

Cambridge Town School District Meeting

By George Putnam

The annual Cambridge Town School District Meeting was held on Tuesday, March 7, 2023, in the Cambridge Memorial Gymnasium. The meeting got underway shortly after the scheduled start time of 9:00 AM with a flag ceremony by Boy Scout Troop 39.

Three seats on the School Board for the Cambridge Elementary School (CES) were up for election:

- A three-year position held by Jan Sander. Jan was re-elected without opposition.
- A two-year position held by Denise Webster. Denise was re-elected without opposition.
- The remaining one year of a three-year position held by Lori Hébert. Lori was appointed to this position in July 2022. This position had been held by Laura Miller, who resigned when she took a job with the school. Lori was elected without opposition.

The CES School Board is a five-member board. The other two School Board directors are Heather Hobart (a two-year position expiring in 2024) and Mark Stebbins (a three-year position expiring in 2025).

Three seats on the School Board for the Lamoille North Modified Unified Union School District (LNMUUSD) were also up for election:

- A three-year position held by Mark Stebbins. Mark was re-elected without opposition.
- A three-year position held by Christy Liddy. Christy was appointed to this position in January 2023. This position had been held by Bill Sander, who died in November 2022. Christy was elected without opposition.
- The remaining two years of a three-year position held by Thomas O'Connor. Thomas was appointed to this position in July 2022. This position had been held by Laura Miller, who resigned when she took a job with the school. Thomas was elected without opposition.

Cambridge has five representatives to the LNMUUSD School Board. The other two representatives are Jan Sander (a three-year position expiring in 2024) and Susan Hamlyn-Prescott (a three-year position expiring in 2024).

There is a tribute page to Bill Sander in the 2022 Cambridge Town Report. Jan Sander, his widow, made a heartfelt nomination of Christy Liddy for his position. A citizen noted that Christy is the head of a political party in Lamoille County.

At the beginning of the meeting, Jerry Cole was re-elected Moderator without opposition. He was first elected Moderator in 1981.

CES School Board Chair Mark Stebbins gave a brief report. There were no questions. There was brief discussion of Article 6 about the Capital Reserve Fund. Citizens asked questions but easily approved the article in a voice vote. There were no questions about Article 7, the budget article, which was voted on by Australian ballot. There was no discussion under Article 8, other business, and the meeting adjourned after about 45 minutes. The annual Cambridge Town Meeting started a few minutes later.

The polls for Article 7, the budget article, were open from 7:00 AM to 7:00 PM. A total of 325 votes were cast and the budget was approved 265 to 60. Of the 325 total votes, 25 votes were cast early. For comparison, there were 225 votes cast during the in-person town meeting that began at 10:00 AM. In other words, 100 people voted by Australian ballot that did not attend the in-person Town Meeting: 25 people who voted early and 75 people who voted on Town Meeting Day. There are 3147 people on the voter checklist.

The CES School Board held the required informational meeting for the Australian ballot article on Monday, March 6 at 6:00 PM. Five members of the public attended. A Selectboard member and his wife attended virtually. A Selectboard member and two school employees attended in person.

The Cambridge Town School District Meeting on March 7, 2023, was livestreamed. The recording can be watched here: <https://www.youtube.com/watch?v=TyBxTy2P-cQ>.

Cambridge Town Meeting

By George Putnam

The annual Cambridge Town Meeting was held on Tuesday, March 7, 2023, in the Cambridge Memorial Gymnasium. The meeting got underway shortly after the scheduled start time of 10:00 AM following the Cambridge Town School District Meeting. While the Town School District Meeting wrapped up in about 45 minutes with little discussion, the Town Meeting lasted several hours, adjourning shortly before 4:00 PM.

Two topics in the Town Meeting were of particular interest to voters: the election of two Selectboard members, and Article 11 about the possible acquisition by the town of the Cambridge Community Center.

Selectboard elections were held early in the meeting, following the reports of town officers and before lunch. Two

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When cooking with pure Vermont maple syrup, substitute 3/4 to one cup of maple syrup for every one cup of granulated white sugar. Decrease the liquid in your recipe by two to four tablespoons for each cup of syrup used. Add 1/4 to 1/2 teaspoon baking soda, unless your recipe already calls for buttermilk, sour milk or sour cream. Also, decrease your oven temperature by 25 degrees as batters containing maple tend to caramelize around the edges more quickly. Pure granulated maple sugar can be substituted one for one anywhere you use white processed granulated sugar.

PHOTO AND INFORMATION FROM [HTTPS://VERMONTMAPLE.ORG/SUBSTITUTE-MAPLE-FOR-SUGAR](https://VERMONTMAPLE.ORG/SUBSTITUTE-MAPLE-FOR-SUGAR)

NEWS BRIEFS

Sugar makers welcome visitors during Maple Open House weekends

To celebrate Vermont's sweetest season, Spring Maple Open House Weekends are back and better than ever! Over 80 sugar makers and maple partners all around the state are opening their doors on Saturday-Sunday, March 25-26 and April 1-2. Find a sugar maker near you using Vermont Maple Sugar Makers Association's Maple Map, www.VermontMaple.org/MOHW. The season offers Vermont's sugar makers a chance to welcome visitors near and far into their sugarhouses to learn, taste, and explore firsthand why people should think of Vermont first when they think of maple syrup.

Vermont continues to lead the nation by a commanding margin as the top maple producing state. Total Vermont maple syrup production in 2022 was 2.55 million gallons, an 800,000 gallon

increase over the prior year and about half of the U.S. production of maple syrup. The 2023 crop is off to a good start and sugar makers look forward to offering you a taste and sharing their craft!

The sap is running and there are plenty of ways to enjoy some traditional and not-so-traditional Open House activities — sugarhouse tours, sampling syrup, tours of the woods, pancake breakfasts, and plenty of maple products to taste including maple donuts, maple cotton candy, and maple ice cream and creemees! Find all the details at www.VermontMaple.org/MOHW.

There are so many ways to celebrate maple, even if you can't join us for Maple Open House events! Support your Vermont sugar makers by purchasing their syrup and other maple products — some have robust online sites. Others might be willing to mail you just what you're looking for, so reach out and ask. The 2023 crop will be ready for you — stock up on a gallon or two of syrup and some specialty products!

Bolton Valley Appreciation Day

By Amy Grover, Bolton Town Clerk and Treasurer

Bolton Valley Resort has announced the 2023 Town of Bolton Appreciation Day: Sunday, March 26, 2023 for Bolton residents. Find all the details and requirements here: <https://www.boltonvalley.com/events-calendar/town-of-bolton-appreciation-day-2/>.

Jericho Town Meeting Day links

By Angelike A. Contis, MMCTV

If you'd like to watch (or rewatch) Jericho's Town Meeting Day, you can find links on our home page at <http://MtMansfieldCiv.org>. Thanks to the MMCTV crew of Ruth, Jim, Derek, and Erin for working tirelessly to make it happen, as well as to town and

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Family members of veterans invited to share stories

Everyone invited to attend and listen at first Family Vets Town Hall

All are invited to attend the first Family Vets Town Hall, on Sunday, April 2, 1:00 PM at the McCarthy Arts Center on Saint Michael's College campus in Colchester. Immediate family members of veterans are invited to stand before their community and speak for up to ten minutes about their experiences. Everyone is encouraged to attend and listen. The event is free and non-political, and all perspectives are valued. Snacks will be provided.

The event is organized by Vets Town Hall, a Vermont-based national nonprofit that facilitates annual events where veterans are invited to speak about what their service means to them. This

is the first event where family members are invited to speak.

"Military families have a different relationship with service, and I have often felt they absorb a majority of the burden from our being away, deployments, recoveries, and transitions," says Jon Turner, who will emcee the event. "If we serve, they serve; that should not be neglected. Families have their own thoughts and perspectives which are invaluable. Their stories should be shared and listened to."

Turner served with the U.S. Marines from 2003-2007, deploying to Haiti and twice to Iraq. He has worked with communities throughout the U.S. to assist the veteran reintegration process and recently launched 22 Peaks Challenge, a fundraiser to support organizations actively working to prevent veteran suicide. He operates Wild Roots Community Farm in Bristol, has been hosting Vets Town Halls in Vermont since 2018, and is on the Vets Town Hall Board of Directors.

Vets Town Halls were originated by author Sebastian Junger ([War, Tribe](#)) with the aim of increasing communication and understanding between veterans and civilians in their communities. Vets Town Hall was established as a 501(c)(3) nonprofit corporation in March of 2022. The organization provides resources to local Vets Town Hall organizers nationwide, and directly organizes events in Vermont.

Other local partners include Saint Michael's College Military Community Services and Student Veterans Association, VEC Community Fund, and the Vermont Veterans Outreach Program, which will be available to offer peer support.

If you wish to speak can indicate that when registering. Time permitting, family members of veterans are also welcome to sign up to speak during the event itself. RSVPs are optional but encouraged at <https://www.vetstowhall.org/>. Questions may be directed to Kristen Eaton at vermont@vetstowhall.org.

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new Selectboard members were elected: Peter Ingvoldstad and Charlie Guyette. There were surprises in both elections.

Selectboard Member George Putnam had previously announced that he was not seeking re-election for his three-year position. He served two terms, six years. Don Lange nominated Charlie Guyette for this open position. Joel Page nominated Peter Ingvoldstad. Charlie currently serves on the Board of Trustees for the Village of Jeffersonville and ran unsuccessfully for Selectboard in 2022. Peter previously served as a School Board director.

Charlie announced on March 5 (Facebook) and March 6 (Front Porch Forum) that he was seeking this position. Peter had not previously announced. He said in his remarks from the floor that he made up his mind that he would run about 1:00 AM on Town Meeting Day (March 7).

Peter won the paper ballot election by a vote of 127 to 98 (total of 225 ballots cast).

Selectboard Member Larry Wyckoff has previously expressed uncertainty about whether he was running for re-election for his two-year position. He had served three three-year terms and one two-year term for a total of 11 years. Jeff Coslett nominated Larry. Sally May nominated Charlie Guyette. Kathy Johnson nominated Chris Bolen, who had announced in the March 2 issue of the *News & Citizen* that he was running for Selectboard. Chris previously served on the Cambridge Planning Commission.

In the middle of his remarks from the floor, Larry Wyckoff declined his nomination and endorsed Charlie Guyette. Charlie won the paper ballot election 179 to 37 with one ballot spoiled (total of 217 ballots cast).

The Cambridge Selectboard is a five-member board. The other three Selectboard Members are: Courtney Leitz (a three-year position expiring in 2024); Cody Marsh (a two-year position expiring in 2024); and Jeff Coslett (a three-year position expiring in 2025).

Discussion of Article 11 about the Cambridge Community Center began well after lunch, around 2:25 PM. As printed in the warning, the article read: "Should the Town of Cambridge acquire the Cambridge Community Center? [Non-binding, advisory article.]" This was amended from the floor to read: "Should the

Town of Cambridge investigate the purchase of the Cambridge Community Center? [Non-binding, advisory article.]"

Voters spoke both for and against the article. Dr. John Dunn, one of the owners of the Cambridge Community Center, spoke. Phil Rogers spoke about the role of Cambridge 360, a nonprofit organization. At about 3:00 PM, the article was approved in a voice vote with a substantial majority.

Two procedural votes prior to the discussion of Article 11 suggested the mood of the voters. Both votes were about suspending the rules to do something in the meeting other than what was printed in the warning. This can be done with a two-thirds vote.

The first situation was before lunch and involved Rep. Lucy Boyden and Sen. Rich Westman. The town's representatives in the Legislature are expected to attend Town Meeting at some point during the day to speak to voters and answer questions. This is not in the Warning, so when they are present it is normal to suspend the rules at a convenient break in the meeting for this purpose.

The moderator allowed Rep. Boyden and Sen. Westman to speak during the counting of the ballots in the second Selectboard election. That time in the meeting is a downtime. The meeting stops until the results of the election are announced.

After the results of the second Selectboard election were announced, the moderator asked if the voters wished to suspend the rules and continue the discussion with Rep. Boyden and Sen. Westman. In a decisive voice vote, the voters said "no."

The second situation was after lunch following Article 6. There was a motion from the floor to suspend the rules and take up Article 11 next. A voice vote was inconclusive. The moderator called for a show of hands. The justices of the peace struggled to count the raised hands. The requisite number of people (seven) called for a paper ballot. There was time for several "public service announcements" while the ballots were counted. The result was 97 votes in favor of suspending the rules and taking up Article 11 next, vs. 43 votes opposed (total of 140 ballots cast). More than two-thirds were in favor and the motion passed.

Both procedural votes seemed to reflect the fact that, once the Selectboard elections were completed, a significant number of voters were more interested in Article 11 than in anything else

that might be discussed.

All other articles in the warning, including the budget article, were passed after discussion. The following town officers were elected without opposition:

Town Moderator – Jerry Cole
Auditor – Donna Hutchins
Lister – Suzanne Girouard
First Constable – Mark Schwartz
Collector of Delinquent Taxes – Dana Warren
Library Trustee for five years – Teelah Hall
Library Trustee for four years – Lesley Nace
Library Trustee for two years – Liv Perry
Library Trustee for one year – Eva Rosberg
Trustee for Public Money – Elise Raymond
Cemetery Commissioner for five years – Cathy Cleary
Cemetery Commissioner for two years – Angela Pratt
During the reports of town officers (Article 2), Courtney Leitz presented awards of appreciation to Donna Hutchins and Bonnie Hitchcock for their many years of service as town auditors. Donna was first elected 50 years earlier (1973) and Bonnie was first elected 45 years earlier (1978).

One exchange with Rep. Boyden and Sen. Westman before lunch is worth noting. A taxpayer asked: "Can you explain to me the "affordable" part of the Affordable Heat Act?" (S.5 was passed by the Vermont Senate on March 3.) Sen. Westman noted that he voted against the bill. Rep. Boyden said that the bill would now come to the House for action, and she was studying it.

Topics raised by voters under "other business" (the last article) included how the town was spending the money it received under the American Rescue Plan Act (ARPA) and the Equity Vision Statement that the Selectboard adopted in June 2022.

Lunch was provided by the Cambridge Elementary School Parent Teacher Association (CES PTA) and the 6th grade Junior Iron Chef teams.

The Cambridge Town Meeting on March 7, 2023, was livestreamed and the recording can be watched here: <https://www.youtube.com/watch?v=TjBxTy2P-cQ>. The first part is the Town School District Meeting. The Town Meeting begins shortly after the 1-hour 9-minute mark.

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COMING EVENTS

ONGOING EVENTS

Knitting Circle: meets on Wednesdays, 10:00 AM – 12:00 PM, at the Community Center in Jericho, Browns Trace, Jericho Center. Share ideas, questions, problems, solutions, and congeniality with other knitters. No charge. All are welcome.

Craft Group: meets every other Thursday (March 23, April 6 and 20), 6:00 – 8:00 PM, Deborah Rawson Memorial Library, 8 River Rd., Jericho. Open to anyone interested in coming with any craft they like: crocheting, rug hooking, knitting, needlepoint, watercolors, jewelry making, macramé... you name it! If you have any questions please contact Amy Tower, 802-355-9671 or atowerinvt@gmail.com, or Julie Hehir, 802-899-3199 or juliehhehir@comcast.net.

Calvary Episcopal Church Soup and Bread Supper, on the last Thursday of the month (March 23; April 20), 5:00 – 7:00 PM, Calvary Episcopal Church, VT Rt. 15, Jericho. Come and enjoy some great soups and fellowship with your friends and neighbors.

COMING EVENTS

Thursday, March 16

Constituent Meeting with Reps. Squirrel and Graning, 6:00 – 7:00 PM, Deborah Rawson Memorial Library, River Rd., Jericho. Join Underhill/Jericho representatives Edye Graning and Trevor Squirrel for an update on the current legislative session.

Friday, March 17

Grandparent Refresher class, 12:00 – 1:00 PM, online. You raised your child and now they are having a child! Stay up-to-date with best practices for keeping the newest member of your family safe with the virtual Grandparent Refresher class, a free one-hour class. Topics include: Safe Sleep, Car Seats, Childproofing, Social Media, and so much more! Register and join online at <http://UVMHealth.org/Grandparents-Refresher>.

St. Patrick's Day Calcutta, 5:00 PM, Catamount Country Club, Williston. Sponsored by St. Thomas Church, Underhill. There will be a silent auction, a "Dessert Dash," and 100 balls will be sold for a chance to win the \$2000 cash grand prize at this fun and entertaining evening! Cost is \$130 per ball, which includes dinner for two (marinated chicken breast, baked ziti, and all the fixings). Cash bar, with Irish coffee! Doors open at 5:00 PM with dinner served at 6:00 PM. For more details visit the St. Thomas website, <http://www.stthomasvt.com>, or email stthomasvtcalcutta@gmail.com.

Saturday, March 18

Open House at the Sinclair Inn, 1:00 – 5:00 PM, Sinclair Inn Bed and Breakfast, 389 VT Rt. 15, Jericho. We welcome all to stop on by to check out the Inn, meet the new owners, and listen to some great music! The Onion River Gang will be onsite playing a mix of bluegrass, folk, blues, and original material so bring your dancing shoes! There will be plenty of warm beverages, sweet treats, and rooms available to tour! Holly, Kyle and Cassidy Velvis are excited to meet everyone!

Tipperary to Gettysburg: The Story of John Lonergan, 10:30 AM – 12:00 PM, in-person, Vermont Genealogy Library, Pinewood Plaza, 57 River Rd., Essex Junction. Join us for Liam McKone's presentation on the life of Captain John Lonergan, recipient of the Medal of Honor for gallantry at the Battle of Gettysburg. Lonergan formed a company of Vermont Irishmen, Company A, 13th Vermont Volunteer Infantry, to preserve the Union and to gain military skills to help fight for Irish freedom.

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school staff for their support! We appreciate voters' support in town budgets to help cover part of our expenses bringing town information and meetings to the broader public.

Remember that you can always find videos about key issues and budget planning as they evolve year-round! An extensive list of videos are organized for you on our website.

Cambridge Community Food Shelf information

The Cambridge Community Food Shelf is open on Tuesdays, 1:00 – 7:00 PM. The Food Shelf is located at the Second Congregational Church (the big white church) on Church Street in Jeffersonville. The entrance is from the parking lot on Maple Street.

You can also drop off donations at the Union Bank in Jeffersonville during business hours.

This is your Westford Recreation Department

By Amanda Gifford, Westford Recreation Coordinator

The Westford Recreation Department (WRD) Committee has at least one but possibly two open Committee seats.

Requirements are just the two-hour monthly meetings, second Tuesday of each month at 7:00 PM, downstairs at the Town Office. Please email if you are interested in helping: recreation@westfordvt.us.

We also need community help with all the programs we would like to offer. The Committee is entirely volunteer and each Committee Member gives as much time as they can, but they can't do it all without you. We've got an anonymous activity suggestion page now, and we've gotten some great ideas, but without community help, they won't happen. Here are some of those suggestions so far:

- Adult drop-in craft group: we've got a space we can use, we just need someone to take lead;
- Pre-K open gym: activities for that have been suggested as well, need a volunteer lead;
- Paint & Sips: for adults and/or youth, an instructor is needed;
- Adult game nights: again need one person as lead;
- Elementary fun dance lessons: we don't need a competition team, just a high school student or adult who would teach youth some organized dance moves;
- Moonlight nature walks: the suggestion had lots of ideas modeled after something the participant got to enjoy in another town, sounds like fun with an organizer to make it happen.

This year at the Community Ice Rink is almost done, but next year, we'll need a Rink Master to do some of the organizing and daily check ins, so someone who lives (or works) nearby would

After the war, Lonergan helped organize two Fenian raids into Canada with the hope that the raids would pressure the British to surrender control of Ireland. Cost is \$10; Please visit our website www.vtgenlib.org for additional details and for registration. This will not be recorded for later viewing.

Saturday-Sunday, March 18-19

Lamoille Valley Fish and Game Club Gun Show, 9:00 AM – 5:00 PM Saturday, 9:00 AM – 2:00 PM Sunday, Champlain Valley Exposition, Essex Junction. With over 200 tables not only of firearms but also archery and fishing needs — a wide assortment of outdoor gear and equipment. Admission: adults \$10; children under 12 free.

Sunday, March 19

Soup Bowl Supper, 5:00 – 7:00 PM, Underhill Town Hall, Pleasant Valley Rd., Underhill Center. Back by popular demand — family/free/fellowship. Soup selections provided. Bring your own utensils, bowls, beverages. Bring cheese or bread or dessert. Share in the fun!

An Archaeological History of Chittenden County, 2:00 PM, Fletcher Free Library, Pickering Room, Burlington. In this free talk, Vermont's State Archaeologist Jess Robinson will speak about the native people who lived in this region pre-European contact and his insights about their lives gained through exploration of archaeological and discovered artifacts. A Q&A will follow. Robinson is a native of Burlington and a graduate (BA) of UVM with advanced degrees from the University of Kent (UK) and the University of Albany (NY). Sponsored by the Chittenden County Historical Society. Refreshments will be served. There is elevator access to the upper floor.

Tuesday, March 21

Tree Talk Tuesday, 12:00 – 12:30 PM, online. Dip your toes into tree identification and learn how climate change is likely to affect some of your favorite hardwoods and softwoods. Join VLT Lands Director Dan Kilborn for this final of a four-part series will cover spruce, fir, and pine trees. We'll look at what the future may hold for these species and the other trees they commonly grow with as our climate continues to shift. Pre-register at <https://vlt.org/events/tree-talk-tuesdays-spruce-fir-and-pines/>; Free; donations welcome.

Climate Change, Polar Bears and the Arctic, 7:00 PM, Deborah Rawson Memorial Library, Jericho. The Jericho Energy Task Force will present a program featuring National Geographic author/photographer Kieran Mulvaney, who has traveled to Antarctica and the Arctic as a writer and as an activist for the Whale and Dolphin Conservation Society, Greenpeace, and SeaWeb. He spent seven years in Alaska before returning to the continental United States, settling in Bristol in 2014. Mulvaney's books include *The Whaling Season*, *At the Ends of the Earth*, and *The Great White Bear*. His presentation will include plenty of photos of this charismatic species and a discussion of how their lives are impacted by climate change. Light refreshments will be served at this a waste-free event so please bring your own mugs and bowls. For more information, vtpuhl72@gmail.com.

What's Killing Our Bees? 7:00 PM, Foam Brewers, 112 Lake St., Burlington. Join the Chittenden County Beekeepers Club for a discussion of threats to our Vermont honeybee colonies and what we can do to fight back. Area beekeepers and anyone interested in protecting our pollinators are invited to attend. The newly formed club is seeking new members for education, collaboration and sharing as we create a community of local beekeepers. RSVP to dreville77@gmail.com.

be great! What would be even better would be to identify that person now, so that they could work with the current Committee Member who has been trying to do be Rink Master, but will be stepping down from the Committee.

Again, please email if you think you could help in any way: recreation@westfordvt.us.

Jericho Town Hall notes

This month our "Celebrating Each Other" series features Roger Miller, Jericho Highway Department: jerichovt.org/Celebrating-Each-Other. Also, the first-annual Town Volunteer Potluck was held in January at the Jericho Community Center; read more about the event here: jerichovt.org/Town-Administrator. Thanks to Phyl Newbeck for donating her time to produce these articles.

Multi-modal Path: to view the presentation slides from the public forum on the feasibility of creating a multi-use path (for bikes and pedestrians) between the villages of Jericho Corners and Riverside/Underhill Flats, visit jerichovt.org/planning-commission.

Town Plan: the next public Town Plan Discussion will be on Housing. The discussion will be hosted by the Affordable Housing Committee at the Tuesday, March 14 meeting at 7:00 PM. Please join us in person or via Zoom. For more information: jerichovt.org/jericho-affordable-housing-committee.

The latest Town Plan Survey is underway. Click here to take the survey: <https://jerichovt.org/embeds/projects/16977/survey-tools/15860>. Summaries of the results from previous Town Plan Questions of the Month, as well as slides from the Land Use Presentation can be found here: jerichovt.org/town-plan-2024.

Committee meetings — public welcome! Agendas are posted within 48 hours of the meeting date. Follow these links:

- First Monday: Diversity, Equity, Inclusion: [Committee jerichovt.org/diversity-equity-inclusion](http://jerichovt.org/diversity-equity-inclusion)
- First Tuesday: Planning Commission: jerichovt.org/planning-commission
- First Thursday: Select Board: jerichovt.org/selectboard
- Second Monday: Trails Committee: jerichovt.org/Trails-Committee
- Second Tuesday: Affordable Housing Committee: jerichovt.org/jericho-affordable-housing-committee
- Second Wednesday (as needed): [Development Review Board: jerichovt.org/DRB](http://jerichovt.org/DRB)

Missed a meeting? MMCCTV records and posts videos of our Selectboard, Planning Commission, DRB, and Affordable Housing Committee Meetings. To view past meetings click on the MMCCTV button, which can be found on the right side of each respective Join In Jericho committee web page, and find the videos posted in chronological order for each committee.

For more information, contact pcarrier@jerichovt.gov.

Thursday, March 23

Forests and Climate Change, 7:00 – 8:00 PM, Underhill Town Hall, Pleasant Valley Rd., Underhill Center. Presentation: *How Vermont's Forests Help Mitigate Climate Change and What We Can Do To Help* presented by Ali Kosiba, UVM Extension Forester and Ecophysicologist. Ali helps landowners, foresters, and decision-makers understand the impacts of climate change and other stresses on Vermont's forests and the management techniques that improve forest health and resilience. Our home here has a wealth of forests, public and privately owned. Come learn more about the part forests play in this changing world. Sponsored by Underhill Conservation Commission.

Saturday, March 25

Census Records to 1950, 10:30 AM – 12:00 PM, on Zoom. Census records the world over are easier to access than ever. Lynn Johnson will focus on teaching you how to pull the greatest number of details of your ancestors' lives out of these records by looking at the complete document. This will be done while giving an overview of U.S. censuses, starting from 1790, and including the 1950 census which was released just last year. We will delve into common mistakes that can lead you astray, while also touching on U.S. state and Canadian census records along the way. All classes at the VT Genealogy Library will be Zoom webinars; cost is \$10. Please visit our website www.vtgenlib.org for additional details and for registration.

Wednesday, March 29

White Supremacist Groups in Vermont, 7:00 PM, Good Shepherd Lutheran Church, 273 VT Rt. 15, Jericho. Panelists James Lyall, Executive Director of Vermont ACLU; Julia Torti, Assistant U.S. Attorney for Vermont; Kevin Christi, Chair of the Vermont Human Rights Commission; Julio Thompson, Assistant Attorney General of Vermont; and Rev. Mark Hughes, Executive Director of the Vermont Racial Justice Alliance will discuss the growing presence of White Supremacist groups in Vermont. Recommended reading: *White Rage: The Unspoken Truth of Our Racial Divide* by Carol Anderson. Registration link: https://us02web.zoom.us/webinar/register/WN_LzYXU77wQsmY8Q34_oleNg.

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 Must be signed for attribution with writers address and phone number. Send your news to mtngazette@gmavt.net

HEALTH NEWS

Falls Prevention Tai Chi leader training

From the Central Vermont Council on Aging

Central Vermont Council on Aging (CVCOA) is looking for volunteers to lead Falls Prevention Tai Chi classes for older Vermonters. Research shows that practicing Tai Chi improves balance, mobility, strength, and flexibility and aids in relaxation. Volunteers can make a difference by providing an opportunity to enhance community wellness through this gentle exercise.

If you enjoy taking fitness classes, have a background in health or wellness, have enjoyed teaching any subject, and/or would like to help others grow, learn, and socialize together, then this new adventure might be for you!

The Training/Certification to lead Level I Falls Prevention Tai Chi is offered thru Tai Chi Vermont, including a Zoom Session on Saturday, March 18 (1:00 – 4:00 PM) and a two-day training session at the Castleton Community Center in Castleton, VT on Friday-Saturday, March 31-April 1 from 9:00 AM – 4:00 PM. Registrants will receive a video to practice and prepare in advance. CVCOA will pay for the training providing that volunteers commit to leading 16, free one-hour classes. CVCOA provides support in finding facilities and promoting the class. Tai Chi Vermont provides continuing education support.

For more information, contact Anne Greshin, agreshin@cvcoa.org or 802-241-4840.

CPR class for the layperson

By Robert Holden, Chief, Cambridge Rescue Squad

We have room left in our CPR class at the end of this month. It will cover adult, child and infant CPR, choking and AED (Automated External Defibrillator).

The class is being held Wednesday, March 29, 5:00 – 9:00 PM at Cambridge Rescue Squad, 18 Williamson Ct., Jeffersonville on the left going up the Mountain Road (VT Rt. 108 South) before the Town Garage

You will receive an AHA (American Heart Association) CPR card. The cost of the class is \$85/person. For more information and to register, contact cambridgerescue01@gmail.com.

Bone Builders in Underhill

The Bone Builders group is alive and well and ongoing in Underhill! We meet at 9:00 AM on Monday, Wednesday, and Friday each week at the parish hall of St. Thomas Catholic Church, 6 Green St., Underhill Center.

For those unfamiliar with Bone Builders, it is an exercise program designed to prevent and reverse the negative effects of osteoporosis.

For more information, go to <https://www.unitedwaynwvt.org/community-impact/our-programs/bone-builders/>.

Happenings at Copley Hospital

We are pleased to announce that new stress testing equipment for our Cardiology Department has arrived and is installed. “We have our generous community to thank for the purchase,” noted VP of Development and Marketing Trish Rick. The \$36,000 price tag was raised through two key events: Copley annual Golf Scramble Tournament and the Gravel Moxie. The new equipment offers many more features ensuring effective tests that result in timely treatment, monitoring, and often lifestyle changes for our patients.

Copley’s Certified Brain Injury Specialist Meghan McCartney is offering a community talk that focuses on Brain Injury on Tuesday, March 21 at 6:00 PM at the Rehabilitation Department located on the Morrisville campus. Megan will discuss the different types of brain injury, effects of brain injury, healing, and rehabilitation. She will address how symptoms of brain injury can be managed with treatment to improve one’s quality of life and will share how family and friends can help in the healing process. Call 802-888-8133 to RSVP.

Welcome Anne O’Connor, MD and Samantha Diaz to Team Copley.

Anne O’Connor, MD joined Copley’s Emergency Department as Medical Director. Dr. O’Connor attended the University of Minnesota Medical School, completed her residency at the University of North Carolina in Chapel Hill followed by completing her fellowship at Johns Hopkins University in Baltimore. She comes most recently from Dartmouth Geisel School of Medicine and as Attending Physician in Emergency Medicine and Pediatric Emergency Medicine at Dartmouth Hitchcock Medical Center. Dr. O’Connor resides in Underhill with her family.

Samantha (Sam) Diaz of Waterbury joins our team as Manager of Volunteer Services. Sam comes to us from UVMCC where she served as Manager of Guest & Volunteer Services and COVID

Screening & Surveillance. In addition to providing leadership and management to over 85 direct reports, she managed the volunteer program throughout four of UVMCC campus locations. She developed a robust volunteer program with nearly 180 active volunteers reporting to onsite volunteer shifts. Her first week at Copley has been spent meeting with department leaders to learn how volunteers may be of help in their area.

Congratulations to staff members Ariel Love and Lisa Crews on completing Copley’s in-house Nursing Assistant Education Program (NAEP). The program included online learning, skills lab, and clinical time. The next step for both is taking their Vermont licensure exam.

Copley Hospital is the only hospital in Vermont selected as best-performing critical access hospital for 2023 by the Chartis Group, a healthcare consulting firm based in Chicago, IL. Copley CEO Joseph Woodin says, “This designation speaks volumes to who we are and the role we play as a local healthcare provider in the well-being of the communities we serve.”

Copley has been selected by our local Hannaford to benefit from the Community Bag Program. For every \$2.50 bag sold throughout March, Copley receives \$1. Thank you for thinking of Copley when shopping.

Nutrition basics, part 1

We all know that proper nutrition is important. We have seen labels on food products at the store, but *what do they mean and why does it matter?*

There are three components to all food, known as macronutrients. They are carbohydrates, fats, and proteins.

Carbohydrates derive their name from the fact that they are made of carbon, hydrogen, and oxygen molecules. Carbs provide energy for the body and aid in digestion and absorption of food. Sugars, starches, fruits, and vegetables are carbohydrate sources.

There are two types of carbohydrates, simple and complex. Simple carbohydrates (or sugars) are small molecules that include table sugar (sucrose), milk sugar (maltose), and fruit sugar (fructose). These sugars are absorbed and elevate blood sugar levels quickly. However, the blood sugar can also fall quickly with these food sources, potentially creating blood sugar problems. Complex carbohydrates are larger molecules and consequently absorbed and processed more slowly. Blood sugar levels rise and fall more gradually, keeping blood sugar even which is ideal. Vegetables, whole grains, and legumes are food sources. Dietary fiber is also a complex carbohydrate.

Refined carbohydrates are altered carbs. Usually, they have had the fiber, minerals and vitamins removed, hence their nickname “empty calories.” Examples are cookies, cakes, sodas and chips — the so called “junk foods”. If eaten in abundance over a lifetime, they can lead to hypoglycemia and diabetes — blood sugar disorders. Furthermore, these foods also tend to contain hydrogenated (a.k.a. trans) fats and oils as well as sodium, which also creates nutritional imbalances. Given their usually high calorie profile and poor nutrition, it is a good idea to limit regular consumption of these foods.

Fiber is another component of carbohydrates. There are two types: soluble, which can be digested, and insoluble, which cannot. Fiber retains water, which creates bulkier and softer stools. Fiber helps prevent constipation, and there is some research suggesting fiber can reduce colon cancer risk. Fiber also helps bind cholesterol and eliminates it from the body. Food sources of fiber are whole grains, legumes, fruits, and vegetables.

Protein is another macronutrient. Protein is also important in energy production as well as a building block in tissue development, the manufacture of neurotransmitters, hormones, (e.g., insulin and thyroid hormones), antibodies, and enzymes. Protein is broken down during digestion to amino acids. Some amino acids can be manufactured in the body from other amino acids. Consequently, these are called non-essential. However, other amino acids cannot be synthesized in the body, must be consumed and are called essential amino acids. Foods that contain all the essential amino acids are called complete proteins. Examples are meat, fish, eggs, dairy, and soy products. Combining incomplete proteins can provide the components to create a complete protein. Possible combinations could be legumes with corn or brown rice and nuts. Ethnic foods often combine proteins like the Mexican combination of beans and corn or the Asian combination of tofu and brown rice.

Nutrition is an ever-evolving field. Discoveries are being made and modified regularly. In general, the best bet is to eat as much unaltered food as possible. That is, less processed foods like chips, cookies, sodas, etc. and more fruits and vegetables, less salt, sugar, alcohol and caffeinated beverages. Occasional indiscretions are one thing but regular consumption of empty calories can contribute to a slow death.

Mary Kintner, D.C., R.N., has studied nutrition since the 1960s. She became a registered nurse in 1980, a chiropractor in 1988, and a certified clinical nutritionist in 1996. She continues to study nutrition and practices in Richmond.

Samantha Diaz joins Copley Hospital as Manager, Volunteer Services

Copley Hospital announced the appointment of Samantha Diaz to its newly created Manager of Volunteer Services position. Diaz brings a wealth of experience to the role, including Practice Supervisor at University of Vermont Medical Center’s (UVMCC) Berlin Family Medicine; Medical Oncology Practice Supervisor at Memorial Sloan Kettering’s Breast Cancer Center in New York City; and most recently as Manager of Guest and Volunteer Services at UVMCC.

With the addition of this new manager-level position, Copley plans to rebuild and reinvigorate its existing network of community volunteers, many of whom had to be put on leave or reduced hours during the Covid pandemic.

“I’m very excited to join the team at Copley because I have a genuine respect and enthusiasm for this small community, its history, and its members,” Diaz said. “Copley will afford me the opportunity to get to know volunteers on a deeper level, how they can best serve patients and families, and how our hospital can better serve its own community.”

“What drew me to Copley,” Diaz noted, “was the opportunity to get to know each department and the specific skill sets they are in need of; and then match those needs to Volunteers’ interests

and expertise. The Morrisville/Stowe area is filled with people who’ve excelled in business, agriculture, finance and other fields, and those are all skills we can really use here at the hospital.”

“We are very pleased to bring someone of Samantha’s caliber on board, not only to jump start our existing program but also bring it to a new level,” said Chief Administration Officer Wayne Stockbridge. “It seems like a perfect fit on every level.”

Diaz is already meeting with hospital departments, clinics, and practices to determine where, when, and how best to bring Volunteers on board. Community members wishing to return as volunteers or contribute their knowledge and expertise are encouraged to contact her at sdiaz@chsi.org.

Samantha resides in Waterbury. She serves on the Community Restorative Panel for Washington County’s Diversion program, and enjoys outdoor tennis, equestrian sports, is a Stowe Tango Music festival enthusiast, and has a love for learning and reading about Vermont history. Please join Copley in welcoming Samantha to the Copley family.

Hand washing

With viruses like RSV, influenza, and COVID in abundance this winter, parents have been asking for the best recommendation to keep their children healthy.

Believe it or not, I always answer hand washing. That’s right: hand washing. In fact, let me give everyone a hand in understanding why this is such an important thing to do.

Why hand washing is so effective

Your child is exposed to all kinds of germs throughout the day. When they touch a playmate, share toys, pet their dog or cat, and if their hands with these germs touch their eyes, nose, or mouth, an infection can result that can last for days, weeks, or even longer.

With hand washing, the spread of these germs can stop and your child has a better chance of remaining healthy!

The proper way to wash hands

If you are using the soap and water method to wash your child’s hands, you need to wash or lather up their hands for at least 20 seconds or the time it takes to sing the *Happy Birthday* song nice and slow, or sing it through twice if you tend to sing it fast.

Make sure to rub and scrub between the fingers, under fingernails, and on both sides of the hands and wrists while you sing.

Rinse and then dry their hands with a clean towel, ideally a disposable one, and if possible use a paper towel to turn off the faucet.

If multiple children need to wash their hands at once, don’t use the same damp cloth or hand towel to wash or dry everyone’s hands, or germs will spread from one child to another.

In fact, if lots of children need their hands washed, this may be a good time to consider supervised use of an alcohol-based hand sanitizer instead. This can be a safe approach if used under adult supervision so children don’t lick or drink the potentially dangerous chemicals in the sanitizer.

If your child does have a cold, in addition to good hand washing, don’t forget to remind them to cough or sneeze onto their sleeve and throw away any tissues they use when they are done using them.

How often should a child wash his or her hands? Certainly before meals, after using the bathroom, when coming in from outdoors, after playing with the family pet, after sneezing, coughing, or being with someone else who is doing the same thing.

Hopefully, tips like these will wash away any doubt you may have about the importance of stressing good hand washing for everyone in your family.

Lewis First, MD, is Chief of Pediatrics at the UVM Children’s Hospital and Chair of the Department of Pediatrics at UVM’s Larner College of Medicine

Howard Center news

Howard Center’s 6th Annual Spring Conference at DoubleTree by Hilton Hotel Burlington will be held on Wednesday, April 19, 8:30 AM – 4:30 PM. Registration is open for *Breaking Barriers: Finding Purpose & Possibilities Together*. The conference will be held in-person with a virtual livestream option. Join us for a day of inspiration and learning, featuring international speakers Nadine Burke Harris, Dacher Keltner, BJ Miller, Jeffrey Swanson, and Anna Malaika Tubbs. For more information and to register, visit <http://howardcenter.org/conference-2023>.

The 11th annual Curling Classic is fast approaching and it’s a great opportunity to support Howard Center, Dragonheart Vermont, and South Burlington Rotary Club. Watch the curling teams take to the ice at Cairns Arena in South Burlington on Saturday, March 18, 8:00 AM – 6:30 PM. This event is free and open to the public. For more information: <http://howardcenter.org/howard-center-curling-challenge>.

March is National Developmental Disabilities Awareness Month and Howard Center is pleased to recognize the accomplishments and contributions of the many people we help. Last year, Howard Center provided support to 1080 individuals with a developmental disability and their families. We provide a broad range of community-based supports, including: residential, employment, counseling, care management, community support, and crisis. Visit <https://howardcenter.org/developmental-services/> for more information about our services. For local, state, and national resources, visit <https://howardcenter.org/developmental-services/additional-resources/>.

Join us Thursday, April 13 from 6:30 – 8:00 PM for the Marna and Stephen Wain Tulin Spring Community Education Series, a 25-minute excerpt of the Emmy award-winning HBO documentary *Ernie & Joe: Crisis Cops* followed by a panel discussion and Q&A. The documentary is an intimate portrait of two officers from the San Antonio Police Department’s Mental Health Unit who are helping to change the way police respond to mental health calls. Panelists include Kristin Chandler, Team Two; Shawn Burke, South Burlington Police Department; and Howard Center staff Tammy Boudah, Street Outreach; Rachel Lawler, Community Outreach; and Leslie Nelson, START. This Zoom webinar is free and open to the public. Register (free but required) at https://howardcenter.zoom.us/webinar/register/WN_10UqHnHVRPe8hRoT3tMh5A.

Suicide Prevention & Postvention Materials Available for

Health continued on page 5

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LEGISLATIVE REPORTS

Mid-session Senate update

By Kesha Ram Hinsdale, State Senator
Chittenden-Southeast Senate District

March 9

I hope you enjoyed another Town Meeting Day engaging with neighbors. This week marks the mid-point of the legislative session. At over seven months pregnant, I'm unable to respond to individual communications as quickly, but am still reading and considering your thoughts before taking action.

Housing

As Chair of Senate Economic Development, Housing & General Affairs, I am proud of our work on S.100, the Housing Opportunities Made for Everyone (HOME) Bill. It was voted out of our committee unanimously and is currently in Senate Natural Resources, expected to advance with consideration for the balance between housing and conservation. Both Appropriations Committees will also weigh in, as we continue to make historic investments in housing and municipal infrastructure with recovery funds and new federal dollars.

The HOME Bill promotes multifamily housing and streamlines overlapping permitting processes to bring down costs and make more workforce homes available. With 24,000 open jobs and fewer than 1000 housing listings, we will not meet our climate, health care, child care, or other policy goals without creating more opportunities for Vermonters to live in safe, warm, affordable homes close to where they work.

Retirement security

Many constituents have reached out about concerns with the Governor's proposal to switch public retirees to a Medicare Advantage plan, as well as an issue with teacher pensions. A majority of us have voiced our strong objections to the Medicare Advantage proposal and it would trigger a contract violation dispute that would likely see the current model prevail. We are working hard to remedy the teacher pension issue in our FY24 budget.

Our committee is working with the Treasurer to advance a new program called VT Saves. Following the lead of 12 other states, we would create an "opt out" voluntary retirement savings program for all Vermonters who do not currently have a retirement savings plan, currently about half of working people in Vermont.

S.5: Affordable Heat Act

Many of your senators have not received this many emails on a particular topic in years. That's what democracy is all about, so they are appreciated. You want us to be able to answer far more questions before setting this transition in motion, and we heard you.

S.5 is designed to help Vermonters afford what will be a costly, but necessary, transition away from fossil fuels over the next 25 years. We are asking the Public Utilities Commission for a detailed plan and cost analysis, and that will return to the Legislature in two years for a vote. There is no significant cost to Vermonters for this plan, and it's worth noting there is a cost to inaction. We saw fuel prices increase up to 120% in the last two years, sending \$650 million out of Vermont's economy, while electric costs remained flat. With such a great cost for inaction, we do intend to act, but we can and will do it in a more informed way.

Child care

Another major piece of our workforce equation is child care. We commissioned a study of the costs to provide early educators with competitive wages and benefits, and we are looking at a roughly \$200 million price tag to support their economic well-being while ensuring most parents pay no more than 10% of their income toward child care. A large coalition of business leaders are advocating for 1% on the payroll tax to meet this critical need.

S.66: School Choice

With recent Supreme Court decisions, the danger of giving public dollars to schools that discriminate or don't meet the curricular standards Vermonters expect has increased. Many of you have written about independent schools your children attend that are working well for them and give them a needed alternative. We will do our best to balance the value of existing independent schools with the looming concerns over what is coming if we don't draw a bright line around how taxpayer dollars are spent.

Gun safety

We are looking at a number of common sense gun safety provisions and hoping to find common ground with the Governor. One particularly important to me is closing the loophole that allows someone with an abuse or extreme risk protection order against them to place their guns in the hands of a family member instead of having them stored in a state-sanctioned facility for the duration of the order. Some of the devastating mass shootings in our country involve this kind of retrieval of guns from a non-secure location, and knowing someone might have this kind of access causes many to live in fear.

I hope this helps you stay informed on some of the major work we have ahead of us this session. I look forward to your feedback, even if I'm a little slower to reply. We are likely to adjourn in mid-May, and my due date is May 10, so please keep me in your thoughts as the session progresses and I try to finish the People's work before our baby arrives!

Strawberry Latte

By Kimberly Madura

She sipped a strawberry latte content in the knowledge that she said everything she ever wanted to say. And knowing there was more she wanted to ask.

Not quite so weekly
Legislative update

By Theresa Wood, State Representative
Washington-Chittenden House District

March 4

First, my apologies for not getting my weekly updates out on a regular weekly schedule for the past couple of weeks. I'm making up for it in this update with a host of action on various House bills. Also, as the Legislature takes a Town Meeting week break, I look forward to talking with folks from Bolton, Buel's Gore, Huntington and Waterbury at the various Town Meeting Day events next week.

Here's an update on several bills — all of which have passed the House and are now headed to the Senate:

- H.127 — this is a bill related to regulating sports betting
- H.53 — this bill proposed to eliminate suspension of drivers' licenses for nonpayment of certain violations
- H.76 — this bill amends provisions of the laws governing the captive insurance industry
- H.41 — this bill permits referral of domestic and sexual violence cases to a community justice center
- H.411 — is a bill that extends certain COVID flexibilities in health care and human services for one additional year
- H.148 — this bill proposes to raise the age to marry to 18
- H.67 — this bill proposes that manufacturers of household hazardous products implement a plan to collect hazardous waste free of charge to the public
- H.429 — this bill proposes to prohibit individuals who lose in the primary for one party from appearing on the general election ballot for another party, along with other election changes.
- H.40 — this bill proposes to prohibit the nonconsensual removal or tampering of a sexually protective device

It's been a busy couple of weeks and promises to continue when the break is over. Committees will have one week in which to pass out bills if they are to be considered by the other body.

I can be reached at twood@leg.state.vt.us.

2023 Town Meeting
Legislative Report

By Lucy Boyden, Cambridge Representative, VT House
March 7

It was great to see and chat with so many of you at Town Meeting today. Town Meeting signals that we're halfway through the legislative session! We've passed some significant legislation, but our work continues as the House and Senate collaborate on large interconnected challenges like housing, child care, and climate change. For more updates, check out my Town Meeting legislative report here: <https://www.lucyboydenvt.com/s/Town-Meeting-Report.pdf>.

Please do not hesitate to reach out with any questions: LucyMBoyden@gmail.com or LBoyden@leg.state.vt.us; website <http://LucyBoydenVT.com>; on Facebook, Representative Lucy Boyden.

Town Meeting with Edye Graning
and Trevor Squirrell

By Edye Graning, State Representative
Chittenden-3 House District

Edye Graning and Trevor Squirrell were at Mount Mansfield High School before the Jericho Town Meeting to answer any questions folks may have had about what's been happening this session in the Legislature. We made a brief presentation at the Jericho Town Meeting and then headed to the Underhill Town Meeting at Browns River Middle School to talk to participants there. If you were unable to make it, below is a link to our Town Meeting Report which gives highlights of the legislation that is currently moving through the Statehouse.

We have been meeting with neighbors at the Deborah Rawson Library once a month. The next event there is on Thursday, March 16, 6:00 – 7:00 PM. Please join us if you are able. There will be a remote participation option at the library events!

Thank you for your continued support! We appreciate hearing from you!

<https://docs.google.com/document/d/1nKcFToW78jWTIBZrTDw9hLauDeLDwyLy5GxngqZAlvg/edit?usp=sharing>

Health continued from page 4

Businesses: Howard Center and the Center for Health and Learning have partnered to address Vermont's high suicide rate, particularly focusing on postvention in the workplace. The goal is to prevent suicide by raising awareness through workplace cultures, preparing organizations to act in the event of a tragedy, and breaking down stigma to make it easier for people to seek help. The materials are available at <http://howardcenter.org/suicide-prevention>. Businesses interested in learning more can call 802-488-6910.

Howard Center's Chittenden
Clinic recognized by NCQA

Howard Center's Chittenden Clinic has been recognized by the National Committee for Quality Assurance (NCQA) as a Patient-Centered Medical Home. The recognition is effective from February 2023-February 2024.

The Chittenden Clinic specializes in providing medication-assisted treatment for individuals with Opioid Use Disorder. The clinic offers a comprehensive program that includes medical, therapeutic, and case management services to help individuals overcome their addiction.

The Patient-Centered Medical Home recognition acknowledges the clinic's commitment to providing quality and patient-centered care, incorporating best practices and standards set by the NCQA. The recognition is a testament to the clinic's hard work and dedication to putting the needs of their patients first.

For more information contact Paul Detzer, pdetzer@howardcenter.org or 802-488-6911.

Get creative with the ones you love at Family Art Saturday on March 25, 11:00 AM – 1:00 PM at the Burlington City Arts Center, 125 Church St., Burlington for a make-and-take art activity that connects with BCA's exhibition Sarah Stefana Smith: Willful Matters. Inspired by Smith's mixed media work that explores the relationships between light, shadow, line, and form, you can create your own weavings made from paper, found images, drawings, and textiles.



PHOTO CONTRIBUTED

Coming events continued from page 3

Saturday, April 1

Key Online Resources for French-Canadian Research. 10:30 AM – 12:00 PM, on Zoom. The Drouin Genealogical Institute brings family historians invaluable tools and collections for finding French-Canadian ancestors. With a little practice these databases on the Généalogie Québec and PRDH websites are easy to use. They reveal a wealth of information from birth, marriage, and death records. Vital statistics on whole families are linked from one generation to the next. Knowing how to use these databases together, along with informative tips and information from their blog, will help to fill in many of the gaps on your French-Canadian family tree. A few other helpful websites for French-Canadian family research will also be introduced. All classes at the VT Genealogy Library will be Zoom webinars; cost is \$10. Please visit our website www.vtgenlib.org for additional details and for registration.

Sunday, April 2

Family Vets Town Hall, 1:00 PM, McCarthy Arts Center, Saint Michael's College, Colchester. This community forum aims to increase communication and understanding between family members of veterans and the community at large. Learn more and RSVP (optional but encouraged) at <https://www.vtvetstownhall.org/>. Questions may be directed to Kristen Eaton, vermont@vetstownhall.org.

Monday, April 3

Lamoille County Legislative Breakfast, 8:00 – 9:30 AM, Smugglers' Notch Resort, 4323 VT Rt. 108, Jeffersonville. A light breakfast and coffee from a local restaurant will be followed by a short briefing by the legislators and an audience Q&A. Sponsored by the Lamoille Economic Development Corporation (LEDC) and Lamoille Chamber of Commerce. For more information and to register, go online to <https://lamoilleeconomy.org/breakfast/> (scroll down).

Friday, April 14

Let's Do Lunch! 11:30 AM – 12:30 PM, Second Congregational UCC, 16 Church St., Jeffersonville. Community lunch! Come in from the cold to join family, neighbors and friends for lunch and conversation. Made possible with the support of the Town of Cambridge Recreation Board, Cambridge Elementary School, and various community members. By donation, \$4 recommended for adults. Questions? Interested in volunteering or donating foods or doing the shopping? We'd love to hear from you. Call or text Nanci Lepsic, Cambridge Recreation Board Clerk, 802-343-2372.

4-H Health Heroes
Showcase March 25

Join the 4-H UVM Teen Health and Wellness Ambassadors and other guest presenters for hands-on learning about practical tools for your health and wellbeing! Topics include sports nutrition, self-advocacy, yoga for kids, crafting for mindfulness, and more! A healthy snack will be provided. The event is presented by the Health HEROES (Health Education Resources for Outreach, Engagement and Service) Program.

The Health HEROES Showcase will be held on Saturday, March 25, 10:00 AM – 12:30 PM on the UVM Campus. This is a free event for youth aged 8-15 (parents/guardians welcome to attend), but registration is required: <https://forms.office.com/r/FkQp30TSAJ>. For more information, contact Margaret Coan, mcoan@UVM.edu.

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COMMUNITY COLUMNS

Everyone is so beautiful

How TikTok and beauty filters are destroying teenage girls

By Zoe Bernstein

My freshman year of high school, I got a phone. I got a job too, which required a way to communicate with my parents, but that's a less exciting way of saying that I got a phone. Like anyone else my age, I downloaded Instagram, Snapchat, TikTok, posted poorly edited videos of me doing sketch comedy alone in my backyard, and followed Michelle Obama on every platform. I was really into TikTok, an app where users upload clips under three minutes long of them dancing, singing, doing skits, reviewing movies, and a million other things. There's a niche for everything on TikTok, and considering it has over a whopping one billion users, you will find your community. I did pretty quickly. I have always been a voracious reader, and started writing stories at a very young age, so I was drawn to BookTok, the "side" of TikTok focused on reviewing books, book clubs, anything literature-related. BookTok is very positive, no one is forcing someone to interact with a video about books, so everyone there truly likes reading. I've met some of my closest friends by joining international virtual book clubs. Catrin is from Wales, and she and I talk every week, and this year exchanged Christmas presents and birthday cards. All in all, I loved the time I spent on TikTok exploring the comforts of reading. But, like anyone, I am multifaceted, and I was quickly introduced to the other sides of TikTok, and that's where the trouble began.

Teenage girls are doing pretty badly these days. In fact, their mental health is at a record low. According to a report released by the CDC in February of this year, three out of five teenage girls reported feeling persistent sadness over the past year, one in three girls considered suicide, and one in five attempted. At a school of about 700, around the size of Mount Mansfield Union High School, that means that just over 70 girls have attempted suicide. Parents or teachers may be quick to blame this on substance abuse or rash behavior, but the truth is that teen drinking, smoking, opiate use, pregnancy, and rates of sexual activity have all dropped significantly since 2011.

So what's changed? Social media. Teenagers are more isolated and more virtual than ever before. Over two-thirds of all high schoolers have TikTok downloaded, and more have Instagram. Though we may not be meeting in-person, we're seeing thousands of people every day. And these people are gorgeous. When I scroll through TikTok for five minutes, I see dozens of people that could be supermodels, and they are told so in their comment sections and by their followers every day. Tweens aren't gangly and awkward anymore, they're dressed like mini-celebrities and walk around in heels. Teenagers aren't acne-ridden with braces and unfortunate bangs, they wear low-rise jeans and have flawless skin and small dogs that match their outfits.

Everyone is beautiful. That beautys' consequences are horrifying.

Teenage girls hate their bodies. It's something that's echoed to us through magazines and sitcoms and our own mothers when we cry. It's natural. It's just something that happens. That's not true. Body dysmorphia is a mental health condition linked with Obsessive Compulsive Disorder where a victim focuses so much on perceived flaws in their appearance that they are left depressed, anxious, and unable to interact socially out of shame and disgust. While just under three percent of girls are diagnosed with it, a study by the *Journal of Family Medicine* finds that 56 percent of teenage girls feel significant, prolonged distress over how they look. Body dysmorphia is brought on by comparison. If there's nothing to compare yourself to, you don't know any other way of being, so you aren't bothered by how you look. Unfortunately, women that we see everyday on television and magazines and ads are made up, photoshopped, and trained into being the standard of American beauty, and girls find themselves comparing their own bodies to these unnatural replicas of a person. This was hard in the 1990s and 2000s, when models and Disney Channel actresses did photo shoots that adorned billboards, but that was only a handful of women. Now, it's everywhere.

Back to TikTok. Children born in the early 2000s are not genetically prettier than ones who were born in other decades. We have the luxury of braces and accutane to straighten our teeth and clear our skin to a degree, but we aren't a different species. How, then, are there so many online that look so perfect? Filters. Millions of TikToks use the official TikTok beauty filter, added by a button pressed just before publishing a video. An AI will identify the user's face, and then alter it according to a certain set of guidelines.

I try it out on mine, just for kicks. In an instant, my face grows narrower, my jawline is more defined, any loose skin around my neck melts away, my cheeks are contoured, losing all fat, my nose gets bigger, my eyes get rounder and brighter, my lips get thinner, and my skin is smoothed. I look like a baby stretched onto the bone structure of an adult. I could post a video of me with that filter on, and anyone who didn't know me in real life would be sure that is what I look like. I'm me, but prettier, thinner, less Jewish, less original. There are hundreds of thousands of beauty filters that all do the same thing. If you spend an hour scrolling on TikTok, you will see thousands of beautified faces, with makeup and expert lighting and filters on, so they look like more acceptable versions of themselves. For that hour, you get used to the average person looking like a supermodel. And then you get off your phone, you walk around, you glimpse your reflection in the mirror and see a being that is less than every other being in the world. And you're horrified, you hate yourself for not being beautiful, you're embarrassed to go outside.

The dopamine rush you get when you look at "pretty" people, when you see yourself as attractive, is gone after you stop using an app, and in its place you have disappointment. This happens every single time someone who has even a doubt about their appearance goes on TikTok. *InStyle* magazine reports that as little as five minutes on TikTok or Instagram can create an "immediate anxious and depressed state of mind." It's estimated by *Women's Health Magazine* that over one billion people have used beauty filters, and over 90% of people edit their photos and videos before posting them online. But the average person doesn't see the poster in real life, doesn't realize that they are being sold a distorted and airbrushed version of a person rather than the reality.

So the average person gets depressed, obsessive, dysmorphic. I did. I would spend hours a day online looking up beauty tutorials, teaching myself how to cover every pore of my skin

with concealer, practicing diets, and promising myself that looking nicer, looking like these other teenage girls, would solve all of my problems. I didn't go outside, I skipped school out of shame, I avoided my little sister because I was simultaneously jealous of her body, and afraid that my face would scare her away. I spiraled like this for months, as millions of other girls around the country did too.

Then I came across an article written by a teenage girl who had felt the same way. And I read an article about the dangers of beauty filters, and the rise of plastic surgeons, and how teen depression is at an all-time high, and the thing linking them all together was TikTok.

So I deleted TikTok off my phone, which was very difficult, and tried to distract myself for two weeks. I felt three times better. I started going for walks outside. I went to the grocery store and even out to a shoe shop without hiding inside my car. I still felt terrible when I looked at my reflection, but I looked at my reflection a lot less. TikTok and filters destroyed my sense of self-worth, my body image, and my confidence. It's doing that to millions of other girls around the country, thousands in Vermont, hundreds in Jericho and Richmond. In order to feel better, it needs to be stopped. Start with small steps if needed, set a screen time limit or move the app off your phone screen, but the only way that this epidemic of depression and body dysmorphia can be remedied is by taking away the false information, and that means removing all the filters and putting the phone down.



A Jericho legend: lost packages

By Bernie Paquette

(Note: published online February 25)

After years of packages being delivered to the wrong address, or being recorded by the delivery agency as delivered but not actually arriving at the addressed destination, the residents of the town of Jericho, VT decided to finally take action — a decisive stroke, a firm ballpoint pen letter, written in the

stern language of an austere retired schoolmarm.

Now this being a small town, bent on continuing its tradition of town meetings (everyone gets to have their say), town folks sought comments, created a fact-finding committee, researched countless Front Page Forum notices of missing or lost packages, and drafted and reviewed findings, to set forth a genuinely unified and democratic voice of concern if not supplication.

Before posting the letter, so as not to look to be acting precipitously, volunteers relentlessly scoured bushes and fields for evidence of windblown or bear-snatched packages. None were found, though six dogs partying together imitating howling coyotes — and six cats stalking birds while themselves being stalked by a fisher — were found and returned to their owners.

After a year of preparation, and more unsuccessful package scouting using a specially trained bloodhound, an Amazon package-o-meter, and a UPS fast tracker, the day of reckoning had come. Town Meeting Day had arrived. Folks scurried into MMU and packed the high school auditorium so tight that a good amount of bubble pack was required to keep elbows from causing damage to ribs.

Folks from every address brought photos of their empty rural mailbox. Not a one was nondescript. Each had been artistically decorated, some copper boxes intentionally pitted and dented, some flowered, some carried the image of a happy homeowner with a package received in her arms; each box uniquely designed or appared or artistically enamored to make it stand out from all the rest, thereby highlighting the house number to which packages are delivered as a newborn to its own true mama. The house number on some being large enough to be seen from Mars given a decent pair of bifocals.

Over an hour and a half, the town business was addressed, voted on, and completed including budget expenditures, water and sewage, housing, and other complex matters.

Next, the final draft (letter) was read — the letter the town would send to all those who the matter concerned: UPS, FedEx, USPS, the Association of WE DELIVER *Somewhere*, and the Package organization — *We Delivered, Now You Find It / It's not our problem.org*.

Over the next two hours and twelve minutes, nearly every word of the proposed letter addressing missing and lost packages was dissected and made decisive yet dignified.

Not a soul had left the room since the onset of the letter's delineation; in fact, there were now folks standing outside the jam-packed room, listening in from the hallway. After much deliberation, the moderator having listened to many stomachs growl and eyeing the clock signifying dinner time was setting faster than the sunset, pounded the gavel with authority announcing the end of the wordsmith agonizing. It was time to take action.

With a lack of formality or precedence, the weighty, in fact, hefty letter of brief but formal appraisal of the situation, followed by a stern indication of frustration, ending with a declarative of threatened succession from the package delivery institutions of America, was stuffed into a large envelope which was then placed into an extremely large box with hundreds of post-delivery messages of packages that had never arrived at their intended destinations.

The total weight of the package was estimated at twenty-eight pounds.

Approximately seven hundred Forever stamps were placed on all sides, top, and bottom of the box, leaving just enough room for a brightly colored, glittering, glow-in-the-dark, flashing neon address label, that chimed warning tones when the package was moved in the wrong direction — that being not in the direction

of the intended receiver.

The room released a breath of dutiful, diplomatic, and decisive relief.

Town Meeting was adjourned for the year.

Spring came the day before summer on par for Vermont, and summer brought birthdays, and anniversaries on par for Vermont, however, packages still did not arrive, at least not to their intended locations, again on par with the experiences of the residents of Jericho, VT.

The quiet folks of Jericho, though, are patient. Electricity fails, we can manage. Wells dry up, we can manage. The housing shortage, we are working on it. Dirt roads are no worse in spring than the craters on the moon, we can manage, mostly.

Ongoing lost and missing deliveries — here the line of patience has been crossed.

Finally, the next Town Meeting rolled around following another Christmas season of searching for missing packages, dogs, and cats. Finding pets but not packages.

The good news, whispered about town and chewed over coffee in the Jericho Country Store, was that the town was set to receive a large financial prize for having the greatest variety of creative, and beautifully decorated, rural mailboxes of any city or town in the country.

The golden plaque and one thousand-and-twelve dollar prize (ironically equating to one dollar per lost or missing package) had been mailed to the town three months prior.

Folks rolling into the Town Meeting, another record overflow, all seemed intent on discussing the lost and missing package letter BEFORE other town meeting business. And so the agenda was modified accordingly.

First up the Select Board reported that in fact, a package had arrived at Town Hall, merely an hour earlier.

Written on the top corner of the box instead of a return address: "All our facilities are experiencing a particularly heavy load right now" and "If this is not your package, please be decent enough to get to the right address."

The room grew silent enough to hear a knife slice open the letter attached to the top of the package addressed to the Honorable members of the Jericho, VT, U.S. (or thereabouts) Community.

The Chair of the Selectboard began to read the letter aloud. Folks in the hall asked that the microphone be brought closer.

"To the honorable members of the Jericho, Vermont Community,

"We here at the association of on-time, right place every time, happy to assist with any concerns, and proud to have real people empowered to help you at our service desks, have received your letter of consternation.

"To be fair, we must tell you that we had great difficulty in reading your letter as our barcode scanners are not capable of reading even the most scholarly penmanship. In the future please use barcodes to communicate with our shipping organization. Thank You for your attention to this matter.

"Of course, there *must* be an error, (perhaps) this letter was misdirected to our organization, surely we would have heard of such concerns, would they be valid, long ago.

"It is our experience that 99.999999999999999999% of our associate's deliveries are on time, to the correct address, except those that are not. In that case, upon a thorough investigation, we generally find one of the following circumstances or causes which are beyond our control:

1. A bear has eaten grandma's insufficiently wrapped cookies after dragging the package into the woods.
2. The husband of the house has eaten grandma's wrapped cookies and discretely disposed of the now empty mailing packaging.
3. A snowplow has buried the package while miraculously leaving the mailbox untouched.
4. A lost or missing dog or cat has carried away the package. (In this case, we suggest searching for lost and missing cats and dogs and finding out where they buried the package.)
5. Mailbox is color-coded instead of barcoded.
6. Driver's Errant GPS (THAT'S NOT OUR FAULT)
7. Velocity error — Mailbox velcro fails to adhere to the package thrown from the delivery truck to the mailbox as the truck drives by. (Our driver's schedules do not allow for stops unless they give up a pee break.)
8. Vermont is a very small state — difficult enough to find it, then you have snow and dirt roads that make it, like, way hard to get to you. And gosh sake alive, you have a lot of TREES.

"We can provide you more *excuses* reasons for lost or missing packages, just send us your address and we will get them right out to you or at least someplace close to you.

"By the way, what's up with all the psychedelic mailboxes? They are very distracting to our drivers.

"Lastly, our customer service center would like to point out the benefits of lost and misdirected packages (NOT CAUSED BY US — I.E. NOT OUR FAULT) — exchanging packages builds a sense of belonging and community interaction — sort of like re-gifting.

"As a token of our appreciation for your business please find enclosed in this box a wonderful gift, if indeed we did scan the correct item before it was packaged; if not, you know the line by now, THAT'S NOT OUR FAULT.

"Sincerely,

"Anonymous representative of the *Association of Shoddy Shippers*"

Addendum:

So what's the best way to find a "lost" package?

Initiate a "dock sweep" with your neighbors at each yard along the planned route. Once completed, if your parcel is not recovered you'll end up dealing with an OS&D&CSI clerk at a centralized location somewhere in India, who can file a formal trace for you with the carrier. This should initiate a "dock sweep" on a larger scale (on Mount Mansfield) to find your lost parcel.

Always be sure to include a good description of your cart, including color, markings, labeling, and dimensions *even though you have never seen it*. It's also a good idea, when shipping to

MISCELLANEOUS NEWS



Georgia Mason Bee (left) and Bumblehead Mason Bee (among flower petals). PHOTO BY SPENCER HARDY

This spring, feed the bees — don't buy them

From the Vermont Center for Ecostudies

Instead of purchasing bees, consider improving available habitat, which should attract wild bees better adapted to your local environment. For recommendations and sources for on pollinator-friendly plants, see our Backyard Bee Habitat information sheet: <https://val.vtcecostudies.org/wp-content/uploads/2023/02/Backyard-Bee-Habitat-1.pdf>.

Bees are charismatic pollinators that are loved by many. Given the alarming news of wild bee population declines in recent years, it's no wonder that helping bees is a high priority for many avid gardeners. Adding bees to your landscape may seem like an easy way to help boost local populations; however, adding plants instead of bees is much more likely to be beneficial. Concern about struggling bee populations has spawned an industry of mail-order wild bee suppliers that often target landowners. (Honey Bees [*Apis mellifera*] are a much larger industry that is a broader topic and better covered elsewhere.) Despite good intentions, importing live bees into Vermont poses a significant threat to native species and is not recommended without carefully considering the risks and benefits.

The most common commercially available solitary bees are cavity-nesting species in the family Megachilidae. Mason bees (*Osmia*), and to a lesser extent Leaf-cutter Bees (*Megachile*), are shipped as cocoons during winter for release in the spring. While some suppliers provide information on the species (or even subspecies) for sale, others offer "Mason Bees" or "Leafcutter Bees" without naming the specific species. (Vermont has 17 species of Mason Bees and 18 species of Leafcutters.) Some of the most readily available species — Alfalfa Leafcutter (*Megachile rotundata*) and Horn-faced Mason (*Osmia cornifrons*) — are not native to the United States, though they are already widely distributed. A recent study found that native Mason Bees (*Osmia*) declined following the arrival of Horn-faced Mason (*Osmia cornifrons*) and another closely related introduced species. With an increasing number of non-native species in the U.S., the potential for inadvertently spreading novel invasive bees is a serious concern for the long-term stability of native bee communities.

Furthermore, bees, including masons and leafcutters, are susceptible to a wide range of pathogens and parasites, including fungi, viruses, mites, wasps, and even other bees. The concern is that commercially available cocoons and occupied nests could introduce these threats to a new area. Although some suppliers offer cleaned pupae, which are less likely to harbor pathogens, others sell bees in the previous summer's nesting tubes, which could easily contain problematic species.

Individuals can also purchase social Bumble Bee species online; however, these species are primarily sold to commercial growers for crop pollination. The Bumble Bee industry is older and a bit more regulated, but similar concerns about pathogen spread remain. If using Bumble Bee colonies, adding queen excluders can reduce negative impacts.

Even if a supplier is selling clean, native bees, it is unclear how beneficial this practice is, as survival and multiplication of the bees are going to depend on the resources (flowers and nesting sites) available. Instead of purchasing bees, consider improving available habitat, which should attract wild bees better adapted to your local environment.

Ways to save on an EV

From Green Mountain Power

Driving with fossil fuel is the top source of carbon emissions in Vermont (40% according to the Energy Action Network) and driving electric is less expensive than with gas — GMP's discount charging rates are like paying \$1/gallon. Plus, EVs require less maintenance than gas vehicles, saving thousands of dollars over the life of the car. According to Drive Electric Vermont, you can save more than \$4800 in just five years.

GMP boosted rebates for electric vehicles (EVs) through June 2023, so you can save more when you make the switch, and all of GMP's rebates and programs are designed to help to reduce costs for all GMP customers. GMP's base rebate for all-electric vehicles (AEVs) is now \$2200, up from \$1500 last year. Income eligible customers can get an extra \$1000 rebate for up to \$3200 in savings. If you purchase or lease from a participating dealership, they can apply the rebate as a discount. The AEV rebate can be combined with up to \$4000 in state rebates and \$7500 in federal tax incentives for qualifying vehicles. GMP's base rebate for used AEVs is now \$1500, up from \$750 last year.

For more on GMP rebates and programs including EVs, go to <https://greenmountainpower.com/rebates-programs/> or call 888-835-4672.

Green Burial survey

There is a growing movement and interest in "Green Burial" that has encouraged some existing cemeteries to offer plots or sections where they allow green burials. A green burial generally means that a body may be buried in any biodegradable container or just a shroud (cloth wrap), and be placed in the ground without the encasement of concrete, metal liner, or vault. Green burial advocates see this revival of old ways as more ecological and respectful.

The Green Burial Task Force is a recently-convened, local group of folks who are interested in exploring how simple, environmentally and economically sustainable burial options might become more available to us.

Please take a few minutes to fill out our short survey, located online at <https://forms.gle/AahysZT2m1BszXDWA>.

Raffle to benefit UVM's Children's Hospital

By Stacey Ingalls

Hello neighbors, I am selling raffle tickets to raise money for WOKO's Big Change Roundup benefiting UVM's Children's Hospital. Please let me know if you would like tickets. I will be selling a limited number of tickets for each item and the drawing will be as the raffles fill up or on Friday, April 14. Note these are individual raffles. Our team goal is to raise \$25,000 this year. You will be asked to donate through a link that takes you directly to UVM's fundraising page, and will have a virtual ticket. Please email me (singalls1969@gmail.com) with the number of tickets you would like and what raffle. I will then send you the link to make your donation. I am also available to meet local (Jeffersonville area or in Georgia).

- Contemporary Craftsman 1-Drawer Open Shelf 22" Nightstand Cherry with Walnut Pulls, by Vermont Furniture Designs. Tickets are \$10 each or three for \$20 — a \$780 value. I am able to send pictures, or visit <https://vermontfurnituredesigns.com/bedroom-accessories>. This drawing will be held Friday, April 14.

- Only 35 tickets will be sold at \$5 each for the following item: North Country River Adventure (Maine), a \$300 value. Whitewater Rafting for two people. Gear is included.

- Only 40 tickets will be sold at \$5 each for the following item: Hotel Vermont, one-night stay at Hotel Vermont located in downtown Burlington, a \$299 value.

- Only 30 tickets will be sold at \$5 each for the following item: Santa's Village, two passes to Santa's Village.

- Only 35 tickets will be sold at \$5 each for the following item: \$150 gift certificate from the Sunset Motor Inn, Morrisville, one night-deluxe room.

- Only 40 tickets will be sold at \$5 each for the following item: Dewalt 20 Volt Brushless – atomic compact series (1/4" / plug / po 6.35mm) 3-speed impact driver kit. Complete with case, charge station and battery. Donated by Sticks & Stuff, Swanton. A \$200 value.

- Only 20 tickets will be sold at \$5 each for the following item: 37" tall handmade Snowman, he is made from a wood wire spool and is so cute.

- Only 30 tickets will be sold at \$4 each for the following item: Echo Leahy Center, a year's membership for small household (four people). Includes many extras. A \$140 value.

- Only 35 tickets will be sold at \$3 each for the following item: Ausable Chasm, certificate valid for up to six free admissions to explore Ausable Chasm Trail Pass, a \$120 value.

- Only 35 tickets will be sold at \$2 each for the following item: Breakfast Crate, a wooden crate full of breakfast goodness. Runamok maple syrup, buttermilk pancake mix, Dakin Farm blueberry jam, Dakin Farm maple butter, organic vanilla rose drinking chocolate, blueberry muffin mix, scone mix, and Keurig Green Mountain K-cups (Breakfast Blend).

- Only 30 tickets will be sold at \$2 each for the following item: Maple Basket, pint of maple syrup, maple cotton candy, maple popcorn, cajun maple popcorn, hard maple candies and a box of 100% maple candies. Donated and made from JJ's Maple.

- Only 30 tickets will be sold at \$1 each for the following item: Spirit Of Ethan Allen, two tickets for a scenic narrated cruise aboard the Spirit of Ethan Allen, a \$32 value.

- 50/50 Raffle – unlimited tickets, \$5 each.

United Way Volunteer opportunities

GET CONNECTED TO VOLUNTEERING! United Way's Volunteer Connection site is set up to help connect agencies and volunteers. Agencies are working hard to navigate volunteering during this time, but opportunities are increasing. Go online to <https://unitedwaynmvt.galaxydigital.com/> to learn more about these and other opportunities.

FAMILY WEEKEND — UVM Extension invites volunteer instructors to share their passion for spending time in nature at the 25th Annual Outdoor Family Weekend on September 8-10, 2023, at Stillwater State Park in Groton, VT. The program is a joint effort of the UVM Extension 4-H Program and the VT Agency of Natural Resources Department of Fish and Wildlife, and seeks to instill a basic understanding of environmental conservation, safety, and fun in the outdoors. Instructors teach two-hour workshops in subjects of their choice such as wildlife, forestry, orienting and GPS, hiking, fitness, camping skills, kayaking, firearm safety, fishing, outdoor arts and crafts, and more. For more details and to share ideas, contact Allison Smith, Allison.smith.2@uvm.edu.

FEEDBACK NEEDED — UVM Extension is looking for volunteer evaluators to give meaningful feedback to youth at their public speaking and presentation contest on 4H Day, May 6, 9:30 AM – 12:00 PM. At the event, youth from across Vermont will present public speaking and exhibits on a variety of topics. There is a rubric for each category as to how to evaluate and provide feedback. Volunteers are invited to stay for the awards ceremony at 1:00 PM. Contact Allison Smith, Allison.smith.2@uvm.edu.

PROVIDE A MEAL — ANEW Place is looking for folks to drop off a healthy, nutritious meal between 6:00 – 6:30 PM for about 12-15 guests. The following options are particular favorites of guests: lasagna, stuffed shells, vegetable stir fry and rice, fried rice, baked chicken, and desserts of fruit and/or yogurt. Due to allergies, avoid peanuts, shellfish, and poppyseeds. Meal providers who are fully vaccinated are invited to stay and share the meal with residents. To sign up for a date, go online to <https://www.anewplacevt.org/meals.html>.

PARENT EDUCATION — Prevent Child Abuse Vermont is seeking skilled professions, experienced parents and grandparents, and/or grad students seeking field work to join a committed team of leaders to facilitate virtual parent education classes and support groups. Meetings are held via Zoom and help parents learn the skills needed to strengthen themselves and their families. Contact them at 802-498-0623 or familysupport@pcavt.org.

New cannabis business association launches in Vermont

Vermont-owned cannabis retailers

will work to create a thriving cannabis market

The Cannabis Retailers Association of Vermont launched a new business association today. The new group will focus exclusively on policies they believe are critical for their sustained success.

Twenty-one states have established a legal market for cannabis in the United States. In many of these states, there have been difficulties in creating a sustainable cannabis market. The uncertainty has made it even more difficult for many independently owned-companies. The group will work with elected officials and regulators to help ensure the industry evolves in a way that supports small, Vermont-owned businesses in the state.

The group has identified several key policy issues they intend to focus on immediately. Some other issues — like repealing the tax on vape cartridges — are currently being discussed in the Legislature. Others may require a long-term effort, like amending the advertising rules to allow their businesses to utilize traditional advertising tactics statewide.

The new association has 15 members from around Vermont and is adding more daily.

The Cannabis Retailers Association of Vermont is a member organization started by Vermont owned cannabis retailers. They intend to work on policy issues in the legislature and in front of the Cannabis Control Board as well as provide support to their members year round. Learn more at the website <http://crvt.org>.

Angela's weatherization assistance story

From the VT Department for Children and Families

When a single mom of three was blindsided by a \$1500 heating bill, she nearly gave up on her homeownership dream. Instead, she pledged to herself to keep her dream home and got her family \$10,000 in free home improvements through the Weatherization Assistance Program, driving down the cost of her energy bills to just \$300 a month.

When Angela purchased a vintage duplex, she was excited about future renovation projects, but Angela was not prepared for the astronomical costs of unexpected home repairs.

"It was extremely cold inside. No matter how often I tried to crank up the heat, I couldn't keep it warm. At one point, I was thinking about selling this house because I could not afford to pay more than \$1500 for heat in a month, which is half of my earnings." As time went on, more issues emerged. Because of a mice infestation, the damaged boiler was leaking hot water in the basement and creating a potential fire hazard.

"It was my main concern, and this repair would cost me a fortune. Besides, it was impossible to find an available plumber." The problems with the house kept Angela up at night. Trying to sleep in a cold house kept her up, too.

One day a coworker told her about the weatherization assistance program and suggested that she apply. Angela filled out the form but assumed that earning more than \$50,000 a year would make her ineligible. To her surprise, she immediately got a call from the representative saying she was approved for free weatherization services.

"Weatherization was such a rescue plan. When the crew came in and replaced the boiler, I was literally crying because it was such a stress relief." After inspection, the crew uncovered that the entire house was uninsulated. For Angela's family specifically, they used cellulose insulation for the walls and attic to keep the heat in, and even replaced her old refrigerator with an energy efficient model. All home improvements were made at no cost to Angela!

This drastically improved the comfort of Angela's home, while also dramatically slashing her utility bills.

"My house is so much warmer now. I sleep better without the fear of upcoming expenses. The weatherization crew was so friendly, efficient, and neat. This was such a great experience for me!"

The Weatherization Assistance Program can improve the energy efficiency, safety, and comfort of your home and save you money on energy bills. To learn more about the program and how to apply go to <https://dcf.vermont.gov/benefits/weatherization>.

Community columns continued from page 6

Vermont, to never write the address in a font smaller than 789.

Your parcel may be searched by customs agents while in transit, and placing the label with a Vermont location will increase the likelihood your shipping address may not be recognizable as a valid location when your shipment is cleared for delivery.

We have enclosed *photos of all the mailboxes that our drivers have encountered in Jericho, VT. They all seem to look alike to us. Try making them stand out from each other; *perhaps paint them different shades of white or green so they stand out from the background and other mailboxes.*

(* Photos of mailboxes: <https://jerichovermont.blogspot.com/2022/05/jericho-vt-mailbox-art.html>)

Postscript: Ever since, when Town Meeting Day arrives, tens of thousands of packages addressed with *exquisitely fluid and stylish handwriting* are delivered to Jericho residence addresses. Hardly any of them are addressed to the house number they arrive at, in fact hardly any of them are addressed to Jericho or even Vermont.

Some think the bar code reader is intentionally coded with one wrong digit every Town Meeting Day. Others blame the perfect cursive of the address label. If you live outside Vermont, come visit us on Town Meeting Day, we might just have your lost or missing package.

By the way, our mailboxes are color-coded: View them at <https://jerichovermont.blogspot.com/2022/05/jericho-vermont-mailbox-art-ii.html>.

We have room for your ad.

Call Brenda Boutin at 802-453-6354 for more information
or email mtngazette@gmavt.net.

LIBRARY NEWS

Cribbage at DRML

The Underhill/Jericho Cribbage Group meets at the Deborah Rawson Memorial Library:

Tuesdays, first Tuesdays of the month (April 4, May 2, June 6...), 10:30 AM – 12:00 PM (or whenever you'd like to leave): Underhill/Jericho Cribbage Group.

Thursdays, March 23, April 27, May 25, June 22, 6:00 – 7:30 PM (library closes at 8:00 PM): Underhill/Jericho Cribbage Group in the meeting room at DRML.

All levels are welcome, we will split up into pairs, singles, and three-hand depending on the turnout. Please bring your own deck and board in case we need them. These are meant to be friendly non-muggins games, and you will have free choice of who you want to play with. Note that some people get a little annoyed with too much chit-chat while the game is in play, making it hard to concentrate and multi-task; so perhaps try to keep visiting to when someone is shuffling or before or after the game. Also, please remember to be respectful of others who are counting who may not be as quick as you but can still get there with patience! If you would like help counting your hand, please ask. If you notice points someone missed, please point them out so we can keep it hospitable and others can learn!

Contact Jacci Alder with questions or concerns, or if you need a ride to attend

DEBORAH RAWSON MEMORIAL LIBRARY

The library is open, no appointment needed: Tuesday and Thursdays 10:00 AM – 8:00 PM, Wednesday and Friday 10:00 AM – 6:00 PM, Saturday 10:00 AM – 2:00 PM, and Sunday 1:00 – 4:00 PM. All programs meet in person.

You are invited to enjoy a lovely art display at DRML. The library loves hosting local artists; feel free to leave your name if you are interested in displaying.

Ongoing

Free COVID Test Kits — Need an at home COVID test kit? DRML is offering them ONLY through curbside pick-up for community safety. Kits will not be available inside the building. Contact 802-899-4962 or rawsonlibrary@drml.org to arrange a pick-up so we can have them ready. Let us know the number of kits you need, up to four kits. Each kit contains two tests. We will let you know what bag number is yours.

Check out these great programs! All programs meet in person at DRML.

Fridays, 11:00 AM: Stories and Songs with the Londons [Preschool] Come sing, dance and listen to stories with Beth and David London. If schools close for a snow day, Beth and David will not visit.

Tuesdays, 10:30 AM: Baby Time [birth to PreK] It seems that all our preschoolers have become school agers so let's turn story time into baby time. We hope you can join us with your little one for lap bounces, songs, dancing, and a story. No registration necessary.

Thursday, March 23, 3:00 – 5:00 PM: Animation Club. [ages 8+] Join us to play games, watch inspiring short animations, and then create your own with the library's equipment. Space is limited; sign up by stopping by the library or contact 802-899-4962 or youth_librarian@drml.org.

Please visit our website for the most up-to-date information on programs at DRML. Contact information: rawsonlibrary@drml.org; www.drml.org; 802-899-4962.

JERICHO TOWN LIBRARY

We are open 10:00 AM – 7:00 PM Tuesday, 10:00 AM – 4:00 PM Wednesday-Friday, and 10:00 AM – 2:00 PM Saturday. We are completely mask-optional and fully reopened.

Don't have a library card yet? Just drop by; getting a library card takes only a minute! We just need some quick contact information from you and you'll be all set, no ID or anything else needed.

Since 2003, Vermont Humanities has invited students, adults, and seniors across the state to read the same book and participate in a wide variety of community activities related to the book's themes. The 2022-23 Vermont Reads pick is *The Most Costly Journey*, a graphic novel that explores the lives of migrant farmworkers in Vermont. Jericho Town Library has put together a take-home reader's guide to help readers engage with the book. Fill out this short form to receive your guide: <https://forms.gle/c49ozLDZiEXcN4ms5>. All participants will receive a print reader's guide and a surprise treat from Vermont's finest ice cream company! Open to all, no matter where (or if) you have a library card.

Homebound Access Program: Jericho Town Library provides delivery services to anyone who is homebound (permanently or temporarily) and cannot come to the library to pick up their books in person. Patrons can request materials via phone, email, or a snail-mail paper form. We make deliveries the first and third Wednesday of each month and patrons can return books at that time. For more information go online to <https://www.jerichotownlibraryvt.org/homebound-access-service.html> or call Gretchen during regular library hours, 802-899-4686. We are here to assist you with delivering the perfect book to read this winter!

Thursdays, 10:30 AM: Playgroup for kids under 5. This fall, we'll have playgroup on Thursdays instead of traditional storytime. Playgroup will take place in the children's area on the second floor of the library, and will be an informal program for kids to just PLAY and enjoy our great collection of toys! This is a wonderful opportunity for children under 5 to socialize, and for families to connect with other parents and caregivers in the community.

Our amazing second-floor play area was transformed a couple years ago with a generous gift from the King family, commemorating the life of beloved Jericho resident Kelly King. The second floor also features the Makerspace and some beautiful mosaics by local artist Mary Lacy. Some fan-favorite toys in the play area are the grocery store, kitchen, puppets, and of course, the train set! The play area is open whenever the library is.

Find us on Facebook and Instagram (@[jerichotownlibrary](https://www.instagram.com/jerichotownlibrary)) for regular updates on our programs, services, and collections. 802-899-4686, library@jerichotownlibraryvt.org, www.jerichotownlibraryvt.org.

VARNUM MEMORIAL LIBRARY JEFFERSONVILLE

Please let us know how we can assist you by contacting varnumrequests@gmail.com or 802-644-2117.

The Varnum Memorial Library is open for curbside pickup and in-person browsing. Please continue to wear a mask.

In addition to the programming listed below, the Varnum would like to remind the community that there are free gun locks and free COVID tests available to all. This month sees the opening of the Seed Library, so start dreaming your garden now.

As a reminder, please check our website for the most information regarding programming. More complete descriptions and up-to-date changes can be found at: <http://www.varnumlibrary.org>. We look forward to seeing you!

Tuesdays, March 14, 21, 11:00 AM – 2:00 PM: Mobile Rural Resource Navigator.

Tuesday, March 14: Crafternoon 3:30 – 4:30 PM.

Tuesdays, March 14, 21, 3:30 – 4:30 PM: Read With Me.

Wednesdays, March 15, 22, 29, 10:00 AM: Toddler Time.

Thursdays, March 16, 23, 30, 10:00 – 11:00 AM: Coffee and Conversations.

Thursdays, March 16, 23, 30, Adult Crafting.

Tuesday, March 21, 4:00 PM: Fun with Pete The Cat.

Wednesday, March 22, 4:00 – 6:00 PM: Dungeons and Dragons.

Tuesday, March 28, 3:00 – 5:00 PM: Community Games.

Find more information about these events and updated offerings on our website: <http://www.varnumlibrary.org>. For questions, contact varnumrequests@gmail.com or 802-644-2117.

Hours: Tuesday-Thursday 9:00 AM – 6:00 PM; Friday-Saturday 9:00 AM – 3:00 PM. (Hours can vary week to week; please check the website to be certain.)

The Varnum Library is not totally ADA compliant, but does offer an entrance ramp.

The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville, 802-644-2117; thevarnum@gmail.com; www.varnumlibrary.org.

WESTFORD PUBLIC LIBRARY

We have a new website: www.westfordpubliclibrary.org. Check it out! If you are not seeing something new, make sure to clear your cache. If you bookmarked the old one, make sure to delete that and bookmark the new one.

The library hours of operation (meaning come in and browse the shelves, use the computer, grab a DVD, etc.): Tuesdays and Thursdays 10:00 AM – 7:00 PM, Wednesdays and Fridays 1:00 – 7:00 PM, and Saturdays 10:00 AM – 2:00 PM, no appointments needed. Patrons of all ages are welcome; children under 12 must be accompanied by an adult. If you feel you need curbside service, for whatever reason, please email Bree at the library and we can work something out. We want nothing to impede you from using the library.

The Westford Food Shelf is now open twice a month, on the first Wednesday of each month (April 5), 4:30 – 5:30 PM, on the third Saturday (March 18), 8:00 – 9:00 AM. With increased openings, they need more inventory! The Westford Public Library has food collection bins at all curbside pickups from now on. These bins are for non-perishable food and household items.

New Winter StoryWalk going up at Westford Elementary School — look for signs. Thank you to the Westford Conservation Commission for helping with this project.

Northern Vermont Artist's Association (NVAA) will display art through the end of May. NVAA is a non-profit dedicated to the promotion of professional and amateur artists from all over northern Vermont. Founded in 1931, the NVAA is the oldest such organization in Vermont.

New Digital Service: Mango Languages! Visit our Resource Tab on our website or go to <https://connect.mangolanguages.com/westfordpubliclibrary/start>. To sign up, create an account with your email, library card number (starts with 2vrs5), and a password of your choosing. Mango for libraries offers over 70 world language courses expertly designed to adapt to a diverse range of learning needs, styles, and backgrounds. Give your community the benefits of lifelong learning and the confidence needed to communicate in a new language.

Thursdays, 6:30 – 9:00 PM, Fiber Arts is back as the Maker Group, now open to all makers — whether you knit, crochet, make jewelry, sketch, paint, paper craft, or any other art — or if you are a tinkerer — all are welcome! (March 16: no Makers' Group)

Tuesdays, March 14, 21, and 28, 5:30 – 6:30 PM: Chess Club. Instructor: Erik Wammer. Parents/guardians with some chess knowledge are encouraged to stay and help support the group. We need at least one other adult to stay. Attendees should be in grade 3 and up and have at least some basic knowledge of how to play chess. Chess boards are provided. Space is limited, so sign up by calling or emailing the library.

Tuesdays, March 14 and 28, 10:30 AM – 12:00 PM: Coffee and Cards. This month: Cribbage, Euchre, Hearts, Rummy — whatever your game — we will play it. Meet up with folks at the library for coffee, conversation, and cards for a great opportunity to socialize and keep those card playing skills sharp. Open to anyone, but especially looking to connect with seniors.

Wednesday, March 15, 7:00 – 9:00 PM: Trustees Meeting

Thursdays, March 16, 23, and 30, 11:15 AM: Early Literacy Storytime. Children from birth through pre-school will sing songs, read stories, move, and do crafts! No signup needed, all ages are welcome. March 16: Green. March 23: Puppies. March 30: Drawing/Pencils.

Thursday, March 16, 6:30 – 8:00 PM, and Saturday, March 18, 10:30 AM – 12:00 PM: FWNI — Nurturing a Child's Sense of Wonder, a family/parent discussion series. Explore topics and best practices in supporting nature-based play and adventure while nurturing a sense of wonder, place, and well-being, using ideas from the book *Adventure, Play, Peace* by Nancy MacPhee Bower. Free; please register at westfordpubliclibrary@gmail.com.

Wednesday, March 22, 7:00 – 8:00 PM: Adult Book Club. This month: *The Geography of Bliss: One Grump's Search for the Happiest Places in the World* by Eric Weiner. Part travel memoir, part humor, and part twisted self-help guide, *The Geography of Bliss* takes the reader across the globe to investigate not what happiness is, but WHERE it is. Are people in Switzerland happier because it is the most democratic country in the world? Do citizens of Qatar, awash in petrodollars, find joy in all that cash? Is the King of Bhutan a visionary for his initiative to calculate Gross National Happiness? Why is Asheville, North Carolina so damn happy? In a unique mix of travel, psychology, science and humor, Eric Weiner answers those questions and many others, offering travelers of all moods some interesting new ideas for sunnier destinations and dispositions. Print copies available at library, ebook and audiobook copies available on Libby, but you

might have to put it on hold. Please return Libby copies as soon as you are done.

Find us on Facebook (www.facebook.com/westfordpubliclibrary) and Twitter (www.twitter.com/WestfordVT_pl). Bree Drapa, Librarian. 802-878-5639; www.westfordpubliclibrary.org; westfordpubliclibrary@gmail.com.

FAIRFAX COMMUNITY LIBRARY

Please sign up at least one week before the program date! All events are free unless noted. Pre-registration required; contact 802-849-2420 or libraryfairfax@gmail.com.

Youth events

Wednesdays, March 15, 22, and 29, 10:30 AM: Preschool Story Time. Join us for stories and songs! Children's books will be available to check out as well. Before you leave, pick up an activity to make at home!

Wednesday, March 15, 3:00 PM: Clay and Bead Turtle. Make a cute little turtle out of clay and a glass cabochon! Materials provided. Ages 8+ Please email libraryfairfax@gmail.com or call 802-849-2420 to register!

Wednesday, March 22, 1:00 PM: Finger Knit Bookmark. Learn how to finger knit and make a simple bookmark! Materials provided. Ages 8+ Please email libraryfairfax@gmail.com or call 849-2420 to register!

Wednesday, March 29, 3:00 PM: DIY Balancing Toys. Learn to make toys that can balance on the tip of your finger! Materials provided. Please email libraryfairfax@gmail.com or call 802-849-2420 to register!

Adult events

Thursday, March 23, 4:00 PM: Library Book Club. This month the book club will be reading *Lessons in Chemistry*, by Bonnie Garmus. Book club will meet in the library. A Zoom link will be available for anyone who wants to attend remotely. If you would like to borrow a copy of the book, or request the Zoom link, please contact the library at libraryfairfax@gmail.com or 802-849-2420. All are welcome!

Hours: Mondays, Wednesdays, and Fridays 10:00 AM – 5:30 PM (Fridays, 4:15 PM); Tuesdays and Thursdays 9:00 AM – 7:00 PM; and Saturdays 9:00 AM – 1:00 PM.

For up-to-date info about programs, visit our website www.fairfaxvlibrary.org, where you can also find a link to the interactive Google calendar. 75 Hunt Street, Fairfax; 802-849-2420.

RICHMOND LIBRARY

The Library has a new website. Same address, different look: <http://richmondfreelibraryvt.org>. We're still adding new content, but you'll find the same links to the catalog, digital resources, and program announcements.

Weekly children's programs at the Library run from September-May and follow the MMUUSD schedule for vacation days and weather closure days.

Wednesdays, 10:00 AM – 12:00 PM: Storytime/Playgroup The good times kick off with stories and action songs in the Library Community Room and then the toys come out for free play with friends new and old. Co-sponsored by the Library and the Lund Center. Kids from infant-5 and their grown ups are invited to join the fun.

Mondays, 10:30 AM: Baby Laptime. This short, active storytime is for our youngest little book lovers and their grown ups. We'll look at picture books, sing simple songs, do some rhyming and bouncing, and sometimes get out the shakers and scarves. This program is designed for infants and early toddlers.

Monthly, third Fridays (March 17): *Hora De Cuento* (Spanish Storytime). Are you interested in hearing some great stories in Spanish? Join Spanish speaker Chichi Barrett for thirty minutes of picture book stories and rhymes. This program is a great introduction to Spanish for young children and a nice way for parents of older children placed in the Spanish Immersion Program to hear the language. Join us in the Community Room.

Stitch it Up! Need to do some sewing but don't own a sewing machine? Library to the rescue! Borrow our Brother XM2701 Sewing Machine. Ask for it at the desk.

(Mostly) Fiction Book Group: contact Gwen Landis, 802-434-5012 or gwennie1972@yahoo.com, for information on participating.

Mystery Book Group: contact Maureen Parent, 802-434-2055 or mparent@gmavt.net, for information on participating.

Library hours: open for in-person browsing and pick-up at the circulation desk on Monday, Tuesday, Thursday, and Friday, 10:00 AM – 5:00 PM; Wednesday, 10:00 AM – 8:00 PM; and Saturday, 10:00 AM – 2:00 PM. Contact us at 802-434-3036 (leave a message after hours) or rfl@gmavt.net.

Richmond Free Library, 201 Bridge St., P.O. Box 997, Richmond, VT 05477; 802-434-3036; fax 802-434-3223; <http://richmondfreelibraryvt.org>.

BROWNELL LIBRARY, ESSEX JUNCTION

Contact us at frontdesk@brownelllibrary.org or 802-878-6955.

Brownell Library, 6 Lincoln St., Essex Junction. Contact Main Desk 802-878-6955, Youth Desk 802-878-6956, Reference Desk 802-878-6957, or frontdesk@brownelllibrary.org.

ESSEX FREE LIBRARY

Hours: Monday/Wednesday/Friday 9:00 AM – 5:00 PM, Tuesday/Thursday 9:00 AM – 8:00 PM, Saturday 9:00 AM – 2:00 PM.

COVID Test Kits: updated expiration dates for the kits we've been distributing! The FDA has extended the expiration dates for On/Go kits lot # CP21M34 until August 31, 2023.

Freedom and Unity: a graphic guide to civics and democracy in Vermont booklets: stop by the library to pick up your free copy of this informative booklet created by the Center for Cartoon Studies. It is "an overview of the past, present and promise of democracy and civics in our brave little state."

Free gun locks are available at the front desk while supplies last. Sponsored by the U.S. Attorney's Office for the District of Vermont. No library card or ID needed.

Now accepting book donations: two boxes per household, per week. Fiction and nonfiction, juvenile and adult, hardcover and paperback in very good condition. Please bring items into the library. No textbooks, religious books, magazines, VHS, encyclopedias, coffee table books, mildewed or stained items please. Thank you!

For all ages

Jigsaw Puzzle Swap! Saturday, March 4, 10:00 AM – 12:00

Libraries continued on page 9

SUMMER CAMPS

Horseback riding in Underhill

Impulsion Riding School located on Poker Hill Rd., Underhill will be hosting horseback riding summer camps! There are camp options from ages 6-14 with single day and multi day options. Find us on Facebook at Impulsion Riding School or email impulsionridingschool@gmail.com to find out more!

Summer day camps at Poker Hill Arts

Several summer camps are offered at Poker Hill Arts in Underhill — go online to <https://www.pokerhillarts.com/summer-camps> for complete information.

The fairy camps for 2023 at Poker Hill Arts are full. Occasionally there are cancellations; to be on the waitlist send your child's name, age, and the week you are interested to gluck.chris@gmail.com

There will be two weeks of musical theater camps run by Dana and Angel, weeks of June 19 and 26. For more information contact Dana, dthomas0712@gmail.com.

There will be two weeks of music rock camp run by Dan, weeks of August 7 and 21. For more information contact Dan, timbolandusa@gmail.com

Summer Camp at Saxon Hill School

Weekly camps at Saxon Hill School provide the ideal experience for children looking to explore the wonders of nature through discovery and adventure. Saxon Hill School camps engage children with art, adventure, creation, construction, nature, and fun. Our camps are designed for children ages 3-7. All weeks of Summer Camp will include outside play and time for self-guided exploration. At Saxon Hill School, our approach is to follow the lead of children and learn through play. In the spirit of child-led adventure, counselors will aim to focus each week on children's interests and passions as identified on the registration form. Registration is now open!

Camps run weekly from June 12-August 18, 9:00 AM – 3:00 PM. See our website for more information and to register: <https://saxonhillschool.org/summer-camp.html>.

Saxon Hill School Inc. is a family-run, cooperative preschool that combines the Reggio Emilia approach, expert teachers, and active family participation to honor the natural curiosity of our children. Located in Jericho, we serve children from ages 3-6 from Chittenden and surrounding counties, and are Act 166 approved, 5 STAR, and NAEYC accredited.

Summer camps at the Barn School in Westford

The Barn School, Brookside Rd., Westford is offering summer camps, and registration is now open! Space is limited, so register soon to get a spot. Please complete this registration form to let us know your interest, and then we'll confirm registration if there's space or add you to a waitlist: <https://docs.google.com/forms/d/e/1FAIpQLSjWWid0JMBLnVAAYUMejCWAxawL215seFHWLsygSF68oAPug/viewform>.

You can also email kara@thebarnschoolvt.com with questions about summer camp offerings.

Interested in school year enrollment? Email admissions@thebarnschoolvt.com to learn more about our school and our offerings.

CUB SCOUTS

Cub Scout Pack 839 to host Pinewood Derby

By Cubmaster Chris Lenox, Cub Scout Pack #839

Among other things it is Pinewood Derby Season! Cub Scout Pack 839 will be hosting the Pinewood Derby on Saturday, March 18, 10:00 AM – 12:00 PM at Cambridge Elementary School, School Rd., Jeffersonville, and we want to see you there. You don't need to be a Cub Scout, you don't even need to know what a scout is — as long as you have a need for speed!

We will have divisions for adults and kids; all ages are welcome. There will be prizes for the winners in each division. Car kits cost \$5 and include your entry fee. Contact Cubmaster Chris Lenox (packmaster@vtcubscoutpack839.org) to get your car kit.

Check out this video for tips from Mark Rober on making the fastest car around: <https://www.youtube.com/watch?v=a5A6SCE0eVw>.

Libraries continued from page 8

PM. Bring your own puzzles to swap or pick up a puzzle so you'll have one to swap next time! Puzzles must have all pieces and the container must be taped closed. Thanks!

Children's area

Exploration Station, ongoing. See the blue table for this week's challenge.

Mondays, 11:00 AM: Rock'n'read with Miss Noreen!

Wednesdays, 11:00 AM: Storytime with Ms. Emily. Stories and songs for young patrons.

Wednesdays, 3:00 – 4:00 PM: Lego Club. Each week, builders are invited to explore and create. No pre-registration necessary. Best for ages 9 and up, or 6 and up with an adult helper.

New STORYWALK® - The Snowy Day by Ezra Jack Keats is located along the fence in the back garden. Bundle up and enjoy!

Fridays: Grab'n'Go Craft Kits while supplies last.

Adult area

Mondays, 1:00 – 3:00 PM: Contract Bridge. Players — looking for a friendly game? Please RVSP to essexfreelibrary@essex.org.

Tuesdays, 10:30 – 11:30 AM: Tech Time. Want to learn how to download audio and ebooks? Use a Chromebook, laptop, or cell phone? Learn a language online? Use free library digital resources? Drop in with your device and your questions. We'll do our best to answer them! No appointment needed.

Tuesdays, 1:00 – 3:00 PM: Drop-In Needlecraft Group. Enjoy

Summer camp information: Mary Elizabeth at the Farm

By Crystal Porter, Mary Elizabeth Preschool

Anyone interested in the Pleasant Valley Porter Farm Summer Camp Program should reach out via email (crystal@maryelizabethpreschool.org) to receive a Camp Flyer and Registration Form. Registration deadline is Saturday, April 1, so please reach out as soon as possible!

The Summer Recreational Program is located on a farm on the Seymour River on Lower Pleasant Valley Road, Cambridge. It has programming for children ages 4-12 years old.

The 4-5 year-old sessions are three days a week for two three-week sessions:

- Session 1: June 27-July 13
- Session 2: July 18-August 3

The 6-8 and 9-12 year old sessions are five days per week and will be broken up into six one-week sessions:

- Session 1: June 26-30
- Session 2: July 3-7 (no camp on July 4) *
- Session 3: July 10-14 *
- Session 4: July 17-21 *
- Session 5: July 24-28 *
- Session 6: July 31-August 4 *

We offer a variety of activities for children including, but not limited to, feeding farm animals, barn play, fort building, scavenger hunts, build a raft, river play, hiking, whittling, cooking over a fire, survival skills, and building shelters.

* We also offer an overnight camping experience on Thursday of the indicated week, for the older campers.

Green Mountain Conservation Camp registration is open

If you are 12 to 14 years old and want to learn about Vermont's wildlife and gain outdoor skills, consider attending one of the Vermont Fish and Wildlife Department's Green Mountain Conservation Camps this summer. If you are a GMCC alum, age 16 or younger, consider coming back for another summer.

The one-week camp programs are held at Lake Bomoseen in Castleton and at Buck Lake in Woodbury. Campers participate in hands-on learning about fish and wildlife conservation, ecology, forestry, orienteering, safe firearm and archery techniques, swimming, canoeing, fishing, and more. Natural resource professionals come to the camp to share information on their programs and take campers out for field activities.

"Whether kids come alone or with friends, they are guaranteed to meet new people and form new bonds while experiencing Vermont's natural resources to the fullest," said Fish and Wildlife Education Specialist Hannah Phelps. "We would love to have all of the advanced sessions filled for campers who have already attended a basic session. Advanced sessions are for campers who have completed a basic session in a previous summer and who are 16 years old or younger. Advanced sessions include more in-depth activities about backpacking, camping, natural resources, and unique hunting and fishing techniques."

Conservation Camps open Sunday, June 18 and continue until Friday, August 18. Tuition is \$250 for the week, including food, lodging, and equipment — and financial assistance is available.

Information and registration are available at <https://vtfishandwildlife.com/learn-more/gmcc>. For more information, contact FWMGCC@vermont.gov or call 802-522-2925.

BCA Summer Camp registration is open

Make those dreams of summertime fun a reality for the young artists in your life! BCA Summer Camp registration is open. With unique mix-and-match half- and full-day options for ages 6-18 and Aftercare Art Club until 5:00 PM, you can create a custom camp experience tailored to your family's needs.

Scholarships are available to all to ensure financial need never stands between our community's youth and an enriching art experience. Limited spaces are available, so check out the digital catalog (<https://www.burlingtoncityarts.org/adult-youth-and-family-classes#catalog>), fill out a scholarship form (<https://www.burlingtoncityarts.org/scholarship>), and register at <https://canvas.burlingtoncityarts.org/classes> to grab your spot!

chatting with other crafters as you work on your project.

Thursdays, 1:00 – 3:00 PM: Hand and Foot Canasta. Meet at the reserved table in the Mezzanine.

Fridays, 1:00 – 3:00 PM: Rummikub for Adults. Meet at the reserved table on the Mezzanine.

Saturdays, 12:00 – 2:00 PM: Spanish/English Intercambio. If you are a native English speaker looking to improve your Spanish or if you are a native Spanish speaker looking to improve your English, our Intercambio may be for you! For the first hour of every session we will speak exclusively in Spanish and for the second hour we will speak exclusively in English. Come join the conversation!

Museum Passes are available for year 'round fun! <http://Essexfreelibrary.org/MuseumPasses>

Find out what's new, weekly: http://Essexfreelibrary.kohavt.org/?browseCategory=essexfreelib_aspen_new_books

Digital Resources <https://essexfreelibrary.kohavt.org/DigitalResources>

Requesting Donations: Seeking board games. Must have all pieces including instructions and be in very good condition. Please call/email first due to limited space.

Social Media: Check us out on Facebook and Instagram for updates on events!

Essex Free Library, 1 Browns River Rd., Essex; 802-879-0313; @essexfreelibrary; website <https://www.essexfreelibrary.org/>.

LETTERS TO THE EDITOR

Petition for more movement for our elementary students

To the Editor,

"When the link between physical movement and success in school is so clear, this is not a matter of fitting recess into the day. Instead, it's a matter of fitting periods of focused, productive academic instruction around the necessary movement breaks that students must have to perform at their best." — *Petition for more physical movement for elementary students given to MMUUSD in 2016*

I am a parent of a wiggly first grader and I have been looking into the recess policy for MMUUSD Elementary Schools. I was surprised to learn that after kindergarten, our young children are scheduled for one 30 minute recess, just five minutes more than our middle school and high school students. While many amazing teachers work hard to work more movement breaks into the day, the logistics of doing this are often complicated and the results are inconsistent and unequal. The research on the cognitive, mental health, and behavioral benefits of more movement are irrefutable. The CDC states kids should move a minimum of 60 minutes per day. Every administrator I have reached out to agrees that more movement is best practice, so why are we settling for less?

So I'm on a mission: Ask the school district to change their existing policy of 30 minutes of daily movement to 60 minutes. If you agree that the physical and mental health of our young children should be a priority, and trust the research which shows instructional time will be more effective, student behavior concerns will decrease, and social skills improve, please consider signing the petition at <https://forms.gle/eBjxKWSZRCJ7aJP96>.

This will be the second petition in eight years. In 2016, a petition was presented to the superintendent with 223 signatures asking for 60 minutes of movement for elementary kids. In 2019, parents of JES advocated for two recesses and won. However, as of 2023 our elementary schools appear to be back to the minimum amount required by law.

This needs to be taken up by the school board because when our community has advocated in the past, change has been temporary or nonexistent. With a board-level policy change, the benefits would be universal and consistent for all students. It could be as simple as another recess or a daily dance party. But most importantly, it would take some of the oppressive work load we expect our teachers to accomplish off their plate and shift it up the chain to administrators.

Many of the students in the original petition are in high school now, and I hope the school board members will change the status quo for the rest of the children who will go through our schools. Thank you!

Natalie Coughlin
Former VT teacher; M.Ed.
Underhill

CES PTA thanks Mardi Gras Family Dance volunteers, donors

To the Editor,

In collaboration with the dedicated members of the Cambridge After School Program, the Cambridge Elementary School (CES) Parent Teacher Association (PTA) wishes to extend a heartfelt *thank you* to the following individuals and local businesses that helped make our Mardi Gras Family Dance a huge success: Ashley's Hair Studio LLC, Butch and Deb Getek, Cambridge Rescue Services, the Family Table Restaurant, Hannaford's Morrisville, Jeffersonville Farmers and Artisan Market, Martell's at the Red Fox, Moog's Joint, Olive & Lather, and Three Crows Farm.

Thanks to the generosity of our community supporters and volunteers, we had a great time and raised close to a whopping \$1200 that will help bring the Puppets in Education program to CES. This educational program hosted by the Vermont Family Network uses puppetry to empower children to engage in dialogue about many important topics, and we are so grateful for our kids to have this opportunity.

For more details, check out our Facebook page [@cesvpt](https://www.facebook.com/cesvpt). If you're interested in sponsoring or collaborating for future events, please reach out to us at pta@cesvt.net.

Julie Curtin
Jeffersonville

Investing in child care in Jericho

To the Editor,

I'd like to start a conversation about child care with you. According to the Jericho town survey, not many Jericho residents identified child care as a community need in the community survey in relation to how we spend our ARPA dollars. I am guessing parents of young children were probably too busy to fill out a survey.

When I look at the state's Bright Futures Information System website, I see we have only six regulated programs in Jericho — there is one family child care home; one center-based program serving infants and toddlers; three part-time, part-year preschool programs; and one afterschool program for schoolagers. We want to build affordable housing in town but not think about what young families need to live here. We worry about declining enrollment in schools but don't provide critical supports for families of our youngest children. The same is true in neighboring towns.

Please, can we re-think including support for child care in our use of ARPA dollars? Encouraging the start up of quality child care contributes to having a vibrant, multigenerational community. I am not talking about free child care, but can we offer grants to help with startup costs, like fees for the many development inspections /costs, rental subsidies (if there are existing buildings), equipment, materials, and staffing for the first three months while a new program builds enrollment? Remember, this is not coming from the town budget — these are short-term federal funds.

If you agree and live in Jericho, please contact the Selectboard because the survey didn't show that this issue is important in Jericho. Folks in neighboring towns should do the same. Also, be sure to look at the Vermont Business Roundtable website about why they support child care investment. Thank you.

Lynne Robbins
Jericho

ART / MUSIC / THEATER



Vermont Youth Dancers (VYD) presents In The Woods Somewhere, Robyn Hood's Gang of Thieves at Essex High School on Saturday, April 1 at 1:30 and 6:30 PM and Sunday, April 2 at 1:30 PM, at Essex High School, 2 Educational Dr., Essex Junction. Ticket info can be found at <https://www.vermontyouthdancers.org/>. VYD delights audiences with their unexpected blend of exciting hip-hop and compelling lyrical choreography, with song choices that "tell" the story. For more information contact Mia Geoff, 802-899-1174, or Theresa Robinson, 802-373-6157.

PHOTO CONTRIBUTED

Artmix 2023 on Saturday, March 23, 6:30 – 9:00 PM at Higher Ground, 1214 Williston Rd., S. Burlington. Come see local artists and multiple performances — proceeds support local students pursuing an education in the arts. A fun family night out, all ages welcome. For tickets and more information: <https://highergroundmusic.com/events/sb-artmix-2023/>.

Do Good Fest: calling all high school musicians! Do you know a Vermont high school musician who loves to perform? Encourage them to compete in this year's "Beats for Good," National Life Group's high school music competition, for a chance to perform at Do Good Fest. Beats for Good is open to any current Vermont high school student and their classmates. This contest is open to musical acts of all sizes and genres, acoustic or electric. The grand prize winner will open Do Good Fest, have the opportunity to meet local and national musicians, and receive a \$5000 donation to their school's music program. First and second runners-up will receive \$2500 and \$1000 respectively for their school's music program, play during the festival, and also have exclusive backstage access.

Do Good Fest is a free benefit concert series that has raised more than \$345,000 since 2014. Held on the company's Montpelier campus on Saturday, July 15, National Life will once again partner with Star 92.9 to bring a national headliner and opener along with local musicians. In 2022, there were over 6500 concert attendees. Like last year, this year's festival benefits the Branches of Hope cancer patient fund at Central Vermont Medical Center. The festival will include a VIP Lounge, food vendors, a nonprofit village, face painting for kids, and a fireworks display.

Entries should include a link to a performance no longer than five minutes. Once the submission period closes, a panel of local music professionals (including Ryan Miller from *Guster*) and educators will review the submissions and choose their favorite top ten. Then the public votes for their favorite act on *DoGoodFest.com*! The act that receives the most votes will receive the opportunity to open Do Good Fest and win a \$5000 cash prize for their school's music program. Learn more at <https://dogoodfest.com/beatsforgood> and <https://dogoodfest.com/>.

Five Little Pirates: Rockin' Ron the Friendly Pirate from Cambridge stepping aboard! My song *Five Little Pirates* is a Top 10 Children's Song Finalist in the 2022 USA Songwriting Competition (<https://www.songwriting.net/winners> — scroll down the page to see the listing!) The song is a poppy Irish Jig with a reggae feel, that highlights the number 5. The just-released

video features me dancing and acting out the lyrics with little pirate characters created by Carrie Cook, and Video Production by Meadowood Media. Check out the *Five Little Pirates* video at <https://youtu.be/CrLZLxHn6XI>.

Improvisational Theatre Workshop: Register for a six-week workshop for adults to learn and practice improvisational theatre techniques, held Wednesdays from March 15-April 19, 7:00 – 8:15 PM at the Westford Common Hall. We'll be doing group exercises and games, and working up to various skit types. The goal is to bolster people's confidence and improve focus in a safe and fun atmosphere. Registration is open until March 8; the workshop accepts a maximum of 15 people. Cost is \$75, via Venmo or Paypal. If you would prefer other payment options, we can discuss before the first class. Register by sending your name, email address and phone to Nancy Volkers, nvwrites@gmail.com. We need at least 8 people registered in order to run the workshop; otherwise, all payments will be returned.

Poems in Performance: A cure for Poemphobia, Saturday, April 22, 3:00 PM, Visions of Vermont Carriage Barn Gallery, 100 Main St., Jeffersonville. In celebration of National Poetry month, Poet Geof Hewitt offers poems that defy stereotype, discussing the magical loosening of "poetry" in the past fifty years that has opened doors for reluctant readers. The event is co-sponsored by the Visions of Vermont, the Vermont Humanities Council, and the Cambridge Arts Council. For more information: cambridgeartsvt@gmail.com.

The Jeffersonville Art Jam will be held on Saturday, June 24 (rain date Sunday, June 25) and Saturday, July 1 (rain date Sunday, July 2). Events include multiple gallery shows, a sidewalk art festival, artist demos, and music. For more information and booth space registration: cambridgeartsvt@gmail.com. Co-sponsored by the Bryan Memorial Gallery, the Northern Vermont Artists Association, Visions of Vermont and the Cambridge Arts Council.

Vermont Arts Council Spotlight Gallery to host the Vermont Art Educators Association's (VAEA) member exhibit through Friday, March 31. The *Vermont Voices* exhibit will display one work of art by participating members of the VAEA, Vermont's statewide professional association for art educators and an affiliate of the National Art Education Association. *Vermont Voices* will coincide with the VAEA's biennial Youth Art Month exhibit at the Vermont State House, across State Street from the Arts Council Spotlight Gallery, enabling the community to see the creativity of both Vermont's youngest artists and the arts educators who support their growth. Visitors to the exhibit can expect to see a range of visual art styles and mediums including painting, drawing, photography, book arts, and more. The exhibit is free and open to the public, and select artworks will be available for sale through the artists. Gallery hours will be 12:00 – 5:00 PM on Monday, Wednesday, and Friday. For information about viewing the exhibit at the Spotlight Gallery contact Desmond Peeples, dpeeples@vermontartscouncil.org. For information about the Spotlight Gallery: <https://www.vermontartscouncil.org/programs/spotlight-gallery/vaea-vermont-voices>.

The Emile A Gruppe Gallery: Christine Selin and Alison Saunders have teamed up to present their work in sculpture and acrylic paintings at the Emile A Gruppe Gallery, Barber Farm Rd., Jericho. The show is will continue through Sunday, March 26. The artists have found inspiration and materials from the places they know and love. Christine will present figurative sculptures in wood and clay, the wood being sourced from Alaskan Birch. She was drawn to Alaska as a fishing biologist but she soon realized that "her love of drawing the natural world exceeded her desire to catalog it." But she left her mark in Alaska with two public art pieces of sculpture on display. Alison's inspiration for her acrylic paintings comes from her desire to interpret nature's landscape... "to celebrate one of our most valuable and immeasurable gifts — our environment." For more information, go online to emilegruppegallery.com. The Emile A Gruppe Gallery, 22 Barber Farm Rd., Jericho. Gallery hours: Thursday-Sunday, 10:00 AM – 3:00 PM or by appointment, 802-899-3211.

Serenity: As winter rolls toward spring, it is time for *Serenity* — whatever you envision as serene or calming. This exhibit runs through April 2023 in the Jericho Town Hall as part of the Jericho Town Hall Art Project. This exhibit is part of an ongoing series of shows that are part of a collaborative effort between the Town of Jericho and a committee of volunteers involved in the arts. Committee members are Catherine McMains, SelectBoard; Emilie Alexander, gallery owner; and artists Dianne Shullenberger and Carla Hochschild.

SENIOR NEWS

Upcoming CVCOA events

From the Central Vermont Council on Aging

Central Vermont Council on Aging (CVCOA) offers a variety of events and opportunities for people age 60+ and caregivers. Check out the opportunities below (dementia-friendly social time, technology training, Medicare education) and visit our website regularly for updates and news: www.cvcoa.org.

We offer monthly Medicare & You workshops to help individuals who are new to the Medicare system. If you want to participate, register by calling 802-479-0531 or by sending an email with your name, address, phone number, and the date of the workshop you would like to register for, to: medicareworkshops@cvcoa.org. Learn more on our website at <https://cvcoa.org/insurance-and-medicare-counseling>.

We partner with Technology4Tomorrow to offer technology training for older adults. "How Do I?" Tech Drop-In Sessions, held the first Tuesday of the month (April 4), 10:30 AM, and the third Thursday of the month (March 16), 3:00 PM, are a great way to troubleshoot individual issues and questions.

Age Well seeks Respite Squad volunteers

Often, as Vermonters age, family and friends are taking care of their loved ones so they can remain at home. Many of these caregivers become increasingly unable to care for themselves as they take on this loving responsibility at the expense of careers, families, and their own well-being. The cost and availability of a professional caregiver to provide them with respite is often unattainable.

Join the Idea Exchange for Teaching Artists. The Vermont Arts Council and Teaching Artists Connect have launched Idea Exchange for teaching artists, a series of five virtual, bi-monthly meetings through May 2023, with goals to build community, provide support, share skills, and offer networking. Topics vary. Upcoming Wednesday sessions, 4:00 – 6:00 PM, are: March 29, *Marketing and Communications*; and May 31: *Successful Collaborations*. Learn more and register at <https://www.vermontartscouncil.org/grants/schools/teaching-artists>.

Burlington City Arts (135 Church St., Burlington) On Wednesday, March 29, 6:00 – 7:00 PM, go deeper into the fascinating world of *Co-Created: The Artist in the Age of Intelligent Machines* and join us for a panel discussion moderated by Guest Curator, Chris Thompson. Join us for a fascinating exploration of the moral and social complexities of AI with panelists that span disciplines, including Randall Harp, Associate Prof. of Philosophy, UVM; Crystal L'Hote, Assoc. Prof. of Philosophy & Department Chair, St. Michael's College; and Peter Gallo, artist and art critic. On Saturday, April 15, *Creative AI Vermont: Symposium on Artificial Intelligence + Art*. Tickets are on sale now: adults \$40; students \$25. In conjunction with our current exhibition, *Co-Created: The Artist in the Age of Intelligent Machines*, we're bringing together local and international perspectives from artists and AI thought-leaders for a full day of groundbreaking programming at Hula on Saturday, April 15. Artist talks and technical workshops will offer exciting opportunities to explore how artists are engaging with the rapidly emerging field of creative and generative artificial intelligence.

BCA's 2023 Virtual Art Auction launches on Friday, March 17. Bring something beautiful into your life while benefiting our arts community. Each piece you bring home directly supports artists and BCA's arts-based learning programs. With a curated selection of vibrant works from internationally renowned artists, local favorites, and emerging talent, there's something to delight every kind of art lover.

Vendor Applications for the 2023 BTV Market: Calling all artists, makers, and vendors! Apply at <https://btv-market.mymarket.org/forms/signup> by Monday, March 27, 9:00 AM, to be part of this year's BTV Market. We're excited to team up again with our friends at Love Burlington to bring the best of BTV together all summer long. This amazing outdoor market in City Hall Park happens every Saturday, June 3-September 30, 11:00 AM – 3:00 PM and will feature live music, lawn games, and impeccable weekend vibes that will make the BTV Market the place to be every Saturday this summer!

Calling all emerging artists! Get the support you need to grow your creative practice and apply for the 2023 Diane Gabriel Visual Artist Award. Established in 2021 by the family of Diane Gabriel (1947-2017), a celebrated artist and educator, this annual award is given to a VT-based artist to support their development and help them better establish their practice by encouraging experimental approaches to art making. The 2023 recipient will receive a prize valued at \$2500, with the winner's work showcased via BCA promotion and social media. Applications are open through Friday, March 17 at 11:59 PM.

Creative Futures Grants call for applications: Awards of up to \$200,000 will be available to creative sector non-profit businesses, including sole proprietors, that can demonstrate economic harm caused by or exacerbated by the Covid-19 pandemic. Funding amounts will be based on 2019 (pre-pandemic) operating revenue. These funds are for any regular operating expenses including but not limited to payroll and benefits, utilities, rent, and insurance. Applications will be evaluated using the following criteria: severity of Covid-19 pandemic harm, community and cultural impact, economic impact. Full details are on the grant program web page. The program has three rounds: the deadlines for rounds 1 and 2 have passed. Round 3 opens May 1, deadline June 30, notifications by mid-August. Applications that are not funded in one round may be reconsidered in the next round. Virtual Grantseeker Workshops to help applicants find out about the Creative Futures grant program and the application process, get tips for a strong application, and get questions answered. Workshops will be recorded and posted on the Council's website after the event; closed captioning will be provided. We invite you to contact us with specific accommodations you need to facilitate your participation in the workshop. Contact Michele Bailey, 504/ADA coordinator, mibailey@vermontartscouncil.org or 802-402-4614. Voice and relay calls welcome. For questions about the grant program, contact creativefutures@vermontartscouncil.org.

WARNING

Voters of Westford Fire District No. 1

Notice of Annual Meeting
Voters of Westford Fire District No. 1
are hereby notified that
the Annual Meeting will be held:

**Tuesday, April 4, 2023, 7:00 P.M.
at the Westford Library**

The following matters of business
will be considered and acted upon:

Article 1 - Election of Officers

- Clerk
- Treasure
- Collector of Taxes
- Prudential Committee

Article 2 - Officers Reports

Article 3 - Approval of budget

By order of the WFD#1 Executive Board

SCHOOL NEWS

Cambridge Elementary early childhood program preschool screening

Will your child be turning 3 or 4 by September 1, 2023? Cambridge Elementary Early Childhood Program invites families with eligible preschool students to call 802-521-5601, to make an appointment for a developmental screening.

Early Childhood Program Preschool Developmental Screening will take place on Thursday, March 23 at the Cambridge Elementary School/Preschool, with two sessions: 4:00 – 5:00 PM and 5:00 – 6:00 PM.

Contact Beth Brown, 802-521-5601, no later than Monday, March 20 to reserve a time for your child.

Screenings will take approximately 60 minutes. During this time, parents will fill out a brief developmental questionnaire about their child while educators interact with the children to gain information about each child's development in the areas of speech and language, social/emotional, motor, and cognitive. This is also a time for parents to ask questions about their child's skills and about our preschool program.

VSAC offers free post-secondary planning

High school students and parents/guardians, whether you're college-bound, training-bound, or not sure, these events are for you.

On Saturday, March 18, families are invited to join us in-person at the UVM Davis Center or online via Zoom to take part in live workshops, discover free resources, and connect with local experts to help you prepare for education or training after high school.

The event schedule includes (in-person only) registration and resource fair, 8:30 – 9:30 AM; all other parts of the event are both in-person and online: a welcome session, 9:30 – 9:45 AM; and three breakout workshops between 9:55 AM – 12:30 PM.

For more information, go online to <https://www.vsac.org/plan/college-career-pathways>.

Second annual Student Wildlife Art Contest

Attention Vermont Student Artists! The deadline to apply for the second annual Vermont Student Wildlife Art Contest, which offers \$3200 in cash awards, is March 17! Prizes include \$1000 for first place, and nine other cash awards that go directly to the winning artists.

Open to students in grades 7-12, the contest accepts flat (two-dimensional) art in any medium and depicting any species of Vermont wildlife. Rules and information (Prospectus) and online application form are at <https://www.vtwildlifeeducationfund.org/>.

An exhibition of the top 40 entries will be held in late April at the Highland Center for the Arts in Greensboro, VT.

Sponsored by the Vermont Wildlife Coalition Education Fund and the Highland Center for the Arts.

Free Agriscience Summer Academy at UVM

UVM Extension's 4-H Program invites rising 8th-12th graders to apply for one of three free, residential summer academies held on the UVM campus Sunday-Friday, June 25-30.

AgroTek Innovation, now in its second year, exposes students to agriscience innovation skills by diving deep into one of three topics: Culturing Cells for Healthier Soils; Shifting the Waste to Value Paradigm (converting agricultural waste into value added products); and Using Virtual Reality for More Precise Agriculture.

In addition to learning content, participants will build important relationships with undergraduate student mentors along with faculty and staff.

More details, including the link to apply, can be found at <https://www.uvm.edu/extension/youth/agrotek-innovation-program-8th-12th-graders>.

Deadline to apply is Saturday, April 1. Individuals who identify as BIPOC, female identifying or LGBTQ+, humans traditionally under-represented in agriculture, are encouraged to apply. For more information contact Sarah Kleinman, sarah.kleinman@UVM.edu or 802-651-8343 x521.

NVU Johnson Career and Internship Fair, March 21

Northern Vermont University's Johnson campus (College Hill, Johnson) will host a Spring Career and Internship Fair on Tuesday, March 21, 11:00 AM – 2:00 PM, in the Varsity Gym in the SHAPE Center. All are welcome!

The fair offers a fantastic way to connect with a variety of businesses and nonprofits throughout the area and learn about the job and internship opportunities available now. Mark the date and plan to attend! To join online: <https://www.northernvermont.edu/CareerFair>.

Employers: Register to host an informational table at the event! Contact Beth.Walsh@NorthernVermont.edu for registration information.

For employers who would also like to host an informational table on the Lyndon campus, please contact Amy.Wright@NorthernVermont.edu to arrange.

See <https://www.northernvermont.edu/CareerFair> for more details.

Winona Smith Scholarship opportunities now open

The League of Women Voters of Vermont Education Fund is now accepting applications for its Winona Smith Scholarship program. Created in 1998 to honor the legacy of League leader Winona Smith, the scholarship is awarded annually to local high school seniors who embody the characteristics and qualities Smith displayed of civic participation and community service.

Four \$1500 scholarships will be awarded to students who demonstrate financial need, scholastic achievement, and come highly recommended by their teacher.

Applications, due on Monday, May 1, can be completed online at <https://bit.ly/LWVScholarshipDetails>. Students need to submit two essays (500 words), one on issues concerning voting rights, and the other on the impact of a recent civic, national, or world event. A letter of recommendation from a teacher is also required, <https://bit.ly/LWVTeacherRec>.

The scholarship can be applied toward continuation of education in an accredited vocational-technical or trade school and two- or four-year college or university. Scholarship recipients will be announced on Thursday, June 1.

Questions can be directed to Becky Miller, lwvofvt.edfund@gmail.com.

VSAC-assisted college scholarships

Vermont Student Assistance Corporation (VSAC) administers more than 120 scholarships available to Vermont residents. VSAC's scholarships booklet for students planning to attend college in 2023–2024 is available online at https://www.vsac.org/sites/default/files/uploads/pdf_resources/Scholarships_Booklet.pdf, and the Unified Scholarship Application (USA) can be completed by logging into MyVSAC. Before you get started on applying for VSAC-assisted scholarships, here are 3 things you should know:

Scholarships are competitive: Your goal is to help the scholarship committee get to know you and believe in you. From proofreading your application to writing a powerful scholarship essay to getting great recommendations letters, you'll want to be professional while at the same time being you.

Communication is key. To succeed, you'll need to own the application process. Scholarship committees expect you to complete all requirements on time. So, don't wait for others to follow up. Be proactive and verify that all items are complete and on time.

Eligibility is important: You and others will expend time and energy on the application process. So, before you start, make sure you're eligible for the scholarships you're applying for—and make sure you meet all requirements and submit your best work.

To apply for a VSAC-assisted scholarship, you'll need to determine which scholarships you're eligible for, complete the Unified Scholarship Application (USA, a single application for all VSAC-assisted scholarships), and submit required documents. Look in the VSAC scholarships booklet for a list of all available scholarships. Download the 2023-2024 scholarships booklet online at https://www.vsac.org/sites/default/files/uploads/pdf_resources/Scholarships_Booklet.pdf or order a free print version by mail at <https://www.vsac.org/pay/student-aid-options/scholarships/vsac-assisted-scholarships>.

JES afterschool VT Kids Run Club signups open

Vivahart, Vermont Kids Run Club is an empowerment program for youth of all fitness levels. We use running and active games to help teach resilience and confidence by transforming running games into powerful life lessons.

This Jericho Elementary School (JES) program is open to kids in grades K-4 and runs Mondays and Wednesdays, April 10-June 7, 2:30 – 3:30 PM at JES.

To register, go online to <https://vivahartrunclub.com/>.

EWSD budget, board election information

By Andre Roy, EWSD board member representing Westford

The following is information on the Essex-Westford School District (EWSD) budget process and dates of meetings regarding budget discussions:

The Essex Westford School District Board is in the middle of budget planning for FY'24! Questions about the budget? Visit the EWSD FY'24 Budget page online (www.ewsd.org/budget) for presentation slides, meeting videos, and more!

Remember to vote on Tuesday, April 11, 2023!

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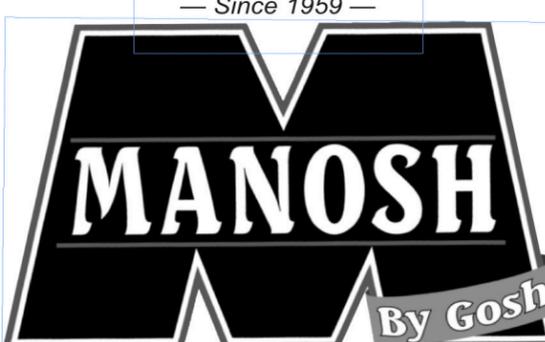


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WORSHIP SERVICES

Mount Mansfield Unitarian Universalist Fellowship

Sunday services at MMUUF are held at 9:30 AM on the second and fourth Sundays of each month, September-June. Services are led by members of the fellowship and by invited guest speakers, including visiting UU ministers and leaders of other faiths. Each service explores a different topic. Worship, reflect, and sustain one another, within an inclusive spiritual community, built on values of honoring and affirming the worth of every person, striving for justice, participating in the world community, and respecting the natural web of existence. Services will be held at our Barn, located opposite Packard Rd. at 195 VT Rt. 15, Jericho, and also over Zoom; please contact info@mmuuf.org or 802-899-2558 for how to join virtually. Learn more at www.mmuuf.org and www.uua.org.

Jericho United Methodist Church

Jericho United Methodist Church welcomes you to grow in Christ with us. We hold dear the United Methodist Church's motto: "Open doors. Open Hearts. Open Minds." We recognize that our faith journeys are all unique, just as we as individuals are all unique. Know that whoever you are, whatever you do, you are welcome here. We believe that we grow together or not at all. All are welcome! Join us Sundays at 10:00 AM. There will be music, prayer and message from our pastor, Rev. Taeseob Cho. Please contact Rev. Cho at the church phone number, 802-899-4288, or his email, umccho@gmail.com. Located next to the Jericho Town Hall on VT Rt. 15.

United Church of Underhill

The United Church of Underhill is an active, vibrant community. We are young and old; straight and LGBTQIA; singles, couples, and families; believers, questioners, and questioning believers. We are an Open and Affirming and Reconciling church, which means all ARE truly welcome. We are the Old Fashioned Harvest Market Church, the Clutter Barn Church, and a church of fellowship, mission, and service. We gather to worship together virtually and in-person every Sunday morning at 10:00 AM for a traditional but lively service with music, and Sunday School and nursery for the children. We welcome you to join us for worship or just come in, be still, and contemplate your faith. Located at 7 Park St., Underhill. Pastor's office (with voicemail) 802-899-1722; church secretary email secretary@ucuc.church. For instructions on joining worship from home, please see <https://unitedchurchofunderhill.com/joining-worship-from-home/>.

Second Congregational Church, Jeffersonville

The Second Congregational Church in Jeffersonville would like to invite all who feel called to join us for our online church services, Sundays at 10:30 AM. Know that no matter who you are or where you are in life's journey, you are welcome at our church; or in this case, our web-space! <https://www.facebook.com/SecondCongregationalUCC>

SPORTS NEWS

Find a Vermont Hunter Ed course that suits you

Vermont is not just for winter sports — ice fishing, snowmobiling, skiing (downhill and cross-country), snowboarding, snowshoeing, and skating; once the snow and ice melt away, the outdoors beckon for hiking, camping, running, biking, fishing, and hunting. Of those, hunting stands out as requiring basic Hunter Education for those who want to participate.

The VT Department of Fish and Wildlife offers the requisite courses (<https://vtfishandwildlife.com/hunt/hunter-education/find-a-hunter-ed-course>). First-time hunters, bowhunters, and trappers must successfully complete their respective course to purchase their first license. From traditional classroom courses to online courses, there is a course to fit your learning style.



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In-Person Courses (<https://www.register-ed.com/programs/vermont>): In-person hunter, bowhunter, and trapper education courses are available. All instructors are volunteers and hold a class when they can. Not all classes will be currently listed as they are planned about a month in advance, so check back frequently. The busiest month is always September, meaning registration for most courses will open in August. Additionally, each volunteer instructor may not be ready to teach courses yet, which means there may not be a course in your desired discipline near you. Courses will fill up quickly once posted so check back frequently to see if another course has been added. Please do not register for more than one course. This creates a no-show at one and takes that seat from someone else. Each instructor may have specific COVID-19 guidelines. They will share it with the students if this is the case.

Hunter Education Online Certification (<https://www.hunter-ed.com/vermont/>): Online only certification for Hunter Education is available for Vermont residents age 12 and older. To qualify as a Vermont resident you must have lived in Vermont for at least six months. You must also not be claiming residency in any other state for any purpose. Owning land or a house in Vermont does not qualify you as a Vermont resident.

There is a minimum age requirement of 12 years for online-only hunter education course, bowhunter education course, and trapper education correspondence course. In-person courses are open to Vermonters of all ages, but are administered at a 6th grade reading level.

Students will be emailed their certification card immediately upon completion of the online course. After that they will be eligible to purchase a hunting license in Vermont or any of the 50 U.S. states, Canada, and Mexico. If students would like their orange card in addition, or if a replacement card is needed, students may contact the Vermont Hunter Education Program at HunterEducation@vermont.gov or 802-828-1193.

Bowhunter Education (<https://www.bowhunter-ed.com/vermont/>): Online only certification for Bowhunter Education is available for Vermont residents age 12 and older. To qualify as a Vermont resident you must have lived in Vermont for at least six months. You must also not be claiming residency in any other state for any purpose. Owning land or a house in Vermont does not qualify you as a Vermont resident.

There is a minimum age requirement of 12 years for online-only hunter education course, bowhunter education course and trapper education correspondence course. In-person courses are open to Vermonters of all ages, but are administered at a 6th grade reading level.

Students will be emailed their certification card immediately upon completion of the online course. After that they will be eligible to purchase a hunting license in Vermont. If students would like their physical yellow card in addition, or if a replacement card is needed, students may contact the Vermont Hunter Education Program at HunterEducation@vermont.gov.

Hunter Education Certification and Bow Hunter Education Certification are both required to purchase a valid Vermont Bow Hunting License.

Exemptions: Requests for exemptions to the age requirement for online classes should be made directly to the Hunter Education Program by calling 802-828-1193 or emailing HunterEducation@vermont.gov. Exemptions will be considered for those youth age 12 and under who are immunocompromised or are otherwise unable to attend in-person classes.

Rotary All-Star Hockey Classic March 18

The 37th Rotary All-Star Hockey Classic is scheduled for Saturday, March 18 at the Essex Skating Facility in Essex. Men and women in their senior years are selected from high schools across Vermont to participate in this event. The women's

Worship services continued from page 11

Jericho Congregational Church

Jericho Congregational Church — "An Historic Church Proclaiming an Eternal Message" on the Green in Jericho Center, VT. Senior Pastor, David Coons and Youth Pastor, Pete Anderson. Sunday School at 8:30 AM for all ages, Fellowship at 9:30 AM, Worship Service at 10:00 AM. Nursery care provided. Youth group 6:15 PM Sundays in our Sunday school building. 802-899-4911; officejcc@comcast.net; www.jccvt.org.

All are welcome at Good Shepherd, Jericho

You are invited to worship at Good Shepherd Lutheran Church on VT Rt. 15 at 9:00 AM every Sunday. The building is accessible — all are welcome! There are varied musical styles in worship services, including Folk, Contemporary, Celtic, Latin American, and traditional. Weekday online offerings include Centering Prayer. We are an open-minded Christian community with a focus on social justice issues, where people from different faith traditions, along with those who aren't sure where they belong or what they believe, seek the support of a spiritual home. We welcome you in the name and love of Christ. More information is at www.goodshepherdjericho.org or

game is scheduled to start at 4:00 PM and the men's game will commence at 6:00 PM. Tickets for this event are \$10 per person and the price includes admission to both games. Tickets can be purchased online at <https://www.crsadmin.com/EventPortal/Registrations/PublicFill/EventPublicFill.aspx>.

Net proceeds raised from this event are used by the Essex Rotary Club to support local food pantries, provide winter coats for children in need, fund scholarships for local students, and to support a number of health and environmental initiatives locally and internationally. Please contact Jason Ruwet, 802-876-7147, for more information about this event.

Men's league baseball in Underhill — 2023 and beyond

Underhill's local men's league baseball team (wood bat league) is looking to recruit players for the squad. Must be at least 32 years old. Games are played locally on most Sunday mornings throughout the summer and begin at 10:00 AM.

With the exception of some early season BP and throwing, there's not much of a commitment otherwise and part time players are welcome as well. There are eight teams in the league throughout Chittenden and Franklin counties. The season wraps up with playoffs and a championship game in September.

For more information, contact john.gay@casella.com.

Seeking volunteer coaches for Girls on the Run

Volunteer to be a Girls on the Run coach for your community this spring! The impact of a Girls on the Run volunteer coach is as boundless as it is beautiful. The Girls on the Run program is an after school program that uses a research-based curriculum to empower, increase self-worth, and spark joy in its participants, while integrating running.

Our 10-week season begins the week of Monday, March 27. Teams meet twice weekly for 90 minutes each session to connect, move, learn, and have fun! Not a runner? Haven't coached before? No problem! Girls on the Run VT (GOTRVT) provides training, easy to follow lesson plans, supplies, and support from GOTRVT for a transformational season.

Visit <http://gotrvt.org/coach> to learn more or sign up to volunteer. Questions? Contact GOTRVT at Info@girlsontherunvermont.org or 802-871-5664.

Mount Mansfield Girls Lacrosse Club 2023 registration is open

Welcome to the 2023 season of middle school girls lacrosse. Program is for girls in grades 4-8. The season starts at the end of March (depending on snow) and runs through the first week of June.

Practice is held Mondays and Wednesdays, 6:00 – 7:30 PM at Browns River Middle School, Jericho. Games are Sundays in May and the first Sunday in June.

Please email melissamutolo@live.com for registration.

Chittenden County Soccer School

By Eric Barker

Registration is open for Chittenden County Soccer School (CCSS) 2023, Monday-Friday, July 10-14 at Mills Riverside Park in Jericho. All players receive a camp tee and team award. We have a dedicated and experienced coaching staff returning again this summer to bring the "love of the game" to all our players.

Individual ball skills, teamwork, game tactics, full-sided and small-sided games, and goalkeeper training are all part of our daily plan!

Half- and full-day camp options! Age groups range from 5-16+!

Please email barkereric15@gmail.com, with any questions. Or visit our website, <http://chittendencountysoccerschool.org>.

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