

Calendar of Events

Upcoming Events

THURSDAY, MARCH 4

Dyad Communication Workshop

Folks interested in speaking their truth and being truly heard, received, and understood meet for a contemplative evening of dyad communication. Come alone or bring a friend or partner. 6:15 p.m. Montpelier. \$5 suggested donation. For more information or to register, contact Maggie Fox at 522-5855 or info@vibrance.us.

FRIDAY, MARCH 5

Lenten Fish Dinner

Soup, fish, a starch, vegetables, salad, rolls, drink, and dessert. Kids' menu available. 50/50 cash raffle and \$25 gift certificate raffle. Every Friday during Lent (till March 26). 5-6:30 p.m. St. Monica's campus cafeteria, 79 Summer Street, Barre. \$8 adults, \$6 students, \$25 family of four. 476-5015.

Naturalist Journeys: Dark Side of the Loon

Where do loons go in winter? How do they survive? Eric Hanson, loon biologist at the Vermont Center for Ecostudies, hosts a showing of this new Vermont-made documentary. 7 p.m. Unitarian Church, Montpelier. By donation. 229-6206. Sponsored by the North Branch Nature Center.

SATURDAY, MARCH 6

Snowshoe with the Green Mountain Club, Montpelier Section

Difficult, 5.2-mile trek to the forehead of Mount Mansfield. Crampons recommended. Contact leader Paul DeLuca, 476-7987 or pdeluca420@msn.com, for meeting time and place.

Stretching Your Food Dollars at the Farmers' Market

Led by Ariel Zevon, executive director of LACE (Local Agriculture Community Exchange). Learn how make the most of your budget preparing seasonal foods with market offerings. 10 a.m.-1 p.m. Capital City Farmers' Market, Alumni Hall gym, Vermont College of Fine Arts, Montpelier. Carolyn, 223-2958 or manager@montpelierfarmersmarket.com.

Lenten Retreat: The Whole Earth Is Sanctified

Dr. Elizabeth Theokritoff, independent Orthodox scholar, teacher, and author, presents a program on ecology and the natural world, reclaiming the Christian vision of creation. 11:30 a.m.-6:30 p.m. Saint Jacob of Alaska Orthodox Church, Route 12, Northfield Falls. By donation. Includes lunch and dinner. Rev. Caleb Abetti, abetti@gmail.com or 485-9121.

Poetry Out Loud State Finals Competition

Students from 36 Vermont high schools compete in this national poetry recitation contest. Semifinals, 10 a.m.; finals, 2 p.m. Chapel, Vermont College of Fine Arts, Montpelier. Free.

Toltec Shamanism

With Ivan McBeth from Stone Bear Services. Explore the principles, goals, and practices of Toltec Shamanism, a practice for the return of the soul and freedom of the spirit. 12:30-2:30 p.m. Hunger Mountain Coop community room. Free. Register at 223-8004, ext. 202, or info@bungermountain.com.

Banana Bread Bake-Off

The Capital City Grange challenges central Vermont bakers (and tasters!) to a banana bread contest. Open to anyone with bananas, a pan, and the inclination to bake. Prizes galore. Potluck follows. 5:30 p.m. Capital City Grange, Northfield Street/Route 12, Montpelier. Free. 229-0782.

SUNDAY, MARCH 7

The Essential Dancer

A new program by the Lubberland Dance Company. 7 p.m. Plainfield Community Center (above the co-op). Alexis, 371-7239.

SPOTLIGHT: FILM SHOWING & LECTURE



Naturalist Journeys: 'Dark Side of the Loon'

"The eerie calls and striking black-and-white plumage of the common loon captivate those of us who spend time on northern lakes and ponds between April and October," write the folks at Montpelier's North Branch Nature Center. "Then the loons disappear." Curious about the mysterious winter life of the loon? Eric Hanson, biologist at the Vermont Center for Ecostudies, helps reveal avian secrets as he hosts a showing of *Dark Side of the Loon* (yes, it's a nature documentary, not a Pink Floyd biopic) by Wolcott filmmaker Gail Osherenko.

Friday, March 5, 7 p.m. Unitarian Church, 130 Main Street, Montpelier. By donation. Refreshments available. 229-6206 or www.northbranchnaturecenter.org.

TD Bank Celebration Series: Ignat Solzhenitsyn

The prestigious pianist offers an all-Schubert program that includes the *Sonatas in C Major, D. 840* and *Sonata in D Major, D. 850*.

8 p.m. Barre Opera House. \$10-\$26. Tickets at 476-8188 or www.barreoperahouse.org.

MONDAY, MARCH 8

TED Lunchtime Series

Bring your lunch, view a video from the TED website, and share your ideas about it. 12 noon-1 p.m. Kellogg-Hubbard Library, Montpelier. Free. 223-3338.

TUESDAY, MARCH 9

Author Presentation and Signing: Howard Frank Mosher

The beloved Vermont author presents a slide show and talk on "Transforming History into Fiction: The Story of a Born Liar"; where do the boundaries lie between history and fiction? 7 p.m. Bear Pond Books, 77 Main Street, Montpelier. Free. 229-0774.

Live Music

BLACK DOOR BAR & BISTRO

Friday, March 5
Holy Ghost Tent Revival (eclectic)
Saturday, March 6
Sara Grace and friends
Friday, March 12
Miriami (neo-soul/singer-songwriter)
Saturday, March 13
Dave Keller (blues/soul)
Friday, March 19
Starline Rhythm Boys (country)
Saturday, March 20
Naquele Tempo (Latin jazz)
44 Main Street, Montpelier. All shows at 9:30 p.m. unless noted. Nominal cover. 223-7070 or www.blackdoorvt.com.

CHARLIE O'S

Friday, March 5: TBD
Saturday, March 6
Horseshoe Lounge Playboys (Americana)
Wednesday, March 10
Mark LeGrand (country)

Thursday, March 11
Monkey Spank with Let's Whisper (indie)
Friday, March 12
Rusty Romance (country)
Saturday, March 13
Big Lebowski Party w/ Medina Sod
Wednesday, March 17
Rowdy and Jigging St. Patty's Day Party with Blue Moon Ent.
Friday, March 19
TBD
Saturday, March 20
Dan Haley is Mr. Casual (bluegrass)
70 Main Street, Montpelier. 223-6820.

LAMB ABBEY

Saturday, March 6
Bow Thayer and Perfect Trainwreck, 9 p.m.
65 Pioneer Center, Montpelier. All shows \$10 unless otherwise noted. BYOB. 229-2200 or www.thelambabbey.com.

LANGDON STREET CAFÉ

Friday, March 5
Mark LeGrand and the Lovesick Band (country), 6-8 p.m.

Hey Mama, featuring Avi and Celia (rock), 9 p.m.

Saturday, March 6
Session Americana with Anais Mitchell (Americana), 9 p.m.

Sunday, March 7
Powell and Thyng with La Reina (folk), 3 p.m.

Monday, March 8
Open mic, 7 p.m.

Tuesday, March 9
Information Overload with Jen Dole (trivia), 7 p.m.

Open comedy mic, 8:30 p.m.

Wednesday, March 10
Paul Lefabre (book reading), 6 p.m.
Seth Galliant (singer-songwriter), 8 p.m.
Spirit and Dust (folk), 9 p.m.
Eyes for Volume (indie folk), 10 p.m.

Thursday, March 11
Vorcza (jazz), 9 p.m.

Friday, March 12
Mark LeGrand and the Lovesick Band (country), 6-8 p.m.

Greg Klyma (acoustic), 8 p.m.
The Jay Ekis Band (rock), 9:30 p.m.

Saturday, March 13
The Hungry Rat Revue (poetry), 6-8 p.m.

David Symons and friends (gypsy), 9 p.m.
Gold Town (old-time), 10:30 p.m.

Sunday, March 14
Jess Morgan (acoustic), 3 p.m.

Tuesday, March 16
Kierstin Gray (soul), 8 p.m.
Onion River Exchange meet and greet (community), 8 p.m.

Wednesday, March 17
St. Patrick's Day with Hilari Farrington, Benedict Koehler, and Pete Sutherland (world/Irish), 7 p.m.

Thursday, March 18
Heather Maloney and Danielle Doyle (acoustic), 7:30 p.m.

Garlic and Moonshine (folk), 10 p.m.

Friday, March 19
The Saltwives (gypsy), 10 p.m.
Avi Fox-Rosens's Absurdist Rock Cabaret (rock) 10 p.m.

Saturday, March 20
The Only Good Corporation is an Undead Corporation (puppet show), 7 p.m.
Moss Circle (rock), 9 p.m.

4 Langdon Street, Montpelier. Most shows by donation. 223-8667 or www.langdonstreetcafe.com.

Calendar of Events

WEDNESDAY, MARCH 10

Twelfth Night: Shakespeare's Melancomic Masterpiece

Presented by Tom Blachly, attorney and Shakespeare impresario. Part of the Osher Lifelong Learning Institute's weekly spring class series.

1 p.m. Aldrich Library, Barre. \$5. 454-4675 or atapl@vtlink.net.

You Come, Too: Seasonal Poetry Series

Read and discuss the poetry of William Wordsworth. Final event in monthly series focusing on British poets.

5:30-6:45 p.m. Vermont Humanities Council, 11 Loomis Street, Montpelier. Free. RSVP encouraged (262-2626, ext. 307), but not required.

Life in Washington County with Senator Bill Doyle

A showing of the local documentary, blending interviews and images of central Vermonters in the first half of the 20th century.

7 p.m. Kellogg-Hubbard Library, Montpelier. Free. 223-3338.

THURSDAY, MARCH 11

Snowshoe with the Green Mountain Club, Montpelier Section

Easy, 3-mile saunter around Kettle Pond in Groton. Snack at a lean-to part-way along.

Meet at Lenny's Shoe Store in Barre at 12 noon. Contact Steve Lightholder; 479-2304.

Must Party Equal Drinking?

How did our kids become drinkers? What's the solution? A panel of local people working in prevention, treatment, and educational settings leads the audience in dialogue and problem-solving. Part of a series on Those Things We Don't Like to Talk About.

6:30-8:30 p.m. Kellogg-Hubbard Library, Montpelier. Free. mcjc@montpelier-vt.org or 223-9606. Presented by the Montpelier Community Justice Center in partnership with a number of community organizations.

Life in Washington County with Senator Bill Doyle

See Wednesday, March 10, for description.

7 p.m. Waterbury Public Library. Free. 224-7036.

FRIDAY, MARCH 12

Lenten Fish Dinner

See Friday, March 5, for description.

5-6:30 p.m. St. Monica's campus cafeteria, 79 Summer Street, Barre. \$8 adult, \$6 student, \$25 family of four. 476-5015.

SPOTLIGHT: MUSIC



Ignat Solzhenitsyn

People raised here in Vermont are a special bunch, and pianist Ignat Solzhenitsyn, son of author Alexander Solzhenitsyn, is no exception. He conducts the Chamber Orchestra of Philadelphia, tours the world giving recitals and performances—and will be bringing his classical talent to Barre in an all-Schubert program as part of the TD Bank Celebration Series. Reason to celebrate, indeed.

Sunday, March 7, 3 p.m. Barre Opera House. \$10-\$26. Tickets at 476-8188 or www.barreoperahouse.org.

SATURDAY, MARCH 13

Snowshoe with the Green Mountain Club, Montpelier Section

Very difficult, 8.5-mile trek in the White Mountains on the Mount Adams Airline Trail. Elevation gain: 4,500 feet. Ice axe and crampons required.

Contact leader Paul DeLuca, 476-7987 or pdeluca420@msn.com, for meeting time and place.

Education Fair for Central Vermont

Visit more than 20 local children's organizations under one roof: day schools, summer camps, nature centers, arts organizations, family advocacy groups, and more.

10 a.m.-2 p.m. Unitarian Church, 130 Main Street, Montpelier. Free.

Naturally Nicaragua Benefit Dinner

Delicious food, talented musicians, inspiring stories, a silent auction, and more. Benefits the teen trip to Nicaragua sponsored by Planting Hope and the North Branch Nature Center.

5-8 p.m. Unitarian Church, 130 Main Street, Montpelier. \$10 adult, \$5 child. Tickets at 229-6206 or at the door: www.northbranchnaturecenter.org. **College**

Annual College Hill Neighborhood Winter Potluck

All welcome: Come meet your neighbors! Bring a potluck dish to share. Seeking volunteers to help set up and clean up. Car-pooling encouraged; let organizers know if you need a ride.

5:30-7:30 p.m. Noble Hall, Vermont College of Fine Arts, Montpelier. Joy, 229-1431, or Stacy, 828-8580. Sponsored by Montpelier Capital Area Neighborhoods.

The Silent Film Comedies with Rob Mermin

See movie clips of the great silent clowns, including Charlie Chaplin, Buster Keaton, Laurel and Hardy, and more, with live commentary by Rob Mermin of Circus Smirkus.

Potluck 5:30 p.m.; presentation 7 p.m. Adamant Community Club, intersection of Haggett Road and Martin Road. \$10 in advance (at the Adamant Co-op) or \$12 at the door.

Fifth Chocolate Lovers' Spring Fling and Silent Auction

Local amateur and professional chefs present chocolate creations for tasting and judging by attendees. Silent auction, live music, prizes and more. Benefits WGDR 91.1 FM.

6-8 p.m.; doors open at 5:30. Haybarn Theater, Goddard College, Plainfield. \$10 adults, \$5 children. 322-1683.

BASH (Big Arty SPA Happening)

Studio Place Arts' annual party and fundraiser. Art exhibits, local food, live music by Bob Wagner and the Book 'em Blues Band and Seth Yacovone, silent auction, and more. Benefits SPA's educational and exhibition programs.

7-9 p.m. Studio Place Arts, 201 North Main Street, Barre. \$15 in advance, \$25 day of event. Tickets at 479-7069.

Benefit Contra Dance and Waltz

Music by The Parsnips with Chip Hedler calling. Proceeds benefit renovation of the historic 1912 Worcester town hall. Families and beginners welcome; all dances taught.

7-9:30 p.m. Worcester town hall. \$5 adults, free for children younger than 16. Food shelf donations welcome and encouraged. 229-9468.

SUNDAY, MARCH 14

Snowshoe with the Green Mountain Club, Montpelier Section

Moderate, 3.2-mile trip on the Long Trail in Duxbury, heading south from the Winooski to Duxbury Window. Bring lunch and beverage. Dress for the weather.

Contact leaders Reidun and Andrew Nuquist, 223-3550, for meeting time and place.

MONDAY, MARCH 15

Film Showing: Pray the Devil Back to Hell

The extraordinary story of a small band of Liberian women who came together in the midst of a bloody civil war and won a long-awaited peace for their shattered country.

6:30 p.m. Aldrich Public Library, Barre. Free. Lucy, 229-9918. Sponsored by the Central Vermont Women's International League for Peace and Freedom

TUESDAY, MARCH 16

Surviving Adolescence

Presentation for adults by internationally known lecturer Michael Nerney on why teens do what they do, better ways to talk and listen to teens, and how you can help protect teens from drug and alcohol use.

6:30-8:30 p.m. Montpelier High School auditorium.

WEDNESDAY, MARCH 17

Classical Guitar: Its History and Repertoire

Presented by James Gram, guitarist. Part of the Osher Lifelong Learning Institute's weekly spring class series.

1 p.m. Aldrich Library, Barre. \$5. 454-4675 or atapl@vtlink.net.

Face to Face

Dr. Marilyn Solvay, director of the Sullivan Museum at Norwich University, presents the stories behind some intriguing portraits from the museum's collections.

7 p.m. Kellogg-Hubbard Library, Montpelier. Free. 223-3338.

Farmers' Night: The Luck of the VSO

The Vermont Symphony Orchestra performs favorites from the British Isles.

7:30 p.m.; doors open at 6:45. House chambers, State House, Montpelier. Free. www.vso.org.

THURSDAY, MARCH 18

Vermont's Potential for Cheap, Safe, Hydroelectric Power

With Lori Barg. Discuss the opportunity and obstacles of redeveloping environmentally sound hydro in Vermont. Part of Transition Town Montpelier's series on third Thursdays.

6-8 p.m. Kellogg-Hubbard Library, Montpelier. Free. 223-3338.

Windows on Waldorf

Faculty lead a guided tour through the classrooms, showcasing the Waldorf curriculum and student work across the grades. Q&A, conversation, and refreshments follow.

6:30-8:30 p.m. Orchard Valley Waldorf School, 2290 Route 14 North, East Montpelier. Free. Please register at 456-7400.

Calendar of Events

Ongoing Events

COMMUNITY

Meeting on Disability Rights

All welcome to share stories and concerns regarding disability rights and community access. Refreshments.

Third Thursdays, 1-3 p.m. Vermont Center for Independent Living, 11 East State Street, Montpelier. Free. 639-1522 or 229-0501 (both V/TTY numbers as well).

CRAFT

Quilting Group

Working meeting of the Dog River Quilters. *Second Wednesdays, 6-7:30 p.m. Maplewood Quilts, 29 East Street, Northfield. 223-7984.*

Free Hook-Ins

All levels welcome.

First Saturdays, 1-5 p.m. Green Mountain Hooked Rugs, 2838 County Road, Montpelier. Free. Contact 223-1333 or visit greenmountainhookedrugs.com.

DANCE

Scottish Country Dancing

All dances taught in a friendly, fun atmosphere. No partner or experience necessary. Bring soft-soled shoes.

Wednesdays, 7-9 p.m. Union Elementary School, Montpelier. \$5 Montpelier resident, \$7 nonresident. 802-371-7345.

Trance Dance

Free-form community dance in a safe, alcohol-, food-, and smoke-free environment. Bring water.

First and third Wednesdays, 7-9 p.m. Middlesex Town Hall. \$3-\$5 donation. Suzanne, 223-9050.

Contradances

All dances taught; no partner necessary. All ages welcome. Bring soft-soled shoes.

First, third, and fifth Saturdays, 8-11 p.m. Capital City Grange, Northfield Street, Montpelier. \$8. Beginners welcome. Bring soft-soled shoes. 744-6163.

Benefit Dance Series

Contradance and waltzing with Chip Hedler and the Parsnips. Beginners welcome. No partner needed. Benefits restoration of the 1912 Worcester town hall.

Second Saturdays, 7-9:30 p.m. Worcester town hall. \$5 adults, children younger than 16 free. Food shelf contributions welcome. Through April 10. 229-9468.

FOOD

Winter Farmers' Market

The Capital City Farmers Market moves indoors! Local vendors offer fresh produce, storage crops, cheeses, breads, meats, prepared foods, crafts, and more.

First and third Saturdays, 10 a.m.-2 p.m. Vermont College of Fine Arts gym, corner of East State Street and College Street, Montpelier. Carolyn, 223-2958, or www.montpelierfarmersmarket.com.

GAMES

Apollo Duplicate Bridge Club

All welcome. Partners sometimes available. *Fridays, 6:45 p.m. Bethany Church, Montpelier. 485-8990 or 229-3922.*

KIDS & TEENS

The Basement Teen Center

Cable TV, PlayStation 3, pool table, free eats, and fun events for teenagers.

Monday-Thursdays 3-6 p.m.; Friday 3-11 p.m. Basement Teen Center, 39 Main Street, Montpelier. 229-9151.

★ indicates new or updated listing for this issue

Storytime at the Waterbury Public Library

Mondays, age 2. Wednesdays, babies/toddlers. Fridays, preschoolers. 10 a.m. Waterbury Public Library. Free. 244-7036.

Youth Group

Games, movies, snacks, and music. *Mondays, 7-9 p.m. Church of the Crucified One, Route 100, Moretown. 496-4516.*

Storytime at the Kellogg-Hubbard Library
Tuesdays, Wednesdays, and Fridays, 10:30-11:30 a.m. Kellogg-Hubbard Library, Montpelier. Free. 223-4665.

Comics Club

Kids ages 8-18: drop in and learn how to write, design, and draw your own comics. *Tuesdays, 3:30-5 p.m. Kellogg-Hubbard Library, Montpelier. Free. 223-4665.*

Little Sprouts Open Gym

Mats, balls, and other play equipment for infants, toddlers, and preschoolers. *Wednesdays, 9-11 a.m. Montpelier Recreation Center gym, Barre Street. Free. Through May 12. 225-8699.*

Youth Chess Club

Wednesdays, 5:30 p.m. Kellogg-Hubbard Children's Library. Free. Robert, 229-1207.

Lego Club

Thursdays, 3:30-5 p.m. Kellogg-Hubbard Children's Library. Free. 223-4665.

Dads and Kids Playgroup

For children age 5 and younger and their male grownups. Free dinner included. *Thursdays, 6-7:30 p.m. Family Center of Washington County, 383 Sberwood Drive, Montpelier. Christopher, 262-3292, ext. 115.*

Games at the Library

Over 100 games to choose from. *Fridays, 3-5 p.m. Kellogg-Hubbard Children's Library. Free. 223-4665.*

Dungeons and Dragons

Fridays, 4-5:30 p.m. Kellogg-Hubbard Library, Montpelier. Free. 223-4665.

Infant/Child Car Seat

Inspections
First Fridays, 12 noon-4 pm. Berlin Fire Station. Free. Appointment required: call 371-4198.

LANGUAGE

Lunch in a Foreign Language

Bring lunch and a dictionary!
12 noon-1 p.m. Tuesday, Italian; Wednesdays, Spanish; Thursdays, French; Fridays, German. Kellogg-Hubbard Library, Montpelier. 223-3338.

MUSIC

Vermont Fiddle Orchestra

All traditional acoustic folk musicians (fiddlers, cellists, guitarists, etc.) welcome. *Mondays. Jam 6-7 p.m.; rehearsal 7-9 p.m. St. Augustine's Church, Barre Street, Montpelier. Through April 1. 1-877-343-3531 or www.vtfiddleorchestra.org.*

Barre-Tones Rehearsal

A capella barbershop group, open to all women age 18 and older who love to sing. *Mondays, 7 p.m. Alumni Hall, Barre Auditorium. www.barretonesvt.com.*

The Guitar Sam Jam

Open to all. *Last Wednesdays, 8 p.m. Lamb Abbey, 65 Pioneer Center, Montpelier. 229-2200 or www.thelambabbey.com.*

Songwriters' Meeting

Meeting of the Northern VT/NH chapter of the Nashville Songwriters Association International. Bring copies of your work. *Third Thursdays, 6:45 p.m. Catamount Arts, St. Johnsbury. John, 633-2204.*

Shape Note/Sacred Harp Sing

No experience needed. All welcome. *Second Sundays, 3-5 p.m. Plainfield Community Center (above the co-op). By donation. 426-3849 or 426-3850.*

SPIRITUALITY

Christian Meditation Group

People of all faiths welcome. *Mondays and Fridays, 12-1 p.m. Wednesdays, 5:30-6:30 p.m. Christ Church, Montpelier. Regis, 223-6043.*

Shambhala Buddhist Meditation

Instruction available. All welcome. *Wednesdays, 6-7 p.m. Program and discussion follow Wednesday meditation. Shambhala Center, 64 Main Street, Montpelier. Free. 223-5137.*

★ Science of Mind Principles

Study group for all faiths and inquiring minds. *First and third Thursdays, 6-8 p.m. Universal Rivers of Life, 28 East State Street, Suite 4 (second floor), Montpelier. 233-3427 or robin@universalriver.com.*

Zen Meditation

Thursdays, 6:30-7:30 p.m. 174 River Street, Montpelier. Call Tom for orientation, 229-0164. With Zen Affiliate of Vermont.

★ Philosophical Exploration of Freedom

With Kraye Grymonnt and Jane Weintraub. Bring an open mind and a willingness to . . . *Saturdays, 9 a.m.-12 p.m. Gray Mountain Dojo, 174 Elm Street (side entrance). By donation. Begins March 20. 917-1217.*

SPORTS

Family Unicycle Riding

Beginners welcome. Bring a bike helmet. *Sundays, 4:30-6 p.m. Montpelier Rec. Center gym, 55 Barre Street, Montpelier. \$2. Through mid-April. Bill, 223-4951.*

SUPPORT GROUPS

Circle of Parents

For parents of children of all ages. *Montpelier. Free; childcare provided. Call 229-5724 for more information.*

Bereavement Support Group

For anyone who has experienced the death of a loved one. Day or evening meetings. *Wednesdays, 10-11:30 a.m. Mondays, 6-8 p.m. Central Vermont Home Health and Hospice, 600 Granger Road, Barre. Through April 19. Ginny, Louise, or Diana, 223-1878.*

Grandparents Raising

Their Children's Children
Support groups. Childcare provided in Montpelier, Waterbury, and Woodbury. *First Wednesdays, Barre Presbyterian Church, Summer Street, 10 a.m.-12 noon. Second Tuesdays, Wesley Methodist Church, Main Street, Waterbury, 6-8 p.m. Third Thursdays, Montpelier Senior Activity Center, 58 Barre Street, 6-8 p.m. Fourth Mondays, Woodbury Community Room, 6-8 p.m. Evelyn, 476-1480.*

Essential Tools for Caregivers

For anyone caring for someone with a long-term or life-limiting illness. Learn self-care techniques and develop support systems. *Tuesdays, 10-11:30 a.m. Central Vermont Home Health and Hospice, 600 Granger Road, Barre. Louise or Diana, 223-1878.*

Brain Injury Support Group

Open to all brain injury survivors, caregivers, and adult family members. Facilitated by Marsha Bancroft. *First Tuesdays, 5:30-7:30 p.m. Kellogg-Hubbard Library, Montpelier. 1-800-834-7890, ext. 106.*

Celiac Support Group

Third Tuesdays, 6-7:30 p.m. Central Vermont Medical Center. Free.

Parents of Challenging Children

For adoptive parents of children with serious emotional and behavioral issues. *Wednesdays, 10:30 a.m.-12:30 p.m. Easter*

Seals Vermont, 641 Comstock Road, Berlin. 223-4744.

Cancer Support Group

Third Wednesdays, 5:30-7 p.m. For location, call Ellen at 223-6196.

Prostate Cancer Support Group

Third Wednesdays, 6-7:45 p.m. Conference Room 2, Central Vermont Medical Center. Free. 223-2933.

Alzheimer's Support Group

Second Wednesdays, 7-9 p.m. Community National Bank, Barre. 476-5116 or 476-4822.

Eating with Grace

For women wanting to make peace with food, weight, and body image issues. *Wednesdays, 6-8:30 p.m. 100 State Street, Montpelier. Interview required; contact Anya, 229-0399.*

Mother's Tea Group

Mothers with children under age 1 welcome. Hosted by Gentle Landing Midwifery. *Every other Thursday (next meetings March 4 and 18), 10-11 a.m. The Loft, 174 River Street, Montpelier. \$5 for tea and cookies. Registration required. 279-3158.*

Brain Injury Support Group

Open to all survivors, caregivers, and adult family members. Facilitated by Kathy Grange and Jane Hulstrunk. *First and third Thursdays, 1:30-2:30 p.m. Unitarian Church, Montpelier. 244-6850.*

Men's Group

Men discuss challenges of and insights about being male. *Thursdays, 6:15-8:15 p.m. 174 Elm Street, Montpelier. Interview required; contact Neil Davis, Psychologist-Master, 223-3753.*

Diabetes Support Group

First Thursdays, 7-8 p.m. Central Vermont Medical Center. Free.

Overeaters Anonymous

Twelve-step program for physically, emotionally, and spiritually overcoming overeating. *Fridays, 12 noon-1 p.m. Bethany Church, 115 Main Street, Montpelier. Free. 223-3079.*

THRIFT STORES

Trinity Community

Thrift Store
Clothing, furniture, appliances, toys, and more: something for everyone! *Tuesdays and Thursdays, 10 a.m.-4 p.m.; Saturdays, 12 noon-5 p.m. Trinity United Methodist Church, 137 Main Street (use rear entrance), Montpelier. 371-8108.*

WELLNESS

Yoga Classes

Mondays, 6-7:30 p.m. Jaquith Public Library, Marshfield. By donation. Liza, 439-5659.

Community Reiki Clinics

Stress reduction and relaxation. First come, first served. *Second Thursdays, 5:30-7 p.m. Conference room 3, Central Vermont Medical Center. Free.*

Arts-in-Healing

For cancer survivors. Enjoy and share music, poetry, and art. *Second Thursdays, 12 noon-2 p.m. Central Vermont Home Health and Hospice. Free. 793-8404.*

Inward Bound Yoga Studio

Info Session with Demo
One-on-one yoga therapy for stress and emotional release. Men and women welcome. No yoga experience necessary. *Fridays by appointment. 104 Main Street (second floor), Montpelier. Sliding scale; Onion River Exchange credits accepted. 229-0041 or www.inside-out-yoga.com.*



Calendar of Events

Classes/Workshops

ART & CRAFT

Classes at Studio Place Arts

Metal wall hangings, torn paper art, cartooning and bookmaking for teens (free), silk painting, and more. Call 479-7069 or visit www.studioplacearts.com for more information and to register.

★ Rug Hooking: Open Class

For all levels. Hands-on instruction. Shop open for supplies. Saturday, March 20, 1-4 p.m. Green Mountain Hooked Rugs, 2838 County Road, Montpelier. \$20. Registration required at 223-1333 or greenmountainhookedrugs.com.

DANCE

Noon Dance Exercise

Enjoy a fun and creative workout any weekday. No dance experience needed.

12 noon-1 p.m., Monday-Friday. Contemporary Dance and Fitness Studio 18 Langdon Street, Montpelier. 229-4676 or www.cdandfs.com.

Middle Eastern Belly Dance Classes

With Sabah. Tuesdays, 12 noon-1:30 p.m. Geezum Crow Yoga, Montpelier. \$15 per class or \$60 for six weeks. March 16-April 20. 563-2292 or sbari@sababdance.com.

FOOD

★ Raw Food Questions and Answers

With Linda Wooliever. Talk about raw and living vegan food/lifestyle; come with your questions and experiences. Monday, March 8, 6:30-7:30 p.m. Hunger Mountain Coop community room. \$5 co-op member-owners, \$7 non-members. Register at 223-8004, ext. 202, or info@hungermountain.com.

★ Spring Energy

With Jillian Lisitano, cook at Hunger Mountain Coop. Explore the energy of spring and foods to support seasonal transformation. Monday, March 15, 5:30-7 p.m. Hunger Mountain Coop community room. \$8 co-op member-owners, \$10 non-members. Register at 223-8004, ext. 202, or info@hungermountain.com.

GARDENING

★ Indoor Garden Workshop Series:

Mixed Greens

With Peter Burke. Learn about growing a variety of seed mixes for salads, cooking, or specific recipes. Thursday, March 11, 6-7 p.m. Hunger Mountain Coop community room. \$10 co-op member-owners, \$12 non-members. Register at 223-8004, ext. 202, or info@hungermountain.com.

★ Grow Your Own Mushrooms

With Eric Swanson from Vermush. Learn to culture and grow your mycelium into fungi. Tuesday, March 16, 5-7 p.m. Hunger Mountain Coop community room. \$5 co-op member-owners, \$10 nonmembers. Register at 223-8004, ext. 202, or info@bungermountain.com.

HEALTH

Introduction to Massage

Learn basic anatomy, common syndromes and conditions, and simple massage techniques to promote wellness.

Submit your event!

- ★ E-mail only, please. Send listings to artsup@sover.net. All listings are published free of charge.
- ★ Our deadline for the next issue, March 18, is 5 p.m. on Thursday, March 11. The March 18 calendar will cover two weeks: events happening March 19-April 2 (more if space allows).
- ★ Montpelier events have priority, then central Vermont events. In the case of classes and workshops, we give priority to new listings and one-time workshops.
- ★ Listings may be edited for length, style, and clarity.
- ★ Photos (at a resolution of at least 300 dpi) are welcome for potential use in calendar spotlights.

relaxation, and fun. For you and a partner or friend; wear loose, comfortable clothing and bring a large pillow. Tuesdays, 6:30-8 p.m. Montpelier Recreation Center. March 2-23. For more information, contact the recreation department at 225-8699.

HOME

★ Make Your Own Solar Box

With Peter Morse. Learn how to create a heat-grabbing, passive solar box to supplement the heat in your home. Tuesday, March 9, 5:30-7 p.m. Hunger Mountain Coop community room. \$9 co-op member-owners, \$11 non-members. Register at 223-8004, ext. 202, or info@hungermountain.com.

MOVEMENT

Svaroopa Yoga: Support Equals Release

Deceptively simple pose adaptations that release spinal tension. Day, evening, and weekend classes, workshops, group meditation, and tea, led by Meredith Hart and Rob Gold. River's Grace Yoga and Meditation Center, 16 Main Street, Plainfield. 324-4434 or www.riversgraceyoga.com.

Pilates at Essential PT and Pilates

Group and private sessions for all levels. Reformer available. Pilates mat classes Monday-Thursday, 12 noon. Beginner class Saturday, 9 a.m., 81 River Street (come around the back), Montpelier. \$12 per class. 262-1500 or essentialpt@yahoo.com.

Breathing Light Studio

Pilates, yoga, Nia!, qi gong, and conditioning classes—day and evening—for all ability levels, led by experienced, caring instructors. Massage and acupuncture also available. 7 Main Street, Montpelier (next to Sarducci's). 229-2290 or www.breathinglight.org.

Moms and Kids Cardio and

Strength Training

For mothers and their babies or kids (no more than two). Tuesdays and Fridays, 9:15-10:15 a.m. Montpelier Recreation Department gym. Five- or 10-class punch cards available. Register at 802-318-5954.

Anusara-inspired Yoga

With Lydia Russell-McDade. Celebrate the delicious gift of embodiment with a fluid and strengthening yoga flow. Tuesdays, 12 noon; Thursdays, 6 p.m.; Fridays, 12 noon; and Saturdays, 10 a.m. Yoga Mountain, Montpelier. Visit www.yogamountain.com for class details. New class: Sundays, 10-11:15 a.m. (moderate; drop-ins welcome), Rumney School, Middlesex.

Tai Chi with Ellie Hayes

Mondays, 5-6:30 p.m. 64 Main Street (third floor), Montpelier. Registration required at 456-1983.

Sun Do: Korean Qi Gong and Yoga

With Betsy Forrest. Combining yoga, breathing meditation, and exercises for energy, flexibility, and strength. Mondays, 5:30-7 p.m. The Movement Center, 1 Granite Street, Montpelier. Eight weeks for \$60. 229-4262.

Hatha Yoga

Tuesdays, 6:30-8 p.m. Union Elementary School small gym. December 1-February 9. \$80 Montpelier resident, \$120 nonresident. Register at 802-318-5954.

Kripalu Yoga with Martin Pincus

Tuesdays, 5:30 p.m., U-32 Middle/High School, East Montpelier. Thursdays, 5:30 p.m., Lamb Abbey, 65 Pioneer Center, Montpelier. For directions and information, contact Martin, 223-6260.

★ indicates new or updated listing for this issue

Theater



CALL FOR SCRIPTS

Ten-Fest (produced by the Vermont Playwrights Circle) wants your 10-minute plays by March 15! Contact Jeanne, 229-0112 or rialto@tds.net, or visit www.vermontplaywrightscircle.org/tenfest2010 for submission guidelines.

CHANDLER AUDITIONS

Seeking talent for the Mud Season Variety Show (all ages; April 16-17) and The Next Generation (high-school musicians; May 14). Mud Season Variety auditions, Thursday and Friday, March 11 and 12. Next Generation auditions, Tuesday, March 30. Contact 431-0204 for more information or to schedule an audition.

Aikido of Montpelier

Tuesdays, 5:30-6:30 p.m. Wednesdays, 7-8 p.m. Thursdays, 6-7 p.m. 1 Granite Street, Montpelier. \$40 per month. 454-8550.

Tai Chi for Beginners

With Sara Norton. Tuesdays, 7:30 p.m. The Movement Center, 1 Granite Street, Montpelier. \$150 for 13 weeks. 454-8550.

Qi Gong: Chinese Movement

Wednesdays, 6-7 p.m. Movement Center, 1 Granite Street, Montpelier. Edward, 229-4537.

Qi Gong

A moving meditation of breath, visualization, and sound based on Chinese meridian and five-element theory. Thursdays, 12 noon-1 p.m. Breathing Light Studio, 7 Main Street (third floor), Montpelier. Pamela, 229-1800.

Pre- and Postnatal Yoga Classes

Instructor Elizabeth Murphy is a labor and delivery nurse, yogini, and mother. Saturdays. Prenatal, 9-10 a.m. Postnatal, 10:45-11:45 a.m. Central Vermont Medical Center, conference room 3. \$10. 223-9940.

★ Capoeira with Deorsha McDade

The mother of break-dancing and the national sport of Brazil, capoeira is an intense workout with a playful attitude, a combination of martial art, dance, and live music and singing. No experience needed. Sundays. Kids' class (parents welcome) 10-11 a.m. Adults' class (focused kids welcome) 11 a.m.-12 noon. \$10. The Confluence, 188 River Street, Montpelier. 223-3581 or www.theconfluencevt.org.

Power Yoga at the Confluence

Join instructor Laura Bozarth for the primary series of Ashtanga (power) yoga, a vigorous class building strength, balance and flexibility. Previous experience helpful by not necessary. Sundays, 8 a.m. The Confluence, 188 River Street, Montpelier. \$12 per class, reduced rate for Confluence members. Laura, 578-2994, or www.theconfluencevt.org.

SPIRITUALITY

Yearning for Learning Center

Apples and Honey Hebrew School

Songs, games, and blessings; storytelling, music, art, and drama for ages 5-11 (Tuesdays, 3:45-5:30 p.m.).

Deepening Our Jewish Roots

Fun, engaging text study and discussion on Jewish spirituality (Sundays, 4:45-6:15 p.m.).

Yearning for Learning Center, 33 Loomis Street, Montpelier. Rabbi Tobie Weisman, 223-0583 or info@yearning4learning.org.

GREEN MOUNTAIN FILM FESTIVAL!

March 19-28 ★ downtown Montpelier
www.greenmountainfilmfestival.org

Exhibits

BLINKING LIGHT GALLERY

"Byways," oil landscapes by Marshfield artist Chuck Bohn. 16 Main Street, Plainfield. Through March 28. Reception March 13, 4-6 p.m. Hours: Thursday, 2-6 p.m.; Friday-Sunday, 10 a.m.-6 p.m. 454-0141 or www.blinkinglightgallery.com.

THE SHOE HORN

"A Passion for Oranges: Recent Works," acrylics and drawings by Anne Sarcka. 8 Langdon Street, Montpelier. Through April. 223-5454.

STUDIO PLACE ARTS

"Give Us Some Blues," group show exploring the color blue; silent auction; and works by Emily N. Wilson. 201 North Main Street, Barre. Through April 17. Hours: Tuesday-Friday, 10 a.m.-5 p.m.; Saturday, 12 noon-4 p.m. 479-7069 or www.studioplacearts.com.

T.W. WOOD GALLERY

"Art of Vermont: The State Collection," diverse works celebrating the 20th anniversary of Vermont's Art in Public Buildings program. 26 College Street, Montpelier. Through April 18. Hours: Tuesday-Sunday, 12 noon-4 p.m. 828-8743 or twwoodgallery.org.