


See Page 3 for event details



**Fall Home Improvement**

*Get ready for the winter season*

See Page 12

FREE


# THE MESSAGE OF THE WEEK

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## Claremont Savings Bank and Granite United Way partner for second annual coat giveaway

BY LISA STICKNEY

**CLAREMONT, N.H.** – Claremont Savings Bank and Granite United Way partnered for their second annual winter coat giveaway on Thursday, Oct. 22, in Claremont, offering free coats and other winter outerwear to anyone who needed them. The coat giveaway is one of several ways Granite United Way supports communities throughout the region.

The event ran until 2 p.m., and with sunny skies and people stopping by throughout the morning, Katie Bernsden, Granite United Way's corporate relations manager, said this year's giveaway was off to a great start. "Last year we had 300 coats to give away. It was rainy and cold that day. This year it's sunny and bright outside, and we started at 7:30 this morning, and it's been a big success," Bernsden reported.




**Left to right: Tausha Shute, Claremont Savings Bank; Ashleigh McFarlin, Claremont Financial Services; Katie Berndsen, Granite United Way.**

PHOTO PROVIDED

This year, 500 coats were donated for the event. Winter coats in child and adult sizes, along with hats, gloves, and scarves were collected over the past few months. Bernsden said the response from people coming to pick up coats had been especially rewarding.

"Little kids came and they try them on immediately. It's so fun," she said. "A woman earlier found something for her teenage son and she was teary-eyed."

To prepare for the giveaway, Bernsden reached out to local nonprofit organizations and businesses to help collect donations. Drop-off boxes were placed at locations including Kendall at Hanover, local bank branches, and Valley Regional Hospital. Donations also came through Facebook and word of mouth. "I had reached out to all the nonprofits to let people know that we were accepting new and gently used items," Bernsden said.

In June, the organization provided summer camp starter kits for children in Claremont and Newport. The bags included items such as towels, water bottles, bug spray, sunscreen, lunch boxes, and backpacks for elementary-age children. Approximately 2,000 bags were distributed through the recreation departments in the two communities.

Granite United Way also sponsors its annual Day of Caring, bringing volunteers together to help nonprofit organizations. On May 14, approximately 100 volunteers took part in projects across Sullivan and Grafton counties.

Granite United Way's main office is in Manchester, N.H., and the organization serves communities throughout New Hampshire, with some regional exceptions.

Granite United Way will celebrate its 100th anniversary in 2027. For information about volunteering, fundraising, or supporting its programs, visit www.graniteuw.org.



## Halloween Activity Page winners

**Congratulations to our Boo Bag recipients for participating in our Halloween Activity Page. Pictured is winner Elsie, 9, of Charlestown. Other winners were Olivia, 9, of Cavendish, and Lyric, 7, of Springfield.**

PHOTO PROVIDED

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## ACOW invites you to celebrate Halloween with A Haunted Forest Witchy Walk

BY PAULA BENSON

**MARLOW, N.H.** – The final week of October signifies the end of harvest season, the coming of winter, and the celebration of the spookiest of holidays: Halloween.

Marlow-based dance performance group A Company of Witches (ACOW) has been eagerly preparing for its yearly Halloween tradition, A Haunted Forest Witchy Walk. The free event will be held on Saturday, Oct. 31, from 3:30-7 p.m., at the Satori Center for Nature and Forest Therapy, located at 164 Washington Pond Road in Marlow, N.H. The dancing witches invite one and all to join them for tricks and treats along the ghostly wooded trail.

The witches have had a busy season, with shows from Chester, Vt., at the Chester Fall Festival, to Salem, Mass., where ACOW presented two performances before a huge audience, then spent nearly half an hour posing for photos with fans.

On Saturday, at 4 p.m., ACOW will perform its 16-minute dance routine that includes the witchy modern dance known as "Shake Your Bacon." Written by German songwriter Peter Fox, the song's original title was "Schüttel deinen Speck." It has gained popularity in recent years as the "witches dance" choreography, performed by various community groups and flash mobs, went viral.

The troupe will also present its brand-new dance, "It Cuts Like a Scythe," for the first time in public. A magically creepy dance choreographed by ACOW Artistic Director Dianne Eno, the song is a remix of Blue Oyster Cult's "(Don't Fear) The Reaper." The witches are excited to premiere the piece on Saturday, right in the spot where they have been working on the dance in rehearsals throughout the witching season.

Following the performance, the witches will take their places along the haunted forest trail to greet trick-or-treaters and hand out candy from 5-7 p.m. Complimentary hot mulled cider and doughnuts will be served as well.

The Satori Center sits within a wooded, 50-acre forest, with miles of nature trails, a waterfall, and a stream, where Eno leads guided forest-bathing walks, and nature- and arts-based classes and workshops.

Eno and ACOW have been presenting their witchy dances at fall festivals and a variety of events for six seasons. An environmental dance artist and educator, Eno first saw the "Shake Your Bacon" dance and thought to herself, "Hey that looks like fun." She also thought it would be a good way to focus on women coming together and dancing together.

"Dance is the entry point for us to embody a connection with the earth, ourselves, and other women. As practitioners, we join together and nurture ourselves. It's like a first-aid kit."

ACOW has a magical appeal to so many children, especially young girls, who often come to events dressed as witches themselves. One can tell that they feel seen and validated by the dancers, many of whom are mothers and grandmothers. ACOW ends each performance with an invitation for the audience to join the witches around the cauldron for a cheeky dance to "Coconut" by Harry Nilsson.

Eno's take is that the group's earnest performance style and dedication to the choreography and costuming gives permission for everyone watching to be silly, authentic, and joyful, dancing in community with each other. The performances hook people on a superficial level because they entertain and are fun to watch, while also providing possibly new information, and encouraging the audience to find growth, discovery, and connection.

The members of ACOW find the experience even more rewarding. As a new member this year, I can attest to the commitment required, but also the absolute bliss that I feel dancing with my witchy sisters, feeling the crowd's enjoyment, and the magical relationship we create together.

Eno's longtime friend and beloved company manager, Betty Walker, coordinates the dozen or so women in the group,

*See **WITCHES** on Page 2*

## Ribbon cutting celebration at Mountain Pizza, Indian Cuisine & Bar



**The ribbon cutting ceremony at Mountain Pizza, Indian Cuisine & Bar.**

PHOTO PROVIDED

**CLAREMONT, N.H.** – The City of Claremont is excited to welcome Mountain Pizza, Indian Cuisine & Bar, located at 285 Washington Street, to the community.

The city was proud to celebrate this opening with a ribbon cutting ceremony and to welcome a new local business offering a unique combination of pizza, Indian cuisine, and a bar.

Please join in congratulating the team at Mountain Pizza, Indian Cuisine & Bar on the establishment's opening. Everyone is encouraged to stop by, show support, and enjoy all it has to offer.

## Puzzle page winner

Congratulations to Robert MacKenzie, of Springfield, for winning our puzzle page contest drawing! Robert has selected the $75 gift certificate to Maebelline's. Look out for our next puzzle page contest in our Nov. 4 paper for your next chance to win.

**Weekly SUDOKU**

Answer

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**King Crossword**

*Answers*

**Solution time: 24 mins.**

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## DEADLINES

**The deadline for all content is Thursday at 4 p.m. for the following week's publication.**

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calendar@vermontjournal.com

**EMAIL ADS AND CLASSIFIEDS**
ads@vermontjournal.com

**EMAIL PRESS RELEASES**
editor@vermontjournal.com

# Help shape the future of Claremont Community Media Center

**CLAREMONT, N.H.** – Claremont Community Television is excited to announce that it is rebranding as Claremont Community Media Center to better reflect its expanding mission. While it will continue to provide local television programming and government meeting coverage, it is also growing into a community media skills training and content creation resource.

Its membership fees are intentionally kept low to ensure that this resource is accessible to everyone. All use of Claremont Community Television Inc. resources must be for noncommercial purposes.

Community feedback will help the organization improve its programs, facilities, and outreach so that more people can benefit from the opportunities it offers. The feedback survey can be accessed at www.tinyurl.com/ClaremontMediaCenterSurvey.

# SHS Alumni Association's annual poinsettia plant sale

**CLAREMONT, N.H.** – The Stevens High School Alumni Association is currently holding its annual poinsettia sales.

Colors available are red, white, pink, and a specialty "Spirit of Christmas" arrangement. Pot sizes are tiered, and priced accordingly for 6.5 inches, 8 inches, and 10 inches. Orders are due by Oct. 31, and alumni association members will deliver purchases the first week of December.

Please contact Heather Williams at heather.girard@gmail.com, or Dick Girard at 603-543-6398 or dick@goldencrossamb.com to place your order today. Checks can be made payable to Stevens Alumni Association.

# Yoga in the gallery at the Library Arts Center

**NEWPORT, N.H.** – Yoga classes will be held at the Library Arts Center, 58 North Main Street in Newport, N.H., Friday mornings. An all-levels yoga class will be held from 8:30-9:30 a.m., and a chair yoga class form 10-11 a.m.



**Join a yoga class at the Library Arts Center on Fridays.**
PHOTO PROVIDED

Classes are designed for any student looking to practice yoga. Movement will be linked with breath as offered by the Hatha and Kripalu traditions of yoga, as well as focus on alignment, with attention paid to honoring your own organic movement. Students can expect to practice both seated and standing poses, as well as focus on balance and breath. Please bring your own mat and any props you would like.

The instructor for these classes is Brianna Renner. Renner combines 20 years of dance training and her military background to create a safe, nurturing, and mindful practice. She is the national director of programs for the Veterans Yoga Project, www.veteransyogaproject.org. She was a co-founder of the former Namaste Newport & Buttonwood Yoga Studio.

A New Hampshire native, Renner served five years in the Marine Corps as an avionics technician at both MCAS Miramar in San Diego, and MCAS Iwakuni in Iwakuni, Japan. She is a perpetual student; using her GI Bill, she obtained her Associate of Science in engineering and a Bachelor of Science in technical writing, mathematics, and technology. More recently, Rennner became a graduate of Soma Yoga Institute's 300-hour advanced teacher training and Discovery Yoga's 200-hour Kripalu teacher training. In addition to classes at the Library Arts Center, she also teaches yoga at the VA in White River Junction, Vt., and teaches dance classes at Dance Arts Academy in Sunapee, N.H.

To sign up or for more information, visit www.libraryartscenter.org/yoga.

# Kurn Hattin scores another successful golf tournament fundraiser

**KEENE, N.H.** – On Sept. 17, the fourth annual John A. Hubbard Memorial Kurn Hattin Golf Classic was held at the Keene Country Club, bringing golfers and community members together for a day of friendly competition in support of Kurn Hattin Home and School for Children.



**The winning team of Andrew Richardson, Derek Paul, Jalen Rines, and Kevin Rines.**
PHOTO PROVIDED

The annual event raises funds to benefit the children Kurn Hattin serves. A residential and academic community, Kurn Hattin provides children from families facing difficult circumstances with the stability and care necessary to build confidence and independence.

At the conclusion of the tournament, Andrew Richardson, a representative of event sponsor Savings Bank of Walpole, and his team, including Derek Paul, Jalen Rines, and Kevin Rines, took home top honors. Golfers then enjoyed a dinner buffet and participated in the interactive fundraising event "Fund a Need," where generous pledges were made to benefit the Children's Activity Fund. The festivities also included the Pete Johnson Memorial Golf Ball Drop Raffle, featuring individually numbered golf balls dropped from a helicopter.

Kurn Hattin extends its gratitude to the tournament's generous sponsors, including Platinum Sponsor For the Promising Future of Service to Children; Gold Sponsor World Insurance; and Silver Sponsors Savings Bank of Walpole, Len-Tex Corp., and Prime Buchholz LLC. Kurn Hattin also thanks everyone who came out to the course, friends who purchased golf balls for the raffle, and supporters who participated in the "Bid for Bright Futures" online auction held the same week. Thanks to this collective generosity, Kurn Hattin exceeded fundraising expectations, raising $36,000.

This outpouring of community support helps fund not only the care of children at Kurn Hattin, but also the experiences and opportunities that help build brighter futures.

# Cheshire County Source to Sea Cleanup celebrates another successful year

**WALPOLE, N.H.** – On Sept. 19, 60 volunteers came together to clean up the Cheshire County riverways. A big thankyou to the partners who helped make this cleanup a big success: the Cheshire County Conservation District, Keene Conservation Commission, Keene High School, KUUC Outdoors (Keene Unitarian Universalist Church), the Ashuelot River Local Advisory Committee, the City of Keene, Savings Bank of Walpole, Keene State College, and the Keene Lions Club.

Across Swanzey and Keene, volunteers removed more than 1,490 pounds of trash, including three tires, two lawn chairs, a fire extinguisher, an inflatable raft and swim float, a charcoal grill, a dollhouse, and two 2-by-6-foot sheets of plywood. Not included in that final tally, volunteers in Gilsum additionally collected several bags of trash and 45 tires.

These sites included both on-foot and boating locations. Volunteers enjoyed the last bit of warm weather and spent Saturday cleaning local rivers as part of the Connecticut River Conservancy's regional Source to Sea effort.

Thank you to all partners and volunteers for being part of the regional Source to Sea event and making the 30th year a success. In the Monadnock region, volunteers can join cleanup efforts happening in Keene, Swanzey, and potentially other locations in 2027. Learn more and stay up to date at www.cheshireconservation.org/s2s.

# WITCHES

From Page 1

making sure everyone stays safe and hydrated, and that we show up on time.

ACOW dancer and newly named Assistant Director Cheryl Zajac joined the company for its 2025 season. "ACOW has brought me so much joy," Zajac said. "As a full-time working mom of three, I was seeking something that was just for me." Zajac attended a recruitment event and "felt welcomed right away."

Zajac is grateful to have been given the opportunity to rediscover her love of dance, and to "flex [her] creative muscles with costuming and makeup." But the greater reward of joining ACOW, Zajac admits, is to have "found a sisterhood. Everyone is so loving and supportive. It's such a special dance company."

ACOW is always recruiting new members. Follow ACOW's latest news and performance schedule on Facebook at www.facebook.com/profile.php?id=100075583491650.

ACOW will also be performing on Friday, Oct. 30, at 7 p.m., at Alyson's Orchard in Westmoreland, N.H. Catch them before they fly away for the season.

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# donut dash

## Fifth annual NH Sneaker Brigade Donut Dash on Oct. 31



Runners and walkers of all ages participate in the event.
PHOTO PROVIDED



Participants of the 2024 Donut Dash.
PHOTO PROVIDED



Well-behaved dogs are more than welcome to attend.
PHOTO PROVIDED

**CLAREMONT, N.H.** – Join the NH Sneaker Brigade Donut Dash special edition "Spooky Dash." This is the fifth year the brigade is hosting the annual event, which began as a run group for Charlestown residents. The dash was relocated last year to Claremont, as the Arrowhead & Wheelhouse gave it a home. To honor this, the brigade donates funds back to Arrowhead Recreation each year. Funds raised from the event also go to committees like Valentines for Seniors, Easter baskets for the Claremont Soup Kitchen, and, new next year, game nights at Fiske Library. It also partners with organizations including Hike for Mental Health and The Center for Safer Communities.

Whether you're chasing a personal record, enjoying a walk with friends and family, or simply showing up for the donuts, this event is a fun way to support the NH Sneaker Brigade and its mission of promoting health, wellness, and community throughout New Hampshire.

The donut dash will take place on Saturday, Oct. 31, at the Arrowhead Recreational Area in Claremont, N.H. Walkers will start at 9 a.m., and runners will start at 9:15 a.m. Fresh donuts from Allen Brothers will be waiting for all participants at the finish line.

Team competitions are encouraged. Trophies will be awarded to the largest business team, and prizes will be awarded to the largest recreational team. Awards will be presented for male and female age groups, from 11 to 70 and older. Additional fund and unique award categories will also be presented.

Well-behaved, leashed dogs are welcome to participate in the event. Dogs must start at the back of their respective runner or walker group. Please clean up after your pet and keep the course safe and enjoyable for everyone. Families with children are also encouraged to participate, and strollers are welcome. Please note, the course follows a dirt trail, and conditions may include mud, sand, or uneven terrain depending on the weather.

Early registration is discounted at www.runsignup.com/race/NH/Claremont/DonutDashNHSneakerBrigade, with options for runners, youth runners, walkers, and virtual participants. Thanks to a generous grant from the Claremont Savings Bank Foundation, there is a fifth-anniversary registration discount. Discount codes are available while supplies last. The first five registrations are free, the next 50 registrations are 50% off, and the following 25 registrations are 25% off. A full-price, race-day registration will be open from 7:30-8:30 a.m. Cash or Zeffy payments will be accepted.

Your participation helps the NH Sneaker Brigade cover event expenses, support community initiatives and charitable giving, and continue growing wellness opportunities through the brigade.

The NH Sneaker Brigade thanks all of its sponsors, including its biggest sponsors Allard's Portable Toilets & Septic, Claremont Savings Bank Foundation, and Mascoma Bank; OCR Creations for producing custom wooden prizes every year for the contestants; and all of the participants who bring the event and community together.





















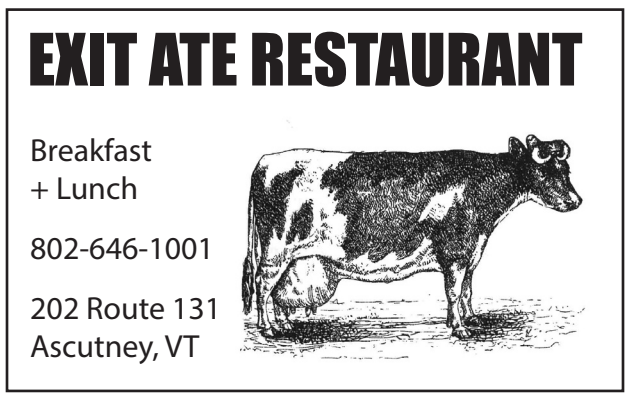


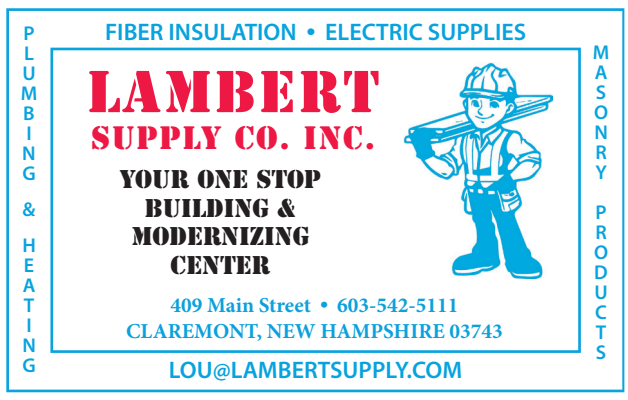

















# health & history

## Hands-only CPR session

**LONDONDERRY, Vt. –** Seventy percent of out-of-hospital cardiac arrests happen in the home. Statistically speaking, if you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a spouse, a parent, a child, or a friend.

Neighborhood Connections is pleased to bring to the community an opportunity to learn about and practice hands-only CPR. This method is effective and can significantly increase the chances of survival for the victim, especially in the first few minutes of cardiac arrest. It is simple to learn and can be performed by anyone, even without formal CPR training.

Join on Friday, Nov. 6, at 12 p.m., for a session at Neighborhood Connections' new activity center, across from its offices at 5700 Route 100 in Londonderry, Vt. The one-hour session is free, and will be followed with light refreshments.

For more information or to RSVP, please call Neighborhood Connections at 802-824-4343 to reserve a spot. Lunch will be provided.

For questions about the program, contact: Suzanne Burge at 802-824-4343 or Suzanne@ncvermont.org.

## Windsor County holds two of Vermont's 10 most haunted places

**REGION** – With Halloween approaching, two Windsor County places rank among Vermont's 10 most haunted in HauntBound's 2026 index, including Springfield's Hartness House Inn at No. 1. The index ranks 34 Vermont sites by separate published accounts and how far back they go, not by fame or search popularity.



The Hartness House Inn in Springfield ranked No. 1 most haunted in Vermont.
PHOTO PROVIDED

The Hartness House Inn ranks No. 1, and no Vermont site has more separate published accounts. James Hartness, a Vermont governor and inventor, built the mansion in 1904, with an underground office and observatory linked by a 240-foot tunnel; aviator Charles Lindbergh stayed in the corner room in 1927. Four separate published accounts describe activity there, the earliest dated to 1927. Guests in that room report a benign child presence known as Charlie, and staff describe a sense of being watched in the basement; the tunnel is linked to electricity cutting out and objects turning up elsewhere.

West Hartford Railroad Bridge ranks No. 8. On Feb. 5, 1887, a Vermont Central night express derailed and caught fire after falling onto the frozen White River, killing roughly 37 people in Vermont's deadliest train accident; Dartmouth's Robert Fletcher later traced it to a broken axle. Three separate published accounts describe activity there. Visitors describe the smell of burning wood with no apparent source and cries at night said to echo the wreck.

Statewide, Emily's Bridge in Stowe, the state's most famous haunted site, ranks No. 6.

"We rank by evidence, not legend: independent published accounts, documented history, and how far back the reports go. We don't claim ghosts are real, or that they aren't. We document where the reports concentrate, and we show our work," said Ben Fineman, editor of HauntBound. The ranking shows each site's documented record.

The Hartness House Inn, 109 Front Street in Springfield, is a working inn; guests can also visit the underground tunnel and observatory. West Hartford Railroad Bridge is visible from Route 14 in West Hartford; view from public areas only, and stay off the active rail line.

The full rankings can be found at www.hauntbound.com/most-haunted/vermont.

## Annual hearse house and vault opening

**SAXTONS RIVER, Vt. –** On Sunday, Nov. 1, from 11 a.m. – 3 p.m., at the Saxtons River Cemetery, the Saxtons River Historical Society (SRHS) and Town of Rockingham Cemetery Committee will host the annual late-fall gathering at the hearse house and historic cemetery vault. The horse-drawn hearse built in Saxtons River will be featured along with other local history and opportunities for engagement with the museum in Saxtons River and cemetery activities throughout Rockingham.



The Saxtons River Cemetery hearse house.
PHOTO PROVIDED

The first unveiling of the Saxtons River hearse and revamped hearse house occurred in 1996, through the efforts of Al Neff. By 2000, he completed restoration of the burial vault to house the museum's collection of farm implements and blacksmith tools.

This year's opening is more ambitious than those in recent years. Volunteers will be donning vintage clothing from the SRHS collection, there will be presentations regarding the aspects of the cemetery and the meeting house that once stood in front of the Saxtons River cemetery. The Old South Meeting House in Saxtons River was built in 1810 as a nonsectarian union meeting house. It served as the worship site for several congregations, a schoolhouse for public and private education, a club house, and finally a storage facility. It was razed in 1974. Only brick remnants indicate its original location.

Similarly, the cemetery committee will be discussing the 19th-century fountain and the opportunity to help redesign that area within the Saxtons River Cemetery in the coming months.

"Our annual event is growing bigger. For 30 years, people have enjoyed seeing the hearse and visiting the tool museum in the historic vault. This year, with the help of our outstanding board members and the Rockingham Cemetery Committee, there is so much more to share. There will be something of interest to everyone, including stories about village history, lives of past citizens, and memories of the iconic Old South Meeting House," said SRHS board member Connie Lancaster.

The Saxtons River Historical Society, established in 1966, is committed to preserving local history through active collection management, educational programs, and maintaining the historic building. The society relies on community support to sustain its efforts in conservation and public engagement. To learn more about the historical society, visit www.saxtonsriverhistory.org or www.facebook.com/SaxtonsRiverHistoricalSociety. The Town of Rockingham Cemetery Committee is an all-volunteer group that fosters the wellbeing of the five town cemeteries through research, advocacy, planning, and public engagement. To learn more, visit www.rockinghamvt.org/cemetery, or email chairofrockinghamcemeterycomm@gmail.com.

## "True Crime Stories of Vermont" author talk

**SPRINGFIELD, Vt. –** Join the Springfield Town Library on Saturday, Nov. 7, at 11 a.m., and meet Vermont author and historian Thea Lewis for a fascinating look at the darker side of the Green Mountain State.

In her latest book, "True Crime Stories of Vermont," Lewis explores more than a century of mayhem, mystery, and murder – from criminals living double lives and notorious serial killers, to an astonishing plot targeting a beloved pop star with a global fan base.

During this engaging author talk, Lewis will peel back Vermont's reputation for wholesomeness and rural charm to uncover the intriguing – and sometimes chilling – stories hiding beneath the surface. Drawing on her extensive research, she'll share the real-life characters, crimes, and unexpected twists that bring Vermont's history to life.

True Crime Stories of Vermont is Lewis' seventh book with The History Press. Her other works include "Haunted Burlington," "Ghosts and Legends of Lake Champlain," "Haunted Inns and Ghostly Getaways of Vermont," and "Wicked Vermont." She is also the author of the children's book "There's a Witch in My Sock Drawer."

A Vermont native, Lewis created Queen City Ghostwalk, Burlington's original haunted tour, in 2002. A historian and author, she has developed historic tours throughout the Burlington and Montpelier areas, and has earned the nickname "Vermont's Queen of Halloween."

Lewis' passion for storytelling extends beyond nonfiction. In 2024, she won the Vermont Writers' Prize for her short work of fiction "Farm Boy."

Come hear Lewis share the stories she has uncovered through years of research, and discover the wicked, haunted, and true-crime history lurking in the Green Mountain State.

To sign up for a reminder, visit www.springfieldtownlibrary.org.






















# HEALTH & SERVICES

# obituaries

Dear Editor,

On Sept. 15, Dartmouth Health announced it would lay off 124 workers and eliminate 303 open positions, most of them at Dartmouth-Hitchcock Medical Center in Lebanon, N.H., and its clinics. The same day, UVM Health said it would cut nearly 200 positions. Vermont Public reported both announcements, along with the system's loss of $63.5 million in the first half of 2026, as reported in June by the Valley News.

Coverage of cuts like these tends to focus on patients, and it should. But there is a second group worth thinking about this winter: the nurses, physicians, technicians, and administrators who are still there.

When a system trims open positions, the work those positions would have done does not disappear. It gets absorbed. The nurse covers one more shift. The physician carries a heavier panel. The manager who had to deliver the layoff news goes home and does not sleep. In a small community, that manager may then run into a laid-off colleague in the grocery store on Saturday.

That is a recipe for burnout, and burnout in health care is not new. What makes rural burnout harder is what happens when someone tries to get help.

Physicians have a specific fear here. A 2017 study in Mayo Clinic Proceedings surveyed 5,829 physicians and found that nearly 40% would be reluctant to seek formal care for a mental health condition because of concerns about their medical license. In my clinical work, nurses and other licensed staff describe similar worries. Add a small town, where the therapist's waiting room might be next to your patient's, and many simply do not go.

There is also a scheduling problem that rarely gets named. A clinician working rotating shifts, covering for an empty position, often cannot promise to be anywhere at the same hour every week. The standard model of therapy, 50 minutes once a week, assumes exactly that.

A Cerevity white paper, "Why Standard Therapy Fails: The Case for Longer Therapy Sessions," lays out what it calls the "dose-and-depth model." The idea is simple. Instead of starting with the weekly hour, start with four questions: how much total therapy the person needs, how much uninterrupted time the material requires, how the sessions should be spaced, and whether the format fits the person's actual life. For someone on a chaotic schedule, a few longer sessions spaced around their rotation can be easier to keep, and kept appointments are the ones that help.

None of this replaces what hospitals owe their staff. But there are things health workers in southern Vermont and the Upper Valley can do now.

Notice the signs early. Short sleep, a shorter temper, dreading the drive in, and feeling numb about patients you used to care about are all worth taking seriously before they become a crisis.

Ask what your employer's program actually records and who sees it. Many people avoid help because they assume the worst. Some of those assumptions are wrong, and some are not. Knowing which is which is worth a phone call.

Look outside your own building. Telehealth means a nurse in Ludlow or a physician in Windsor can see a licensed therapist who has never treated a colleague and will never sit next to them at a town meeting.

Ask for a schedule that fits. It is reasonable to ask a therapist about longer or less frequent sessions if weekly hours are impossible with your shifts.

Talk to one person. Not the whole unit. One.

The people who held our hospitals together through the last several years are now being asked to do more with less, again. Their work deserves notice. So does their health.

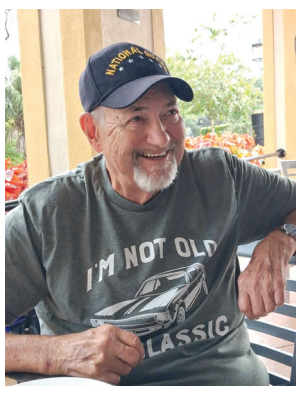
Sincerely,
Martha Fernandez
LCSW
Lakewood, Calif.

***Martha Fernandez is a licensed clinical social worker and co-founder of Cerevity, a private-pay concierge network of independent licensed clinicians built for high achievers. She is the author of "Wired to Burn: A Therapist's Guide for High Achievers Running on Fumes." Learn more at www.cerevity.com.***

## *Douglas A. Devereux, 1948-2026*

**INVERNESS, Fla.** – Douglas Allen Devereux passed away on Oct. 19, at the age of 78, in Inverness, Fla. He was born on July 19, 1948, to Allen Devereux and Hazel Ellis, at the old Rutland Hospital on Nichols Street. He grew up over the Belmont General Store that his parents operated. His early school years were spent at the one-room schoolhouse in Belmont Village that four generations of his family attended. Doug graduated in 1968 from Black River High School in Ludlow and served in the Vermont Army National Guard. He was employed with GE until he started Doug Devereux & Sons in the early 1980s. He also worked winters for many decades at Okemo.

Doug married Lynnette Cole on May 30, 1970. They built several homes in town over the years. They also became snowbirds in 2014, and have been spending winters at their home in Florida. He had been a longtime member of Colfax Lodge No. 21, IOOF in Belmont, and the Mount Holly Volunteer Fire Department and Rescue Squad. Doug was passionate about old vehicles and enjoyed working on them. He loved going to car shows. He was a lover of Fords. He could often be seen driving his dump truck, which he drove well into his 70s.



**Douglas Devereux, 1948-2026.**
PHOTO PROVIDED

Doug is survived by his wife, Lynnette; their three children, son Chris (Kathy), of Fishersville, Va., son Chad (Shannon), of Cavendish, Vt., and daughter Nikki Manley, of Hinsdale, N.H.; and his grandchildren, Sarah, Jordan, Rhyan, Jaxson, Layla, and Ella. He is also survived by his sister, Cindy (Richard) Berge, of Fort Myers, Fla.; his brothers, Dennis and Dana (Ellen), of Mount Holly; and many nieces and nephews.

A celebration of life will be held at the Odd Fellows Hall in Belmont, 37 Lake Street, on Saturday, Nov. 7, at 2 p.m.

## *Justin Vieu, 1997-2026*

**CHESTER, Vt.** – We are deeply saddened to announce the passing of our cherished son, Justin Vieu, on Oct. 5, 2026. Justin was born on Aug. 21, 1997. His charismatic personality and infectious smiles will be greatly missed by all who knew him.

In addition to immensely loving his girls, Justin had a passion for the outdoors and enjoyed fishing, hunting, and snowmobiling.

He is survived by his adoptive parents, Janice and George Berube; his girlfriend, Tasha Long; and their two children, Crystella and Rózaleigh.

Justin also leaves behind his birth parents, Mary Golec and Daniel Vieu, his wife, Melissa Vieu; his grandmothers, Pauline Golec and Shelly Poisson; his brother, Jonathan McKeever, and his adoptive parents Jill and Mack McKeever; his sisters, Haileigh Vieu, Sadeigh Vieu, Raelynn Vieu, Alexis Vieu, Raivyn Vieu, Aaliyah Clark, and Autumn Moore; his stepsiblings, Taylor Raymond and Lucas Defalco; and his lifelong friends Alias Hazen-Foster and Carl Long Jr.


**Justin Vieu, 1997-2026.**
PHOTO PROVIDED

We would be honored if you could join us in celebrating Justin's life and sharing your cherished memories at a celebration that will be held at Bartonsville Grange, located at 116 Upper Bartonsville Road, Rockingham, Vt., on Nov. 7, from 12-5 p.m.



## *Remembering Tina Rosen*

**Bruno Brzoza holding up a sweater he bought from Tina's Fun Stuff to Wear.**
PHOTO PROVIDED

### ALSTEAD, N.H.

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

### ASCUTNEY, VT.

**Open Bible Baptist Church, 168 Cemetery Rd.**
Sunday services are being held in the church. Sunday school is at 9:45 a.m., Sunday morning service is 11 a.m., and the afternoon service is 1:30 p.m. Wednesday evening service is at 6:30 p.m. For more information, call the church at 802-674-2266 or visit www.obbcvt.org.

### BELLOWS FALLS, VT.

**St. Charles Church, 31 Cherry Hill St.**
Masses are held on Monday, Tuesday, Thursday, and Friday, at 7 a.m.; Wednesday, at 7 p.m.; Saturday Vigil Mass, at 4 p.m.; and Sunday, at 9 a.m. For more information, call 802-732-8721.

### CHARLESTOWN, N.H.

**Charlestown Bible Church, 37 Hammond Rd.**
Sunday School for all ages at 9:45 a.m. Sunday Worship at 10:45 a.m. and 6 p.m. Wednesday Prayer Meeting at 7 p.m. To hear a sermon or learn more go to www.charlestownbiblechurch.org. Call 603-826-5121 for more info or to request a personal Bible study.

### CORNISH, N.H.

**United Church of Cornish, 378 Center Rd.**
Join our worship services on Sundays, at 10 a.m. We're also holding a dinner church/community potluck on the last Sunday of each month, in place of regular services, at 1p.m. Come as you are and join us in a relaxed setting for lunch and fellowship; please bring a dish of food to share if you can. All are welcome!

### WESTON, VT.

**Old Parish Community Church, 644 Main St.**
A diverse, informal, and welcoming congregation. Sunday service begins at 10:30 a.m. For more information, contact Jon Bliss, minister, at 802-299-6721 or email oldparishchurchweston@gmail.com, or visit www.oldparishcommunitychurch.org.

**OBITUARIES:**
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.

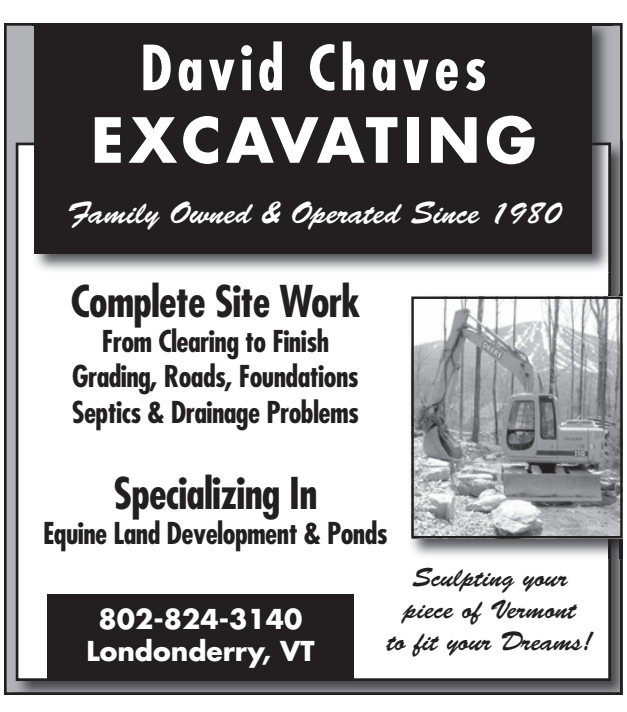
**CHURCH SERVICES:**
We run Church Services on an alternating schedule. Subject to space. All services are posted online at www.VermontJournal.com.

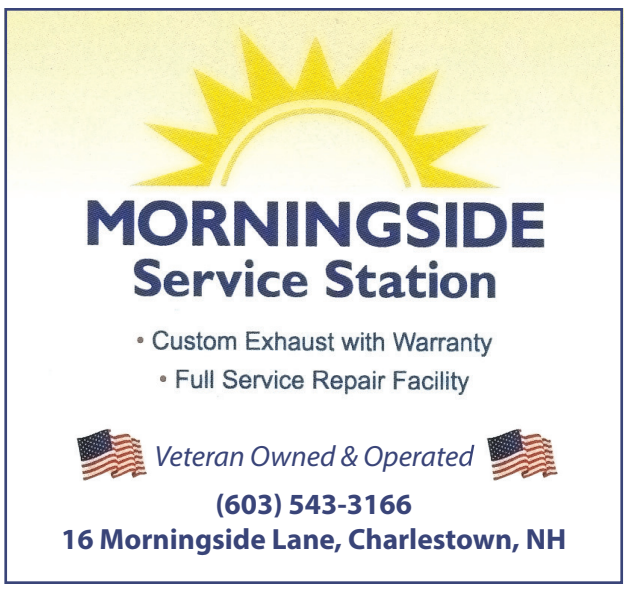











# calendar

## UPCOMING EVENTS

### NOV. 1 –

LUDLOW, Vt. – Fletcher Memorial Library is celebrating 125 years of continuous service – from Nov. 1, 1901, to Nov. 1, 2026. Drop into the library for a slice of cake on Friday, Nov. 6, from 2-4 p.m. Staff and Friends of the library will be available to answer questions, share the library's history, and give tours. This event is sponsored by the Friends of the Library, and is free and accessible. For more information, please call 802-228-8921 or visit www.fmlnews.org.

### NOV. 2 –

CLAREMONT, N.H. – A Lifeline screening event will be held at the Claremont Senior Center on Monday, Nov. 2. You must register by calling 800-324-9458. For more information, contact the senior center at 603-543-5998.

### NOV. 7 –

CLAREMONT, N.H. – Gerry Grimo & The East Bay Dance Combo will perform at the Claremont Senior Center, 5 Acer Heights, on Saturday, Nov. 7, from 7-9 p.m. This will be a Roaring '20s-themed social dance. Dress in period costume for good fun. Small suggested donation. There is a large dance floor and comfortable seating. Snacks will be available, BYOB.

WESTMORELAND, N.H. – The Westmoreland United Church, 9 Village Common, will serve a pork supper on Saturday, Nov. 7, from 5-6:30 p.m. Eat in or take out.

### NOV. 8 –

BRATTLEBORO, Vt. – Alfred Hitchcock's 1955 film "The Trouble With Harry" will be screened at the Latchis Theatre, 50 Main Street, on Sunday, Nov. 8, at 2 p.m. Following the screening, there will be a conversation with Jeanine B. Fros and Hitchcock scholar Steven DeRosa, moderated by Vermont filmmaker Bess O'Brien. For more information or to purchase tickets, visit www.app.arts-people.com/?show=363578.

PERKINSVILLE, Vt. – The Perkinsville Community Church, 35 Church Street, is excited to welcome back the Poor Cousins on Sunday, Nov. 8, from 4-5 p.m. Naomi Morse (fiddle, voice) and Emmet McGowan (guitar, voice) have been playing music together since they met in York, England, in 2006. Based in Vermont, the duo performs various styles of roots music, including American old time, New England, Irish, Quebecois, and Scottish, as well as their own arrangements of classical and popular pieces. This concert is free, and everyone is welcome.

### NOV. 12 –

CLAREMONT, N.H. – The New Hampshire Telephone Museum is coming to the Claremont Senior Center, 5 Acer Heights, on Nov. 12, at 1 p.m., to present the history of telecommunications from the race to the patent office, the liquid phone, and the undertaker who invented the dial system, plus telephone movie trivia. This program is open to the public at no cost. Bring your family and friends to enjoy this event.

## 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.

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

### MONDAYS –

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

PROCTORSVILLE, Vt. – On Mondays at 6:15 p.m., join Mikayla for a yoga class. Email mikayla@mikaylasmantra.net to register. Visit www.dgbodyworks.com for more information. Private classes are available.

SPRINGFIELD, Vt. – The Cozy Stitches pop-in sewing class is held on Mondays, from 10 a.m. – 12 p.m., at the Springfield Town Library, 43 Main Street. Start your week with a cozy morning of sewing, chatting, and sharing ideas. Bring your own hand-sewing, knitting, crocheting, or mending projects, and enjoy the company of others who love to create.

LUDLOW, Vt. – The Fletcher Memorial Library, 88 Main Street, hosts a writers group on the first and third Monday of every month, from 5-6:30 p.m. Are you interested in sharing your work and receiving feedback from other writers? Join us. Bring three pages to share. Hosted by Catherine Martin. For more information, call 802-228-8921.

### TUESDAYS –

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

W. TOWNSHEND, Vt. – Burger night is held every Tuesday, from 5-7 p.m., at the West Townshend Country Store, 6573 Vermont Route 30, West Townshend, Vt. There will be live music provided by a different local artist each week. For more information, visit www.westtownshend.org, call 802-874-4800, email info@westtownshend.org, or message the store on Facebook.

SPRINGFIELD, Vt. – Sew What is held Tuesday afternoons, from 2-4 p.m., at the Springfield Town Library, 43 Main Street. Spend your Tuesday afternoon working on sewing projects in a relaxed and welcoming space. Bring your own supplies and enjoy time to sew, learn, and have fun with others. Sewing machines are provided, or you can bring your own if you prefer. Both groups are free to attend and open to all skill levels. For more information, visit www.springfieldtownlibrary.org, or call the library at 802-885-3108.

SPRINGFIELD, Vt. – The Springfield Senior Center, 139 Main Street, will hold drop-in corn hole games every Tuesday, at 1 p.m. For more information, contact executive director Lori Johnson at 802-885-3933 or lorijohnsonssc@gmail.com.

SPRINGFIELD, Vt. – Tai Chi Vermont-certified teacher Jo Bregnard will lead a weekly beginner bafa wubu tai chi practice, online and in person, from the Springfield Unitarian Universalist Meetinghouse, 21 Fairground Road), on Tuesdays, from 10-11 a.m., Sept. 8-Nov. 3. All are welcome, and all classes will be recorded. For pricing details and to sign up, visit studio.jobregnard.com/product/95776.

### WEDNESDAYS –

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

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

CLAREMONT, N.H. – The Claremont Senior Center, 5 Acer Heights, holds bingo every Wednesday afternoon. You must be at least 55 years old, and purchase your cards by 12:45 p.m. Games begin at 1 p.m. Concessions are available until the game begins. We average around 30-40 seniors who love to attend, visit with their friends, and try to win a little extra money.

### THURSDAYS –

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

CHESTER, Vt. – The Black River Memory Cafe is held on the first Thursday of each month, at St. Luke's Episcopal Church, 313 Main Street, from 11 a.m. – 1 p.m. The memory cafe is free to attend, snacks included, and offers a safe and comfortable space where caregivers and their loved ones living with dementia or Alzheimer's can socialize, listen to music, play games, and enjoy other appropriate activities. For questions, please call 802-885-2669 or 866-673-8376, or email memorycafe@seniorsolutionsvt.org.

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

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

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

WESTMINSTER, Vt. – Beginner tai chi classes are held at the Westminster Institute, 3534 Route 5, on Thursdays, at 5:30 p.m. Admission is on a sliding scale.

### FRIDAYS –

W. TOWNSHEND, Vt. – Pizza night is held every Friday, from 5-7 p.m., at the West Townshend Country Store, 6573 Vermont Route 30, West Townshend, Vt. There will be live music provided by a different local artist each week. For more information, visit www.westtownshend.org, call 802-874-4800, email info@westtownshend.org, or message the store on Facebook.

CLAREMONT, N.H. – If you are interested in playing or learning the game of mahjong, please come to the Claremont Senior Center, 5 Acer Heights, on Fridays, at 1p.m. For more information, call 603-543-5998.

CLAREMONT, N.H. – Come show off your masterpieces at the Claremont Senior Center Knitters Group, on Fridays, from 1-3 p.m., at 5 Acer Heights. For more information, call 603-543-5998.

PERKINSVILLE, Vt. – Shoot trap every Friday, at 5:30 p.m., at Precision Valley Fish and Game Outdoor Range, located at 2879 Route 106 in Perkinsville.

### SATURDAYS –

SPRINGFIELD, Vt. – The Springfield VFW Post 771, 191 River Street, will host burger nights on the first and third Saturdays of every month, from 5-7 p.m., downstairs in the canteen. These events are open to the public.

### DAILY –

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

## LEGAL NOTICES

**TOWN OF LONDONDERRY VERMONT**
**NOTICE OF PUBLIC HEARING**

The Londonderry Development Review Board will meet at 100 Old School St at 3:00 PM on Wednesday November 4, 2026, to hold a public hearing for:

An application from Eric Richard to demolish a property owned by Ed Brown, known as The Mill Tavern

Those interested in seeing the applications, submitting written comments, or attending the hearings remotely should contact the town's Zoning Administrator at zoningadmin@londonderryvt.gov

Pursuant to24 V.S.A. Sections 4464(a)(1)(c) and 4471(a), participation in the local proceedings is a prerequisite to take any subsequent appeal.

**ACT 250 NOTICE**
**MINOR APPLICATION 2W0566-7C**
**10 V.S.A. §§ 6000 - 6111**

Application 2W0566-7C from Automatic Drive LLC, 4432 Spring Is , Okatie, SC 29909 was received on December 20, 2024 and deemed complete on August 20, 2026. The project is generally described as stormwater improvements, slope stabilization, and gully restoration at 2 Imtec Lane. The project is located at 2 Imtec Lane in Rockingham, Vermont. The application may be viewed on the Land Use Review Board's website (https://act250.vermont.gov/) by clicking "Act 250 Database" and entering the project number "2W0566-7C."

No hearing will be held and a permit may be issued unless, on or before Tuesday, November 17, 2026, a party notifies the District 2 Commission in writing of an issue requiring a hearing, or the Commission sets the matter for a hearing on its own motion. Any person as defined in 10 V.S.A. § 6085(c)(1) may request a hearing. Any hearing request must be in writing, must state the criteria or sub-criteria at issue, why a hearing is required, and what additional evidence will be presented at the hearing. Any hearing request by an adjoining property owner or other person eligible for party status under 10 V.S.A. § 6085(c)(1)(E) must include a petition for party status under the Act 250 Rules. To request party status and a hearing, fill out the Party Status Petition Form on the Board's website: https://act250.vermont.gov/documents/party-status-petition-form, and email it to the District 2 Office at: Act250.Springfield@vermont.gov. Findings of Fact and Conclusions of Law may not be prepared unless the Commission holds a public hearing.

For more information contact Stephanie Gile at the address or telephone number below.

Dated this October 21, 2026.

By: /s/ Stephanie Gile
Stephanie Gile
District Coordinator
100 Mineral Street, Suite # 305
Springfield, VT 05156-3168
802-261-1943
Stephanie.Gile@vermont.gov

**NOW HIRING DIRECTOR OF PLANNING & ZONING TOWN OF LUDLOW, VT**

The Town of Ludlow seeks a qualified professional to lead municipal planning, zoning administration, permitting, and community development.
Qualifications: Bachelor's degree in a related field or 3–5 years of planning/zoning experience. Vermont land-use knowledge preferred.
Benefits: Comprehensive health, dental, life and disability insurance; retirement plan; paid leave and holidays.
Salary: Commensurate with experience.
Apply: Submit cover letter, resume and three professional references to Penny Wu, Municipal Manager, at PWu@ludlow.vt.us or Town of Ludlow, PO Box 359, Ludlow, VT 05149.
Position Open until filled. Equal Opportunity Employer.
For more Application and Job Description details: go to our website: www.ludlow.vt.us

**YOUR CAREER IN LAW ENFORCEMENT BEGINS HERE**

The Town of Ludlow Police Department is seeking a highly motivated individual ready to begin a career in law enforcement.

We'll sponsor and pay you to attend the Vermont Police Academy, upon successful program completion, a position with the Ludlow Police Department awaits you.

Starting pay: During entry-level training: $26.47/hour with benefits including insurances/pension
Submit cover letter/resume/ and employment application (www.ludlow.vt.us ) to Chief Jeffrey Warfle via email Jeffrey.warfle@vermont.gov

**Your career. Your community. Your opportunity.**
**APPLY TODAY!**

**Town of Ludlow, Vermont**
**FT Patrol Officer Job Opening**

Ludlow Police Department is accepting applications for a Full-Time Patrol Officer.

Seeking motivated certified candidates. Lateral transfers and out-of-state certified officers are encouraged to apply. Competitive starting pay is $30.96–$49.49/hour, commensurate with level of certification/experience, plus shift differentials of 5% and 7%.

Excellent benefits, including but not limited to, Insurance/ Pension/ PTO.

Must possess a valid driver's license, pass background, physical, psychological exams, and meet Vermont Criminal Justice Council requirements.

To apply: Submit resume, cover letter, and completed application to Chief Jeffrey Warfle at Jeffrey.warfle@vermont.gov. Application is available on Town's website www.ludlow.vt.us

# classifieds & opinion

To the Editor:

My letter is in support of Tom Charlton for reelection to the Vermont House of Representatives for Athens, Chester, Grafton, and Windham. Several other concerned citizens have written all about him, so I will try to amplify why I think you might want to vote for him to continue in another term in Monpelier.

He has a post-and-beam business that gives him a leg up when talking about the cost, permitting, quality control, and scheduling for new housing construction and rehabilitation of existing housing.

From what I have heard, he stood up pretty well in his debut and learned his way around the Capitol. The fact that he held his own in the legislature and maintained his business and paid his bills and taxes would be enough praise to earn my vote.

In addition, he is a fiscal conservative, which the legislature really needs a lot more of.

As I've had a long career as a land surveyor and real estate broker, I have acquired an eye for judging people's character, and Tom is, in my opinion, solid, dependable, and dedicated to what is best for Vermont.

Please consider a vote for Tom so he can continue his good work.

Sincerely,
Philip E. Atwood,
Chester, Vt.
***Paid for by the Chester Republican Committee, P.O. Box 16, Chester, VT 05143***

Dear Editor,

Tom Charlton is not running for a national office.

He is not a torchbearer for President Trump, nor is he one who would misrepresent himself by using the wrong color on his sign as some have accused.

Our issues are more severe than the color of signs.

Is Tom a Republican? Yes, a Republican who seeks common sense solutions for housing, cost of living, access to healthcare, quality education, public safety, and repeal of Act 181.

He is seeking to ease the housing crisis as a member of the Housing Committee. He is a proponent of low-cost, minimum government solutions: establishment of the Vermont Land Bank, which would make abandoned properties available; and bulk purchasing of modular housing, with bulk savings being passed along to small local contractors and the VHIP Program that makes 5- and 10-year forgivable loans available as matching funds for rehabilitation or creation of rental units.

Tom has worked hard in eliminating noncompete clauses in traveling nurse and physician contracts so they can stay in Vermont if they so choose, thus potentially eliminating some of the high costs of traveling professionals. He is working hard to once again allow association health insurance formally available through groups like chambers of commerce.

Let's have a common sense approach and reelect Tom Charlton, someone who is knowledgeable, experienced, and familiar with the landscape.

Sincerely,
Jerry Gleason
Chester, Vt.
***Paid for by Chester Republican Committee, P.O. Box 16, Chester, VT 05143***

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

**DIRECTORY LISTINGS**
Start at $150 for 13 weeks.

*Email ads@vermontjournal.com with your listing today*

## BUYING/SELLING

COINS, PAPER $$, POKÉMON, SPORTS CARDS, POSTCARDS, and other collectibles. SAT. OCT. 31, from 9 a.m. – 3 p.m., at the Charlestown, NH Senior Center. Tables and house calls available. For information, contact 802-379-2353 or pepsijoseph@yahoo.com.

## CLEAN OUTS + MORE

EZ-Dump Enterprises has a 15-yard dump trailer available for rent. 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 levielectricvt.com – Trusted residential electrician with 10+ years experience. Upgrades, lighting, EV chargers, panels, service calls. Proctorsville-based. Quality work, fair pricing, free estimates.

## FOR SALE

CHESTER, Vt. – Share home with LGBTQ-friendly couple offering lovely furnished space on rural property with saltwater fish, two dogs, chickens. $650/month. Compatible dog considered. No smoking. Covid vaccine required. 802-863-5625 or www.HomeShareVermont.org for application. Interview, references, background checks required. EHO.

## FOR SALE

WEATHERSFIELD, Vt. – Three 2-year-old, very well built garage/barn doors. 2 ea. 8x7, 1 ea. 10x7. You pick up. Asking $500 OBO. Call 802-263-9876 after 10 a.m. No texting, no voicemail.

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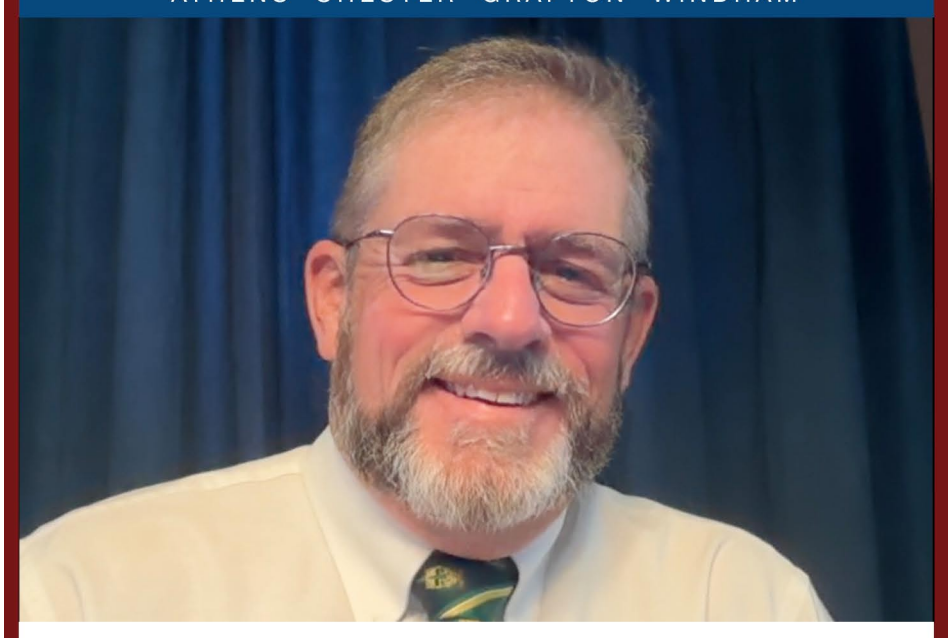
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SPRINGFIELD, Vt. – Pre-Estate Sale, weekends thru October, 10 a.m. – 4 p.m., 20 Commonwealth Ave, Springfield. Tools, toys, trains, boats, cars, furniture.

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**All opinion pieces will be published in the opinion section of the newspaper. Viewpoints do not necessarily reflect the views of The Vermont Journal.**

# yellow page BUSINESS DIRECTORY

**$175 for 13 Weeks • $275 for 26 Weeks • $425 for 52 Weeks**
Prices are based on a 20 word listing. An additional 50 cents for each word thereafter.

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*(12/09/26 - 52)*

**GALLERY AT THE VAULT**
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68 Main St., Springfield VT 802-885-7111 galleryvault.org
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**Upcoming Workshops**
*Needle-Felted Holiday Ornaments* w/ Lisa Caron Hickey Nov. 7
*Raku Pottery* w/ Andrew Berends Nov. 7 & 14
*Make a Wreath* w/ Joanna Bombadil Nov. 21
**Info & sign up:** https://galleryvault.org/workshops/

Open Wall - ***Nature's Jewels*** Oct. 21 to Dec. 26
*(01/06/27 - TFN - 13 )*

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*(04/07/27 - 26)*

# opinion

Dear Editor,

I would like to recognize and thank the Ludlow Town Highway "road crew" for their recent work on South Hill Road. Their efforts to clean drainage ditches, fortify culverts, and mulch disturbed areas will ensure rainfall properly drains off the road and away from driveways, thereby protecting critical infrastructure and natural resources. The Vermont Transportation Grants in Aid program helped fund this project. Thank you for your dedication to excellence, Supervisor Ron Tarbell, Chris Barlow, Jaycob Palmer, Donnie Roys, Scott Tatro, Dennis VanGuilder, and Raymond Wood.

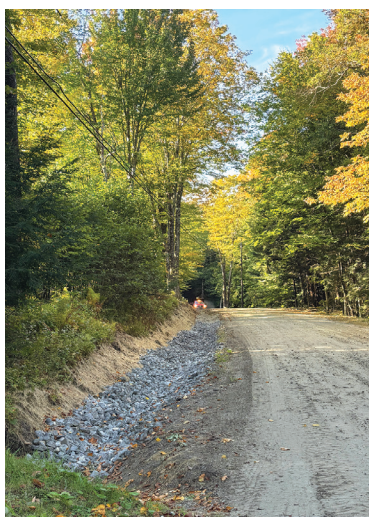


PHOTO PROVIDED

Sincerely,
Penny Wu
Ludlow Town Manager

Dear Editor,

We often measure access to healthcare by how close a hospital is, how many specialists it employs, or whether a patient can eventually obtain an appointment. My family's experience taught me that access means something more: Can a patient get the care and communication they need when they need it?

My husband suffered a serious posterior-circulation stroke in October 2025. Because Dartmouth Hitchcock Medical Center (DHMC) is a comprehensive stroke center, we expected that specialty follow-up would be timely and that the system would help guide his recovery.

Instead, we were told that the specialty service was "booking out." We waited months for an appointment. In the meantime, we had no meaningful way to communicate directly with any neurologist, including the physician who would eventually be responsible for his neurological care. His first specialty appointment was approximately four months after his stroke.

Then we experienced a striking contrast.

A referral was called in to Massachusetts General Hospital. Within three weeks, an appointment was offered. Once the appointment was established, we also had access to Patient Gateway, allowing immediate communication with the neurologist and care team before the visit.

And this was not an isolated experience. When we sought care through Rutland Regional Medical Center, Northeast Eye Center, Alice Peck Day Hospital, Weeks and Gowen Physical Therapy, and Mount Ascutney Hospital, referrals were met with prompt responses and appointments within days or weeks, rather than months. Everyone we spoke with at those agencies responded with caring, empathy, and a focus on alleviating our concerns and answering our questions.

The difference was not simply geography or technology. It was responsiveness.

Mass General is a major academic medical center, but Alice Peck Day and Mount Ascutney are regional hospitals serving the same general population. Yet each demonstrated that a referral can be acknowledged, acted upon, and converted into timely care. At DHMC, we were left waiting for months because the service was "booking out," without providing access to the physician during that interval.

But there is another troubling dimension to this experience. DHMC is a teaching hospital. Medical students, interns, residents, and fellows learn not only from textbooks and lectures, but by observing how the healthcare system responds to patients. What lesson does a system teach when a patient with significant neurological deficits can be told to wait months because the service is "booking out"?

Patients should not have to accept delayed care simply because a medical center is busy. Being busy is a reality of healthcare; making patients bear the consequences of that reality is a choice.

Teaching hospitals have an obligation to model the professional values they expect future physicians to carry into practice: timely attention to patient needs, continuity, communication, clinical responsibility, and advocacy for patients who cannot navigate the system themselves. If trainees repeatedly see patients waiting months for specialty care, unable to communicate with a physician, while the explanation is simply that the service is busy, what are they learning about the standard of care? The lesson should never be that "busy" is an acceptable reason to stop being accessible.

For a patient recovering from a stroke, months are not an insignificant amount of time. Neurological recovery, rehabilitation, secondary stroke prevention, and evaluation of persistent or changing symptoms all depend on timely access to appropriate care. Medical research shows that rehabilitation therapies during the first few months after a stroke have the potential of significantly improved outcomes. But we were still waiting for a neurologist during that period – no functional evaluation, interventions, or therapy.

This experience made me question what we mean when we say that New Hampshire has "world-class healthcare close to home." Having highly qualified specialists in a medical center is not the same as having access to those specialists. A patient can live minutes from a comprehensive stroke center and still face a four-month wait for meaningful specialty care. Meanwhile, referrals to five other healthcare organizations – both academic and community-based – were addressed within days or weeks.

We should not confuse having an appointment with having access to care.

True access means timely appointments, communication with the clinical team, continuity, and a system that remains engaged with the patient while he or she is waiting.

This matters particularly for patients with serious or time-sensitive conditions. A waiting list is not simply an administrative inconvenience when the patient has unresolved neurological deficits and unanswered clinical questions. Patients should not have to choose between staying close to home and getting timely access to the medical care they need.

If our healthcare systems are going to compete on the promise of "world-class care," perhaps we should measure that promise by a simple question: When a patient needs a specialist, how long does it actually take to reach one, and what happens to that patient while they wait?

That is what access to healthcare should mean.

Sincerely,
Susan Boyer DNP, RN, FAAN
Weathersfield, Vt.

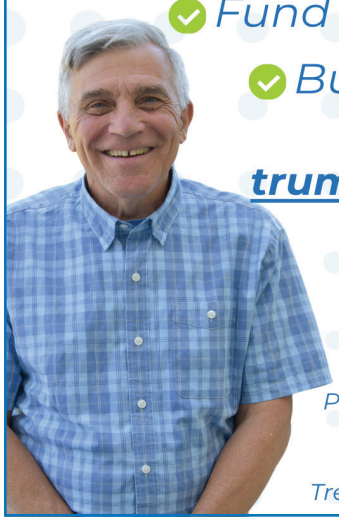
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FOR STATE REPS
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Hi everyone!

PHOEBE TUCKER
For VT State Representative
2026
Ludlow - Mt. Holly - Shrewsbury

Thank you so much to all of the Ludlow, Mount Holly and Shrewsbury residents who've come out to meet me on the campaign trail this fall.

Across our three towns, I've met people with a wide range of backgrounds. But one conversation that unites us? We **all** want to live in communities where we can **afford our bills**; access **housing, healthcare**, **and food**; keep our **schools** local; and ensure our **kids and working-class families** have the support they need.

I'm excited to advocate for these concerns in the Statehouse, and I'd be **honored to have your vote.**

As your candidate, I am committed to **collaborating** across party lines; maintaining open lines of **communication**; being **transparent** about my voting choices, and showing up with **authenticity** and **compassion**.



I can't wait to be your voice in Montpelier, and to **see you at the polls on November 3rd**.

In the meantime, stay in touch! Visit my website: www.phoebeforvermont.com, call/text me: (802)-230-4439, or email me: phoebeforvermont@gmail.com.

Warmly,
Phoebe

Paid for by Friends of Phoebe Tucker For Vermont
135 Spring Lake RD, Cuttingsville VT 05738

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# opinion

Dear Editor,

I am writing because I want to draw notice to Proposal 3, which will be voted on in the Nov. 3 election. It is critical that people understand why we need to further protect the rights of Vermonters to organize by enshrining those rights in our state constitution.

In this day and age, we are seeing attacks on the rights of states to organize and protect workers every day. The American Federation of Government Employees just this month won a victory against the presidential administration for trying to unlawfully restructure the United States Department of Agriculture. The National Weather Service, NASA, and other federal agencies are still in the process of fighting cuts that go against existing union contracts. When jobs are threatened, attacks on American industry play out daily, and pressure builds to lay large swaths of workers off in education and healthcare in our most hard-hit areas, it's critical that unions step up to protect those workers and the communities they serve. Vermonters should not wait until it's their job on the chopping block to act. Without protections, those benefits built on a hundred years of union organization such as sick leave, parental leave, overtime pay, hazard pay, and the right to seek redress when employees are wronged can be taken from us at any moment.

I value my membership in a Vermont union and take pride in being a union representative at my current worksite. I take seriously those protections entrusted to me and to my coworkers. Enshrining the right to organize protects all workers from retaliation, not just one group in one sector. Those in an existing union, and those looking to organize, all stand to benefit. When legislation is passed to protect the least of us, it protects all of us.

By considering Proposal 3, Vermont demonstrates how seriously it takes its role as a right to organize state. Vermonters pride themselves on looking out for their communities, and this legislation aims to do just that for all of us. That is why I ask all voting Vermonters to check the box and support passage of Proposal 3 this November.

Sincerely,
Heather Rigney
Springfield, Vt.

To the Editor:

I am writing to share my strong support for Andrea Murray for state Senate. I'm a North Springfield voter, and to be completely honest, it has been a long time since I felt truly excited about an election. Like so many of my neighbors, I am just trying to make ends meet, but between the high costs of groceries, electricity, and property taxes, it feels like we're running on a treadmill that keeps speeding up.

It feels like our incumbent Senate politicians are living in a completely different world. They pass expensive bills and debate grand ideas, while rural towns like ours get left holding the bag. It is frustrating when you feel like nobody is actually listening to you. We aren't asking for the world – we just need the state to stop making things harder. We need Vermont to be more affordable.

That's why I'm voting for Andrea Murray for state Senate. Andrea is a local business owner who actually understands our day-to-day struggles and is standing up to fight for our communities. Andrea is a local farmer – she is real, she is down-to-earth, and she actually listens to what regular working people are going through. She understands that for those of us who live in rural towns, every extra fee or tax hike hits our wallets hard.

One of the things I love most about her platform is her promise to fight to stop taxing Social Security benefits. For families like mine, cutting that tax means keeping money where it belongs – paying for groceries, medicine, and heat. That alone shows she understands the exact financial pressure our seniors and families are facing. We need leaders who will look at every piece of legislation through a simple lens: Will this make it easier or harder for a vulnerable Vermonter to stay in their home? Andrea has the practical mindset and the empathy needed to keep our communities affordable, accessible, and supportive.

I ask every one of you in the Windsor District who is tired of struggling every day to please get out and vote for Andrea Murray on Nov. 3. We need her to fight for us in Montpelier.

Sincerely,
Kimberly P. Meyer
***Paid for by Kimberly Meyer, 18 School Street, North Springfield, VT 05150***

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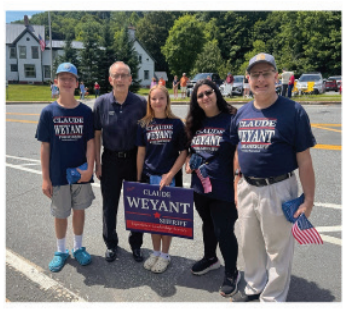
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VOTE Claude Nov 3rd



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*It's time to lower the cost of Education, Healthcare and Housing*

**30 Years of One-Party Control in the State Senate Gave Us:**

- 40% Education Tax Increase in the last 5 Years
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***Andrea Murray will fight for Rural Vermont!***



**Path to Affordability:**

- Reduce Property Taxes
- Control State Spending
- Protect Property Rights
- End the Tax on Social Security
- Lower Housing & Healthcare Costs
- Reform & Modernize Act 250



***Andrea Murray is Proudly Endorsed by Gov Phil Scott Lt Gov John Rodgers and former Gov Jim Douglas***

Andrea MURRAY FOR STATE SENATE

VOTE NOW OR ON ELECTION DAY TUESDAY, NOVEMBER 3rd

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# arts & entertainment

## Kimaya Diggs album release at Next Stage

**PUTNEY, Vt.** – Next Stage Arts Local & Global series presents Kimaya Diggs' "Green" album release, a love note to the New England landscape that showcases 12 tracks of glittering, genre-bending indie pop, on Friday, Oct. 30, at 7:30 p.m. Doors open at 6:45 p.m., at Next Stage Arts, 15 Kimball Hill in Putney. Tickets are discounted in advance at www.nextstagearts.org. The show is open to all ages.

Next Stage Arts is committed to presenting high-quality, innovative artists who are developing and performing new work, and to cultivating a vibrant, multigenerational arts community in rural southeastern Vermont. Presenting Diggs is a natural extension of these values. As an acclaimed singer-songwriter rooted in New England, whose work spans soul, R&B, folk, and indie rock, Diggs represents exactly the kind of artist Next Stage wants to champion: deeply talented, regionally connected, and at an exciting moment in her career with the release of her third studio album, "Green."

Diggs joins Next Stage through support from the New England Foundation for the Arts and its New England State Touring grant. As a part of this grant, Diggs will be visiting the Brattleboro Senior Center during its lunch time for a short performance, as well as some participatory songwriting activities.

Diggs is an artist at a pivotal and exciting moment in her career. Recently off tour dates with Mavis Staples, Emily King, and Trombone Shorty, Diggs has built a reputation as a performer who meets her audiences with intention and creates space for genuine emotional connection. Her passion lies in crafting live experiences where people can tap into their emotions together – moments of collective meaning that linger long after the music ends. The "Green" album release is a milestone that deserves to be celebrated across the region, and Next Stage is honored to be a part of that.

Presenting Diggs at Next Stage on Oct. 30 – just weeks after her album-release concert with Bombyx at the Academy of Music in Northampton – extends the momentum of that milestone into Vermont and introduces her to a new audience community. Rural southeastern Vermont has a deep and devoted live music culture, and Next Stage believes Diggs' sound and story will resonate powerfully here. This presentation will broaden her regional reach, deepen her connection to New England audiences, and demonstrate to the broader presenting community that her work translates beautifully across different venues and communities.

This engagement also reflects a shared vision with Bombyx for what broader regional artist development can look like; not just a single booking, but the beginning of a longer relationship. Next Stage hopes this tour becomes a model for future collaborations: routing artists across the two organizations, supporting residencies, and helping early-career musicians build the kind of sustained regional presence that allows their careers to grow. With audiences aging and dwindling across New England, arts organizations need to be cultivating not only the next generation of performing artists, but also the next generation of audiences – and Diggs' work does both.

## Claremont Hallowesta —

**CLAREMONT, N.H.** – Hallowesta is an annual Halloween celebration, brought to life through a partnership between Claremont Parks & Recreation and the Claremont Chamber of Commerce. Held on Halloween, Saturday, Oct. 31, from 3:30-5 p.m., the event transforms Pleasant Street into a bustling trick-or-treat hub where local businesses and organizations generously hand out candy and other small items to children and families.

In addition to the traditional trick-or-treating, Hallowesta features a trunk-or-treat portion of the event, where community groups, organizations, and businesses are encouraged to set up festive booths and/or decorate their vehicles, offering creative and spooky displays for visitors to enjoy.

Hallowesta offers a safe, family-friendly environment with plenty of treats, activities, and Halloween fun, making it a perfect way for the community to come together and celebrate the holiday in style.

## Kinhaven Fall Concert Series

**REGION** – Now in its second year, Kinhaven's Semester Program and fall concert series is thrilled to announce several free performances added to its fall season. Now including Ludlow, Shrewsbury, Bennington, and Landgrove, and additional dates in Manchester and Weston, Kinhaven's second-ever season is more robust than ever. Don't miss Kinhaven in Burlington, on Nov. 22, the most distant stop yet.

Kinhaven, located on a picturesque 31-acre campus in Weston, Vt., celebrates its milestone 75th anniversary in 2027, as well as the second year of its Semester Program intensive for exceptional high school string students, in collaboration with Burr and Burton Academy (BBA). The first of its kind in the nation, the Semester Program combines high-level academics at BBA with rigorous musical training at Kinhaven, where students live, study, and perform with each other and artistic faculty, the Trillium String Quartet, and violinist and co-Executive Director Deborah Buck.

Kinhaven Fall Concert Series performances are free and take place at venues across Vermont from September to December.

At its core, Kinhaven is about transformation. Since 1952, Kinhaven has honored its mission of developing people through music by offering joyous and rigorous musical development and performance opportunities in a deeply collaborative environment, without technology. For more information, and a full list of concert dates and locations, please visit www.kinhaven.org.

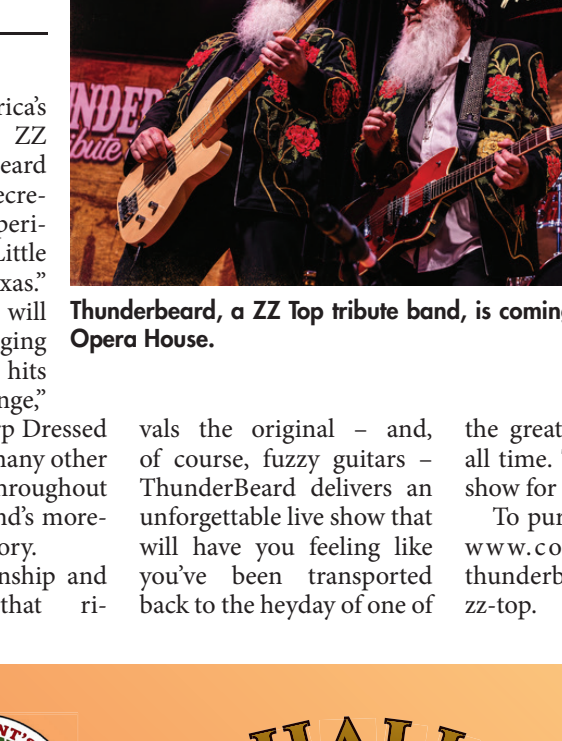
## Needle-felted holiday ornament workshop at Gallery at the Vault

**SPRINGFIELD, Vt.** – Gallery at the Vault is offering a new, fun workshop creating needle-felted holiday ornaments with Lisa Caron Hickey on Saturday, Nov. 7, from 11 a.m. – 1 p.m.

Discover the fun of needle felting while creating a colorful wool ornament for your holiday tree or gift giving. Participants will learn how to use a felting needle to add wool fibers, patterns, and decorative details to preformed felted balls.

By providing the base, Hickey lets participants focus on the creative process of adding color, pattern, and decorative details. No previous experience is needed. All materials are supplied. Please note that sharp felting needles will be used.

The workshop cost is discounted for gallery members. Register by Wednesday, Oct. 28.



Felted Christmas ornaments by Lisa Caron Hickey.
PHOTO PROVIDED

Gallery at the Vault is located at 68 Main Street in Springfield, and is open Wednesday-Saturday, from 11 a.m. – 5 p.m. For more information, call 802-885-7111, email galleryvault@vermontel.net, or visit www.galleryvault.org, Facebook, or Instagram. Gallery at the Vault is accessible.




## Thunderbeard at the Claremont Opera House —

**CLAREMONT, N.H.** – Thunderbeard, a ZZ Top tribute band, will perform at the Claremont Opera House on Saturday, Nov. 7. Doors open at 6:30 p.m., and the show begins at 7:30 p.m.

Hailed as America's No. 1 tribute to ZZ Top, Thunderbeard authentically recreates the live experience of "That Little Ol' Band from Texas." Thunderbeard will have you singing along to classic hits such as "La Grange," "Tush," and "Sharp Dressed Man," as well as many other classics from throughout the legendary band's more-than-50-year history.

With musicianship and showmanship that rivals the original – and, of course, fuzzy guitars – ThunderBeard delivers an unforgettable live show that will have you feeling like you've been transported back to the heyday of one of the greatest rock bands of all time. This is a must-see show for ZZ Top fans.

To purchase tickets, visit www.cohnh.org/event/thunderbeard-a-tribute-to-zz-top.




Thunderbeard, a ZZ Top tribute band, is coming to the Claremont Opera House.
PHOTO PROVIDED



# home & outdoor

## Sons of the American Legion Golf Tournament

**KILLINGTON, Vt. –** Rain could not dampen the spirits of the 84 golfers who came out to support the 22nd annual Sons of the American Legion Squadron 36 Golf Tournament on Sunday, Sept. 13. The overall winners, shooting a 12-under-par score of 60, consisted of the team of Joel Lombard, Jake Lombard, Kurt Lombard, and Troy Adams. Second place went to the team of John Taylor Jr., Seth Mailhiot, and Tory Surething, shooting 61. Rounding out the top three, with a score of 64, was the team of Tom Hyjek, Mike Hyjek, Mike Martin, and Woody Rodriques.

This tournament was a fundraiser to support local veterans and children. With the support of all the players and local sponsors, the Sons of the American Legion can donate to these worthy causes. Other tournament winners were closest to the pin for the men, Rob Shortsleeve; closest to the pin for the women, Jody Matthews; and the closet to the line, Rich Grant, with his shot landing on the line.

The Sons would like to thank all the volunteers who helped make this tournament possible, especially Mark and Beth Lombard and Becky Parker, who served a fabulous lunch for all the players. They would also like to thank the staff at Killington Golf Course, who do a fabulous job.

Thanks go out to the following hole sponsors, who helped make this tournament a huge success with their very generous donations: Ballard Hobart American Legion Post 36, Ballard Hobart American Legion Auxiliary Unit 36, Bristol American Legion Post 19, Baker Distributing, Beardmore Excavating Inc., Benson's Chevrolet Inc., Boondocks Welding & Fabricating, Carlisle Electric LLC, Carlton Plumbing & Heating LLC, Clear Choice Pool & Spa Service LLC, Countryside Alarms Inc., Crown Point Country Club, CSStoneworks, David Berry Woodworking Inc., DCI Concepts LLC, Earle's Truck Repair Inc., 802 Auto Body, Farrell Distributors, Formula Ford of Rutland County Inc., Fox Run Golf Club, Gassetts Group, George B. Tucker Inc., Gilcris Enterprises Inc., Green Mountain National Golf Course, Green Mountain Sign & Graphics, Green Mountain Sugar House, Hair By Paula Inc., High Country Contractors, J&J Trucking & Excavating, Killington Golf Course, LaValley Building Supply Ludlow, The Loft Tavern, Ludlow Insurance Agency Inc., Ludlow Shell, Ludlow Side Hill Cronchers Snowmobile Club, Master Plumbing & Heating Inc., McAtee Family Sugar House, McLean Excavating, OKV Concrete, Olesky Excavation, Oliver Automotive Group, Papa John's Sugar Shack, Pete's Painting Inc., Proctor Pittsford Country Club, Quirk VW, Record Concrete Inc., Aggie Sheldon, Wendy Sheldon, Sons of the American Legion Squadron 19 Bristol, Sons of the American Legion Squadron 27 Middlebury, Sons of the American Legion Squadron 67 Chester, Squeels on Wheels BBQ, S.S. Property Management, Stearns Excavating, Ted Stryhas Builder Inc., Westminster Caterers, Weathersfield Pathfinders Snowmobile Club, and Wright Construction Company Inc.

## Conservation district supervisors election

**REGION –** The State Natural Resources Conservation Council has announced the availability of nominating petitions for the statewide elections of district supervisors in each of the 14 Natural Resource Conservation Districts.

Natural Resources Conservation Districts are local subdivisions of state government established under the state's Soil Conservation Act to connect people, organizations, and resources to steward the state's land and water for the future. The Ottauquechee Conservation District offers a unique and powerful vehicle for citizens to become involved with local conservation work and establish programs that protect the environment. Please visit www.conservation.vermont.gov or contact District Manager Kelly Stettner at kelly.stettner@onrcd.org for more information.

To have your name placed on the Dec. 7 election ballot for the office of district supervisor, a person must obtain a minimum of 25 signatures on nominating petitions. Anyone residing within the Ottauquechee District may run for the office of conservation district supervisor. Anyone owning land and residing within the Ottauquechee District may sign a nominating petition.

Supervisors for each conservation district board are elected for a term of five years. The deadline for submitting nominating petitions to Ottauquechee Conservation District office is Nov. 3.

Nominating petitions and additional information may be obtained by contacting Ottauquechee Natural Resources Conservation District at onrcd1@gmail.com or by calling 802-369-0697.

## Spencer Hollow Cemetery hike

**SPRINGFIELD, Vt. –** Join Friends of Skitchewaug (FOS) on Saturday, Oct. 31, for a hike to the historic cemetery on the old Crown Point Road. This moderately difficult walk will start at 10 a.m., at Ferguson Farm, 220 Spencer Hollow Road, and traverse through meadows and some relatively steep sections to the cemetery in the woods. Make new friends and mix with your neighbors as you celebrate the wildlife, natural beauty, and historic character of the Crown Point Road and Spencer Hollow neighborhood.

Longtime residents Brent LeDrew and Larry Drasler will contribute their knowledge of the history of the Crown Point Road and the cemetery itself.

Bug spray and sunscreen are a good idea, as are boots that can get wet as you walk through several culverts.

Keith and Gail Ferguson have generously offered use of their pavilion as the gathering point for the hike (park at the base of the pavilion) and as a place for lunch and refreshment afterwards. Bring your own lunch/drink to enjoy in the pavilion, or come around 12:30 p.m. to chat with neighbors after the hike.

For more information or to RSVP, email friendsofskitchewaug@gmail.com.














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# fall home improvement

## Efficiency Vermont Energy Leadership Awards

**KILLINGTON, Vt.** – More than 190 people gathered at the Killington Grand Resort Hotel for the 15th annual Best Practices Exchange (BPX) on Sept. 23 and 24. Efficiency Vermont's yearly event brings together the state's largest commercial and industrial operations and businesses to share insights on energy efficiency and reducing energy costs.

Five Energy Leadership Awards honored projects and partners that demonstrated excellence in energy efficiency. The winners ranged from college campuses, to manufacturers, to innovative wood heating systems. The award-winning projects are among the commercial and industrial efficiency efforts in 2025 that will save Vermont businesses $78 million over their lifetimes.

This year's event assembled leaders from industries like healthcare, manufacturing, education, agriculture, hospitality/tourism, and Vermont's ski industry. Executives, facilities managers, and mechanical contractors met to discuss projects and share expertise. Presenters and installers shared energy-saving technologies and solutions, and 21 sponsors and vendors demonstrated equipment, industrial systems, and related technologies.

Efficiency Vermont Managing Director Peter Walke surveyed attendees about the biggest barriers they faced to completing energy projects. Many cited challenges like funding, costs, and inflation. Other barriers were operational constraints like staffing, labor, and time. Several said return on investment or changing federal policies created barriers. "This all means one thing: extend uncertainty," Walke concluded. "That's why investing in energy efficiency is always a good idea. Because efficiency gives you control – on costs, on runtimes, on fuel and energy use – when so many other things are out of your control."

The benefits of efficiency from Vermont's commercial and industrial sector go beyond saving $78 million. In partnership with Efficiency Vermont, projects completed in 2025 will save 386 million kilowatt-hours (kWh) of electricity over their lifetimes. That's enough to power 5,600 homes for a decade. The projects will also save enough fuel to heat more than 12,000 homes for a year.

Five Energy Leadership Awards were presented to individuals and organizations whose work exemplified industry-leading energy efficiency. The winners of the 2026 BPX Energy Leadership Awards are listed below.

– Impact Award: Vermont State University (VTSU). VTSU partnered with Efficiency Vermont on energy projects across its five campuses. The Castleton campus started with a "controls treasure hunt" that found numerous low- and no-cost improvements that reduced energy costs by $150,000. A campus-wide LED lighting upgrade will save Castleton an additional $168,000 annually. The Johnson campus completed a comprehensive controls optimization project, saving $250,000 a year. The Lyndon campus also upgraded to LEDs campus-wide, saving $64,500 annually. And the Randolph campus modernized its meat processing facility's refrigeration system, saving more than $8,000 a year. Combined, these projects will save more than $600,000 annually, allowing VTSU to direct more resources to support students and academic programs.

– Changemaker Award: Vermont Glove in Randolph. Owner and President Sam Hooper made strategic investments in energy efficiency to reduce operating costs and strengthen his company's future. A major energy improvement project at its 1920s manufacturing facility replaced an ancient coal boiler with an advanced wood pellet heating system. Adding insulation and air sealing cut the facility's air leakage by 50%. A new addition was designed with a tight building envelope and high-efficiency heat pumps for heating and cooling. The company applied the same approach to workforce housing, weatherizing Randolph's Windover House, and converting it from oil heat to wood pellet heating. These investments lowered operating costs while improving comfort, productivity, and sustainability.

– Innovation Award: Londonderry Village Market. Operated by Associated Grocers of New England, the Londonderry Village Market has taken a "continuous improvement" approach to reducing energy use and operating costs. Early efforts focused on refrigerant leak detection and repairs, followed by new high-efficiency refrigeration cases and an LED lighting retrofit. These efforts resulted in more than $40,000 in energy savings per year. The market then turned to its aging HVAC system and partnered with Efficiency Vermont, Turner Piping and Refrigeration, and Green Mountain Power. By installing a dual-fuel heat pump rooftop unit, the market electrified much of its heating and cooling needs while reducing fossil fuel use. Now, Londonderry Village Market is ready for future energy management solutions, and Associated Grocers of New England is evaluating similar upgrades at its other markets throughout Vermont.

– Energy Champion: Shawn Briggs with Vermont Composites in Bennington. Since 2024, Briggs has led companywide efforts to reduce energy costs through operational changes, employee engagement, and facility improvements. He championed a facility-wide "turn it off" campaign that increases awareness by encouraging employees to shut down ovens, lights, and production machinery when not in use. Briggs also led improvements in lighting, HVAC systems, refrigeration systems, and added programmable thermostats in office areas. By championing a compressed air leak audit and facility-wide submetering, Briggs now has energy usage data to inform future projects. These efforts help Vermont Composites save $107,000 annually while developing a culture of energy stewardship.

– Partner of the Year: Morton Bailey and Lyme Green Heat in Lyme, N.H. A member of Efficiency Vermont's Efficiency Excellence Network (EEN) since 2017, Morton and his team have helped schools, municipalities, and businesses transition to high-performance, advanced wood heating systems with a focus on efficiency, performance, and reliability. The company has worked with Efficiency Vermont to support improvements to enhance wood heating system performance, simplify maintenance, and improve customer satisfaction. Lyme Green Heat is also strengthening regional wood fuel supplies by developing a pellet manufacturing facility at a former lumber mill. These efforts ensure a dependable, regional supply of pellet fuel, support local jobs and economic growth, and demonstrate leadership in advancing the region's renewable energy future.

## The history of victory gardens

**REGION** – Home gardens have long been an integral part of our communities. From the kitchen gardens of early colonial days to the American Revolution when herbs such as lemon balm and mint were grown as a substitute for imported tea, and during all the years that followed, people kept gardens for food, medicine, and other needs.

When America entered World War I, home gardens took on new importance. "Liberty gardens" became patriotic acts to help feed a nation at war. During World War II, the federal government called them "victory gardens" and campaigned for their establishment across the country. Families were also urged to raise "victory flocks" of chickens for eggs and meat.

While a home victory garden was deemed patriotic, it was also a necessity for many. A shortage of imported fertilizer combined with fewer available workers and, at times, poor weather contributed to lower production of some crops even as demand increased. Much of the food produced was processed and shipped overseas for the war effort, causing shortages and limited availability at home. Gasoline, tires, and other supplies were directed to military use, causing difficulty or delays in distribution of food to grocery stores.

Scarcity led to rationing. Imported items such as sugar, coffee, and cooking oils could only be purchased when presenting an appropriate ration coupon. Familiar foods such as butter, meat, milk, eggs, and many vegetables also required ration coupons to purchase, though having a ration coupon didn't guarantee an item would be available. To feed their families, Americans not only embraced the idea of victory gardens, they provided 10 billion pounds of produce from more than 20 million such gardens during the war.

A victory garden could be an already established plot in the backyard, a newly dug patch in place of the front lawn, a vacant lot in the neighborhood, or even a rooftop. If there was soil, water, and sunshine, almost any space might become a garden.

Crops grown in victory gardens were selected for their nutritional value, calories to provide energy, and ability to be stored or preserved. Potatoes, sweet potatoes, peas, tomatoes, cucumbers, onions, beans, carrots, turnips, radishes, beets, and greens such as lettuce, chard, and spinach all had a place in a victory garden. Succession planting was encouraged.

After World War II, when food supplies stabilized and ration books became a thing of the past, it became easier for people to purchase what was needed rather than grow it themselves. Most victory gardens were abandoned, but not all. Through the efforts of gardeners and their supporters, two World War II-era victory gardens continue to operate.

According to the National Park Service, Fenway Victory Gardens in Boston, Mass., was established in 1942. Now known as the Richard D. Parker Memorial Victory Gardens, it encompasses 7.5 acres of land with more than 500 garden plots. In Minneapolis, Minn., the Dowling Victory Garden was started in 1943 as a neighborhood victory garden. Renamed the Dowling Community Garden, it's housed on three acres of land and includes nearly 200 plots.

Today, the victory garden lives on in the home garden, whether it's a plot in the backyard or a collection of pots on a balcony. Community gardens are springing up across the country, empowering people who are without the ability to garden at home to grow their own food.

If you have questions about starting your own home garden, contact the University of Vermont Extension Master Gardener Helpline by visiting go.uvm.edu/gardenhelpline or by calling 802-656-5421 on Thursdays, from 9 a.m. – 12 p.m., from April to October.

***Written by Deborah Benoit, a UVM Extension master gardener. Benoit volunteers as a garden columnist and participates in Bennington County Extension Master Gardener Chapter activities.***





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