Trustees Chair; Brett Sanderson, Town of Ludlow Selectboard Chair; Ron Bixby; Ulla Cook, Ludlow town clerk and treasurer; Art Randolph; and Jim Rumrill.

PHOTO PROVIDED

# South Londonderry Library art program

S. LONDONDERRY, Vt. – The South Londonderry Free Library invites children of all ages – and grown-ups, too – to an art workshop with Casey Junker Bailey, on Saturday, March 14, at 10:30 a.m. We’ll

be learning about the life and art of African American painter Horace Pippin as we create our own story paintings. And, like Pippin, we’ll be sure to include a splash of red. We hope you’ll join us in chasing away winter by making col-

orful art in our cozy library. The workshop is free of charge, and appropriate for all ages. Each family will receive their own copy of “A Splash of Red” to keep. You may contact the library at 802-824-3371 for more information.

## LUDLOW

From Page 1

educational redistricting on the horizon, the BRHS building may yet prove useful for its original intended purpose as a high school.

Ultimately, the budget passed.

It was also noted during budget discussions, in response to some inquiries, that the revenue generated by the 1% local options tax passed last year cannot be included in the town’s overall budget, as it is earmarked for specific uses. This became relevant during discussion of the next article, Article 6, the capital fund. Board member George Tucker explained that the capital fund, to be used for expenses such as highway, fire, and police department equipment, and parks and recreation expenses, totaling \$97,500, has not been increased in several years, though costs continue to rise. The board was faced with the decision to either propose increased amounts in the capital fund, or supplement it with the local options tax, and chose the

latter option. The article passed when put to a vote.

Article 8 proposed a grant-matching fund in the amount of \$100,000, to be used when state or federal grants require the town to match a portion of the grant money. Resident George Thompson asked how the town arrived at the amount proposed. Wu replied that the town has typically not factored matching funds into its operating costs, and that, because of this, it often misses out on grant opportunities which require matches. “What this does,” Wu said, “is this will...go into its own account, so that when a department head sees that they have the opportunity to apply for a [grant],” they will be able to without the additional concern of finding the funds available to do so. The article passed.

Article 9, proposing a \$47,000 reappraisal fund, also passed. The fund is to be used to finance the reappraisals the state requires every six years, a new law passed in the last legislative session. Reappraisals previously occurred, according to Wu, every 10-12 years. Wu said that the state allowance given to towns for reappraisals, in the amount of approximately \$8.50 per parcel, “has not changed since the ‘70s,” leaving towns with a mostly unfunded mandate for reappraisal. “We are trying to take a little bit at a time, [and] put it into a...special revenue fund that captures this amount until the next appraisal,” rather than asking

for a larger sum all at once, Wu explained.

Finally, Article 10, proposing \$15,000 fund for the removal of hazardous trees, caused some discussion among those present. Tree Warden Phil Carter explained that the intended use of the fund is to offset the cost of removal of ash trees, which could otherwise die and become hazardous now that the emerald ash borer, an invasive insect which kills ash trees, has been discovered in Ludlow. “We’re going to spend a lot more than 15 grand before this is all said and done,” Carter said, “but...this is a start.”

Resident and former selectboard member Bruce Schmidt proposed an amendment increasing the amount to \$50,000, but moderator Newton Rose countered that this increase constituted a change too large to be made on the floor, saying he would “entertain 25 or 30 [thousand dollars].” Schmidt then proposed \$30,000, which passed, as did Article 10.

Finally, Logan Nicoll reminded those at the meeting that a vote on the merger of the town and village will be held on Friday, March 24. Wu expressed her support for the merger, arguing that, while the separate entities made sense in a time when municipal services did not operate outside of the more densely populated village, the arrangement has outlived its usefulness, and has become burdensome for both municipal staff and taxpayers.

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# arts & entertainment

## Hiroya Tsukamoto at Stage 33 Live

**BELLOWS FALLS, Vt.** – Internationally acclaimed fingerstyle guitarist Hiroya Tsukamoto will perform on Sunday, March 15, at 2 p.m., at Stage 33 Live, 33 Bridge Street in Bellows Falls, Vt.

Tsukamoto is a one-of-a-kind musician and composer – an eclectic, immersive, and mesmerizing guitarist, who takes audiences on an innovative, impressionistic journey filled with earthy, organic soundscapes rich in subtle detail. A dizzyingly agile fingerpicker, who always chooses beauty over

bombast, his transcendent performances combine instrumental guitar work with lyrical performance and spoken stories.

Born and raised in Kyoto, Japan, he received a scholarship to Berklee College of Music and came to the U.S. Since then, he has been performing internationally, including at the United Nations, the Blue Note in New York, and on Japanese national television. Tsukamoto will be pleased to meet and greet with the audience after the performance.

Tickets can be purchased in advance at [www.stage33live.com](http://www.stage33live.com), or at the door as available. Only 40 tickets will be sold.

Tsukamoto will also provide an opportunity of special interest to fingerstyle players of all levels of ability and accomplishment – an informal masterclass beginning at 11 a.m., preceding his concert. There is a discounted class-plus-concert bundle. See [www.stage33live.com](http://www.stage33live.com) for more information and registration.

## Gypsy Reel to perform for St. Patrick's Day

**LUDLOW, Vt.** – Celtic powerhouse Gypsy Reel will be warming up for St. Patrick's Day with a special show at the Black Line Tavern, at Magic Mountain in Londonderry, on Friday, March 13, from 4-7 p.m. Superb choice of beer and food make for a great atmosphere to hear the best Irish music this side of Galway.

On Tuesday, March 17, Gypsy Reel will be re-

turning for their 21st annual St. Patrick's Day show on March 17, at 6 p.m., at The Killarney in Ludlow. Incorporating fiddle, banjo, mandolins, guitars, upright bass, bodhran, and four-part harmonies, Gypsy Reel will perform traditional sing-alongs as well as toe-tapping dance tunes from the Irish tradition. As always, traditional food and drinks will be served, along with great music. This year promises

to also feature the premiere of Maxwell's musical saw.

If you want a quieter venue to hear Gypsy Reel strut their Celtic stuff, the Fletcher Library in Ludlow will host an acoustic show at on St. Patrick's Day, March 17, at 3 p.m., and then they will be wrapping up the festivities at the Ransom Tavern, at the Kedron Valley Inn in South Woodstock, on Wednesday, March 18, from 6-8 p.m.

## SHS Theater presents "Treasure Island"

**SPRINGFIELD, Vt.** – Springfield High School Theater Department presents "Treasure Island" by Ken Ludwig, adapted from the novel by Robert Louis Stevenson. Performances will be at the Springfield High School auditorium on Friday, March 20, at 7 p.m.; Saturday, March 21, at 7 p.m.; and Sunday, March 22, at 2 p.m. Admission is by donation.

Based on the masterful adventure novel by Robert Louis Stevenson, "Treasure Island" is a stunning yarn of piracy on the tropical seas. It begins at an inn on the Devon coast of England in 1775, and quickly becomes an unforgettable tale of treachery and mayhem featuring a host of legendary swashbucklers, including the dangerous Billy Bones (played unforgettably in



Props and set of "Treasure Island." PHOTO PROVIDED

who longs for adventure, and the infamous Long John Silver, who is a complex study of good and evil, perhaps the most famous hero-villain of all time. Silver is an unscrupulous buccaneer; a rogue whose greedy quest for gold, coupled with his affection for Jim, cannot help but win the heart of every soul who

the movies by Lionel Barrymore), the sinister two-timing Israel Hands, the brassy woman pirate Anne Bonney, and the hideous form of evil incarnate Blind Pew. At the center of it all are Jim Hawkins, a 14-year-old boy

has ever longed for romance, treasure, and adventure. This production is appropriate for all ages. For more information, call 802-885-7954, or email Rebecca Skrypeck at [rskrypeck@ssdvt.org](mailto:rskrypeck@ssdvt.org).

## "A Musical Conversation"

**PUTNEY, Vt.** – Next Stage proudly presents "Race & Song: A Musical Conversation," a powerful and engaging performance by veteran musicians and storytellers Pamela Means and Alastair Mook, on Saturday, March 14, at Next Stage Arts.

"Race & Song" is an exploration of history and current events through the lens of race, using music as both catalyst and connective tissue. Drawing on their long-standing friendship, Means and Mook invite audiences into thoughtful, generous conversations about race, class, gender, and history, grounded in lived experience and brought vividly to life through song, storytelling, and images.

In musical dialogue, Means and Mook share personal narratives alongside historical and family photos, weaving together songs such as "Wade in the

Water," "Freight Train," "It's a Mighty Long Way," "This Little Light of Mine," and Mook's original "Be a Pain." These songs and the stories behind them offer historical context, while amplifying the artists' individual perspectives, reminding audiences that music has always been a powerful vehicle for truth-telling and connection.

This performance is part

of the Voices Rising series by the Opening Doors Project.

"Race & Song" is funded in part by the New England Foundation for the Arts through the New England States Touring program, made possible with support from the National Endowment for the Arts and the six New England state arts agencies.

Tickets are available at [www.nextstagearts.org](http://www.nextstagearts.org).

### BAKED HADDOCK DINNER

Bellows Falls American Legion, Post #37

Friday Night  
March 20, 2026  
5:00 - 6:30 pm

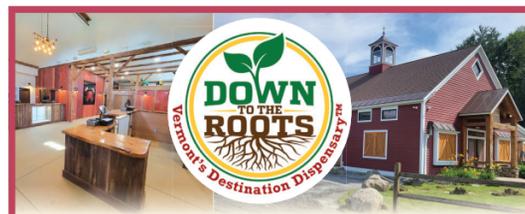
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# outdoor/history

## “Wild Hope: Building for Birds & Puffling Patrol”

PROCTORSVILLE, Vt. – The Cavendish Fletcher Community Library (CFCL) and the Cavendish Community Conservation Association (CCCA) will host “Wild Hope: Building for Birds & Puffling Patrol: Two Short Films About Supporting Birds,” an all-ages, free film screening event, on Friday, March 13, at 6 p.m., at the Cavendish Fletcher Community Library, 573 Main Street, Proctorsville, Vt.

Birds play vital ecological roles in our world; they’re seed dispersers, flower pollinators, pest predators, and so much more. But many of them need our help; habitat loss and urban expansion have put significant strains on wild populations, and have contributed to the deaths of more than 1 billion birds from window collisions each year in the U.S. alone. Luckily, these collisions are incredibly preventable. In “Wild Hope: Building for Birds,” attendees will get to know their local and migratory birds, and learn about simple, easy solutions to protect the birds in our community.

The Smithsonian’s National Zoo and Conservation Biology Institute in Washington, D.C., is located in the middle of a major migration route that birds have flown for thousands of years. To stop collisions from happening on their campus, the zoo’s team uses patterned decals to make glass visible

to our feathered friends. In New York City, migrating birds face a gauntlet of concentrated glass, and many do not survive. The Jacob K. Javits Convention Center was once one of the city’s worst offenders, but creative renovations have transformed the building into a wildlife oasis.

A critical obstacle remains: Our residences account for nearly 50% of bird strikes. However, simple solutions like window paint, decals, or even a bar of soap with patterns spaced 2 inches apart, could save the lives of millions of birds.

Light pollution confuses and disorients seabirds around the globe, luring them towards land, and potentially dangerous situations. In the Westman Islands off the southwest coast of Iceland, however, one community has banded together to save lost young puffins. In “Wild Hope: Puffling Patrol,” we will learn more about this community and the steps they have taken.

Program attendees will receive “feather friendly” tape or a window paint marker, and have an opportunity to enter a raffle for a Flight Path book bag and water bottle.

We are pleased to offer this event as part of the nationwide Flight Path, which brings science-backed solutions to communities to build a safer world for

birds. Flight Path is the first campaign under Spark of Science @ My Library, a joint initiative between HHMI Tangled Bank Studios and the Star Library Education Network. Spark of Science @ My Library delivers high-quality, fun, and engaging resources through targeted outreach campaigns to public libraries. Campaign themes will showcase the process of science, and focus on life science topics including health, biology, and ecology. Themed resources will be available to libraries for free, and give them the flexibility to customize programs and activities for their communities and patrons.

CFCL and CCCA will continue to support our local and migratory birds and other animals between now and the coming summer with fun activities for the whole family, including other HHMI Tangled Bank Studios films, an outdoor bioblitz, and bird-watching events. To find out more about the additional upcoming bird-focused events, please visit [www.cavendishlibrary.org](http://www.cavendishlibrary.org), or call the library at 802-226-7503.

## Women in the American Revolution

CAVENDISH, Vt. – Without women, the Revolutionary War would not have been won. Often overlooked in history books, which tend to focus on battles and men, women were responsible for running the boycotts, serving the quartermaster function in camps, nursing, manning cannons, spying, and much more. Not only did women influence the outcome of the war, but the war set the stage for women to begin liberating themselves

over the coming centuries, legally and economically, from patriarchal control.

On Saturday, March 14, at 1 p.m., at the Cavendish Library in Proctorsville, the Cavendish Historical Society will hold a talk on Hannah Lovell and the role of women in the Revolutionary War. Lovell, who carried messages during the war, is the only woman in the Cavendish cemeteries with acknowledgment as a “patriot” on her gravestone and a Revolutionary War flag holder. However, she was far from the only fe-

male patriot. This event will include showing excerpts from Ken Burns’ “The American Revolution” series, as well as a “Liberty Tea” party featuring the drinks of the era: special tea, coffee, and hot chocolate.

This event is free, open to the public, and recommended for those 12 years old and older. In the event of inclement weather, changes will be posted to [www.facebook.com/cavendishvt](http://www.facebook.com/cavendishvt) by 10 a.m. For more information, call 802-226-7807 or email [margocaulfield@icloud.com](mailto:margocaulfield@icloud.com).

## Bluebirds in Londonderry

LONDONDERRY, Vt. – On Thursday, March 19, the Londonderry Conservation Commission will feature veterinarian Dr. Ron Svec presenting a family-friendly program entitled “It’s All About the Bluebird!” He will talk about the history, life, and nesting of the eastern bluebird. It is a story of success due in most part to citizen conservationists’ efforts to provide nest boxes to ensure their survival. We will learn about their preferred habitats as a way to understand

how to attract them to our homes, to provide safe and successful nesting boxes, and to enjoy the company of these beautiful birds.

Svec is a veterinarian, Dummerston conservation commissioner, and member of the North American Bluebird Society.

“It’s All About the Bluebird!” is a presentation of the Londonderry Conservation Commission, and will take place on Thursday, March 19, from 5-6:15 p.m., at the Flood Brook School, located at 91 Vermont Route 11 in Londonderry.

The conservation commission has also been collaborating with the seventh grade teachers at Flood Brook School and Mountain Towns recreation director Liam Elio to organize a bluebird box-building workshop there on April 2. Students will work in closely supervised, small groups to assemble their own bluebird boxes with precut materials supplied by the conservation commission, who will also advise and help with setting up the boxes around the school and in other suitable places on town lands.

## 24 Hours of Stratton and Shred4Nate race

STRATTON MOUNTAIN, Vt. – The Stratton Community Foundation presents the return of the 24 Hours of Stratton, set for March 14 and 15, at Stratton Mountain Resort. This one-of-a-kind winter celebration invites participants of all ages and abilities to ski or snowboard under lighted trails, enjoy live music and fireworks, and take part in family-friendly activities, all while supporting children and families across southern Vermont.

The 24 Hours of Stratton is more than just a ski event; it’s an entire weekend featuring friendly competitions, team trivia, glow

parties, on- and off-mountain games, overnight base lodge activities, and more. Participants receive two-day lift access, can track their progress via a mobile app, and earn badges and points for their teams.

Since its inception in 2012, the event has raised more than \$3.5 million to fund critical programs that help low-income children overcome the challenges of poverty and thrive. Funds raised support the foundation’s mission to provide access to basic necessities, educational opportunities, mental health resources,

and innovative community programs.

Registration is free to sign up; participants aged 12 and older agree to a minimum fundraising goal. Children 11 and younger can take part for free. Students from local schools may sign up with a reduced fundraising minimum.

The weekend also includes the annual Shred4Nate race on March 14, a memorial alpine event that highlights mental health awareness and suicide prevention, bringing community and competitors together for an important

cause.

For more information, to register, or to donate, visit [www.strattonfoundation.org](http://www.strattonfoundation.org), or [www.stratton24.com](http://www.stratton24.com). To sign up for the Shred4Nate alpine race, visit [www.shred4nate.org](http://www.shred4nate.org).

The mission of the Stratton Community Foundation is to address the challenges that stand between a child in need and the opportunity to be healthy, safe, and prepared to learn. As a community-based nonprofit, our role is to care for the wellbeing of families across southern Vermont.

## Mount Holly Snow Flyers announce Ultimate Build Battle

MOUNT HOLLY, Vt. – The Mount Holly Snow Flyers (MHSF) are calling on all citizens, families, riders, and winter enthusiasts to brainstorm and help make our area festive with the Snow Flyers Ultimate Build Battle. Through March 29, the club is turning Mount Holly and their local Vermont Association of Snow Travelers (VAST) trail junctions into an open-air art gallery.

This interactive event encourages community members to get into the snow to create the most imaginative snow creatures, snowmen,

or snow sculptures Mount Holly has ever seen.

The contest is designed to be easy to enter while exploring the beautiful Mount Holly area and trail system. The process is as follows.

Construct your masterpiece within the Mount Holly town limits and/or at any VAST junction within the Mount Holly Snow Flyers network. Then, take a high-quality photo of your creation. Crucially, the photo must clearly show the VAST junction number and/or the 911 location so the judges can verify the lo-

cation. Finally, upload your photo to the Mount Holly Snow Flyers Facebook page to officially enter, or email the Snow Flyers at [mounthollysnowflyers@gmail.com](mailto:mounthollysnowflyers@gmail.com).

Creativity is the name of the game. The builder of the most impressive or unique snow sculpture will be crowned the Ultimate Build Battle Champion, and will receive a \$100 gift card to DJ’s Restaurant.

“We wanted to give people a fun reason to stop, take in the scenery, and leave a little bit of magic on the trails and in town,” said Snow Flyers President Dale Sutherland. “Whether it’s a giant Prinoth groomer, a trailside yeti, or a classic frosty, we want to see Mount Holly’s creativity on full display. You do not have to be a snowmobiler – build it in Mount Holly, or just find one of our junctions and start building.”

All entries must be posted by March 29, at 11:59 p.m. Please ensure sculptures are built safely off the groomed path or roadway to keep trails clear for passing cars and riders. Use only natural snow and ice; please refrain from using nonbiodegradable decorations, or take down the items on March 30.

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# OPINION

# obituaries

## Audrey J. Harrigan, 1929-2026

N. SPRINGFIELD, Vt. – It is with heavy hearts that we announce the passing of our beloved Audrey Jane Harrigan on Feb. 25, at the age of 96.

Born on Nov. 7, 1929, in the Bronx, N.Y., Audrey attended Walton High School and Hunter Business School, where she studied business, and earned certificates in stenography and bookkeeping. Following her education, she began her career with the New York Telephone Company as an operator, steadily advancing to supervisor and, later, group manager. She retired after 30 dedicated years of service.

In 1947, she married the love of her life, William “Bill” Harrigan. They shared 67 devoted years together, building a life centered on family and companionship.

Audrey and Bill settled in City Island, where they welcomed their two children, before later moving to Long Island. Upon retirement, they relocated to Vermont, to be closer to their daughter and grandchildren, while spending their winters in Florida. Family was always at the center of Audrey’s world, and her home was a place of warmth and welcome, filled with laughter and love.

She was preceded in death by her husband William, her son Billy, her brother Robert Ohlsen and sister-in-law Shirley, and her parents Edith and Howard Ohlsen. She is survived by her daughter Katherine Harrigan; her five grandchildren Christina Carmody, Tracy Carmody Davis (John), Julie Carmody (Joe), Laura Carmody, and Michael Carmo-



Audrey Harrigan, 1929-2026. PHOTO PROVIDED

dy (Haley); and her seven great-grandchildren.

Audrey will forever be remembered as sassy, hard-working, fiercely independent, and deeply loving – a woman with limited cooking skills, an unforgettable wit, and a spectacular sense of humor.

A celebration of Audrey’s life will be held this spring, and announced to family and friends.

## Diana Toomey, 2026

BELLOWS FALLS, Vt. – Diana Vogel Toomey passed away peacefully at home on Feb. 26, 2026, surrounded by her family. Diana was a woman of boundless curiosity, a scientific mind, and a generous heart. She was 79 years old.

Her life was lived with intention and joy: full of learning, playfulness, and appreciation of the small things. She cared deeply for her friends and family, never forgetting a birthday or an anniversary. A beloved wife, mother, and grandmother, she delighted in her three children and five grandchildren, following their interests and accomplishments with pride and enthusiasm.

Diana was born in Portland, Maine, the daughter of Frederick W. Vogel and Maude Horner Vogel. Her father was her childhood hero, and some of her happiest memories were of summers spent exploring the coast of Maine on his boat and playing on the beach in Falmouth with her cousin Carol. Her father passed away in 1978, but she and her mother were blessed to have many more years of close friendship before Maude’s death in 2004. Diana devotedly cared for her mother in her final years.

The memories and friendships from her childhood and high school years in Bellows Falls were a sustaining force throughout her life. Diana knew her future husband Bill Toomey from infancy; their parents, who played bridge together, would place them in the same crib. Years later, she found she was captivated by his quick wit, poet’s heart, and ability to spin a yarn. They shared interests not only in literature, but also in music; she was a talented flautist.

They fell in love, and Diana favored Bill with her hand in marriage in 1969, a union that would last 56 years. Early in their marriage, Bill and Diana traveled to the Netherlands and Switzerland, where their first two children, Sebastian and Anneke, were born. Af-

ter their return to the States, their third child, Theron, was born in the hospital just across the street from her parents’ house. Diana took on the challenges of motherhood with zeal. She and Bill often took direct responsibility for their children’s education, tutoring them in math, science, history, English, and foreign languages. Her gardening was another point of pride, and she cultivated beautiful flower beds and vegetable gardens where her children played, dreamed, and grazed on the fruits of her labor.

Diana earned her bachelor’s degree cum laude in English literature from Wheaton in 1968, and she placed great value on academic achievement and the pursuit of knowledge throughout her life. For many years, she worked at Misty Valley Books in Chester, Vt., a role that suited her perfectly. She loved bookselling, and delighted in helping customers find just the right book. An avid book collector herself, she built a remarkable personal library spanning science, education, economics, architecture, and leadership. Her extensive vocabulary and competitive streak made her a formidable opponent at Bananagrams or any other word game.

She also gave generously of her time and talents to the community. A champion for literacy and education, she served on the elementary school and public library boards in Grafton. She had a fantastic head for numbers; she could do everything from chairing a meeting to writing a grant, and was a tiger at wrestling financial records into submission. In recent years, she served on the board of the nonprofit Julia’s Way, where she played an indispensable role in bringing its pioneering book “Breast-feeding & Down Syndrome” to publication.

Diana fought and beat breast cancer twice over the course of her life. She faced



Diana Toomey, 2026. PHOTO PROVIDED

her final illness, Stage 4 lung cancer, with bravery and grace. Diana never smoked, and was surprised to learn how common lung cancer is among nonsmokers, particularly women. She would want others to be aware and seek screening. The family wishes to thank the compassionate hospice team and caregivers who supported Diana in her final days.

Diana is survived by her husband Bill Toomey; her three children Sebastian (Janna Cordeiro), Anneke (Edward Perry), and Theron; five grandchildren Oscar, Diana, Ivan, and Isadora Perry, and Ava Toomey-Cordeiro; two step-grandchildren Max Perry and Jacqueline Perry; sister-in-law Deborah Toomey (David Whittall); nephew Julian Rutledge and niece Anna Rutledge; cousins Carol Galloway, Monica Horner, and Glenn Horner (Diane); as well as dear friends who are considered family, Janet and David Curran, Gudrun Taubenberger, Desiree Herzfeld, Alysoun Johansson, Ailyn Hoey, Valerie Rooney, Ella Cullen, and the Brelsford family. Diana will always live in our hearts.

At the convenience of the family, a memorial gathering will be held later in the year. In lieu of flowers, donations may be made to the Grace Cottage Foundation in Townshend, Vt, www.gracecottage.org.

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

## First Baptist Church of Bellows Falls interfaith service

BELLOWS FALLS, Vt. – The First Baptist Church of Bellows Falls will host a special interfaith service for peace on Saturday, March 21, at 6 p.m., inviting community members of all faith traditions to gather for an evening

centered on peace, unity, hope, and compassion.

All are welcome to attend; we invite you to come as you are and bring friends and neighbors to share in an evening of reflection, connection, and shared commitment to

peace. For more information, contact the church at 802-463-3220, email fbcbellowsfalls@gmail.com or fbbpastor@gmail.com, or visit the church at 9 Church Street, Bellows Falls, Vt.

## Letters to the Editor

To the Voters of Springfield,

On Town Meeting Day, you showed your support of the North School Pres-

ervation Society by passing Article 9. To everyone who voted “yes,” we send you a big thank-you.

Sincerely,  
Virginia Ricker  
Treasurer, North School Preservation Society

Dear Editor,

Our warmongering president has now unleashed an immoral attack along with his genocidal companion, Netanyahu.

This deplorable decision is inhuman, immoral, and worthy of impeachment.

Obama had a nuclear deal that kept Iran from making nuclear weapons.

Without any evidence of substantive Iranian violations, Trump tore that up. Now, he is using the lack of a new agreement as a front to establish a new regime in Iran, to deflect from the Epstein files, and to lay the groundwork for canceling the midterms.

We have never had a

president as despicable and corrupt as Trump, and we’ll not recover from the theft of our democracy and loss of standing in the world for decades, if ever.

Sincerely,  
Tony Petrillo  
Springfield, Vt.

## Sen. Alison Clarkson legislative update, week of Feb. 22

The Vermont Legislature is two weeks away from crossover, and the pressure is on to get the priority bills out of their committees of jurisdiction and on their paths to the other body. All bills have to be passed by both bodies – the House and the Senate – and crossover is that time period (roughly halfway through the session) where, in my case, our work gets passed out of the Senate and over to the House for further consideration.

In the committee I chair, Senate Economic Development, Housing, and General Affairs, my expectation is that we will pass out: (1) a housing bill, S.328, which aims to increase housing through many measures, from creating an off-site construction accelerator pilot, including housing targets in our town plans, creating more service-supported housing for people with special needs, to increasing housing loan and down payment opportunities, enabling more housing and EV charging in common interest communities; (2) an economic development bill, S.327, which further supports resources essential to the success of our small businesses and other provisions designed to encourage economic

development; (3) a miscellaneous labor bill, S.230; (4) a consumer protection bill, S.198, putting in place measures to reduce teenage vaping, which is increasing at an alarming rate and proving addictive and unhealthy; and (5) a cannabis bill, S.278, which aims to make our craft cannabis businesses more competitive regionally and prepare for federal decertification.

Last week we passed out another labor bill, S.173, which streamlines the vocational rehabilitation system in workers compensation, and charges the Department of Labor to convene a task force to improve this system. Our objective in this bill is to get people who have been seriously injured in the workplace back to work or retrained for another type of work, as soon as possible. Each of these bills are available to review on the legislative website. Needless to say, they will change as they make their way through the legislative process.

In my afternoon Senate Government Operations Committee (SGO), we have passed out two bills – one which lingered from last year, S.23. It aims to reduce deceptive AI-generated political advertising leading up to an elec-

tion. People felt this issue needed to be addressed in the wake of the very concerning fake Joe Biden AI-generated robocalls in New Hampshire, in 2024. That bill has now been sent to the governor to be signed into law. In addition, SGO passed out S.255, a bill which creates a regional policing pilot in Windham County. For a number of years, SGO has considered efforts to regionalize public safety to improve equity and access. We have a dearth of volunteers in EMS and firefighting, and law enforcement is a patchwork of towns which either have their own police departments, or which rely on the state police responding from distant barracks, or on the sheriff’s contracted coverage. This bill sets up a five-year pilot, which enables towns in Windham County to join voluntarily, and efficiently and transparently share law enforcement costs. It offers professional law enforcement services at an affordable cost through an innovative county funding mechanism, and would be overseen and accountable to the Windham County Law Enforcement Governance

Council.

The Senate floor activity is ramping up. Last week we passed a bill several Senate committees have been working on for a year, S. 218, which is designed to reduce road salt runoff and contamination of our public waters and drinking wells. Increasingly, road salt is damaging our waters, harming both flora and fauna (trees and fish in particular), and our public transportation infrastructure, corroding bridges, roads, and culverts, at a high cost to taxpayers. Vermont is behind our neighboring states, which have addressed this issue for a number of years.

I appreciate hearing from you. I can be reached by email at a Clarkson@leg.state.vt.us; 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, legislature.vermont.gov.

Sen. Alison Clarkson  
Windsor District

**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, political letters are charged at the rate of \$75 for 200 words, and \$0.50 per word thereafter. Political letters include endorsing, electioneering, or campaigning for, or against, a specific candidate or party.

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A 200-word obituary is \$100, and \$0.60 per word thereafter. A photo is an additional \$20. Email to editor@vermontjournal.com by Monday at 12 p.m.

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

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# calendar

# LEGAL NOTICES

## UPCOMING EVENTS

**MARCH 13 –**  
**SPRINGFIELD, Vt.** – Tai Chi Vermont-certified teachers Jo Bregnard and Zhen Wolffe will lead Moving From the Inside Out, a series of workshops on the fall-prevention tai chi form, online and in person, from the Springfield Unitarian Universalist Meetinghouse, 21 Fairground Road. The first of the fundamental qigong warmups is March 13, from 1:30-3 p.m. All are welcome. Visit [www.taichivermont.org/register/p/enrichment-fundamentals](http://www.taichivermont.org/register/p/enrichment-fundamentals) to sign up.

**MARCH 15 –**  
**JAMAICA, Vt.** – There will be a community singalong at the Jamaica Town Hall, on March 15, at 3 p.m. It will feature songs of peace, protest, and resilience. Join friends and neighbors to learn new songs and sing some familiar ones. The event is organized by Jamaica for Democracy.

**MARCH 16 –**  
**LUDLOW, Vt.** – The American Red Cross will hold a blood drive at the Ludlow Community Center, 37 Main Street, on Monday, March 16, from 12-5 p.m. To make an appointment, visit [www.redcrossblood.org](http://www.redcrossblood.org) or call 800-RED-CROSS. Sponsor code: Ludlow.

**LUDLOW, Vt.** – The Black River Valley Senior Center, 10 High Street, will serve a community lunch on Monday, March 16, at 12 p.m. The menu will be hearty beef stew, homemade rolls, and chocolate mint dessert. Please make reservations by calling 802-228-7421. Free cash bingo will follow. All ages are welcome.

**MARCH 18 –**  
**BELLOWS FALLS, Vt.** – On March 18, Springfield Area Parent Child Center's (SAPCC) Tienna's Closet, a free community clothing closet, will be serving the Bellows Falls community at Parks Place Community Resource Center, 44 School Street Extension, from 10 a.m. – 1 p.m. Tienna's Closet will offer a selection of clothing in various sizes, including jackets and shoes, available free of charge. We will also have a small selection of hygiene products, diapers, formula, and children's books, also free. Come see SAPCC in the Bellows Falls community

and learn about the concrete support they offer. For more information, contact krista.wilson@sapcc-vt.org or 802-886-5242.

**SPRINGFIELD, Vt.** – The Songsters will perform a concert at the Springfield Senior Center, 139 Main Street, at 1 p.m. For more information, please contact executive director Lori Johnson at 802-885-3933 or lorijohnsonssc@gmail.com.

**MARCH 20 –**  
**SPRINGFIELD, Vt.** – Join us online or in person at the Springfield Town Library, 43 Main Street, every third Friday, at 10 a.m., for a 60-minute chair yoga practice. Learn accessible movements that you can do right from your seat, leaving you feeling mobile, grounded, and focused. This month's balancing postures will take inspiration from the vernal equinox. Walk into the library and join in person for free; there's no need to preregister. For online access, which

includes all recordings, visit [studio.jobregnard.com/product/88980](http://studio.jobregnard.com/product/88980).

## RECURRING EVENTS

**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.

**PLYMOUTH, Vt.** – The Plymouth Historical Society, at the former Plymouth Elementary School, 35 School Drive, will be open the first and third Sunday of each month, from 2-4 p.m., from November 2025 – April 2026. Watch for the "open" flag.

**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](mailto:sdoyle@springfieldmed.org).

**BELLOWS FALLS, Vt.** – Overeaters Anonymous 12-Step Recovery Program is Mondays, from 6-7 p.m., at Parks Place, 44 School Street Extension in Bellows Falls. The program is free. For more information go to [www.oa.org](http://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. 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 p.m.

**WEDNESDAYS –**  
**CHESTER, Vt.** – Knitting with Friends at Six Loose Ladies on the Chester Common, Wednesdays, from 10 a.m. to noon.

**SPRINGFIELD, Vt.** – Every Wednesday morning, from 8-11 a.m., at the Springfield VFW Post 771, 191 River Street, we get together with fellow veterans for coffee and donuts, and socialize for a few hours. All veterans of all ages are welcome. You do not have to be a VFW or American Legion member to come. Call 802-885-6008 for more information.

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

**CLAREMONT, N.H.** – A fly-tying class will be held at the Claremont Senior Center, 5 Acer Heights, on Thursday evenings, from 6-8 p.m. Tools and instruction are available for free, with a small charge to cover materials. The class is limited to five students. If interested, contact Lloyd Mann at [lrman126@gmail.com](mailto:lrman126@gmail.com).

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

**DAILY –**  
**REGION** – If you want to drink that's your business, but if you want to stop, that's ours. Contact Alcoholics Anonymous at [www.aavt.org](http://www.aavt.org) or call your local hotline at 802-802-2288 and join a meeting. You are not alone.

### NOTICE OF TAX SALE

The resident and non-resident owners, lien holders, and mortgagees of property in the Town of Andover, in the County of Windsor and State of Vermont, are hereby notified that the taxes assessed by such Town for the 2021-2022, 2022-2023, 2023-2024, and 2024-2025 tax years remain, either in whole or in part, unpaid on the following described property in such Town, to wit:

It being all and the same lands and premises conveyed to Christopher T. Meyer and Kathleen R. Meyer by Quit Claim Deed of Bruce P. Meyer and Sylvia A. Meyer dated January 30, 2006 and recorded on February 3, 2006 in Book 48 at Page 451 of the Andover Land Records. Reference is made to the stipulation between Bruce Meyer and Sylvia Meyer and The Town of Andover, et al. dated January 24, 2006 and recorded on May 10, 2006 in Book 49 at Page 257 of the Andover Land Records. [E-911: 108 Gates Rd., Parcel #011000058.400]

And pursuant to 32 V.S.A. §5254, so much of such property will be sold at public auction at the Town of Andover Office, a public place located at 953 Weston-Andover Road, in Andover, Vermont, on the 10th day of April, 2026, at 11:00 a.m., as shall be requisite to discharge such taxes with costs, unless previously paid. Dated at Andover, Vermont this 4th day of March, 2026.

Jeanette Hazeltine, Collector of Delinquent Taxes

### Town of Chester Opportunities to Serve

Looking for an opportunity to serve your community? The Town of Chester has open volunteer positions for appointments to the Local Cannabis Commission, Connecticut River Authority Board, and Senior Solutions. Interested parties should submit a letter of interest to [julie.hance@chestervt.gov](mailto:julie.hance@chestervt.gov) or Town of Chester, P.O. Box 370, Chester, VT 05143.

### TOWN OF LONDONDERRY

The Town of Londonderry is seeking Architectural Services in recognition of the need to preserve the historic Londonderry Town Hall, located at 139 Middletown Road in South Londonderry, Vermont, while also modernizing for energy efficiency, ADA access, and comfortable year-round use. Bids are due by March 26, 2026 at 2pm To see the bid documents, please visit our Request for Proposals page at [www.londonderryvt.gov/rfps](http://www.londonderryvt.gov/rfps)

### TOWN OF LONDONDERRY

The Town of Londonderry seeks a self-motivated, detail-oriented person for the position of Parks Maintenance employee for seasonal maintenance of Londonderry's various parks between the months of April and October, weather permitting.

Work involves significant physical labor, use and maintenance of tools, and maintaining a valid driver's license.

Maintenance tasks include but are not limited to: Lawn mowing, weed whacking, landscaping, trash pick-up and removal, picnic table upkeep, dog park facility maintenance, water testing at Memorial Park, checking on porta potty conditions, park trail maintenance, playground repair, woodchip raking, sports facility repairs, maintenance of park signage, tree trimming, picnic pavilion clean up, spring clean-up, fall clean-up, garden maintenance and assisting the MT Rec director as requested.

Salary: \$20-\$30/hour depending on experience.

To apply, please visit the Employment page on the Town of Londonderry's website: <https://www.londonderryvt.gov/employment> and fill out an employment application. The application can be email to [Aileen.Tulloch@townadmin.londonderryvt.org](mailto:Aileen.Tulloch@townadmin.londonderryvt.org) or mailed to

Aileen Tulloch  
 Town Administrator  
 100 Old School Street  
 South Londonderry, VT 05155



**Town of Westminster**  
 P.O. BOX 147 WESTMINSTER, VT 05158  
 Tel. 802-722-4524 Fax 802-722-9816

### DEVELOPMENT REVIEW BOARD (DRB)

**WESTMINSTER TOWN HALL**  
 Westminster, Vermont

### Legal Notice

The Westminster Development Review Board will meet at 6:00 pm on **Monday, April 6, 2026** to consider the following:

#### Application # 26-21

Application #26-21 Ladd Cooper-Ellis Family Trust (Owners) property located at 663 Bemis Hill. The Applicant is requesting a Minor Sub-Division in the Resource Conservation District. This Application will be reviewed under **Section 311 Site Plan Review, Section 448 Resource Conservation District, Article XIV Ridgeline Protection Overlay District (Partial) and Article VIII Subdivision of Land (Minor)** of the adopted 2017 Zoning Bylaws.

Participation in the proceeding is a prerequisite to the right to make any subsequent appeals.

The application is available for review in the Westminster Town Hall, 3651 US Route 5 Westminster, Vermont 05158, Monday – Friday from 8:30 am - 4:00 pm.

### WARNING

**TOWN OF LUDLOW, VERMONT**  
 Town and Village Plan of Merger Vote  
 March 24<sup>th</sup>, 2026

The legal voters of the Town of Ludlow, County of Windsor, State of Vermont, are hereby notified and warned of a special meeting to vote by Australian ballot on the following article, to be held at the Head Auditorium in the Ludlow Town Hall at 37 Depot Street, Ludlow, Vermont on Tuesday, the 24<sup>th</sup> Day of March, 2026, between the hours of Ten o'clock AM, (10:00 AM) in the forenoon and seven o'clock, PM, (7:00 PM) in the afternoon.

Shall the Town of Ludlow approve the proposed "PLAN OF MERGER" of the Village of Ludlow into the Town of Ludlow, as approved by both the Town of Ludlow Selectboard and Village of Ludlow Trustees?

An official copy of the proposed Plan of Merger is on file and available for public inspection at the Town Clerk's Office at 37 Depot Street, Ludlow, VT 05149. Copies will be made available upon request. The Clerk's Office is open Monday – Friday from 8:30 a.m.- 4:30 p.m.

A copy of the proposed Plan of Merger can be found online here: <https://www.ludlow.vt.us>

The legal voters of the Town of Ludlow are further notified that voter qualifications, registration and absentee voting relative to said Town Meeting shall be as provided in Chapters 43, 51 and 55 of Title 17, Vermont Statutes Annotated. You must be registered to vote in the Town of Ludlow in order to vote at the aforementioned special meeting. Voters are encouraged to request an Early/Absentee Ballot from the Town Clerk's Office by calling (802) 228-2828 or (802) 228-3232 or email to [ucook@ludlow.vt.us](mailto:ucook@ludlow.vt.us) or [ptodt@ludlow.vt.us](mailto:ptodt@ludlow.vt.us)

Dated at Ludlow, Vermont this 9<sup>th</sup> day of February, 2026.

TOWN OF LUDLOW SELECTBOARD:

*But Soudy*  
*[Signature]*  
*[Signature]*  
*[Signature]*

ATTEST: *[Signature]*  
 Ulla Cook, Town Clerk

### WARNING

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Dated at Ludlow, Vermont this 10<sup>th</sup> day of February, 2026.

VILLAGE OF LUDLOW TRUSTEES:

*[Signature]*  
*[Signature]*  
*[Signature]*

ATTEST: *[Signature]*  
 Ulla Cook, Town/Village Clerk

# REAL ESTATE/LEGALS

# classifieds

## Local contractors attend summit on advanced heat pump technology

**REGION** – More than 130 Vermont heating contractors and installers gathered Wednesday, March 4, at the Vermont Construction Academy in Winooski, Vt., for a training on the next generation of air to water heat pump (AWHP) technology, an ultra-efficient and money-saving heating solution designed for buildings in Vermont's cold climate.

The summit featured hands-on demonstrations from leading AWHP manufacturers like Mitsubishi, Arctic Heat Pumps, and NTI. AWHPs are an ideal fit for Vermont homes and buildings that rely on conventional boilers for heating. Boilers deliver heat via hot water, piped through the building, called hydronic (water-based) heating systems. AWHPs provide hydronic heating and cooling, providing year-round comfort.

The AWHP summit was led by John Siegenthaler, a licensed professional engineer with more than 36 years of experience designing hydronic heating systems. Author of multiple textbooks and featured in numerous professional publications, Siegenthaler's expertise will help Vermont installers integrate AWHPs into existing

designs and retrofits, as well as design efficient new heating systems.

Experts and installers attending the summit included Andrew Boutin of Pellergy LLC, offering renewable heating and cooling solutions across New England, based in Montpelier, Vt.; Jeffrey Grenier of Master Plumbing & Heating, based in Ludlow, Vt.; Tim Jeffers of Al Jeffers & Sons Plumbing & Heating, based in Townshend, Vt.; Dave Korn of Ridgeline Energy Analytics, an energy analytics and consulting firm based in Stow, Mass.; Associated Builders & Contractors Vermont/New Hampshire chapter leaders Joshua Reap, president and CEO, Matt Musgrave, Vermont Regional Director, and Ross Lavoie of Vermont Construction Academy, manager and instructor, based in Winooski, Vt.

A total of 14 sponsors of the AWHP summit had equipment on site, including live demos of working AWHP equipment from Mitsubishi, Arctic Heat Pumps, and NTI. Equipment from companies like LG, Samsung, and SpacePak were also onsite.

Efficiency Vermont offers up to \$6,500 in rebates for AWHP

systems. Currently, there are more than 50 installers in the statewide Efficiency Excellence Network trained in AWHP technology.

In addition to advancing the latest in heat pump technology, Efficiency Vermont also promotes multiple ways for Vermont households and businesses to more effectively heat their homes with heat pumps. This includes weatherization rebates and financing support, which help lower energy costs and increase energy efficiency. Additional support includes technology like smart controls for heat pump systems, customer and contractor outreach, and other complementary actions that can help Vermonters get the most out of heat pump technology.

## BUYING/SELLING

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

**CLASSIFIEDS**  
Start at \$20 per week for 4 lines of text.  
Buy 3 get 1 Free!

**DIRECTORY LISTING**  
Start at \$150 for 13 weeks,  
for approximately a 20-word listing.  
Starting at \$250 for 26 weeks or \$400 for 52 weeks.

Email ads@vermontjournal.com with your listing today

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EZ-Dump Enterprises has a 15-yard dump trailer available. We're also here for heating equipment, appliance removal, home/storage unit clean outs, stump grinding, and refinishing/repairing gravel driveways. Serving Springfield, Vt. area. Call/text

802-376-1168 or email ezdump.bl@gmail.com.

## ELECTRICIAN

LEVI ELECTRIC – 917-417-7880 levielctricvt.com – Trusted residential electrician with 10+ years experience. Upgrades, lighting, EV chargers, panels, service calls. Proctorsville-based. Quality work, fair pricing, free estimates.

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802-683-8697

126 Main St #1C | Ludlow, VT 05149 Home Loans Made Simple  
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**BARRETT & VALLEY**  
REAL ESTATE SERVICES

**HOUSE OF THE WEEK**  
CAVENDISH, VT - \$795,000  
LOG HOME ON 19 ACRES WITH WORKSHOP!  
www.barrettandvalley.com 802-875-2323

**Kelley Real Estate**  
Contact Us for a Free Market Evaluation  
www.KelleyRealEstate.com  
802-228-5333

FOR SALE | 188 STATION ROAD | MOUNT HOLLY  
5 MINUTES TO JACKSON GORE AT OKEMO  
Four bedroom home on dead end road with easy access to VAST snowmobile trail and Healdville hiking trail.

Scan QR Code or text Listing Agent Alex Eatmon at 802-345-7886 for more information

REAL ESTATE  
Kelley  
Homes - Land - Commercial

Claremont - \$350,000 - MLS 5077684  
info@century21highview.com  
603-542-7766 or 603-477-6131

**CENTURY 21**  
Highview Realty

42 Summer Street  
Claremont, NH 03743

**GREEN MOUNTAIN PRESCHOOL**  
Enrolling for the '26-'27 school year

If your child will be 3 or 4 years old by August, 31, 2026, we would love to have you join us!

Please call 802-875-7758 for more information and to register.

Cavendish Town Elementary School  
573 Main Street, Proctorsville, VT

**TOWN OF CAVENDISH**  
NOTICE OF PUBLIC HEARING BEFORE  
THE PLANNING COMMISSION

A public hearing before the Planning Commission for the town of Cavendish will be held at the Cavendish Town Hall on April 1st 2026 at 6:00 PM. to consider a conditional use application regarding the proposed improvements at 67 Mill St, Cavendish.

Appellant: Adam Sebastian  
Property Location: 67 Mill St  
Cavendish, VT

Reason For Hearing: Proposed improvements are within the Floodway Fringe as defined in the Cavendish Flood Hazard Regulations which require a Conditional Use Hearing with the Cavendish Planning Commission.

The above application is available for inspection at the Cavendish Municipal Offices. Persons wishing to participate may do so in person, be represented by an agent or an attorney, by Zoom, or by writing to the Planning Commission. Written communications about the application should be filed with the Cavendish Planning Commission PO Box 126 Cavendish VT 05412 either prior to, or during, the hearing. Hybrid meeting information will be available on the agenda.

Tim Calabrese  
Chair, Cavendish Planning Commission  
3/5/26

STATE OF SOUTH CAROLINA  
COUNTY OF GREENVILLE

IN THE FAMILY COURT

**Matthew N. Saunders, Plaintiff,**  
-vs-  
**Alyssa Rivera, Defendant.**

AMENDED SUMMONS  
C.A. No.: 2024-DR-23-3992

**TO THE DEFENDANT ABOVE NAMED: Alyssa Rivera**  
YOU ARE HEREBY SUMMONED and required to answer the Amended Complaint in this action, a copy of which is herewith served upon you, and to serve a copy of your Answer to said Amended Complaint on the subscribers at their office, 310 Mills Avenue, Post Office Box 9754, Greenville, South Carolina 29604, within thirty days after the service hereof; exclusive the day of such service; and if you fail to answer the Amended Complaint within the time aforesaid, the Plaintiff(s) will apply to the Court for the relief demanded in said Amended Complaint.

Pursuant to S.C. Code Ann. § 63-9-730(e), Notice given pursuant to this section must include notice of the following:

(1) within thirty days of receiving notice the person or agency shall respond in writing by filing with the court in which the adoption is pending notice and reasons to contest, intervene, or otherwise respond;

(2) the court must be informed of the person's or agency's current address and of any changes in address during the adoption proceedings; and

(3) failure to file a response within thirty days of receiving notice constitutes consent to adoption of the child and forfeiture of all rights and obligations of the person or agency with respect to the child.

**IN THE EVENT THAT YOU ARE AN INFANT OVER FOURTEEN YEARS OF AGE OR AN IMPRISONED PERSON,** you are further summoned and notified to apply for the appointment of a Guardian ad Litem to represent you in this action within thirty (30) days after the service of this Summons and Notice upon you. If you fail to do so, application for such appointment will be made by the Plaintiff(s) herein.

**IN THE EVENT THAT YOU ARE AN INFANT UNDER THE AGE OF FOURTEEN YEARS OR ARE INCOMPETENT OR INSANE,** you are further summoned and notified to apply for the appointment of a Guardian ad Litem to represent said infant(s) under the age of fourteen years of age, or said incompetent or insane person, within thirty (30) days after the service of this Summons and Notice upon you. If you fail to do so, application for such appointment will be made by the Plaintiff(s) herein.

HOWARD LAW FIRM, P.A.  
MILFORD O. HOWARD, III  
Attorney for Plaintiff  
P.O. Box 9754, Greenville, South Carolina 29604  
Phone: (864) 233.5672 Fax: (864) 642-6822

Dated: August 28, 2025

**Art Crafts Gifts**

**CREATE TOGETHER AT FLETCHER FARM**  
Community Art Center offering Workshops, Equipped Studios, Camps, and More  
611 Rt.103S, Ludlow, VT 802-228-8770  
www.CreateTogetherVT.org  
(12/9/26 - 5/2)

**GALLERY AT THE VAULT**  
Art, Crafts, Gifts, Exhibits & Workshops  
68 Main St., Springfield VT 802-885-7111 galleryvault.org  
**OPEN Wed. to Sat. 11-5**  
Bradley Jackson's *Celebrate the Spirit of Nature*  
Painting Exhibit until March 25

**Workshops** galleryvault.org/workshops  
*Raku Pottery with Andrew Berends* 3/7 & 3/14  
*Beginner Pysanky with Shannon Wallis* 3/14 1-4:30  
*Watercolor Skills with Kim Eng Yeo* 3/21 & 28 10-12  
*Dot Mandala Workshop with Antje Ruppert* 3/28 2-4 p.m.  
*Spectacular Flowers in Watercolor w/Rob O'Brien* 4/11 9:30-4  
*Turkish Map Fold Book with Deborah Stuart* 4/18 11:30-1:30  
*Realistic Animal Features in Watercolor w/Joanna Alix* 4/25 11-12  
(04/15/26 - TFN - 13)

**Builders/Contractors**

**PETER JORDAN CONSTRUCTION**  
Over 25 years of experience in all phases of construction. Framing, finish carpentry, custom showers and tile work, hardwood flooring, decks, and siding. Fully insured and registered with the State of Vermont. Lead Paint Certified. Located in Proctorsville. 802-558-5267.  
(05/13/26 - 13)

**ROSE'S HOME IMPROVEMENT**  
Booking for winter 2025 and spring 2026 projects. Offer carpentry, remodeling, interior & exterior painting, window & door replacements, vinyl siding washing, pressure washing, drywall repairs, and odd jobs. Call 802-591-0019 or email billr2808@gmail.com. Cavendish, Vt.  
(05/06/26 - 26)

**THE SEMI RETIRED PAINTER**  
Painting Interior and Exterior  
All work done by the person you are paying  
Small Honey Do List Projects as well  
802-263-9693 rogcaw@msn.com  
Roger, Perkinsville, VT  
(05/13/26 - 13)

**Campground**

**CATON PLACE CAMPGROUND**  
2419 EAST ROAD, CAVENDISH VERMONT  
SEASONAL SITES AVAILABLE FOR 2026! REASONABLE RATES!  
802-226-7767. Catonplacecamp@gmail.com.

Full hook up sites, pull thru, and tent sites. Views of Okemo! Large Private Sites!  
(05/27/26 - 13)

**Chiropractor**

**FOUR SEASONS CHIROPRACTIC, PC**  
Dr. Denise Natale 58 Parker Avenue, Proctorsville, VT 05153, 802-226-7977 Hours: Tuesday, Thursday, Friday, 10 a.m. - 5 p.m.  
(08/12/26 - TFN - 52)

**Masonry**

**DRC STONE DESIGN**  
Specializing in all Stone Masonry Applications including veneer, walls, patios, walkways. Fully insured. Free estimates. 37 years experience. Contact Dan Field at 802-384-0122 or stoneart49@gmail.com or visit drcstonedesign.com.  
(05/20/26 - 13)

**MOORE MASONRY**  
Fireplaces, chimneys and liners, chimney sweeps, patios, walls, steps, restoration and repairs. Fully insured, free estimates. Contact Gary Moore at 802-824-5710 mooremasonry802@gmail.com.  
(04/08/26 - 26)

**Tools**

**\$\$ CASH PAID FOR OLD TOOLS \$\$**  
PLANES, AXES, STANLEY ITEMS, ETC.  
802-579-5891  
(03/18/26 - 13)

# health & wellness

## The healing of acupuncture

**SPRINGFIELD, Vt.** – Acupuncture was developed over 2,500 years ago to treat illness, pain, and prevent disease. The practitioner inserts thin, sterile, disposable needles in designated points in the body to stimulate the body's natural healing processes. By needling the acupuncture points, the nervous system is stimulated into releasing chemicals in the muscles, spinal cord, and brain. These

chemicals, called endorphins, can reduce pain and influence your body's immune system to restore balance. Acupuncture also increases the blood flow to the problem area to help with healing.

While most U.S. acupuncturists treat patients on tables in individual treatment rooms, here at Black River Acupuncture, patients are treated while relaxing in recliners in a large comfortable

room. We practice a style of acupuncture which mostly uses points in the hands, feet, and head to treat problems anywhere in the body – meaning we will probably treat pain in your back by placing tiny needles in your hand.

Acupuncture is not like getting a shot. Unlike the hypodermic needle used in a medical office, which is large and hollow, acupuncture needles are solid and hair thin. They are

inserted to much more shallow levels than hypodermic needles, usually no more than a half inch. Many patients describe the sensation as unfamiliar, but not painful or uncomfortable.

Each patient reacts to acupuncture in their own way. Some patients respond to acupuncture more quickly than others. Some patients experience a significant reduction in their symptoms after two

to three treatments, and some conditions that have been around for years may take longer.

Kerri Casey, the practitioner, is licensed by the Vermont Board of Medical Practice. In addition, she has completed a three-year master's program, passed the national board exam for certification in acupuncture, and has been practicing for 19 years.

Our goal is to provide high-quality acupuncture

treatments at an affordable rate, and remove money as an obstacle to feeling better. We do this by have a sliding-fee scale where the patients decide how much to pay. Please check our website for the rates and more details, [www.blackriverac.com](http://www.blackriverac.com). We are located at 368 River Street, Suite 140, in Springfield, Vt.

*Article submitted by Black River Acupuncture.*

## Benefits of Springfield Food Co-op membership

**SPRINGFIELD, Vt.** – The Springfield Food Co-op is a consistent source of reasonably priced, natural, local, and organic foods and products. When you shop at the co-op, you're not only doing something great for your personal health, you're doing good for the local community, and for the planet.

Buying from local farmers and suppliers helps to build a strong and sustainable econ-

omy by keeping dollars in our community. Local food tastes better, and has more nutritional value than food shipped hundreds or thousands of miles. Organic production has far fewer negative environmental impacts on soil, water, and air than conventional farming; and eating organic whole foods has countless human health benefits.

When you shop at the co-

op, you get to know your neighbors, and the people who grow and make your food.

The co-op is owned by its members. As a member, you have the option of attending the Annual Meeting, and voting on co-op issues and for the board of directors. Members may also serve as a member of the board, or participate in other volunteer activities.

Membership is a low, one-time fee per household. There are no annual membership dues. To join, simply stop by the store and fill out the new-member form. Your membership benefits start immediately.

The co-op also offers a Food for All discount program for those who qualify, allowing a full co-op membership with an extended payment plan, and discounts

throughout the store. This program was originally implemented in 2017 as part of the Community Roots Outreach Projects (CROPs) and the co-op's desire to do more for the local community.

If you already receive one of the following benefits, you are automatically eligible for our program: 3SquaresVT, SNAP, WIC, or SSI. Or, if you are working with one of our community

partners – Springfield Area Parent Child Center, Springfield Family Center, and SEVCA – you can ask them for a letter that verifies your eligibility.

Please stop in and pick up one of our brochures for more information, and for an application, or email [info@springfieldfood.coop](mailto:info@springfieldfood.coop).

*Article submitted by Springfield Food Co-op.*

## Claremont Animal Hospital has grown

**CLAREMONT, N.H.** – Claremont Animal Hospital is back, bigger, and better. Exciting news for our community, Claremont Animal

Hospital now has four veterinarians on staff and expanded appointment availability.

Last year brought unexpected staffing changes,

which made it harder for some families to get in when they needed services. We heard you, and we made big changes.

Today, the hospital is proud to offer appointments as soon as tomorrow, significantly reduced wait times,

expanded sick-visit availability, a stronger medical team, and continued compassionate, personalized care.

That's not all. Along with adding more veterinarians, we've been working behind the scenes to enhance and improve our hospital experi-

ence. From updated protocols to improved efficiency and client communication, we are committed to raising the bar.

If you haven't visited us recently, now is the perfect time to come see what's new. If you moved your pet's services elsewhere, we would love to have you back. To thank you for returning to us, bring this newspaper to your appointment, and receive \$25 off your pet's exam. One per household. Valid for new and returning clients.

Whether your pet needs a

wellness exam, dental care, surgery, diagnostics, or you simply have a concern you've been meaning to address, we're here and ready.

At Claremont Animal Hospital, pets aren't just patients, they're family. We're honored to care for yours.

Call Claremont Animal Hospital today to schedule an appointment, at 603-543-0117. Compassionate care. Local commitment. Trusted medicine.

*Article submitted by Claremont Animal Hospital.*



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[contact@claremontanimalhospitalnh.com](mailto:contact@claremontanimalhospitalnh.com)

# health & wellness

## Springfield Area Adult Day Services open house and community health fair

**SPRINGFIELD, Vt.** – Springfield Area Adult Day Services warmly invites community members to attend a special People First Health Fair on Saturday, March 28, from 10 a.m. – 1 p.m., at its facility located at 266 River Street in Springfield.

This free event will offer attendees the opportunity to receive complimentary wellness services, including balance screenings, checking of blood pressure and other vitals, and sharing of various health education tips designed to promote safety, mobility,

and overall wellbeing.

Guests will also enjoy light refreshments, and have the chance to enter a raffle drawing for a handmade quilt and free membership at the Edgar May Health and Wellness Center.

In addition to well-

ness services, visitors will be able to tour the Adult Day campus, meet staff members, and learn more about the programs and support services available to older adults and those who might have physical or cognitive impairments. The center provides engag-

ing activities such as bingo and arts, health monitoring, nutritious meals, social opportunities, and caregiver support in a safe and welcoming environment.

“This open house is a wonderful opportunity for families and community members to see firsthand how our center supports independence, wellness, and connection,” said director Shelly Holley. “We’re

excited to welcome everyone for an afternoon of health, learning, and fun.”

The event is free and open to the public. No appointment is necessary. For more information, please contact Holley at 802-885-9881 or sholley@springfieldhospital.org, or visit [www.springfieldhospital.org/adult-day-service](http://www.springfieldhospital.org/adult-day-service).

*Article submitted by Springfield Hospital.*

## How outdated beneficiary choices can derail your plans

**CLAREMONT, N.H.** – When you open a retirement account or buy a life insurance policy, you’re asked to name a beneficiary. It might seem like just another form to fill out, but this simple step can affect your family’s future.

Many people don’t give beneficiary designations much thought after signing the initial paperwork. It may have been years ago, and life has moved on. But this might surprise you; these designations can override what’s in your will or living trust. That means your retirement accounts and insurance proceeds could end up going to someone you didn’t intend, creating what professionals call an accidental inheritance.

Life changes quickly. You might get married, divorced, or remarried. You might have children or stepchildren. A loved one might pass away. You may decide to give to your favorite charity. Any of these events could mean it’s time to update your beneficiaries.

The rules can get complicated. For example, after a divorce, some, but not all states have laws that automatically revoke your beneficiary designations for IRAs, bank accounts, and insurance policies. But no matter where you live in the U.S., the designations for 401(k) plans and pensions stay in place until you change them. In community property states, couples must split 50-50 the assets they acquired during marriage, adding another layer of complexity.

There are other considerations, too. It’s a good idea to name a primary and a contingent beneficiary. If your primary beneficiary dies before you do, the contingent beneficiary receives your assets. Without this backup plan, your carefully considered wishes could go awry.

Naming minor children as direct beneficiaries isn’t usually a good idea. Children can’t legally receive and control assets until they become adults, so a court would have to get

involved and appoint a guardian for managing the money. Instead, you might set up a trust or name a custodian to oversee the funds until your children are mature enough to handle them responsibly.

For family members with special needs, you’ll want to be especially careful about choosing your beneficiary. Some choices may jeopardize their eligibility to receive government benefits such as government disability payments or Medicaid. An estate attorney can help you make important beneficiary decisions.

One major benefit of proper beneficiary designations is that they can help your loved ones avoid probate, a time-consuming and potentially expensive legal process.

For these reasons and others, it’s important to review your beneficiary designations regularly, especially after major life events. Contact your retirement account administrator or insurance company

to update any outdated information.

A financial advisor can help you understand how your beneficiary choices fit into your financial strategy and ensure your assets go where you want them to go.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, its employees and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation. Submitted by Roland Swasey’s office, Claremont, N.H.*

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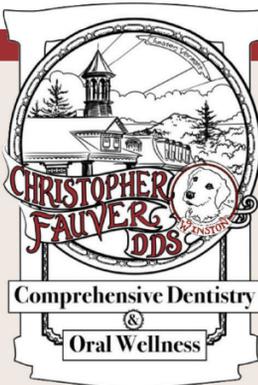
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# Strength, Stretch, & Balance yoga

LUDLOW, Vt. – A new wellness class designed to improve strength, flexibility, and balance will be offered at 10 High Street in Ludlow. Instructor Lori Wright is introducing a five-week session of Strength, Stretch & Balance, a full-body class that blends flowing yoga poses and held stretches with Pilates-inspired core work and gentle resistance training using body weight, light dumbbells, and bands. Through mindful movement and steady breathing, participants will build strength, improve flexibility, and enhance balance in

a supportive environment to support long-term mobility and independence as they age. Students can expect to leave class feeling stronger, more centered, and energized for the day ahead.

Classes are Wednesdays, at 9 a.m., March 18 – April 15.

Space is limited, and several students have already expressed enthusiasm for this new combined class. To reserve a spot or request additional information, contact Wright at 603-401-8123 or loriwright163@gmail.com.

# Moving From the Inside Out

SPRINGFIELD, Vt. – Find tai chi at the intersection of structure and energy with Moving From the Inside Out, a series of in-person and on-line workshops offered quarterly throughout 2026.

Tai Chi Vermont instructors Jo Bregnard and Zhen Wolffe will host the workshops at the Springfield Unitarian Universalist Meetinghouse, 21 Fairground Road, from 1:30-3 p.m., four Fridays this year.

Play with what animates the movements of the fall-prevention tai chi form, and discover how enhancing your

awareness can enrich practice time. During the first session, on March 13, the focus will be on the qigong fundamental exercises performed as warmups before each tai chi class.

Expect juicy conversation on meridians, anatomy, and more during these workshops. Come to one, two, or more. Recordings will be available for each session for those who can't attend live, as well as those who want to review the material covered. All are welcome, no prior tai chi experience is necessary. Reg-

ister at [www.taichivermont.org/register/p/enrichment-fundamentals](http://www.taichivermont.org/register/p/enrichment-fundamentals).

Please wear comfortable clothing and flat, closed-heel and -toe shoes, and bring a full water bottle. Contact Bregnard at [jo@jobregnard.com](mailto:jo@jobregnard.com) if you have additional questions.

Tai Chi Vermont is a non-profit corporation dedicated to providing safe and effective tai chi instructor training throughout the state. Learn more about Tai Chi Vermont by visiting [www.taichivermont.org](http://www.taichivermont.org).

## Heat Pump Presentation on Saturday April 4th, at 10am VFW Post #771, 191 River Street, Springfield, VT

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