

# The Bridge

FREE, INDEPENDENT & LOCAL

Connecting Montpelier and nearby communities since 1993 | JANUARY 20–FEBRUARY 2, 2010



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## THE ..... health and wellness ..... ISSUE



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Ellen Starr of Montpelier volunteering with Grounds for Health. Photo courtesy Grounds for Health.

## Rx for Fizzling Fitness Goals

### Try This Jedi Mind Trick, Then Choose Something Doable

by Ricka McNaughton

**T**his time of year, many people hurl themselves into ambitious health and fitness regimens that, after a month or so, start to crumble. Tedium sets in, and the shine goes out of the whole business. And if you can barely fit fitness into your life in the first place, it doesn't take much discouragement or interference to break your stride. From there, it's a short trip to throwing in the towel. What if there was some simple tweak of the mind that could make you two or three times more likely to succeed at your health and fitness goals? According to people who study these things, there is.

It's an "if-then" plan. First, you make specific, rather than general, goals. Instead of saying, for example, "I will walk more," you

specify how often and how long you will walk, maybe even when. Then you anticipate things that might sabotage your planned walks, and describe the behavior that will get you back on track in each scenario. Sounds awfully simplistic. But technically, there's a reason it works. I would translate it as follows:

The human brain enjoys contingency making. A key part of its operating system is churning out "if X, then Y" scenarios. The brain can do them practically blindfolded. Feed it some if-then specifics, and it deep-programs them into your subconscious. Then when the "if" part happens, your brain automatically cues you to carry out the "then" part, which is the remedy you devised. You're on your way to doing it without half thinking about it.

With this Jedi mind trick in your back pocket, may the forces of fitness be with you in 2011. Go find something that feels doable. Here are just a very few ideas from area providers of fitness, health and wellness services.

#### Spotlight on Spinning

I recently asked Linda Freeman, director of personal training at First in Fitness in Berlin and Montpelier, what she would highlight as an especially doable wellness investment, relative to the health and fitness benefits returned. In her world, that would be Spinning. She ran down a list of benefits as long as your arm, including strength, weight loss, flexibility, balance, cardiovascular health, better sleep, mind-body connection, improved energy and very likely a community of new buddies to encourage and support your goals.

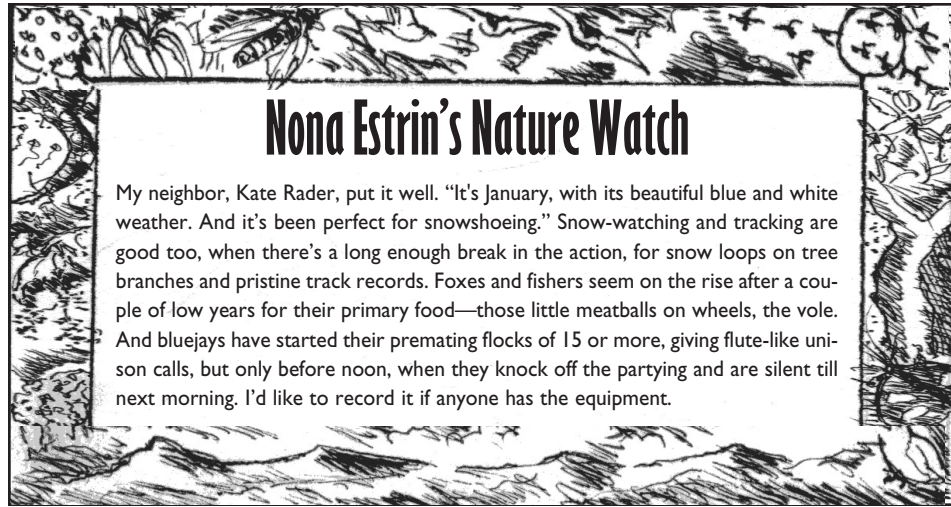
A Spinner is a low impact, stationary piece

**ALSO: Taser debate continues | pages 22–23**

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## Nona Estrin's Nature Watch

My neighbor, Kate Rader, put it well. "It's January, with its beautiful blue and white weather. And it's been perfect for snowshoeing." Snow-watching and tracking are good too, when there's a long enough break in the action, for snow loops on tree branches and pristine track records. Foxes and fishers seem on the rise after a couple of low years for their primary food—those little meatballs on wheels, the vole. And bluejays have started their pre-mating flocks of 15 or more, giving flute-like unison calls, but only before noon, when they knock off the partying and are silent till next morning. I'd like to record it if anyone has the equipment.

## Don't forget Valentine's Day

**Our next issue, February 3, is the last one before the big day! Here are some ways to share the love:**

- ♥ Give your loved one the gift of words: put your **love note** in *The Bridge*
- ♥ Businesses: advertise your presence (and presents!) in our **special gift-giving section**
- ♥ Show your affection and support for our community: don't forget to **shop local** for your valentine

For **special advertising rates**, contact Carl, Carolyn or Pete at 223-5112, ext. 11 or 12, [ccampbell@montpelierbridge.com](mailto:ccampbell@montpelierbridge.com), [carolynatthebridge@yahoo.com](mailto:carolynatthebridge@yahoo.com) or [peterdubois@montpelierbridge.com](mailto:peterdubois@montpelierbridge.com). Advertising deadline is Friday, January 28.

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# The Bridge

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# HEARD ON THE STREET

Have a news tip? An event? Downtown gossip that has legs? Contact Bridge managing editor Marsha Barber at [mbarber@montpelierbridge.com](mailto:mbarber@montpelierbridge.com) or 223-5112, ext. 14 for possible inclusion in *Heard on the Street*.

## New Chamber Music Series Presents Concerts

Scrag Mountain Music, a new chamber music series, will be hosting concerts in the area. On January 21 through January 23, the concerts will be in Northfield, Montpelier and Warren. Performers include Artistic Directors Mary Bonhag, soprano, and Evan Premo on double bass. Also featured are special guests Julia MacLaine, on cello, and Karen Kevra, on flute. Premo performs regularly at Carnegie Hall, as well as internationally, and enjoyed the world premiere of his own double concerto for violin and double bass with Andrés Cardenes and the Pittsburgh Chamber Orchestra. Bonhag made her Carnegie Hall solo debut in 2009, singing in David T. Little's chamber opera, *Dog Days*.

Guest artist Julia MacLaine, praised by the *New York Times* for her "sweet, throbbing vibrato," performs worldwide as a recitalist and chamber musician in styles ranging from classical and contemporary to world music and her own compositions. Montpelier audiences will recognize the city's own Karen Kevra, who has won national attention as one of the country's outstanding flutists and has performed on French National Television, at Carnegie Hall and at the French embassy in Washington, D.C.

Scrag Mountain Music encourages and helps everyone, especially people new to the genre, to move beyond experiencing classical music as an intellectual exercise and approach the music from the heart. The group's music includes a diverse range of styles and periods, with a focus on 20th- and 21st-century composers. The performers will help audience members find a personal connection to the music.

Scrag Mountain musicians will play on Friday, January 21 at 7 p.m. at the Green Mountain Girls' Farm 923 Loop Road, Northfield; Saturday, January 22 at 7 p.m. at Montpelier's Langdon Street Café; and Sunday, January 23 at 4 p.m. at the Warren United Church. For more information, visit [scragmountainmusic.weebly.com](http://scragmountainmusic.weebly.com).

## Transition Town Montpelier Develops Health Group

Transition Town Montpelier, a recently formed organization geared toward bringing communities together, has developed several working groups. One of the groups focuses on health and wellness, addressing issues in the health care system. A main goal is to communicate with traditional and alternative health care providers in the community and create a database about their skills and services. To get involved or for more information, contact Health and Wellness Group Coordinator Rob Gold at [robjgold@gmail.com](mailto:robjgold@gmail.com) or call 802-454-1272.

Transition Town Montpelier meets once a month for community potlucks and gatherings. The next meeting is Saturday, February 5, noon to 2 p.m. in the Hayes Room of Kellogg-Hubbard Library. For more information, contact Annie McCleary at [transitiontownmontpelier@gmail.com](mailto:transitiontownmontpelier@gmail.com) or call 456-8122.

## Comedy Moves to Kismet

A Montpelier comedy series has found a new home in. Since the Black Door Bar & Bistro closed, the comedy series they had hosted needed a different venue. Kismet, which relocated to 52 State Street in November, will host the shows, which happen four times a year with the kickoff held on January 26.

The lineup includes host and producer Kathleen Kanz, Jason P. Lorber, San Francisco comedy transplant Antenna Wilde and local favorite Joel Chaves. Dinner is not served, but alcoholic beverages will be available. The 21-and-over show starts at 8:30 p.m. with a \$5 cover.

## New Psychotherapy Referral Website

How does an individual find a suitable psychotherapist in the central Vermont area? Asking a friend, getting a referral from a doctor, checking with your insurance company or calling the various professional associations are reasonable strategies. However, you get limited information and must make a series of calls to find out who is available.

When you are a therapist and get a referral you can't take, whom do you call? You probably have a group of colleagues, but what if you are looking for a clinician with a particular specialty? And how do you get to know the new practitioners in the area?

Hoping to make these tasks easier, [cvmhp.org](http://cvmhp.org), the Central Vermont Mental Health Professionals website, has been created. Open to any licensed social worker, mental-health counselor, psychologist, psychiatrist or psychiatric nurse practitioner in private practice in the area, the site has 27 participants to date. Each clinician creates his or her own web page with information about training, background, therapeutic orientation and logistics of practice. On a separate page, all the members are listed with a notation of whether they are available to take new clients.

With little publicity, the site has gradually been taking on new clinicians. The hope is that most of the area practitioners will eventually participate, so that everyone can get a full range of information and choices.

There is a minimal cost to maintain the website that is shared by all therapist members. The rest of the work of organizing is done on a volunteer basis.

The site makes no attempt to evaluate any participants, counting on the criterion of licensing to maintain suitability.

For those searching for a therapist, go to [cvmhp.org](http://cvmhp.org). For those therapists seeking more information about participating, go to the website and e-mail Steve Moorhead or Kristin Glaser.

—compiled by Robyn Estabrook