

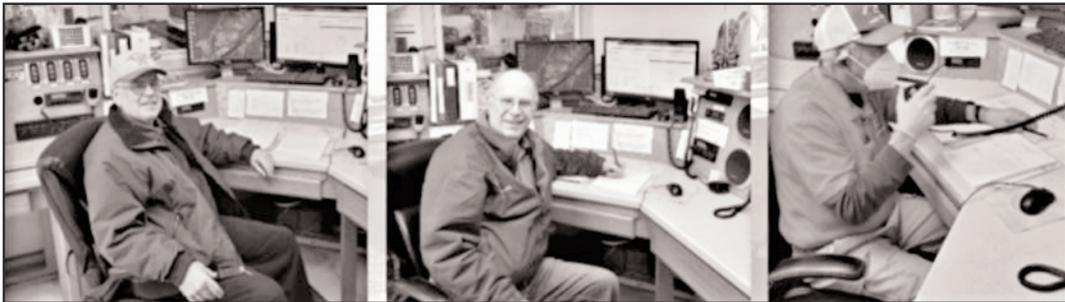
# Westminster Gazette



po box 147 westminster vt 05158

Our Community Newspaper @ [www.westminstervt.org](http://www.westminstervt.org) Vol 16 No 5 May 2020

## HELLO, WESTMINSTER! YOU'RE LOOKING GREAT!



With all the social distancing, following stay at home orders, and cooperating with the State's guidelines for when we do go out in public, Vermonters are seeing some of the best results anywhere in the world in minimizing the impact of Coronavirus. We thought we'd share a few photos sent to us of neighbors you may not have seen lately, like the WFD dispatchers, including a masked Pete Harrison at far right above, and Harlow Farmstand's Dee Morse getting ready for the gardening season by transplanting seedlings, at right.



### THE WINDHAM COUNTY SHERIFF'S OFFICE #BRINGBIRTHDAYSBACK CAMPAIGN

The members of the Windham County Sheriff's Office recognize that the COVID-19 pandemic has proven to be a trying, confusing and disappointing time for many children. On March 31st we decided that we would endeavor to help bring a little joy to the children of rural Windham County (who are not serviced by a Police Department of their own) by delivering birthday greetings and a small gift on their birthday.

On April 3rd a posting was made on our Facebook page asking that any parent or guardian who has a child (or children) whose birthday falls within the governments "Stay at Home" order contact the Windham County Sheriff's Office and request a birthday visit. Once a request is made a date and time will be agreed upon. Then, on the agreed upon date and time, a deputy will arrive with blue lights flashing and provide an in person birthday greeting and a



small gift. When available and if requested a deputy will even call the child and sing them the Happy Birthday song!

Thanks to the very generous donations we've received from all around the county we have been able to provide birthday greetings and gifts to 35 children (as of April 15th) since our first birthday surprise on April 5th. As of April 15th we have 22 more scheduled.

Anyone who would like to schedule a visit and/or make a donation to the campaign is asked to send us a private message on our Facebook Page <https://www.facebook.com/WindhamSheriff/> or email us at [birthdays@windhamcountylv.gov](mailto:birthdays@windhamcountylv.gov). Although we strive to meet appointment times, calls for service and staff availability may force rescheduling.

We also love seeing and passing on the joy from our visits so please feel free to share your photos and videos on social media and tag us (as well as the hashtag #BringBirthdaysBack) on Facebook and Twitter!

## GREEN UP DAY 2020 - WHAT'S GOING ON?

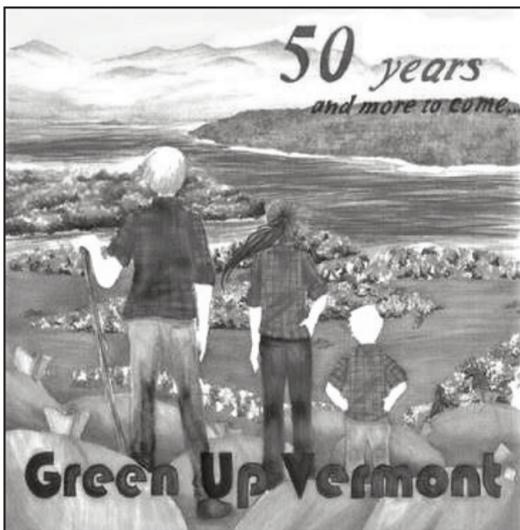
It's the 50th anniversary of Vermont's Green Up Day and, like everything else these days, it will be different.

The state has moved the official day from May 2 to Saturday, May 30, and bags will not be available until later in the month.

However, Westminster residents, especially those of you out walking more than usual and eager to get at that roadside trash, we have a solution. You may use your own bags to pick up trash, then put on town stickers and leave them at your usual trash pickup spot. Ruggiero has agreed to pick up these bags. Please limit yourself to six bags. If you run out of trash stickers, contact Russ Hodgkins at the Town Hall, ASAP, 722-4255, and he will replace them.

Many thanks to Joe Ruggiero and family for providing this extra service during difficult times.

We hope everyone will apply their excitement to get outside, to Green Up on May 30. This act of community service and making our state shine is good for our hearts, souls, and civic engagement—even at a distance. "Greening Up" is much more than the act of



a day; it is a caring mindset that we teach our children, it is taking care of where we live for a healthy environment, and it is about connecting our communities with

a goal for common greatness. Together, let's make it a safe and hugely successful 50th Green Up Day.

This year's Green Up bag is more environmentally friendly. After Green Up Day, we will receive a sustainability scorecard showing how much we reduced our carbon emissions based on the number of bags used!

This year's Green Up Day poster was created by Heather Anne Lee, Grade 10, at CVU.

#### GREEN UP DAY SAFETY TIPS:

- \* Wear rugged work gloves.
- \* Wear long pants and boots.
- \* Always check for ticks.
- \* Do not pick up sharp objects. Get an adult.
- \* Dispose of any sharps in a heavy plastic bottle with the lid screwed back on and marked "do not recycle."
- \* Wear bright colored clothing.
- \* Review safety rules with kids.
- \* Work facing oncoming traffic.
- \* Use sunscreen.

## WHAT'S HAPPENING IN OUR AREA SCHOOLS?

By Jack Bryar

What's going on at our local public schools these days? A lot.

As you know, all the school buildings in our area, including the Westminster Elementary School, are closed. However, teachers are doing their best to send work home and to teach online. It has been a challenge! If you have been on a Zoom meeting and hated it, imagine being an eight year old. The kids, the teachers and many parents are doing the best they can given circumstances. Even so, there is likely to be some catching up to do next fall.

Compounding these difficulties are some serious fiscal challenges. Vermont's education trust fund is in trouble. More than a third of its funds come from sales taxes and similar consumption taxes. Since the Coronavirus took hold, those revenues have almost disappeared. The state is looking at a trust fund shortfall of between \$90-150 million. The formula used by the Federal government to fund the CARES ACT is only going to give Vermont about \$30 million to be shared by all our state's public and local schools. It is only 15 hundredths of one percent of the total education money being allocated, among the lowest percentages in the country.

In order to avoid massive tax increases or, more likely, massive borrowing, we hope that the promised second round of federal assistance shows up in the next several months and in enough quantity to make a difference. And frankly, the state may have to help move some money from some of their other accounts to help out.

Most school budgets were set in stone months ago. All but 18 Vermont schools and municipalities had held elections and passed budgets before the pandemic took hold, including our high school district. But our elementary "WNUESD" school system had originally planned its "District Meeting" on April 9. As the epidemic took hold we consulted with the state elections office and cancelled that meeting until it was safe.

How do we go forward? Honestly, it isn't clear.

Until a few weeks ago, we had been advised to switch from a meeting to an Australian Ballot, most

likely a mail-in system. The state gave local Boards the power to make that decision. Our Board has approved funds to pay towns for their costs.

However, the safety of our local election officials is still a big concern. The legislature may simply bypass local votes altogether and impose budgets based on the state averages or on our district's proposed budget, whichever is less. In our case, we reduced the district's expenses, while around the state budgets went up by about 4%.

Since nothing has been settled in Montpelier, we may schedule a vote for early June as a safeguard.

Because of economic conditions, we are also scrambling to find additional ways to cut costs. Some anticipated cuts are overdue. Others are heartbreaking and will be very unpopular.

The high school has put off all its planned roadwork. Our entire Supervisory Union has debated teacher buyouts and mandatory budget cuts. I anticipate we will announce additional staff and program reductions. We probably will not replace the principal's position in Westminster, and the Grafton and Westminster schools will share a principal. I discussed the possibility of this decision in February and at March town meetings but it remains very controversial. However, with local unemployment reaching 20% and towns on the hook to cover state budget shortfalls, we recognize the need to do whatever we can to make savings.

Given the degree to which things remain in flux, we will do everything we can to keep you up to date. We will be posting information online at [WNESU.org](http://WNESU.org), sending regular updates on local listservs and holding a series of online town halls. Look for notices about all this at [WNESU.org](http://WNESU.org), the local papers, and your favorite email and Facebook locations.

My thanks to all for your continued forbearance.

**THE SPECIAL TOWN MEETING TO VOTE ON WESTMINSTER'S FY21 BUDGET AND RELATED ARTICLES HAS BEEN POSTPONED UNTIL 10 A.M. SATURDAY, JUNE 6, AT THE BELLOWS FALLS UNION HIGH SCHOOL. THE WESTMINSTER SELECTBOARD DECIDED TO POSTPONE THE MEETING FROM MAY 2, IN HOPES THAT AN IN-PERSON MEETING WILL BE PERMITTED BY THAT DATE. FIND MORE INFORMATION, THE PROPOSED BUDGET AND PROPOSED ARTICLES ON OUR WEBSITE: WESTMINSTERTV.ORG.**

Our Monthly Community Newspaper May 2020 Vol. 16 No. 5

### Westminster Gazette

Town of Westminster  
PO Box 147  
Westminster, VT  
05158

DELIVER TO ADDRESSEE OR  
CURRENT RESIDENT

Pre-Sorted Standard  
U.S. Postage  
**Paid**  
Westminster, VT  
PERMIT NO. 3

*Serene Touch*  
*flowing body, mind and spirit*  
*together thru touch*

Diane Bazin  
 24 Grout Ave.  
 Westminster, VT 05158  
 413-530-5696  
 dianebazin@outlook.com  
 www.zerobalancing.com

Certified Zero Balancer  
 Certified Reiki Master  
 Massage Therapist



**The Grammar School**  
 in Putney, Vermont  
 Integrated, experiential education for the whole child



WONDER DISCOVER LEARN

Preschool-8th Grade WWW.THEGRAMMARSCHOOL.ORG 802.387.5364 Bus routes in your area

**DISTINCTIVE CUISINE  
 INSPIRING COCKTAILS**

**popolo**

36 THE SQUARE  
 BELLOWS FALLS

**V-HLS**  
**VERMONT HILLSIDE  
 LAWN SERVICES, INC.**

802-463-9500  
 www.VermontHillSide.com  
 theguys@vermonthillside.com

Paul Lawrence  
 Travis Lawrence  
 PO Box 174  
 Westminster, VT 05158

Lawn Maintenance  
 Landscaping  
 Plowing  
 General Labor/Odd Jobs

**TAKE YOUR WEEKEND OFF!**

**BEST SEPTIC**

www.bestsepticvt.net  
 bestseptic@gmail.com  
 Fax: (802)-463-1523

All Septic Needs,  
 Portable Toilets,  
 Jetting and Camera Service.

**It's Tough to Beat the BEST**

Jeff & Lisa Ruggiero  
 Owners

**(802)-463-9444**  
**BIG OR SMALL WE PUMP IT ALL!**

**COMPASS SCHOOL**  
 LEARNING COMMUNITY DEMOCRACY DIRECTION



A vibrant learning community for grades 7-12 in Westminster, Vermont  
 Come see what school can be

Generous Scholarships and Financial Aid Available

www.compass-school.org

20 YEARS

**ALL SEASONS TREE SERVICE**

NOW OFFERING:

- TREE RISK ASSESSMENT
- BUCKET TRUCK SERVICES
- DEEP ROOT FERTILIZATION
- INTEGRATED PEST MANAGEMENT



- PRUNING
- REMOVAL
- STUMP GRINDING
- CABLING
- INVASIVE PLANT REMOVAL

FULL SERVICE  
 FULLY INSURED

KEVIN SHRADER, CERTIFIED ARBORIST  
 802-376-4909 allseasonsvt.net  
 Serving All of Windham County

**WaterSoft**



**K. BEEBE, INC**  
 CABLE TOOL WELL DRILLING  
 PUMP SERVICE  
 Plumbing and Heating

Established 1946  
 FULLY INSURED \* ESTIMATES GIVEN  
**CALL 463-3725**  
 51 SAXTONS RIVER ROAD  
 BELLOWS FALLS

**ONE MEDICINE INTEGRATIVE HEALTH**



Seroya Pauline Crouch ND  
**Welcoming New Patients!**  
 Primary care, chronic illness & integrative mental health  
 Covered by most insurance!  
 Call 802-387-0124 www.onemedicine.org  
 126 Main St. Level 2 in Putney

**Matthew T. BRENNAN**  
**GENERAL BUILDING CONTRACTOR LLC**  
 RESIDENTIAL COMMERCIAL

- ADDITIONS
- RESTORATIONS
- NEW HOMES
- KITCHEN & BATH
- SITE DEVELOPMENT
- PROJECT PLANNING

**802 869 2866**  
 www.mtbbuildingcontractor.com

**WESTMINSTER ENERGY GROUP**

A Division of  
**WESTMINSTER FARMS**

Top Soil  
 Compost  
 Dried Manure



Made in Vermont  
 By  
 Vermont Farmers  
 And  
 Vermont Cows

PO Box 24 4187 US Rt 5 Westminster Sta., VT 05159  
 Phone/Fax: 802 722 4017 Email: westfarms1@myfairpoint.net

**ADVERTISE IN THE GAZETTE!**

Annual Rates:  
 Pages 2-3 - approx. 4"x5" \$275 a year - \$30 for one month  
 Pages 4-7 - approx. 4.7"x6.8" \$525 a year - \$80 for one month  
 Page 8 - approx. 2.5"x3.25" - \$175 a year

New Sections Introductory Rates:  
 A&E Events Section \$50 a month  
 New & Seasonal Businesses Section \$200 for 3 months

Underwriting Support is a donation of at least \$300 annually and does not include advertising. Underwriters are listed in the box on page 6 each month.  
 We also welcome article submissions that would be of interest to the community. We ask for a maximum size limit of 500 words, and reserve the right to edit for content and length. Thank you!  
 On-line at: **www.westminstervt.org**

## NEWS FROM WESTMINSTER CARES

Dear Westminster Community Members:

In these unprecedented and uncertain times, I've never been so grateful and overwhelmed by the outpouring of kindness and generosity of spirit that have graced Westminster Cares.

The Board of Directors and I want to take this opportunity to thank our community for the support you have offered and given in these last two months. From our incredible network of long-time volunteers to offers of assistance from many who find themselves at home and want to be of service. You have truly embodied the meaning of "community".

As buildings, programs and businesses began shutting down all around the state and in our town, my sense of hope diminished and worry and despair began to rise. But then one by one, phone calls and emails came in... community residents offering assistance and asking "How can we be of help?", "What do you need?"

Offers included running errands; making masks; paying a bill; making friendly phone calls; making meals and freezing them for anyone in need. Envelopes have also arrived with charitable donations from individuals, a few local businesses and family foundations. Some come with touching notes that bring tears to my eyes, some come with no words but their meaning is clear. These gifts are especially timely as it looks like our major fundraising event, the Garden Tour will need to be cancelled.

Our doors may be closed; but we are here! Since March 13th when Governor Scott declared a State of Emergency and the Stay Safe, Stay at Home Order was put into effect, Westminster Cares has restricted certain programs and services and shifted our focus to the following: delivering Meals-on-Wheels five days per week to older community residents in need; running errands for older adults who were high risk and sheltering in place; and making check-in calls to stay in contact with older adults and those with disabilities.

We know family members, friends, neighbors and other community organizations are all pitching in as well to provide these services as we all attempt to take care of one another: Neighbors Helping Neighbors.

Our Community Nurse, Debbie Brookes, has been instrumental in helping us to navigate recommendations from the CDC, Governor's Office, VT Dept. of Health and the Dept. of Aging and Independent Living.

We've had two main priorities: the safety of both our Meals-on-Wheels recipients and our volunteers. Our delivery protocols have changed many times in re-

### COMPASS SCHOOL TRANSITIONS TO REMOTE LEARNING

Compass School feels well positioned for the new world of remote learning. Compass students have a lot of experience with self-direction from the choices they are asked to make in regular classes and independent learning experiences such as the year-end Project Week.

Much of the school's teacher-directed learning is project based, asking students to engage in challenges that allow students to exercise proficiencies that create evidence of their skills and understanding, so designing similar experiences remotely isn't new to the teachers or students.

A foundation of the Compass program is the belief that all students should be engaged in diverse learning experiences to help them develop skills of problem solving, adaptability and critical and creative thinking that hopefully will serve them well in the coming weeks. Even in more normal times, Compass students participate in widely varied modes of learning, from traditional classroom approaches to travel to problem-based community service to independent project time and even teaching exploratory classes to their peers. Compass students are well prepared to adapt to new learning opportunities.

"We feel good about how well students and teachers have been doing in this new learning environment. Everyone has jumped into this with positive energy and goodwill. I've been impressed with the learning and engagement we're seeing from our kids in these unusual times," comments school director Rick Gordon.

Compass is focusing on its most valued learning priorities while seeking as much continuity with "normal school" practice as possible. Through the end of April, Compass students continued their regular classes in Science, Humanities, Math and Spanish, with one additional, flexible requirement for students to pursue other learning goals through a buffet of remote learning enrichment activities.

In May, students will have a two week period of Project Week to pursue more independent projects that relate to individual student interests and passions. The year will conclude with a two-week period for portfolio work and presentations. We invite community members to serve on our portfolio review panels and ask you to contact the school if you want to participate.

While all these learning experiences are somewhat modified to work without face to face contact, they can all be effective in a remote environment. There is so much teachers and students miss about the wonders of the daily human interaction, and Compass feels well prepared to help students continue to develop, as the Compass mission states, the knowledge, skills and personal qualities to pursue their dreams and have a positive impact on the world.

Compass continues to enroll students for the 2020-2021 school year (and even give virtual tours of the school and program). Please contact the school at 802-463-2525 or at [info@compass-school.org](mailto:info@compass-school.org)--we are checking these messages regularly.

## NEWS FROM WESTMINSTER VOLUNTEER FIRE AND RESCUE

A Note From The Westminster Fire Chief:

**I would like to thank all of the volunteers who continue to protect the community. YES, Westminster Fire & Rescue is still responding to emergencies daily.**

**We are still having meetings and trainings, and actually have had additional trainings in the last month. I will not send our volunteers to an emergency without proper training. In this unusual time we are going through, there are additional safety measures we are taking, to keep our personnel and the public safe, with that we must meet and train on the changes.**

**Also, I would like to thank all of the people who have expressed their appreciation and thanks to the members and department. Open your windows and get outside, fresh air and sunlight, are good for you.**

The Westminster Fire and Rescue Department holds their monthly meetings at 7 p.m. on the first Tuesday of every month and a combined drill on the third Tuesday of every month. Rescue training is the second Tuesday of the month.

Next association meeting May 5 at 7 p.m. The Prudential Committee normally meets twice a



sponse to new information about the coronavirus and public health recommendations.

When delivering Meals-on-Wheels, our volunteers have gone from wearing no personal protective equipment, and being able to enter a home and have a face to face conversation; to following a detailed protocol wearing masks, switching gloves and sanitizing hands between homes. (See photo of masked and gloved volunteer.)

Volunteers are no longer allowed to enter homes, and are placing meals in locations outside doorways. The conversations are still happening; just from a safe distance (six ft. or more). New people have requested meals and have been added to the route.

Some of our volunteers have health concerns which prevent them from delivering during this crisis. Other volunteers have stepped up to fill in for them, and several new community members are training to deliver meals regularly.

The Kitchen staff at Kurn Hattin Homes has always made our lunches for Meals-on-Wheels. When they were forced to close, we wondered if we could continue our Meals program; and then the Bellows Falls Area Senior Center agreed to step in and package our meals

so we could pick meals up locally.

Recently, Kurn Hattin donated boxes of gloves to be used for meals delivery. We are extremely grateful for our community partners and from the gestures of support that have touched us deeply.

Westminster Cares has survived as an organization for over 31 years because so many in our community, care. On behalf of all of us at Westminster Cares, thank you.

Donna Dawson, Director and the Board of Directors: Lori Larue, President; Pete Harrison, Vice-President; Miriam Lanata, Treasurer; Reggie Borden, Secretary; Pat Goodell; Doug Oftedahl; Heidi Anderson; Don Dawson; Kathy Elliott

NEWS: The Westminster Cares Board of Directors met on April 8th by phone (via Go-To-Meeting), with President Lori Larue presiding. All board members attended, (see above), except Doug Oftedahl, who was excused. Westminster Cares creates opportunities for seniors and adults with disabilities to live with independence and dignity in the community.

**MEMORIAL & HONOR DONATIONS RECEIVED THROUGH APRIL 21st:** In memory of Brian Weir from: Susan Harlow. Lori Larue

In memory of Ralph Boyd from Pete Harrison

In memory of Barbara Greenwood and George Shuster from Kathy Shuster

In Eastertime memory of: Percy & Eunice Muzzey, William & Marguerite Muzzey, Walter & Anne Muzzey, Gerald & Constance Kelton, Wellman & Shirley Muzzey from Charlotte Kurkul

### "WHAT'S UP AT THE TOWN HALL" - TAKING CARE OF EACH OTHER

**PUBLIC SAFETY:** As the "Stay At Home" order continues from the State of Vermont, the need for services are increasing from our neighbors and residents. If you or somebody you know are in need of help with daily tasks through this time of solitude, please feel free to call the Town Hall or Westminster Cares.

These services could be as simple a ride to the doctors or the need for someone to pick up groceries for you. There is no need to go without. Please use our great community and its resources.

Just a quick story, I have been told that in Westminster, many neighborhoods have formed community watches that help each other with little tasks when needed. This is great news and wonderful to hear. With spring coming soon, lawns will need to be raked, wood split for next year, and of course everyone's favorite, spring cleaning. Help a neighbor and grow our community.

**APPOINTMENTS OF RECORD:** The Selectboard are looking for residents to fill the "Appointments of Record" positions within the Town. The following positions are needed: Windham Regional Commission Representative and Planning Commission Member.

**FOOD SCRAPS:** Just a reminder that after July 1, 2020 we are not to throw food scraps into our trash. You have many options to comply with this State mandate in Westminster.

Here are a few:

Create an individual contract with our Town Hauler (Ruggiero) to pick up your food scraps at intervals that work for you and Ruggiero.

Backyard Composting.

Bring your food scraps to the Transfer Station for a fee.

Bring your food scraps to the Solid Waste Facility in Brattleboro for a fee.

Bring to a neighbors that have created a backyard composting system.

**After Hour Appointments:** Please feel free, if you have the need to make an appointment for either the Town Manager, Zoning Administrator, or the Town Clerk after or before normal business hours. Both Alison Bigwood and Russell Hodgkins are willing to make these arrangements with you if needed. Please feel free to call us and we will set up your meeting.

As always, please feel free to call the Town Manager's Office regarding concerns, issues or comments.

month. A warning will be posted 48 hours prior to each meeting.

Number of calls in March: 33

Number of calls through April 22nd : 16

Number of calls calendar year to Date: 126

Number of calls fiscal year to date: 356

**Association Meeting:** The Westminster Fire and Rescue Association met for their regular meeting April 7th. There were 18 members present. Currently there are 37 members of the volunteer fire department. Two new members were welcomed, Andrew Malshuk as a junior member until age 18 and Mike Stetson as a full member under the six month probation guidelines. Andrew will be 18 before the May 5th meeting which means he will be a full member under the six month probation guidelines, with five months to go.

**Emergency responses:** We are having another fairly busy month so far in April with 16 calls by the 22nd of the month. Often when it starts out slowly we get hammered before the month is over. The breakdown goes like this: eight rescue /medical calls; one motor vehicle accident; one false alarm activation; one tree on wires; one lift assist; one mental health emergency; one domestic disturbance; one false alarm; one mutual aid to Keene Also there were a couple of training classes.

**Walkers:** We see more people than usual walking

out on the roads these days and a lot of them are walking and running with the flow of traffic. That can be very dangerous. Be sure to always walk or run facing traffic. There have been some pedestrian fatalities due in part to walking on the wrong side of the road. When biking, ride with the flow of traffic, on the right side of the road.

The Westminster Fire & Rescue Association welcomes donations throughout the year from anyone wishing to remember a loved one or a friend.

We are always looking for new members: Anyone interested in volunteering their time to help the community in a time of need, please contact Chief Cole Streeter at 722-3178 or stop by the Firehouse any Sunday morning and pick up an application.

We would like to have additional volunteers from the Westminster West area. There is a Fire House, an engine and a rescue vehicle located in Westminster West and more help is always welcome to utilize that equipment during calls.

As always, we would like to thank the members of the community for its continued support of the fire department. Check us out on our web-site at [www.westminsterfireandrescue.org](http://www.westminsterfireandrescue.org).

The Westminster Fire and Rescue Association, Inc. operates independently from Westminster Fire District #3.

# KEEPING US ALL SAFE - TIPS & RESOURCES

Sen. Bernie Sanders' staff has compiled and made available a comprehensive list of resources for Vermonters, and we reproduce it here in one section, with permission, for the present and future use of our readers. We will also provide a link to this site on the Westminister webpage. All these links on Sen. Sanders' website are live for ease of navigation.

## Health

Vermont 2-1-1: If you are sick and have questions on how to proceed, contact your health care provider or call 2-1-1. Visit 2-1-1's site here: <https://vermont211.org/>

Vermont Department of Health (VDH): For the most up-to-date guidance on public health measures in Vermont, visit: <https://www.healthvermont.gov/response/coronavirus-covid-19>

The VDH has translated information about how to fight the COVID-19 pandemic and stay healthy in 11 different languages: Arabic, Bosnian, Dinka, French, Kirundi, Lingala, Nepali, Somali, Spanish, Swahili, and Vietnamese

VDH's Vermont Help Link: Visit this new site to find free, confidential information and referrals to substance use prevention, treatment, and recovery services: <https://vthelplink.org/>

Centers for Disease Control and Prevention: For guidance on how to protect yourself and public health measures on the federal level, visit: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Vermont Health Connect and Vermont Medicaid are accepting applications. If you need health insurance, sign up by calling 855-899-9600 or visiting: <https://portal.healthconnect.vermont.gov/VTHBELand/welcome.action>

Vermont Department of Mental Health: For mental health resources visit <https://mentalhealth.vermont.gov/how-to-get-help> or call 2-1-1

Vermont Peer Support Line: To receive non-judgmental support and speak to a "peer" call or text 833-888-2557

Vermont Health Care Advocate: A free resource available to help all Vermonters solve problems related to health care: <https://vtlawhelp.org/health>

Crisis Text Line: For 24/7 free, confidential counseling text HOME to 741741

National Suicide Prevention Lifeline: For 24/7 free, confidential support for anyone in suicidal crisis or emotional distress, call 1-800-273-8255

## General Information and State Resources:

Vermont 2-1-1: For statewide resources call 2-1-1 or visit: <https://vermont211.org/>

Vermont Emergency Management: For information on the state's response to COVID-19: <https://vem.vermont.gov/covid19/disaster>

Local governments and private nonprofit organizations taking emergency protective measures in response to COVID-19 may be eligible for FEMA reimbursement — learn more here: <https://vem.vermont.gov/news/information-federal-public-assistance-eligibility-covid-19>

Vermont Agency of Commerce & Community Development: Visit their new COVID-19 Resource Recovery Center site with information for businesses, communities and individuals: <https://accd.vermont.gov/covid-19>

VT state volunteer site: If you'd like to volunteer your skills and help our state get through this crisis visit: <https://www.vermont.gov/volunteer>

Office of the Vermont Attorney General: To report a scam related to the coronavirus pandemic, contact the VT AG's Consumer Assistance Program at 1-800-649-2424 or by email at [AGO.CAP@vermont.gov](mailto:AGO.CAP@vermont.gov).

Find updates from this office here: <https://ago.vermont.gov/covid-19-updates-and-information-from-the-attorney-general/#>

## Vermont Public Service Department:

Vermont's utility response — a moratorium on disconnections: <https://publicservice.vermont.gov/content/covid-19-vermont-electric-and-natural-gas-response>

Connectivity resources — internet and telecommunication services: <https://publicservice.vermont.gov/content/new-connectivity-resources-support-you-during-covid-19-state-emergency-vermont>

An interactive map of public buildings where WiFi is publicly available for Vermonters to access at all hours, safely from a parked vehicle: <https://vtpsd.maps.arcgis.com/apps/webappviewer/index.html?id=c926d155167d4a5586e8e1aca1701cfa>

FEMA: Information for Vermont manufacturers about how they may help provide medical supplies for front line health care workers and patients: <https://www.fema.gov/coronavirus/how-to-help>

Social Security Administration: Offices are closed for in-person service. Vermonters should use online services or reach their local office directly by phone. Find information here: <https://www.ssa.gov/coronavirus/>

Vermont League of Cities and Towns: Find information on state and local funding in the federal stimulus package here: <https://www.vlct.org/coronavirus>

## How to Report a Concern Regarding Potential Non-Compliance of the Stay-Home Executive Order: (visit the website for link)

## Food & Nutrition

Vermont 2-1-1: If you're experiencing food insecurity call 2-1-1 for assistance.

Hunger Free Vermont: How to access food during this crisis — from school meals, to resources for families with young children, to meal delivery programs for seniors — read this comprehensive guide: <https://www.hungerfreevt.org/coronavirus>

SNAP (3SquaresVT) benefits: If your financial situation has changed due to this crisis, you may be eligible for this benefit. To apply call 1-800-479-6151 or visit: <https://dcf.vermont.gov/benefits/3SquaresVT>

WIC Nutrition Program benefits: If you're pregnant, a caregiver, or a parent with a child under 5, you may be eligible for this benefit. To find more information call 1-800-464-4343, text VTWIC to 855-11 or visit: <https://www.healthvermont.gov/family/wic>

School Meals: Contact your child's school to apply for free meals and to find meal sites in your district. More information on how to apply for school meals can be found here: <https://education.vermont.gov/student-support/nutrition/school-meals-information-for-families-and-caregivers/apply-for-free-and-reduced-lunch>

Meal programs for seniors: Find information about meal delivery programs for seniors by calling the Senior Helpline at 1-800-642-5119

Vermont Food Bank: Call 1-800-585-2265 or visit: <https://www.vtfoodbank.org/>

Vermont Retail & Grocers Association: For information on what retailers and grocers throughout the state are doing in response to the crisis — delivery, curbside pick-up and designated hours: <https://vtrga.org/news/stores-offering-vulnerable-hours-and-additional-services-in-response-to-covid-19>

## Economic Services

VT Department of Children and Families — Economic Services Division (ESD): If your financial situation has changed during the COVID-19 pandemic, you may qualify for economic benefits including 3SquaresVT, Fuel Assistance, General Assistance and Housing Assistance. Visit the ESD page here: <https://dcf.vermont.gov/esd>

To reach the Benefits Service Center call 1-800-479-6151 or visit: <https://dcf.vermont.gov/esd/contact-us%20>

To apply for heating assistance call 1-800-479-6151 or click here: <https://dcf.vermont.gov/benefits/fuel-assistance>

To apply for SNAP benefits (3SquaresVT) call 1-800-479-6151 or click here: <https://dcf.vermont.gov/benefits/3SquaresVT>

DCF COVID-19 Information Page: <https://dcf.vermont.gov/COVID-19>

Community Action Agencies: For statewide services — including emergency

food help, fuel and utility assistance, housing assistance, and referral information — visit: <https://vermontcap.org/> or <https://dcf.vermont.gov/partners/caps>

Bennington-Rutland Opportunity Council (BROC) — Southwestern Vermont: <https://www.broc.org/>

Capstone Community Action Agency — Central Vermont: <https://www.capstonevt.org/>

Champlain Valley Office of Economic Opportunity (CVOEO) — Northwestern Vermont: <https://www.cvoeo.org/>

Northeast Kingdom Community Action Agency (NECKA) — Northeast Kingdom: <http://nekcavt.org/>

Southeastern Vermont Community Action Agency (SEVCA) — Southeastern Vermont: <https://www.sevca.org/>

## Economic Relief Payment Information

Read our full summary and FAQ information regarding the economic impact payments (visit the website for link)

Read our update regarding how Social Security and Supplemental Security Income (SSI) recipients will receive their payment here

Internal Revenue Service (IRS): Visit the IRS economic impact payment FAQ site for comprehensive information: <https://www.irs.gov/newsroom/economic-impact-payments-what-you-need-to-know>

The IRS will post key information and updates as it becomes available here: <https://www.irs.gov/coronavirus-tax-relief-and-economic-impact-payments>

If you need to file your 2018 or 2019 tax return, you can file for free using the IRS Free File program here: <https://apps.irs.gov/app/freeFile/>

The tax filing deadline has been extended to July 15th, 2020

For Social Security and Supplemental Security Income (SSI) beneficiaries who did not file tax returns for 2018 or 2019 and have children under the age of 17 — they should enter their payment information on the new Non-Filer website to ensure they receive the full amount they're eligible for here: <https://www.irs.gov/coronavirus/non-filers-enter-payment-info-here>

New beneficiaries since January 1st, 2020 should also enter their information on this site.

Check on the status of your payment here: <https://www.irs.gov/coronavirus/get-my-payment>

## Small Businesses and Nonprofits

Read our full summary on support for small businesses and nonprofits (visit the website for link)

Small Business Owner's Guide: (visit the website for link)

Nonprofit Resource Guide: (visit the website for link)

Paycheck Protection Program: To apply for the program with an eligible lender, use this form: <https://www.sba.gov/document/sba-form--paycheck-protection-program-borrower-application-form>

Visit <https://www.sba.gov/> for a list of SBA lenders

Paycheck Protection Program Overview: (visit the website for link)

Paycheck Protection Program — Borrowers Information Sheet: here

Economic Injury Disaster Loan (EIDL): To apply for a loan, and the advance of up to \$10,000, click here: <https://covid19relief.sba.gov/#/>

The Small Business Administration (SBA) coordinates with the Vermont Small Business Development Center, which can assist with applications and help businesses think through their options. Call 802-728-9101 or 800-464-7232, or request assistance here: <https://www.vtsbdc.org/register/>

Local SBA office: Call 1-800-659-2955 or visit: <https://www.sba.gov/local-assistance/find/>

Employee retention tax credit: Find information about refundable tax credits available to employers that provided paid sick and family leave to employees due to COVID-19 here: <https://www.irs.gov/newsroom/irs-employee-retention-credit-available-for-many-businesses-financially-impacted-by-covid-19>

Small Business Debt Relief Program: Find information about immediate relief for small businesses with existing non-disaster SBA loans here: <https://www.sba.gov/funding-programs/loans>

Vermont SCORE can assist with EIDL applications. Call 802-764-5899 or email: [champlain.valley@scorevolunteer.org](mailto:champlain.valley@scorevolunteer.org). Visit the website here: <https://champlainvalley.score.org/>

The Center for Women and Enterprise can assist women-owned businesses: <https://www.cweonline.org/About-CWE/CWE-Vermont>

Vermont Agency of Commerce & Community Development: For further business resources: <https://accd.vermont.gov/about-us/disaster-planning/covid-19-guidance-vermont-businesses>

Vermont Department of Labor: <https://labor.vermont.gov/covid19>

Vermont Agency of Agriculture: Support for food producers here: <https://agriculture.vermont.gov/covid-19-information>

## Unemployment Insurance

Read our full summary on unemployment insurance (visit the website for link)

Vermont Department of Labor: To file an initial claim call 1-877-214-3330 or 1-888-807-7072, or complete this form: <https://vermont.force.com/DOLClaim/s/>

If you are self-employed: Submit an initial claim by completing the same form: <https://vermont.force.com/DOLClaim/s/>

Sign up to receive newsletter updates from the VT DOL here: [https://labor.vermont.gov/CARESact\\_Vermont/SelfEmployed](https://labor.vermont.gov/CARESact_Vermont/SelfEmployed)

If you've already applied for unemployment insurance: Complete your weekly claim by calling 1-800-983-2300 or complete the online form: <https://uipublic01.labor.vermont.gov/Claimantportal/portal/login.aspx>

For general assistance: Call 1-877-214-3332. Visit the VT DOL site for more information on establishing your unemployment claim, and answers to some frequently asked questions: <https://labor.vermont.gov/covid19/employees>

The VT DOL has implemented an alphabetized order for Vermonters to file their weekly claims in an attempt to reduce call volumes and deliver benefits faster. Visit the following site to see when you should file your weekly claim or receive assistance: <https://labor.vermont.gov/alphabetized-structure-information>

## Employment

Vermont Emergency Management: List of Essential Workers: (visit the website for link)

How to File a Complaint about Health or Safety Concerns at the Workplace:

Federal Employees (OSHA): [https://www.osha.gov/workers/file\\_complaint.html](https://www.osha.gov/workers/file_complaint.html)

All Other Employees (VOSHA): <https://labor.vermont.gov/vermont-occupational-safety-and-health-administration-vosha>

Career Resource Centers: <https://labor.vermont.gov/workforce-development/find-your-local-career-resource-center>

## Child Care/Early Education

Vermont Department of Children and Families: Child care for essential workers — if you need childcare, fill out this form: <https://webportalapp.com/webform/essentialworkers>

If you need child care for foster families, fill out this form as well.

Vermont Agency of Education: Find information about providing childcare for essential workers here: <https://education.vermont.gov/documents/guidance-child-care-essential-persons-covid19>

Let's Grow Kids: Find information and resources for children and families, early

# KEEPING US ALL SAFE - TIPS & RESOURCES

## Child Care/Early Education (Continued from previous page)

educators, and employers here: <https://www.letsgrowkids.org/coronavirus>  
Centers for Disease Control: How to speak with children about coronavirus: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

## Education

Vermont Agency of Education: Guidance for VT schools: <https://education.vermont.gov/news/covid-19-guidance-vermont-schools>

Vermont Afterschool Inc: Resources for afterschool and youth-serving organizations: <http://www.vermontafterschool.org/coronavirus/>

School Meals: Contact your child's school to apply for free meals and to find meal sites in your district. More information on how to apply for school meals can be found here: <https://education.vermont.gov/student-support/nutrition/school-meals-information-for-families-and-caregivers/apply-for-free-and-reduced-lunch>

Consumer Finance Protection Bureau: Information for student loan borrowers: <https://www.consumerfinance.gov/about-us/blog/what-you-need-to-know-about-student-loans-and-coronavirus-pandemic/>

Federal Student Aid & COVID-19: Information about relief for federal student loan borrowers: <https://studentaid.gov/announcements-events/coronavirus>

Vermont Student Assistance Corporation (VSAC): <https://www.vsac.org/covid-19-updates-ways-vsac-can-help>

## Housing

Emergency Housing: If you need emergency housing call 2-1-1.

To learn about emergency assistance for housing needs click here: <https://dcf.vermont.gov/benefits/EA-GA>

Federal Housing Finance Agency: Relief for homeowners: <https://www.fhfa.gov/HomeownersBuyer/MortgageAssistance/Pages/Coronavirus-Assistance-Information.aspx>

USDA Rural Development: Relief for homeowners with USDA mortgages: <https://rd.usda.gov/coronavirus>

Vermont Legal Aid: If you need legal advice regarding your housing situation call 1-800-889-2047 or fill out a request form: <https://vtlawhelp.org/vlh-intake>

Information on foreclosures: <https://vtlawhelp.org/foreclosures-coronavirus>

Vermont Tenants: For information and referrals for tenants call 802-864-0099

Vermont Agency of Commerce & Community Development — COVID-19 Recovery Resource Center: <https://accd.vermont.gov/covid-19/individuals#individual-housing>

Consumer Financial Protection Bureau: Guide to COVID-19 mortgage relief options: <https://www.consumerfinance.gov/about-us/blog/guide-coronavirus-mortgage-relief-options/>

Public Housing Authorities in Vermont: To apply for public housing and housing choice vouchers (Section 8), visit the following sites:

Vermont State Housing Authority: <https://www.vsha.org/>

Directory of Affordable Housing in Vermont: <https://www.housingdata.org/>

USDA Rural Development Multi-Family Housing Rentals: [https://rdmfhrentals.sc.egov.usda.gov/RDMFHRentals/select\\_county.jsp?st=vt&state\\_name=Vermont&st\\_cd=50](https://rdmfhrentals.sc.egov.usda.gov/RDMFHRentals/select_county.jsp?st=vt&state_name=Vermont&st_cd=50)

Vermont Housing Finance Agency: Find information about grants now available to nonprofit housing providers and public housing agencies here: <https://www.vhfa.org/news/blog/vhfa-grants-120000-help-meet-immediate-housing-needs-arising-coronavirus-pandemic>

Mobile Home Program: Find information about support available to mobile home owners and resident associations here: [https://www.cvceo.org/?fuseaction=dep\\_intro&dept\\_id=13](https://www.cvceo.org/?fuseaction=dep_intro&dept_id=13)

Vermont Department of Children and Families: Find information about extended housing support for homeless Vermonters here: <https://dcf.vermont.gov/dcf-blog/covid19-housing-supports>

Vermont Coalition of Runaway and Homeless Youth Programs: <https://vcrhyp.org/>

Vermont Coalition to End Homelessness: <https://helpingtohousevt.org/>

## Emergency Responders

Vermont Fire Academy: COVID-19 updates for work/volunteer fire departments — join the mailing list (visit the website for link)

State of Vermont: Request personal protective equipment (visit the website for link)

Center for Crime Victim Services: <http://www.ccvs.vermont.gov/news/center-for-crime-victim-services-covid-19-response-and-resources/>

## Immigrants

Vermont Immigrant Assistance Project: South Royalton Legal Clinic — Vermont Law School: <https://www.vermontlaw.edu/academics/clinics-and-externships/south-royalton-legal-clinic/projects>

Association of Africans Living in Vermont (AALV): <https://www.aalv-vt.org/copy-of-health-and-behavior>

## Intimate Partner Violence

VT Network: If you are experiencing sexual or domestic violence you can still access resources during this crisis. Visit the following site to contact your local organization: <https://vtnetwork.org/covid-19-resources/>

Domestic Violence Hotline: 800-228-7395

Sexual Violence Hotline: 800-489-7273

## Legal Resources

Vermont Law Help: COVID-19 legal benefits and updates for Vermonters: <https://vtlawhelp.org/coronavirus-updates>

Legal Services Vermont: <https://legalservicesvt.org/>

South Royalton Legal Clinic — Vermont Law School: <https://www.vermontlaw.edu/academics/clinics-and-externships/south-royalton-legal-clinic/projects>

## Seniors

Vermont Area Agencies on Aging: Information and help for older Vermonters and their families: <https://dcf.vermont.gov/partners/aaa>

Age Well VT: <https://www.agewellvt.org/>

Central Vermont Council on Aging: <https://www.cvcoa.org/>

Northeast Kingdom Council on Aging: <https://www.nekcouncil.org/>

Senior Solutions- Council on Aging for Southeastern Vermont: <https://www.seniorsolutionsvt.org/>

Southwestern Vermont Council on Aging: <https://www.svcoa.org/>

Meal programs for seniors: Find information about meal delivery programs for seniors by calling the Senior Helpline at 1-800-642-5119

Vermont Meals on Wheels: <https://www.vermont4a.org/meals-nutrition>

Vermont Senior Centers: <https://asd.vermont.gov/services/vermont-senior-centers>

## Resources for Vermonters with Disabilities

Disabilities, Aging and Independent Living Department: Find information for developmental services providers here: <https://dail.vermont.gov/novel-coronavirus-information/developmental-service-providers>

Green Mountain Self Advocates: Find information about peer support here: <http://www.gmsavt.org/about-us/locate-a-group-near-you/>

Vermont Meals on Wheels: <https://www.vcil.org/services/meals-on-wheels>

## Military Personnel

Department of Defense: Fact Sheet regarding COVID-19 personnel, pay and benefits: <https://www.defense.gov/Newsroom/Releases/Release/Article/2127448/fact-sheet-covid-19-military-personnel-pay-and-benefits-policy/>

Coronavirus response: <https://www.defense.gov/Explore/Spotlight/Coronavirus/>

## Veterans

U.S. Department of Veterans Affairs: Coronavirus FAQs — What veterans need to know: <https://www.va.gov/coronavirus-veteran-frequently-asked-questions/>

VA White River Junction Medical Center & Community Based Outpatient Centers (CBOCs): <https://www.whiteriver.va.gov/emergency/index.asp>

Vermont Veteran and Family Outreach: Available 24 hours a day — call 1-888-607-8773: <https://www.ngfamily.vt.gov/Programs-Services/Vermont-Veteran-Outreach/>

Vermont National Guard Family Programs: <https://www.ngfamily.vt.gov/Programs-Services/Vermont-Veteran-Outreach/Veteran-Outreach-Contact/>

Veterans Crisis Line: Available 24 hours a day — call 1-800-273-8255 and press 1, or text 838255. Find more information here: <https://veterans.vermont.gov/veterans-crisis>

Support for deaf or hard of hearing, call 1-800-799-4889

VA Debt Management Center & COVID-19: If you have a VBA benefit debt and need financial relief, call 1-800-827-0648. Find more information here: <https://www.va.gov/debtman/>

Vermont Office of Veterans Affairs: Benefits and services for Vermont veterans: <https://veterans.vermont.gov/>

Vermont Veterans Legal Clinic: South Royalton Legal Clinic — Vermont Law School: <https://www.vermontlaw.edu/academics/clinics-and-externships/south-royalton-legal-clinic/projects>

## Traveler Information

Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

U.S. Department of State- Bureau of Consular Affairs: <https://travel.state.gov/content/travel/en/traveladvisories/ea/covid-19-information.html>

Country Specific Information: <https://travel.state.gov/content/travel/en/traveladvisories/COVID-19-Country-Specific-Information.html>

American Citizens Services and Crisis Management: Information and assistance for Americans overseas experiencing emergencies: <https://www.usa.gov/federal-agencies/american-citizens-services-and-crisis-management>

Smart Traveler Enrollment Program: <https://step.state.gov/step/>

Department of Homeland Security: Information about COVID-19 screening and traveler restrictions: <https://www.dhs.gov/coronavirus/coronavirus-news-updates>

Information about travel across the U.S./Canadian border: <https://www.dhs.gov/news/2020/03/23/fact-sheet-dhs-measures-border-limit-further>

Vermont Stay-Home Order: <https://vem.vermont.gov/StayHome>

## How Can We Help?

Sen Sanders' Burlington office has a team of experienced caseworkers who help Vermonters navigate federal agencies every day.

If you think they can help you, please do not hesitate to call 1-800-339-9834 or (802) 862-0697.

## FINANCIAL FOCUS: CARES ACT OFFERS HELP FOR INVESTORS, SMALL BUSINESSES

As we go through the coronavirus crisis, we are all, first and foremost, concerned about the health of our loved ones and communities. But the economic implications of the virus have also weighed heavily on our minds. However, if you're an investor or a business owner, you just got some help from Washington — and it could make a big difference, at least in the short term, for your financial future.

Specifically, the passage of the \$2 trillion Coronavirus Aid, Relief and Economic Security (CARES) Act offers, among other provisions, the following:

- Expanded unemployment benefits — The CARES Act provides \$250 billion for extended unemployment insurance, expands eligibility and provides workers with an additional \$600 per week for four months, in addition to what state programs pay.

The package will also cover the self-employed, independent contractors and "gig economy" workers. Obviously, if your employment has been affected, these benefits can be a lifeline. Furthermore, the benefits could help you avoid liquidating some long-term investments you've earmarked for retirement just to meet your daily cash flow needs.

- Direct payments — Individuals will receive a one-time payment of up to \$1,200; this amount is reduced for incomes over \$75,000 and eliminated altogether at \$99,000. Joint filers will receive up to \$2,400, which will be reduced for incomes over \$150,000 and eliminated at \$198,000 for joint filers with no children. Plus, taxpayers with children will receive an extra \$500 for each dependent child under the age of 17. If you don't need this money for an immediate need, you might consider putting it into a low-risk, liquid account as part of an emergency fund.

- No penalty on early withdrawals — Typically, you'd have to pay a 10% penalty on early withdrawals from IRAs, 401(k)s and similar retirement accounts. Under the CARES Act, this penalty will be waived for individuals who qualify for COVID-19 relief and/or in plans that allow COVID-19 distributions. Withdrawals

will still be taxable, but the taxes can be spread out over three years. Still, you might want to avoid taking early withdrawals, as you'll want to keep your retirement accounts intact as long as possible.

- Suspension of required withdrawals — Once you turn 72, you'll be required to take withdrawals from your traditional IRA and 401(k). The CARES Act waives these required minimum distributions for 2020. If you're in this age group, but you don't need the money, you can let your retirement accounts continue growing on a tax-deferred basis.

- Increase of retirement plan loan limit — Retirement plan investors who qualify for COVID-19 relief can now borrow up to \$100,000 from their accounts, up from \$50,000, provided their plan allows loans. We recommend that you explore other options, such as the direct payments, to bridge the gap on current expenses and if you choose to take a plan loan work with your financial adviser to develop strategies to pay back these funds over time to reduce any long-term impact to your retirement goals.

- Small-business loans — The CARES Act provides \$349 billion to help small businesses — those with fewer than 500 employees — retain workers and avoid closing up shop. A significant part of this small business relief is the Paycheck Protection Program. This initiative provides federally guaranteed loans to small businesses who maintain payroll during this emergency. Significantly, these loans may be forgiven if borrowers use the loans for payroll and other essential business expenses (such as mortgage interest, rent and utilities) and maintain their payroll during the crisis.

We'll be in a challenging economic environment for some time, but the CARES Act should give us a positive jolt — and brighten our outlook.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor Jessica Fuller.*

# Spring into Spring with Daffodils & Forsythia

by Alma Beals, Vermont Master Gardener and Naturalist

As winter gives way to spring, the first question many gardeners ask one another, "any sign of daffodils yet?" We eagerly look for the tips to break through the ground. Each fall I plant more bulbs. Then I am surprised and delighted to find them in areas I had forgotten.

They are the first sign of spring when I am itching to see some flowers. They are so rugged and dependable, requiring little care. Deer, squirrels, chipmunks and voles don't eat them. Daffodils are long-lived that thrive in six hours of sunny, well drained soil. I mulch them with composted maple leaves but use no fertilizer. If fertilizer is used, you will get healthy looking foliage but few flowers. By using mulch to keep the moisture in, watering is not necessary.

Since most of my daffodils have been ordered from Breck's, I can identify them from the new catalogs arriving at the same time. Good advertising! The catalogs claim, "three months of blooms." It is true that you can extend the blooming season by planting different varieties but three months seems like a stretch. Blooms last longer if the weather is cool while a hot spell when they are blooming hurries them along.

The most important thing is to not cut the foliage back after flowering until it turns yellow usually in late May or June because the bulbs need to store enough



energy to survive the winter and flower next year. Some gardeners tie clumps of leaves together or braid them to keep your garden from looking messy. This isn't a good idea because it reduces the leaf area that is exposed to sunlight. Many of my daffodils are planted among my daylilies, hoping that the daylilies will hide the dying foliage.

At the same time that daffodils are putting on a show, forsythia is blossoming. This is a fast-growing

arching shrub that requires little care. The branches are covered with yellow flowers before the leaves appear. Forsythia grows from zone 4 or 5 to zone 8. A few years ago, the bottom of the shrubs would blossom but not the tops following a cold winter with little snow cover. Now with warmer winters, the entire shrub blossoms.

You have probably discovered how easy it is to grow new plants by pining down branch ends that touch the ground and keeping them moist. Do this in early summer and by fall, you will have a new plant to cut from the established plant. But if you take the easy route like I do, just watch where the ends touch the ground and wait for them to root. I have planted many new plants this way.

Pruning is necessary every year to prevent the shrubs from forming dense thickets. If you like the arching form, experts tell us to prune one third of the oldest canes. Forsythia is so rugged that you can over-prune without causing any harm to the shrub.

After the end of the winter grayness, what enjoyment to see the yellow of daffodils and forsythia blossoming together.

*Daffodil photo by Don Clark*

## A WESTMINSTER SAMPLER: WE'VE BEEN HERE BEFORE

Jessie Haas for the Westminster Historical Society

Westminster folks may have more in common right now than ever before. Whether you live in Gageville (what, this isn't Bellows Falls?), Westminster West (wait, I thought this was Putney) or along the King's Highway in the East Parish village (where's that?) we are all paying attention to Covid-19. History is being made at this moment. Unhappily, we have the privilege of living in 'interesting times.'

We've been here before, though not within living memory. 102 years ago, Spanish Influenza arrived in this area. In the first week of October of 1918 there were eleven cases reported in Westminster, and the schools closed. Social distancing wasn't in place, though. The Pine Bank School held a vegetable exhibition, and a Westminster clothing drive for the Belgians, then suffering through the end of World War I, also drew people out.

By October 17 the situation was much worse, and public meetings were banned. After several deaths in Bellows Falls, an emergency hospital was opened at the Armory. The south part of Westminster was less affected than the north at first, but several families were now under quarantine, and there had been one death.

Mrs. Henry Willard died of pneumonia, leaving a husband and four children, the youngest under three. Her eldest son was very sick with influenza. The town clerk, Fred Lane, was recovering, as was George C Wright. Donald Metcalf, Mr. and Mrs. Carl Underwood, and Pauline Fenn were ill, as were many employees of Connecticut Valley Orchards.

The *Bellows Falls Times* noted that "Every member of the Adams family is ill. They have four small children, and they have been unable to secure a nurse."

The situation worsened. In one week Mrs. Margaret Clark buried two family members, her daughter and daughter-in-law, and had six orphaned grandchildren on her hands. Kurn Hattin was hit hard, with 50 boys in the contagious ward. They also were dealing with an outbreak of whooping cough.

One particularly hard loss for Westminster was that of Miss Lillian Ward, a Red Cross nurse working at Camp Green, N.C. There were 10,000 cases at this camp, and the overworked nurses were very vulnerable to infection. Miss Ward was among the many who died.

Westminster's health officer was George H. Walker, former proprietor of the brick store in the center of Westminster village. A postmaster, photographer, and printer from Londonderry, Vt., he was well liked, but it's difficult to see what in his former life prepared him to manage a pandemic.

His duties suddenly included quarantining families he knew well, and making sure they had what they needed while staying at home. In some places in the United States, quarantined flu victims actually starved. But in Westminster, George Walker handled the situation masterfully.

The *Bellows Falls Times* wrote that his work "...is worthy of praise. In so far as he has been able he has secured assistance for families where all the members have been sick so that they have been unable to do for themselves...in short, he has made it his business to see that none of the sick have been neglected. No doubt the fact

that so far there has been but few deaths in town...may be because the one in authority did his duty."

The epidemic receded in this area by the time of the Armistice. Schools reopened in early November, having been closed for a month. Nationwide the outbreak continued into 1919; the local peak in Vermont was early, but there were sporadic cases and deaths into the following year, when the virus mutated into something far less lethal.

Our COVID-19 meeting ban already looks to be longer than the one in 1918, and the future is uncertain—as it was for our ancestors 100 years ago. They didn't know that the virus would become milder, or that the Roaring Twenties were almost underway. What don't we know? Only time will tell.

Want to help us record Westminster history in the time of quarantine? Please go to the Historical Society website—[www.westminstervthistory.org](http://www.westminstervthistory.org) -- or our Facebook page—Westminster, VT Historical Society--and tell us what you're doing or noticing.

Some things I'm aware of: the Town Hall is closed. First time ever? So is the Institute. Schools closed, including Kurn Hattin. Seeds are sold out everywhere—we'll be seeing a lot more gardens this summer. Local stitchers have made dozens of face masks. If you're one of them, please say a bit about what you're doing and why. What else have you seen? What else have you done? And what hasn't changed? We'd love to hear from people of all ages, including kids. Twenty or thirty years from now, you could be one of the people quoted in an account of 'Westminster in the COVID-19 Pandemic.'

Thank you for your help.

## FIRST CONGREGATIONAL CHURCH WORSHIPPING ONLINE

Due to the COVID-19 pandemic and following the State of Vermont guidelines, the First Congregational Church of Westminster has been worshipping online. Many of us enjoy getting together virtually Sunday at 10 a.m. and some of us enjoy a recorded service. If you would like to participate in our digital services, please contact Pastor Sami McRae or Christina Smith via email at [westminstercongonline@gmail.com](mailto:westminstercongonline@gmail.com). See our Facebook page for our recorded services. Watch *the Brattleboro Reformer*, *the Vermont Journal and Shopper* or notices posted on the church door for up-to-date information.

Activities at the church will not happen through the end of May. The end of the season SOUPER WEDNESDAY COOKOUT will NOT happen the first Wednesday

### WNESU FOOD SERVICES DELIVERS THOUSANDS OF MEALS - EVERY WEEK

Over this past week WNESU Food Services in conjunction with faculty, staff and bus drivers, WNESU has prepared and passed out and delivered over:

- 3,850 breakfasts
- 3,850 lunches
- for a total of 7,700 meals for students.

I would like to give special thanks to the Food Service program, the bus drivers and the many volunteers who have made this all possible!

Chris Pratt  
WNESU Superintendent

in May. If possible, we may be able to reschedule it for later in the year. Also, our usual plant sale around Memorial Day will be rescheduled at a later time this year if possible. Please stay home and stay safe.

### WESTMINSTER GAZETTE

*Editor: Robert Smith*  
**Board of Directors:**  
*Charmion Handy - Chairwoman*  
*Donna Dawson*  
*Alma Beals - Treas.*  
*Joyce Sullivan - Sec.*  
*Jennifer Skrocki*

*Printed by Sentinel Printing, Keene, NH*

**Pictures and Articles Provided by the Community**  
**westminsternews@gmail.com**

**THE GAZETTE GRATEFULLY ACKNOWLEDGES THE SUPPORT OF ITS UNDERWRITERS:**

- Kurn Hattin Homes
- Town of Westminster
- Sojourns Community Health Clinic
- Westminster Cares
- Westminster Fire and Rescue Association
- Burtco Inc.
- The Dascomb Trust
- K Beebe Inc.



*"Health care that cares enough to listen and treat the cause of the symptoms and not just the symptoms themselves. Also, a very pleasant staff."*

Aaron G. Springfield, VT

Our Bodies Are Ecosystems not Chemistry Sets™.  
4923 US Route 5 • Westminster, VT  
**802-722-4023**  
[www.sojourns.org](http://www.sojourns.org)

Insurance accepted for all billable services  
gift certificates available

- Primary Care
- Holistic Medicine
- Naturopathy
- Acupuncture
- Biological Medicine
- Chiropractic
- CranioSacral Therapy
- Nutritional Counseling
- Massage
- Physical Therapy
- Herbal Medicine
- Immune Support
- Apothecary

**Please Note:**  
**The Deadline for the June Issue of the Westminster Gazette is Wednesday, May 20**

**Publication Date is Wednesday, May 27th**

**To Contact the Westminster Gazette**  
**E-mail:**  
**westminsternews@gmail.com**

# Aged in Vermont

Westminster Cares, Inc.

## HOW TO SURVIVE SOCIAL DISTANCING AND SHELTERING IN PLACE

By David Braucher, PhD

As we remain stuck at home observing “social distancing” or “shelter in place” orders, many of us are suffering a reactive form of anxiety and depression. Although we may have a fair amount of anxiety concerning the potential health and financial impact of the virus, there is also an insidious loss that we are suffering. This is the loss of self-experience we suffer when we are unable to engage in our daily and weekly routines.

**Routines Give Us a Sense of Self:** We come to know our selves through our interactions with the various people and situations we encounter. Different experiences give us different self-experiences. Our routine experiences give us a sense of self-continuity as our reactions tend to be relatively consistent. Engaging in different activities gives us different self-experiences. If we are not particularly athletic, we might experience ourselves as somewhat sheepish at the gym, even though we might be a ferocious competitor at work.

The combination of self-experiences that makes up our days and weeks helps us feel like ourselves. Even when we feel consistently uneasy in a particular situation, the familiarity provides a form of comfort—we feel like ourselves.

**Disrupted Routines Disrupt Our Sense of Self:** We might not pay much attention to the cup of coffee we get at our favorite café on our daily trip into work (remember those?). And yet, when the café is closed, we feel out of sorts. Of course, there is always coffee somewhere, so we might find that we can quickly adjust to the change and get on with our day.

When we are unable to maintain most of our routines, we start to feel out of sorts—we suffer a loss of self. When the change to our routine has been abrupt and not of our own choosing, like the current social isolation, it can feel like a traumatic loss of self.

**The more significant the disruption, the greater the impact on our sense of self.**

The loss of self that we are suffering at this time of social isolation is traumatic in scope and speed for many of us. Many describe the current situation as “surreal,” focusing on all the changes in the external world.

If we are focused on our self-experience, we might say, “My experience of reality has changed to the point that I don’t recognize myself in it.” When change is slow, we might not notice the subtle shifts in our self-experience. Also, when we instigate the change ourselves, we are more likely to explain our discomfort as one of our own making, hoping to make a change for the better.

Though calls for “social distancing” and “shelter in place” are certainly for our own and the greater good,

it is experienced by many of us as a swift and striking change to our daily lived experience—a change that is not of our choosing. The concomitant loss of self is destabilizing and thus traumatic. Moreover, the change is without a clear end in sight, leaving us to wonder what the rest of life might look like.

Will this crisis ever end? Anxiety and/or depression and despair can quickly take hold. The best ways to regain a sense of self are to stick to our old routines as much as possible. When we can’t do those, we must develop new routines—they will soon feel familiar and give us a new sense of self-continuity.

### Stick with Old Routines as Much as Possible

Do what makes us feel like ourselves. When possible, we should try to keep our old routines. For example: If taking a shower and getting dressed for work in the morning is important to feeling like ourselves, we should get dressed for work even if we are working remotely and no one will see us.

Keep to the schedule. Maintain the same schedule we had before the crisis. For example: If we used to work out after work, once our remote workday is over, we can do an online workout.

**Workarounds.** The internet is abuzz with workarounds from “FaceTime dates” to “virtual happy hours” with coworkers over video chat. (Note: We need to be mindful of our alcohol consumption in this time of heightened stress.)

### Make New Routines

Make a new schedule. If our old schedules don’t work, we need to make new ones and stick to them.

Do what makes us feel effective. In times like these when we don’t feel like we have many choices, it is imperative that we do things that make us feel effective—a great antidote to any sense of futility and helplessness.

Do the things you never had time for. Over the years, many of us have found ourselves wishing we had more time in our day. Now, we may feel we have too much. This too will come to an end. Use the extra time to read a book or spend time with your family, even if just on the phone. Treat this time as a valuable gift. It will soon be gone.

We always hear that self-care is important. It is equally crucial that we know the particular type of self-care we need. One type of self-care that is particular to us individually is what we can do to reestablish our sense of self-continuity to overcome the traumatic loss of self-experience brought on by “social distancing” and “shelter in place.”

*This article is re-printed with permission; it originally appeared online in Psychology Today. David Braucher, Ph.D., has been a practicing clinician for over 25 years. Online: David Braucher's Website: drbraucher.com, Twitter, LinkedIn*

## WESTMINSTER ELEMENTARY SCHOOL ONLINE LEARNING

Westminster Elementary School has begun on-line learning. Teachers, support staff, and parents have all pulled together to ensure that students continue to learn even during school dismissal.

It may look really different but the heart of our school remains connection, community, and curiosity. On Monday, April 20th, we had our technology pick up day. Over 140 devices were signed out to students to help ensure everyone has adequate access to technology and will be capable of participation in online morning

meetings, small group instruction, and 1-1 help with their learning. Given how stressful our current situation is, we’ve been amazed at the positive response by parents, families, and students as they embark on this new learning journey with us. We’ve never before had such total participation and on-going communication with families, for that, we are grateful.

Doug Kussius

Principal, Westminster Community Schools

## NEW GENEALOGICAL GROUP MEETS ONLINE

The inaugural meeting of the Windham County Genealogical Interest Group will be held via Zoom on Saturday, May 16, from 10 a.m. to noon.

Genealogists Jerry Carbone of Whetstone Brook Genealogy, and Wayne Blanchard, Genealogy Volunteer at Rockingham Public Library, will facilitate the event sponsored by Brooks Memorial Library in Brattleboro and Rockingham Public Library in Bellows Falls. Future meetings of the group will meet bi-monthly alternating between Brooks and Rockingham Libraries, dates and times to be announced.

The program on May 16 will focus on a guided tour of the redesigned Vermont State Archives website and using the online Vermont newspapers of record, which

are available to any Vermont resident simply by registering at Vermont.gov. Part of the session will be devoted to answering genealogical research questions and planning topics for the next meeting.

The Zoom meeting will be limited to the first 30 people to register. Please register at <https://bit.ly/wcgenealogy>.

For more information please contact Brooks Memorial Library, [asklibrarian@brookslibrary.org](mailto:asklibrarian@brookslibrary.org) or Rockingham Public Library at [programming@rockinghamlibrary.org](mailto:programming@rockinghamlibrary.org).

## REMEMBRANCES

JOAN SHORE 5/21/1927 TO 3/4/2020

## NEWS FROM THE TOWN GARAGE

Hello Neighbors,

I don’t want to speak too soon, but I think spring may really be here. The boys have been rolling and grading in two shifts trying to get the roads under control in between rain showers and to help with our social distancing. Now that the roads have been freshly graded and rolled, please try to avoid rapid acceleration out of corners and up hills. This will help keep the wash boards at bay, which will save tax payers gravel and grader time.

We will be out doing spring clean up around intersections and turn arounds. Carson has been ditching around town with a lot more to do. With the roads soft most of the winter we plowed a lot of mud in the ditches that we must now dig out.

Jason has been out with the tractor and broom cleaning up road sand on intersections and in corners. On rainy days we started hauling in road sand for next winter and we also cut and split all of our wood for next winter and stacked it in the sheds.

I anticipate another busy summer as long as our health holds up and we are still allowed to work.

Thank you for your continued support and may you all stay safe and healthy!

Thank you,  
Chuck and Crew

## LOCAL ORGANIZATION IS HERE TO HELP

Rockingham Help and Helpers (RHH) is a loosely organized group of local organizations and individuals working together to address additional and separate needs that have come up due to the COVID-19 illness and disaster response measures:

Community members include Sustainable Rockingham, Our Place Food Shelf, Parks Place Resource Center, Greater Rockingham Area Services, FACT8TV, the Rockingham Free Public Library and Development Office.

A survey, which is available on the RFPL Library web-site, identifies residents who need help due to isolation and quarantine requirements, loss of income or other COVID-19 impacts as well as residents who are available and willing to help meet the need for additional help

The survey is continually sent out, and daily reviewed for new respondents as every day, someone new may have just found out they need to quarantine and don’t have a way to get food, or hygiene supplies, or pet food while quarantined. Ideally, RHH has reached out with the survey information enough that they know they can fill out the survey now, and get help.

RHH does not duplicate other’s services, we help each other do more

The organizations working together still have their existing and on-going work – if you currently volunteer for or donate to Our Place or Parks Place or Greater Falls Connections or the Library – you should continue to do so and not change that to RHH – the organizations provide critical ongoing work and that need is still there, despite the new and intensive short term addition.

The organizations work together. Information gleaned from the survey is combined with ongoing information for efficiencies. RHH has drivers going out to quarantined homes with food deliveries. If Parks Place has someone they need to get diapers to who is quarantined, the diapers get added to the deliveries. Our Place has food going to the same neighborhood, the deliveries get combined into the same trip.

The goal is to supplement the existing services to address the short term but intensive up-tick in need which is coming from a new segment of the population, those quarantined at home due to COVID-19 infection or potential infection.

## GREATER FALLS COC UPDATE

Dear Members,

We want to assure you that we take the health and well-being of our community, customers, and associates very seriously. Like you, we’re closely monitoring the quickly developing effects of the Coronavirus pandemic.

To help prevent the spread of COVID-19, we will practice social distancing. Like most of you, we have temporarily closed our business to protect and care for those who work with us, our members, and the public.

We will miss seeing you, but we’re still open online 24/7, where service remains uninterrupted. You can also find us on our social channels to keep updated. We are updating COVID-19 resources as they unfold and any business information primarily on Facebook.

We are all in this together. We will continue to monitor the COVID-19 situation and will follow guidance from public health officials and government agencies, so we can continue to support our members and communities as needed.

For more information about COVID-19 and what you can do to keep healthy and safe, visit the Centers for Disease Control at [cdc.gov](http://cdc.gov) or your local health department’s website.

Debra P. Collier  
Great Falls Regional Chamber of Commerce



# Temple Chiropractic

*Supporting the health care needs of the community for the past 35 years*

*Specialist in the treatment of non-surgical back & neck pain*

**DR. VERNON R. TEMPLE**  
*Chiropractic Physician*

**DR. DAVID PARELLA**  
*Chiropractic Physician*

102 Saxtons River Road  
Bellows Falls, VT 05101  
802-463-9522

*We accept all Vermont insurance plans including BCBS, CIGNA, MVP and workers injury insurance*

**M & M Carriage House Creations LLC**  
 One of a Kind  
 Unique Created Reclaimed  
 Upcycled  
 Custom Made  
 Furniture ~ Lamps ~ Wall Décor  
 Reasonable Market Value



www.mmCarriageHouseCreations.com  
 FOLLOW US ON FB (m&mcarriagehousecreations)

730 SAXTONS RIVER RD SAXTONS RIVER VT 05154  
 ROUTE 121 ONE MILE WEST OF POST OFFICE

**JUDD'S**  
**POWER EQUIPMENT**  
**AND AUTO REPAIRS**  
**802-722-4200**

**genius loci**  
 SUSTAINABLE LANDSCAPE DESIGN,  
 INSTALLATION & STEWARDSHIP



Cyndy Fine  
 LANDSCAPE DESIGNER

802.376.7275 | cyndy@geniuslocidesign.com

**The Chimney Doctor**  
**Chimney & Stove Care**

Whole System Service  
 • Cleaning • Relining  
 • Repair • Year-round Service  
 • Installation • CSIA Certified

**(802) 387-6037** Westminster West, VT  
 chimdoc@comcast.net www.vtchimneydoctor.com

**Tim E. Lillis - Builder**  
 Comprehensive Carpentry Services  
 for both small and large jobs

New Construction - Renovations - Tile -  
 Restorations - Structural Repair -  
 Kitchens - Baths - Outbuildings - Decks

Westminster, VT  
 (802) 376-5709 TimLillis70@gmail.com

**RUGGIERO**  
 TRASH REMOVAL



**802.869.2235**

Box 434, Saxtons River Vermont 05154  
 Joe 802.384.0397  
 Jeff 603.209.4441

**L'Abbe Cleaning LLC**



Jen L'Abbe  
 Owner / Operator

Westminster VT  
 Serving VT / NH / MA  
 207-608-5061  
 Labbeteangmail.com  
 Facebook L'Abbe Cleaning

**Village Square BOOKSELLERS**

32 The Square,  
 Bellows Falls, Vermont  
 Open 7 days a week  
**802-463-9404**

Books, Toys & Gifts for All Ages  
 Independent bookstore with a friendly & knowledgeable staff  
 villagesquarebooks.com - Books, Audio & e-Books  
 Order Online- Pickup & Pay in Store



\$5 Bella Bucks on \$25 Purchase with this ad

**Allen Bros OIL COMPANY**

6023 U.S. Route 5  
 Westminster, VT 05158  
 allenbrosoil.com

Phone: 802-722-3331  
 Toll Free: 877-722-3331  
 Fax: 802-722-9871

info@allenbrosoil.com

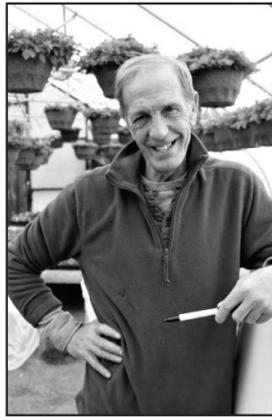
**LAWRENCE & LOBER**  
**ELECTRIC**

www.llelectricservices.com  
 info@llelectricservices.com

Tel: 802-460-3479  
 800-559-3479  
 15 Barker St. Bellows Falls, Vt 05101 Fax: 802-460-3480

**MAY BUSINESS OF THE MONTH:  
 HARLOW FARMSTAND**

Yes, We're Open!  
 Harlow Farmstand officially opens on May 1 for our 29th year serving you. As always, thank you for your patronage. It's a challenging year, but we're dedicated to bringing you the freshest organic products possible - and safely.



We are taking all COVID-19 safety recommendations seriously. Please help us by wearing a face mask when you shop inside, and limit the number of customers inside to three. We will have gloves and masks available if you need one.

We will have curbside pickup available. Please call at least 24 hours ahead to order: 802-722-3515. If that's busy, call 802-376-6799. We will do our best to accommodate your requests. We'll also have some vegetables on the porch for you to purchase.

Shop for our vegetable and flower plants outside only. Please be aware of other customers and keep a six-foot distance. If you want us to put together an order for you ahead of time, please call the number above.

We're open from 9 a.m. to 6 p.m. every day. Come in and say hello to Dan Harlow (in photo) and his staff, Ethan, Andrew, Kate, and Dee.

Cafe Loco will be open for takeout only at this time. Please call 802-376-9626.

You'll find more on our website, harlowfarm.com, and please like us on Facebook.

**MAY BUSINESS OF THE MONTH:  
 RAMP**

The Rockingham Arts and Museum Project (RAMP www.ramp-vt.org) manages to stay mission focused even with the curve that the COVID-19 has thrown at all of us. As an arts advocacy organization we manage to relay important information to the general public: accd.vermont.gov and highlighting artist relief resources and opportunities: vermontartscouncil.org



Our future quarterly Artists' Town Meetings and Everyday People interviews hosted on Fact TV will be able to continue virtually by using Zoom. If you are not subscribed to the RAMP Google group, please go to the RAMP website www.ramp-vt.org to subscribe. You will receive updated arts information on cultural and economic resources, virtual art classes, performances, and more.

"It takes a village!" is a Vermont way of life. As I continue my socially-distanced life, I seek ways to stay socially connected via telephone, emails and virtually. I also make time to sit on my couch in the front room or in the garden, and make a blank space for thought.

It is important to stay in the present and live each day with gratitude or as a ritual. I am finding that in my socially distanced life.

A social service resource: 211.

In photo, RAMP founder Robert McBride.

**HEIDI BERNIER, CBR**  
 LICENSED VT & NH



**Berkley & Veller**  
**Greenwood Country**  
**Realtors**

Bus. 802-254-6400 x135 • Fax. 802-254-6403  
 Res. 802-869-2781 • Cell 802-380-1585  
 www.berkeleyveller.com  
 heidi.bernier@berkeleyveller.com  
 119 Western Avenue, Brattleboro, VT 05301  
 Offices: Brattleboro, VT • West Dover, VT

**R.A.M.P.**  
 Rockingham Arts & Museum Project

Since 1996 believing that art makes a difference!  
 www.ramp-vt.org  
 802-463-3252

Committed to integrating the arts in the long-term sustainability of the community by creating effective partnerships that initiate and support:

Accessibility • Affordable Housing • Artist Town Meetings  
 • Public Art Initiatives • Policy Making

**WESTMINSTER ANIMAL HOSPITAL**  
 PO BOX 90  
 WESTMINSTER STATION, VT 05159  
**(802)722-4196**

Andrea Neiley, DVM Megan Peddigree, VMD  
 Kristin Anderson, DVM Susan Oswald, DVM

**GREATER ROCK FITNESS**

FULL SERVICE FITNESS




www.greaterrockfitness.com 802-463-4344

**Jessica Fuller**  
 Financial Advisor



57 Main Street  
 P.O. Box 96  
 Walpole, NH 03608  
 Bus. 603-756-2513 Fax 888-215-1621  
 jessica.fuller@edwardjones.com  
 www.edwardjones.com/jessica-fuller

**Edward Jones**  
 MAKING SENSE OF INVESTING

**GREATER FALLS INSURANCE**  
 serving VT and NH since 1996



Home • Auto • Farm • Business • Motorcycle • Recreational Vehicles

7190 US Route 5 • Westminster, Vermont 05158  
 802-463-1900 • www.greaterfallsinsurance.com

**FIREWOOD**  
 Frederick McKenny

Quality Hardwood  
 1993 Pine Banks Rd Putney, VT 05346

TEL | 802-376-7313  
 EMAIL | joatmon.fred@gmail.com

**WESTMINSTER AUTO**  
 Ex't 5, I-91  
 Rt. 5, Westminster

Vernon Kelton  
 PO Box 94, Westminster Station, VT 05159  
**(802) 722-4722**

Check us out on our website:  
 www.westminsterauto.com

**Streeter L.L.C.**  
 Licensed Electrician  
 PO Box 206, Westminster, VT 05158  
 (Building, Remodeling and Repairs)

Cole Streeter Box 103  
**(802)722-3178** Westminster, VT 05158

S.B. and Company Auctioneers, Antiques

**SHARON**  
**BOCCELLI**  
 & COMPANY

Buying entire estates or single items.  
 Probate appraisals  
 46 Canal St. Bellows Falls Vt 802-460-1190

**Harlow Farmstand**  
 Rte. 5 Westminster VT  
 802.722.3515



**JACKLYN ATWOOD**  
 REAL ESTATE



JACKIE ATWOOD VT & NH BROKER  
 616 NEWCOMB ROAD OFFICE/FAX 802-722-9296  
 WESTMINSTER, VT 05346 CELL 802-236-1164



jackieatwoodrealestate@gmail.com

**Karen Vedus LMFT**  
 Emotionally Focused Couples Therapy



Westminster, Vermont  
 802-332-3007  
 karenveduslmft@buildingbetterbonds.com  
 www.buildingbetterbonds.com VT Lic #100.0110621

**BROOKSIDE EXCAVATING**

JEFF POTTER 802-376-5266  
 TYSON POTTER 802-289-2655

SMALL EXCAVATION, PLOWING, SANDING FULLY INSURED