

## NEWS BRIEFS

### Monitoring the level of the Lamoille River

Thanks to Peter Opstrup of Cambridge for this information:

The link below will bring you to the National Weather Service Advanced Hydrologic Prediction Service (AHPS) where you can monitor the Lamoille River level at Jeffersonville: <https://water.weather.gov/ahps2/hydrograph.php?wfo=btv&gage=jvlv1>.

### Tips for winter safety around ice /cold water

From Cambridge Rescue

On Sunday, December 17, 2023 at 8:52 AM, Cambridge Rescue, Cambridge Fire, and Vermont State Police were dispatched to East View Road in Cambridge, for a report of a child found in a pond. Cambridge Rescue was en route within two minutes and arrived on scene six minutes later to find a Vermont State Police (VSP) Trooper removing the child from the water. VSP handed the child off to Cambridge Rescue personnel and the child was immediately transported to UVM Medical Center. A second child was transported shortly after for evaluation, by a second Cambridge ambulance.

Both children survived, thanks to the quick response of all first responders involved.

With winter weather arriving, Cambridge Rescue and Cambridge Fire want to emphasize to everyone it is safest to assume that the ice is not strong enough to hold you. Keep kids and pets near you; never let them wander out onto ice. If you do happen to fall through ice, or see someone that has, the following ice safety tips can help prevent a mistake from becoming fatal:

- Call 911 immediately. Even if you are safely able to help someone out of the water, they should receive medical care immediately.

- Never attempt to walk out onto the ice to rescue someone; you might also fall through the ice and become another victim in need of rescue.

- Always keep pets on a leash. Never allow your dog to run out onto the ice and never walk your dog near a frozen lake or pond without a leash. If your dog falls through the ice, do not attempt a rescue. Go for help.

- Reach-Throw-Go. If you can't reach the person from shore, throw them a flotation device or a rope. If you still can't help the person quickly, go for help.

If you fall through the ice, remember these tips:

- Don't panic. Try to remain calm to conserve as much energy as possible. Try to get your arms onto the ice and kick as hard as you can with your feet to help lift you onto the ice, and then roll to safety.

- Do not swim. Swimming will cause your body to lose heat much faster than if you stay as still as possible.

- The strongest ice will likely be in the direction you came from, which makes it the best place to try to get out.

- Act slowly and deliberately to conserve heat. Expect a progressive decrease in your strength and ability to move. Make the harder maneuvers at the beginning, while you can.

- Keep your upper body above water. Keep your head and upper body as far out of the water as reasonably possible to conserve body heat.

- Once you are on the surface, stay flat and roll away from the weak ice to keep your weight evenly distributed and avoid breaking through again.

- After you're off the ice you need to find shelter, dry clothing, and warm non-alcoholic, non-caffeinated drinks.

- Seek medical attention if you feel disoriented, have uncontrollable shivering, or have any other ill effects that may be symptoms of hypothermia.

### Jericho 2024 New Year Outlook



In Jericho, there is still room to create new traditions, create your own idea of a community get-together, or look at my list from January 2023 (<https://jerichovermont.blogspot.com/2023/12/who-and-what-will-define-community-of.html>) for some ideas. Some of my ideas are eccentric. Would you expect any less from me? Community is what we make it to be. It takes ingenuity, creativity, and volunteers eager and willing to help create, organize, and implement such community-based happenings. We each have our own unique strengths, abilities, and interests... I look to 2024 to continue honored traditions if they pass the litmus test of our current values. Let us also be bold in releasing the traditions that no longer serve a valued purpose to the community or are causing harm to the community and planet. As Chris Cleary's latest wood-framed message of JOY (pictured above, Jericho Center) shouts out, we can find happiness if we build a sustainable structure from a creative design and live within the scale of our community and values... I invite you to read about and view photos of our Jericho backyard neighbors at <https://jerichovermont.blogspot.com/>... Henry David Thoreau wrote, "Nature will bear the closest inspection. She invites us to lay our eye level with her smallest leaf and take an insect view of its plain."

PHOTO COURTESY OF BERNIE PAQUETTE

## COMMUNITY COLUMNS



White-tailed deer is an example of a generalist species in Vermont's forests, one expected to be increasingly well-suited to our environment as our climate changes.

PHOTO BY ETHAN TAPPER

### Vermont's generalists

By Ethan Tapper  
Chittenden County Forester

At one time or another, I expect that many of us have wondered if it is better to be a *specialist* or a *generalist* — to try to be great at one thing or to be passable at many different things. Across deep time, Earth's millions of species have "asked" this same question, again and again: if it is wiser to be an "expert" at exploiting a single, narrow ecological niche or to be able to exist under a wide range of different conditions. Both *specialization* and *generalization* are evolutionary strategies that can be advantageous under different circumstances, and Vermont's forests are filled with both specialists and generalists.

Of our forest trees, sugar maple is an example of a specialist, growing almost exclusively on soils with a relatively high pH and an abundance of calcium and other minerals (what foresters call "enriched" sites). While this means that sugar maple is not well-suited to many places across our landscape, on an enriched

site it is extremely competitive — often accounting for more than 75% of the trees. By contrast, the closely related red maple is a generalist, capable of growing in swamps and on mountain tops and almost everywhere in between. While you can find some red maple trees in almost any forest, it will rarely be more than a minor component. It is a typical generalist: a jack of all trades and a master of none.

In forests and other ecosystems, we tend to celebrate the specialists — the spring beauty miner bee, which visits only spring beauty flowers; the Dutchman's breeches, pollinated only by queen bumblebees. Specialists are often species with unique gifts and adaptations, brilliant at accessing a specific food source or utilizing a particular life strategy. However, as Vermont's native species face the myriad threats, stressors, changes and uncertainties of *global change* — climate change, non-native invasive plants, pests and pathogens, deforestation, forest fragmentation and more — the generalists, the species that can adapt, are better positioned to survive.

Among wildlife, we know our most successful generalists well: the raccoons, skunks and opossums, the gulls and the crows. All these species are sometimes ridiculed for their "trashy" behavior — gulls and raccoons have been nicknamed "dump ducks" and "trash pandas," respectively — but, looked at another way, these species' ability to exploit the abundance of resources produced and discarded by humans is extremely innovative and adaptive. A crow feeding on roadkill or a black bear eating trash from a dumpster is an example of a generalist species that has adapted to exploit an easy and ubiquitous food source.

While I hope that the previous paragraph helps vindicate and celebrate some of the generalist species that live (and cause mischief) among us, creating a world in which generalists thrive is also problematic for a variety of reasons. For example, all of the generalist species mentioned above (except perhaps the gulls) are nest predators; their elevated populations around forest edges, houses and developed areas leads to decreased songbird nesting success. White-tailed deer are another generalist species, one that has been so successful in our changing world that deer overpopulations damage habitat for tens of thousands of other species and impair the health, function and resilience of ecosystems across much of the North American continent.

In the case of red maple and sugar maple, we expect sugar maple to be one of the tree species most adversely impacted by climate change, whereas red maple is projected to be one of the most successful — largely due to its generalist nature. While it may be that our forests' futures belongs to red maple, we cannot abandon sugar maple entirely. It, and our other specialists, are

vital and irreplaceable, supporting crucial natural processes and providing habitat for entire communities of native species. In this changed and changing world, the specialists are often the species that are most under threat, which just means that they are those most in need of our help.

Whether you consider yourself a generalist or a specialist, I'm sure that you admire people that have taken the other road. In our human communities, both specialists and generalists contribute to diverse and functional societies. In forests, both specialists and generalists are vital to the health and the future of these incredible ecosystems.

Ethan Tapper is the Chittenden County Forester for the Vermont Dept. of Forests, Parks and Recreation. See what he's been up to, check out his YouTube channel, sign up for his eNews and read articles he's written at <https://linktr.ee/ChittendenCountyForester>

### Cambridge Community Center history, part 2

By John Dunn and Russ Weis, owners

Part 2: CCC facility and functions

Property: The Cambridge Community Center (CCC) consists of about seven acres of land, including a dog park, outdoor skating rink, community garden and several playing fields, a 13,000 ft<sup>2</sup> field house with two multisport courts (basketball, soccer, pickleball, classes and community events, etc.), a 2000 ft<sup>2</sup> fitness gym (cardio and strength training equipment) with two small office rooms, several small outbuildings, and the 5000 ft<sup>2</sup> shell of an old dormitory. The field house is a pre-engineered steel building on a concrete foundation, but its roof and gable ends need work and we would recommend replacement of washers and screws and possibly a sealant on the roof in the next couple of years.

Staff: Regular paid staff at the CCC include a part-time manager and desk staff, some of whom also do cleaning and maintenance work. We employ a dedicated cleaner about two hours per day, and contract out some plowing and sanding. The facility is staffed several hours in the morning, and several more in the afternoon/evening. When staff are not present, members may access the fitness gym by code lock, and the field house is available when staffed or by special arrangement.

Activities: The Fitness Gym contains an array of fitness equipment, both cardio — such as treadmills, ellipticals,

Community columns continued on page 2

Community columns continued from page 1

stationary bicycles, rowing and ski machines, etc. — and weight lifting machines and free weights. The Field House is equipped for multiple team sports including basketball, soccer, pickleball, volleyball, tennis, fitness and martial arts classes, with children's playthings and even two "bouncy houses." It has also been used for many community events, including the Cambridge Area Rotary ski swap, Bunco and Barn Bash, The Smugglers Notch Ice Festival, Red Cross blood drives, Covid vaccination clinics, a Cambridge Arts Council sale, birthday parties, meetings, and even funeral receptions.

Financial: The main sources of CCC revenue are fitness gym memberships (approximately 200 members at \$30/month) and field house rental fees (sliding scale \$25-50/hour/court or \$5/person for drop-in activities). There are also revenues from classes, special events, and occasional grants and donations. Many activities, such as the dog park, walking areas, ice skating, trailhead parking, etc. are free. Except during the height of the Covid years, revenues have generally met expenses, averaging \$80-100,000 per year. We were behind about \$10,000 this year at the end of September, but the Field House was closed more than two months due to the flooding and delays in getting the floor repaired, and we are now closing that gap. More detailed information on finances has been presented at several public meetings and will be presented again prior to any Town vote on the property.

Future needs: As previously mentioned, there is a need to perform maintenance on the field house roof and gable ends over the next several years. The facility could ultimately benefit from additional insulation and upgrades to HVAC equipment, but these are not immediate needs. The fitness gym was well above the recent flood level, but the field house flooring did suffer some damage, costing \$12,000 to repair, and several options to improve flood resilience/flood proofing are being investigated.

The CCC is providing a large number of fitness, recreation, and social opportunities for hundreds of residents of Cambridge and surrounding areas, from toddlers to senior citizens, at a very reasonable cost. Although the structures require ongoing maintenance, we believe the CCC is a sustainable model for a regional community center that will only continue to grow with strong leadership and community support.

Stay tuned for Part 3, and please send us ([jmatthewdunn@gmail.com](mailto:jmatthewdunn@gmail.com)) your questions!



## Sled dogs meet-and-greet

By Bernie Paquette

On Saturday, December 16, Milagro Turner of Cambridge came to the Jericho Town Green with her Siberian sled dogs for folks to meet and learn all about. Milagro's pups are very people-friendly and love to meet new human friends. I took a few notes as Milagro spoke to us about the Siberian sled dogs she and her husband have as part of their family.

Milagro is from Honduras. She came to live in Vermont about five years ago. She witnessed snow for the first time during her first year in Vermont. Now winter is her favorite season. Friends refer to her as the queen of the snow. She especially likes to be outside when it is cold, as do the dogs. That is when nature is most beautiful, and surprisingly few people are outside.

Sometimes Milagro will take a nap outside with the dogs. Drogo is the grandpa (reddish-colored). Axe is a one-year-old boy and all white. Denali is a girl. Axe and Denali are siblings. Crisus is black and white colored, with parti-colored eyes.

The dogs insist on being outside every day. They pull a bicycle with Milagro sitting for the ride during the warm season. In the wintertime, the dogs barely want to come in at the end of the day.

Drogos's fur turns from a brownish color to bright red when it is very cold outside. Axe is a (rare) white husky and easily gets muddy.

Siberian dogs are very intelligent but can be destructive if not given enough jobs or tasks to do. They like to feel productive and they love attention. Siberian huskies can travel 100 miles in 24 hours.

The dogs like fruit to play with (apples) and some like to eat blueberries. They love to play. They are curious about everything. They will open packages to see what is inside and look under the hood of the car if it is open. They also dig a lot, sometimes finding things that Milagro did not even know were lost. True treasure hunters!

They also like to go along for rides in the kayak, content to watch the world go by and let someone else do the paddling.

This breed of dog sheds mountains of hair every day. They have a double coat: an inside coat of hair keeps them warm on cold days, and the outside coat of hair helps keep them cool off on summer days.

Milagro decided she might as well find something useful to make with all that excess shed hair. She makes hats, dog toys, and even framed three-dimensional dogs in a frame. She uses food coloring to add some additional color to the art. She is now experimenting with a spinning wheel.

## Convincing critters to vacate your walls, attic, car, ...

By Szoki Adams

Last year, I sent the following info to someone wanting to get rid of rodents in their wall. Skunks are not rodents, but it should work for them too. Raccoons as well:

"If you put a few drops of good quality peppermint oil into your wall (through any nail hole, the squirrel will leave. Rodents hate real peppermint oil. We used to have squirrels in the attic. I put a few drops of peppermint oil on a couple of cotton balls, flung them up into the attic and they left immediately. Two cotton balls with very little peppermint oil on each and not even traveling very far from the trap door, got rid of the squirrels from a 900 square foot attic for a full year. Repeated the treatment, and they immediately vacated again. Since then, they have not been back, over three-four years now.

"Same for the mice in our garage/house wall. I squeezed a couple of drops into a nail hole with a dropper and the mice immediately left. They never came back for a second round.

"A rat seen in the garage was ousted with cotton balls with peppermint oil thrown down near the trash cans.

"Some mice invaded my car a couple of winters ago. My bad, I forgot a chocolate bar in there. I put a few drops of the oil on a cotton ball, then I put the cotton ball inside a sandwich baggie, which I close partially. (The first time, I threw a cotton ball on the floor in front of the passenger seat and one in the back of the car. The peppermint smell was overwhelming! It made my eyes water... so, I devised the baggie trick.) Now the smell is much more muted and, judging by how fast all the critters disappeared from the attic with just two cotton balls that each had only a few drops of peppermint oil on them, I think they are very sensitive to

the slightest smell from the oil. The baggie probably also makes the oil evaporate more slowly. I use Now Foods Peppermint oil."

A couple of weeks ago, we had a new visitor in our living room wall. Sounded pretty big — lots of loud scurrying, moving about. At first, we got him to stop for a little while just by pounding on the wall. But, next day, he returned. So, I dug out my peppermint oil and a dropper and I put a few drops through an existing nail hole in the wall. It was about 10 feet away from him. After a couple of hours, the smell must have reached him because he left. Silence. Has not returned since.

I wondered why it took so long for the effect to kick in this time. When I checked the expiration date on my Now Foods Peppermint Oil bottle, the reason became obvious: the product expiration date is 2012. Luckily, I had kept it in a dark closet all this time, so it retained enough clout to work anyway. A little slower than expected, but it worked! Needless to say that we now have a fresh bottle of the oil on hand.

Since then, it has also occurred to me that the living room wall is insulated. So, the delay may just have been due to the fact that the scent of the peppermint had to penetrate through 10 feet of insulation before the rodent could smell it. So, that no doubt took a while. The wall between the house and the attached garage is not insulated and that's why the peppermint oil's scent got to the invader(s) right away on that previous occasion.

It makes sense, because when I smelled the older bottle of peppermint oil, it still smelled pretty strong to me...

I hope this helps some of you and helps us preserve our wonderful wildlife too!

Why I think the peppermint oil should work on skunks and raccoons too: <https://pestpointers.com/15-scents-that-skunks-hate-and-how-to-use-them/> (he mentions raccoons too, under the peppermint oil).

## 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 Road at 195 VT Rt. 15, Jericho, and also over Zoom; please contact [info@mmuuf.org](mailto:info@mmuuf.org) or 802-899-2558 for how to join virtually. Learn more at <https://mmuuf.org/> and [www.uua.org](http://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](mailto: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@ucu.church](mailto:secretary@ucu.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 10:00 – 11:00 AM, in person or on Zoom. 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 webpage! <https://www.facebook.com/SecondCongregationalUCC>

### Jericho Congregational Church

"An Historic Church Proclaiming an Eternal Message"  
On the Green in Jericho Center, VT  
Senior Pastor, David Coons and Youth Pastor, Peter 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](mailto:officejcc@comcast.net); [www.jccvt.org](http://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](http://www.goodshepherdjericho.org) or contact Pastor Arnold Isidore Thomas at 802-899-3932 or [pastorthomas@goodshepherdjericho.org](mailto:pastorthomas@goodshepherdjericho.org).

### Calvary Episcopal Church

Calvary Episcopal is a welcoming, caring, Christian community called to live the Gospel of Jesus Christ, grow our spiritual gifts, and serve our neighbors. The Spirit is stirring in this little church. Come be a part of it! Calvary is located at 370 VT Rt. 15 in Jericho and worships Sundays at 9:30 AM. The parish administrator can be reached at [calvarychurchjericho@gmail.com](mailto:calvarychurchjericho@gmail.com) or 802-899-0453.

### St. Thomas Catholic Church

St. Thomas Catholic Church in Underhill Center invites you to join us in person for the Holy Mass at 8:30 AM every Sunday. There is also a vigil Mass at 4:00 PM on Saturday evenings. Our priest, Fr. Richard Calapan, also celebrates Mass during the week, on Tuesdays at 6:30 PM and Fridays at 8:00 AM. Confessions are available on Tuesdays before Mass. Visit us at [www.stthomasvt.com](http://www.stthomasvt.com) or call 802-899-4632 for more information.

### Covenant Community Church — "Come As You Are!"

What is the Covenant? The unique character of the Covenant is expressed in the design of the logo — people united in Christ, people serving people in God's name, and people bringing people to Christ. The basis of the design is symbolic of four people facing north, south, east, and west. Note that each one's arms are outstretched, indicating the church's outreach in mission and service to the world. The four are part of the whole, yet their hands do not touch, symbolizing their unity in the freedom and evangelical warmth that characterizes the Covenant. The geometric arrangement of the four figures results in a cross-like pattern, representative of the center of our faith. The center circle symbolizes the unity and the bond of fellowship which we call "the Covenant."

Sunday: Bible Study, 9:00 – 9:45 AM; Worship Service: 10:00 – 11:00 AM; Coffee Hour: 11:00 AM – ?

Covenant Community Church, 1 Whitcomb Meadows Lane, Essex (VT Rt.15 across from John Leo's)

### Waterville Union Church

We meet in person at 9:30 AM at the church; masks recommended. Zoom is only available when there is bad weather or illness of a speaker. We do not post our recorded services to Facebook. But information can be found at <https://www.facebook.com/watervilleunionchurch>, [watervilleunionchurchvt@gmail.com](mailto:watervilleunionchurchvt@gmail.com); 32 Church St., Waterville.

## LETTERS TO THE EDITOR

### Wildlife poisoning (rodenticide)

To the Editor,

I found a large beautiful great horned owl in my yard this morning that was dead, and it didn't appear to have suffered any type of injury. I then contacted Vermont Fish and Wildlife to see if they were interested in examining it and sent them photos.

I was told that the most likely cause of the owl's death was rodenticide poisoning, which is usually caused by mouse poison. It was further explained to me that once the mice eat the poison, it slows them down and makes them a more easy target for

wildlife — and then the wildlife consume the mice and get fatally infected.

I was also told that rodenticide poisoning is becoming more of a concern and they would like to raise public awareness of it, so people will hopefully use alternative methods to deal with rodent infestation. I personally do not use rodent poison and I hope this posting encourages people that have a rodent issue to think about alternative rodent control measures. Thanks!

Robert Currier  
Westford

Letters continued on page 3

## COMING EVENTS

## Ongoing Events

**The Jericho Historical Society** meets at the Old Red Mill, VT Rt. 15, Jericho on the second Thursday of each month (January 11) at 6:00 PM. Visit our website for more information or to request a zoom invitation: <https://www.jerichohistoricalsociety.org/events.html>.

**Craft Group:** meets twice a month on Thursdays (January 11, January 25), 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](mailto:atowerinvt@gmail.com), or Julie Hehir, 802-899-3199 or [juliehhehir@comcast.net](mailto:juliehhehir@comcast.net).

**Calvary Episcopal Church Soup and Bread Supper,** on the last Thursday of the month (January 26), 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.

**Bone Builders Class:** at the Jeffersonville Church (Second Congregational Church of Christ, 16 Church St., Jeffersonville) from 11:00 AM – 12:15 PM on Mondays and Thursdays. It is a drop-in class, but first-timers have a couple of pages to fill out and sign. It is free, but a donation bucket is available for those wishing to reimburse the church for the use of the space. All are welcome. We have a good time — be prepared for some laughter as well as improving your strength and balance. Call Melody Tobin (802-644-2409) to discuss, or just show up.

**Bone Builders Class:** at St. Thomas Catholic Church, Underhill Center, on Mondays/Wednesdays/most Fridays, 9:00 – 10:15 AM; first Friday of the month, 9:45 AM. Sponsored by the United Way of Northwest VT, RSVP Bone Builders is a free exercise program for men and women, designed to prevent the negative effects of osteoporosis. For more information contact Danielle Schwer, 802-861-7821 or [danielle@unitedwaynwvt.org](mailto:danielle@unitedwaynwvt.org).

**Thursday Trivia nights** — Thursdays, now through May 1, 6:30 – 8:00 PM: Supersounds Trivia at Jericho Cafe & Tavern, VT Rt. 15, Jericho. Come by for Trivia, hosted by DJ Mike Toomey. Lots of awesome prizes, and a way to ward off the winter blues.

**SongFarmers,** a community music jam — a place for friends and neighbors to play music just for the fun of it. SongFarmers meets on every third Wednesday of the month (January 17, February 21), 6:00 – 8:00 PM at the Jericho Community Center, Browns Trace, Jericho Center. For people of all ages who want to play folk, Americana, blues, bluegrass, Celtic, and more on acoustic instruments: guitars, banjos, mandolins, fiddles, ukuleles, bass, keyboard. No electronics except keyboard and bass. It's a circle gathering where everyone who wants to will have a chance to lead songs. Common tunes with simple chord progressions are encouraged so that everyone can play along. If you plan to lead, please choose a song that you can play at a steady rhythm and bring a chord chart for your song. Both songs and instrumentals are great. Please note this is not a performance, open mic, or lesson. Folks who want to sing, or just come and enjoy the gathering, are welcome too. Bring snacks and drinks if you like, but no alcohol. Free. Registration is appreciated; contact [CommunityJamJUVT@gmail.com](mailto:CommunityJamJUVT@gmail.com).

Letters continued from page 2

## Fixing the U.S. Postal Service

To the Editor,

According to a recent report in *The Guardian* (UK) online newspaper, the U.S. Postal Service (USPS) is reducing service everywhere and of course, rural areas are hardest hit. And more consolidation and layoffs are looming.

This is all part of a plan being implemented by the head of USPS, Louis DeJoy. Only the Board of Commissioners of the USPS has the authority to remove/replace him and there are at present two vacancies that have not been filled by the President — so there are no checks on DeJoy's authority.

There is a nationwide petition circulating asking the President to fill the vacancies. Please sign it here — <https://actionnetwork.org/forms/usps-bog> — and pass this on.

Thanks for considering this.

Leslie Nulty  
Jericho

[The following letters all refer to a petition described by Underhill Town Clerk Sherri Morin in an article printed in the December 21, 2023 Mountain Gazette (article begins on page 2), proposing that Underhill consider increasing the size of the Selectboard from three to five members. — Editor]

## Re larger Underhill Selectboard: School Board of five vs. three

To the Editor,

Underhill Town Clerk Sherri Morin has asked, "Is it time for a larger Selectboard?" (*Mountain Gazette*, December 21, 2023.) Sherri brings up some very good reasons for increasing the number of Select Board members and asks you to please take time to consider them and possibly consider why not.

I want to share my experiences with a board that asked the same question. I was chair of the Underhill I.D. School Board in the late 1980s; it was a three-member board, I had been on the board for six years, and we worked very well together. I don't remember how the question to expand board members came up and at the next annual meeting there was a motion with a long discussion and vote. I didn't have a strong feeling about it but I understood why people thought it was a good idea. The motion passed and two new members were elected, and at the next meeting I worked with a five-member board.

The result was a very good board that worked well together, but I also noticed we had more perspectives and diversity on how our little school should educate our children. I also found that there was much more willingness for a board member to volunteer to research a question. When a board member could not be at a meeting, we still had four members to decide on a question instead of just two, a very big plus. Much to my surprise we were also able to keep the meetings on schedule better — I

**Weekly Community Choir** — If you love to sing (or want to join in on the piano to help folks learn parts and play accompaniment), come join *Mountainsong*! We are a volunteer-run community singing group that harmonizes together in four parts on the second and fourth Thursdays (during the winter) of the month (January 11, 25), 6:30 – 8:00 PM at the Mount Mansfield Unitarian Universalist Meeting House, 195 VT Rt. 15, Jericho (across from Packard Road). Whether you sing in the shower, sing Karaoke, or just like to sing in harmony with others, bring your voice and join us! Do you learn by ear or read music? Either way, you'll be comfortable here. Our aim is to sing for the joy of singing (no performances except for one short one for family and friends at the end of the season). Come as often as you are able. Cost: \$1 a week toward space rental. We also ask for a contribution to purchase music for the group of \$7 per semester (fall and spring). Questions about the group? Questions about the group? Contact Lynne Robbins, 802-899-2436 or [lar.2436@gmail.com](mailto:lar.2436@gmail.com), or Doug Varney, 802-343-4513 or [vthockeyman@gmail.com](mailto:vthockeyman@gmail.com), or just show up!

**Healthy Habits VT,** meets Friday and Saturday mornings: Fridays in Essex Junction at 9:30 or 11:00 AM; Saturdays in South Burlington at 9:30 AM. Leslie Dunn leads weekly group meetings where participants talk about managing weight, being more physically fit, and motivating each other — building habits to achieve better health is the underlying theme of each meeting. For more information, go to <https://www.healthyhabitsvt.com/>, email [leslie@healthyhabitsvt.com](mailto:leslie@healthyhabitsvt.com), or call 802 234-1277.

## Coming Events

Thursday, January 4

**Abenaki and the Missisquoi,** 7:00 – 8:00 PM, online. Join the Friends of Missisquoi NWR from the comfort of your home as they delve into the cultural heritage of the Missisquoi area. In this Zoom presentation, Dr. Fred Wiseman will focus on an introduction to American Abenaki archaeology and the arrival of humans in the far northeast at the end of the last Ice Age. Land and marine mammal hunting, long distance travel, spirituality, and other aspects of late Pleistocene life will be examined. Please visit <https://www.eventbrite.com/e/introduction-to-american-abenaki-prehistory-and-the-paleo-indian-period-tickets-763718652047> to register for this free online event.

Saturday, January 6

**Cambridge Fire Department annual blood drive,** 9:00 AM – 2:00 PM, 153 Church St., Jeffersonville. Join the Cambridge Fire Dept at our annual blood drive — help us save lives! Blood donations are so important, please take the time to sign up now, at <https://www.redcrossblood.org/give.html/drive-results?zipSpn=alexthefighter>.

Sunday, January 7

**Winter Walk with Sophie Mazowita at Krusch Preserve,** 10:00 AM, Peter A Krusch Nature Preserve, North Cambridge Rd., Jeffersonville. For winter walkers who want to be informed about winter wildlife on the Krusch Preserve: join naturalist Sophie Mazowita (of the VT Master Naturalist Program) on a winter wildlife tracking walk at the Krusch Preserve. Search for tracks and signs that reveal the activities of our wild neighbors

found I was getting home earlier.

I have signed the petition because I want a discussion on this topic and a vote on Town Meeting Day. There is a petition just inside the door of the Underhill Town Hall, and I have a copy. Remember that signing the petition does not indicate that you are in favor or disagree with the question, only that you agree it should come up for a vote.

Bill Frank  
Underhill

## Re: Petition — is it time for a larger Selectboard?

To the Editor,

I am a voting resident in the Town of Underhill for nearly 30 years, I've worked for the Town over 20 as an Animal Control Officer, and I've been the Finance Officer and Human Resource Administrator for five; I feel qualified and knowledgeable and my first-hand experience as an elected official, staff member, and resident may certainly make my points worth reading.

All we are asking residents to do is SIGN A PETITION to open the dialogue and then allow the voters of Underhill to VOTE their VOICE on the subject of increasing the Selectboard from three members to five.

You don't have to vote YES, you don't have to VOTE... but this is THE PROCESS that Vermont law requires to address the situation that some of us would like to address.

The Selectboard is the executive arm of our Town. It is the body that has general supervision and control over the affairs of the town. 24 V.S.A. § 872. The Selectboard performs three functions:

1. Legislative (enacts local ordinances, regulations and policies);
2. Administrative (prepares and presents the budget, oversees all town expenditures, supervises personnel and controls town buildings and property);
3. Quasi-judicial (determines private rights in such areas as laying out, discontinuing and reclassifying highways and hearing appeals as the local board of health and as the local liquor control commission).

I hope that this one only helps you understand the role of a Selectboard member and why the question should be raised.

I am not scared to have differing opinions, people that I would not choose as my friends, or even one of my supervisors, but remember the Board may only act with the concurrence of a majority of its members. 1 V.S.A. § 172. Individual members have no power to bind the town without authorization from the Board. See State v. Baldwin, 116 VT. 112 (1949).

If you are interested in the nitty gritty, I suggest looking up

Letters continued on page 4

through the winter woods, discovering where to look and how to interpret wildlife evidence. Meet at the Krusch Preserve parking lot. Please register at [events@kruschnaturepreserve.org](mailto:events@kruschnaturepreserve.org).

Monday, January 8

**Lamoille County Legislative Breakfast,** 8:00 – 9:30 AM, Green Mountain Technical Center (GMTCC), Hyde Park. This first of four events is being held one week after the start of the 2024 Legislative session in Montpelier. The session begins with a light breakfast, followed by a short briefing by the legislators attending, and a Q&A session. Breakfast by Two Sons Bakehouse; coffee by Jenna's Promise Roasting Company. Learn more and please register at <https://lamoilleeconomy.org/breakfast/>.

Sunday, January 14

**Winter Soup Bowl,** 5:00 – 7:00 PM, Underhill Town Hall, Underhill Center. A variety of soup selections will be provided, including a vegan option. Bring your own utensils, bowls, beverages, and cheese or bread or dessert to share. Come share in the fun of this free and family friendly event!

Thursday, January 18

**Preserving Ash for the Future,** 12:00 – 1:00 PM, online. As the Emerald Ash Borer makes its way into VT forests, we have an opportunity to mitigate the loss of ash trees and help preserve them for the future. Join us to learn about strategies that landowners, foresters, conservation organizations, and community leaders can employ to promote well-adapted forests that include ash in the future. Presenters in this Vermont Land Trust event are Paul Catanzaro, Associate Professor and State Extension Forester, University of Massachusetts, and Caitlin Cusack, Forester, Vermont Land Trust. This event is perfect for landowners, foresters, and community forest managers. Free; donations welcome. For more information or if you have questions, contact [events@vlt.org](mailto:events@vlt.org). Please pre-register at <https://vlt.org/events/preserving-ash-for-the-future/>.

Monday, February 5

**Lamoille County Legislative Breakfast,** 8:00 – 9:30 AM, Akeley Building, 67 S. Main St, Stowe. The session begins with a light breakfast, followed by a short briefing by the legislators attending, and a Q&A session. Breakfast by Two Sons Bakehouse; coffee by Jenna's Promise Roasting Company. Learn more and please register at <https://lamoilleeconomy.org/breakfast/>.

Saturday, February 17

**Third Annual Westford Winter Festival,** 11:30 AM – 4:00 PM, Westford Town Common, VT Rt. 128, Westford. Save the date!

Sunday, February 18

**Winter Soup Bowl,** 5:00 – 7:00 PM, Underhill Town Hall, Underhill Center. A variety of soup selections will be provided, including a vegan option. Bring your own utensils, bowls, beverages, and cheese or bread or dessert to share. Come share in the fun of this free and family friendly event!



wendellsfurniture.com

Where customers  
become friends since 1999

**Our Retail Stores are Open!  
Stop in and see us, we have missed you!**



Blue Mall, So. Burlington • 802-863-8306  
Factory Location, Route 15, Jericho • 802-899-3373  
[SnowflakeChocolate.com](http://SnowflakeChocolate.com)

## The Mountain Gazette

6558 VT Route 116, Starksboro, VT 05487

802-453-6354

[mtngazette@gmavt.net](mailto:mtngazette@gmavt.net)

Deadline Tuesday, January 9

Published January 18, 2024

Brenda Boutin - publisher, ad design/delivery  
Editor - Sara Riley

Letter Policy: Maximum 450 words

One letter per writer, per calendar month.

Must be signed for attribution with writer's address and phone number. Send your news to

[mtngazette@gmavt.net](mailto:mtngazette@gmavt.net)

## HEALTH NEWS

## Cambridge Fire Department annual blood drive January 6

Join the Cambridge Fire Department at their annual blood drive on Saturday, January 6 and help us save lives! The drive will be held from 9:00 AM – 2:00 PM at 153 Church St., Jeffersonville.

Blood donations are so important, please take the time to sign up now, online at <https://www.redcrossblood.org/give.html/drive-results?zipSponsor=alexthefighter>.

## Consider Dental Assisting as a career

The Center for Technology, Essex Dental Assisting Program enrolls adult students in our program. Students will receive hands-on training in our nine-month program, to prepare for employment in the field of dentistry. Trained dental assistants in Vermont are currently in high demand. Our program is accredited by the American Dental Association. Students successfully completing the program earn dental radiology certification and have the opportunity to earn a national credential from the Dental Assisting National Board.

The application process opens for the 2024-2025 school year on January 3, 2024.

For more information, don't hesitate to get in touch with the program instructors at 802-857-7926 or visit the Center for Technology, Essex website <https://www.ewsd.org/ocfe> to complete an online application.

## Yoga and its benefits

By Dr. Mary Kintner, Jericho Chiropractic

Yoga is a practice developed over 5000 years ago in India. The word *yoga* means union (of the mind/body/spirit.) A complete yoga practice includes postures known as *asanas*, breath work known as *pranayama*, vegetarian dietary habits, chanting, and meditation. An estimated 11 million Americans practice yoga today. There are many different styles currently practiced, each with their own focus but all are offshoots of Hatha Yoga. *Iyengar* is a practice developed by BKS Iyengar which emphasizes alignment and often uses props such as blocks and straps. Power, also known as *Astanga*, strings a series of postures together in sync with breath. *Viniyoga* combines breath, moment, ritual, and sound. *Bikram* yoga is 26 specific postures done at 100-degree temperatures to enhance flexibility and remove toxins.

Yoga is for all ages. You do not have to be fit or thin or young to benefit from yoga. There are many ways each body is different, and yoga recognizes and respects this. Whatever your body can do is advantageous for you. After all, if you don't use it you will lose it! One study showed that in just eight weeks of practice there was a 35% increase in flexibility, especially in the shoulder and trunk.

You do not need a lot of special things to do yoga. It is recommended that you get a sticky mat and wear loose clothing. Practice in a warm place where you have ample room to stretch. There are many ways to learn: videos, books, magazines, classes, and retreats. A combination is good because it keeps you learning and refines your practice. (Also, you get encouraged to do poses you might otherwise avoid or won't hold long on your own!) After yoga you can expect to feel energized but relaxed and calm.

The benefits of yoga are many. The calming aspect of the autonomic (think automatic) nervous system is turned on, so your blood pressure, pulse, respiratory rate, and blood sugar levels drop. Cardiac efficiency improves. Gastrointestinal functions are enhanced. All the excretory functions of the body improve. Joint flexibility increases. Breath holding time lengthens. Eye-hand coordination improves. The functions of the endocrine system are optimized. Reaction time increases. Strength increases. Posture improves. Endurance is extended. Energy increases. Weight management is helped. The immune system is supported. Balance is improved (which tends to worsen as we age and is a major cause of falls and injuries in the elderly.) Depth perception increases. Organ function is optimized, especially by twists. Yoga creates a sense of wellbeing and improves mood. Hostility is decreased. Self-acceptance and actualization increase. Stress hormones, thyroid hormones, sodium, hematocrit, and hemoglobin levels normalize. Currently yoga is being used in the management of asthma, depression, insomnia, multiple sclerosis, diabetes, carpal tunnel syndrome, and heart disease, to name a few conditions.

With all of its benefits, what are you waiting for? Contact Dr. Mary with questions: [DrMaryDC@comcast.net](mailto:DrMaryDC@comcast.net).

Dr. Mary Kintner offers Hatha Yoga Wednesdays, 5:30 – 7:00 PM at Jericho Chiropractic DBA Kintner Chiropractic, 397 VT Rt. 15, Jericho; [www.JerichoChiro.com](http://www.JerichoChiro.com); 802-899-5400.

## Swaddling

Parents of new babies have been blanketing me with questions about swaddling their babies and whether it is safe for them to do so. Let me see if I can unwrap some information on this topic.

### Swaddling information and concerns

When done properly, swaddling is a great way to help calm babies and promote sleep. A thin blanket wrapped around your baby can resemble their being enclosed in the womb and thus can be soothing to them.

Yet, swaddling can also be dangerous if a baby is placed on their stomach and not their back when swaddled. That position can be a setup for a sudden unexpected infant death and unintentional suffocation. In addition, swaddling may decrease a baby's arousal, making it harder for them to wake up and again put them at risk for sudden unexpected infant death.

### Recommendations from the American Academy of Pediatrics

When putting a swaddled baby down to sleep they should sleep alone, in a safe crib, and on their back. Use only a thin blanket for swaddling and have the nurses in the nursery or your child's health care professional show you the proper way to swaddle.

Swaddling can increase the chance your baby will overheat, so avoid letting your baby get too hot in the swaddling blanket. You'll notice this if you see your baby's hair turn damp, the cheeks get flushed, and there is a heat rash or rapid breathing.

Swaddling also needs to be done in a way that the hips can move and that the blanket is not too tight. Tightly wrapping a baby's legs can lead to hip dislocation. You should be able to get at least two or three fingers between the baby's chest and the blanket.

If you have not learned this technique before leaving the nursery with your newborn, the American Academy of Pediatrics' website can help. Visit [www.healthychildren.org](http://www.healthychildren.org) and search the word "swaddle" for instructions on how to safely swaddle in six steps.

Swaddling should stop as soon as your baby shows signs of trying to roll over, which can occur as early as two months of age but usually occurs a bit later than that.

A sleep sack that does not swaddle a baby tightly and allows a baby to move freely can be used as long as you want, up until your baby outgrows it.

Hopefully, tips like these will wrap up any concerns you have when it comes to knowing the benefits of swaddling and the risks of not learning how to do it properly.

Lewis First, MD, is Chief of Pediatrics at The University of Vermont Children's Hospital and Chair of the Department of Pediatrics at the University of Vermont's Larner College of Medicine

Letters continued from page 3

Vermont Statutes or visiting <http://vlct.org> where you can learn about the duties of the Selectboard.

The bottom line is — please come to Town Hall or visit Jacobs IGA and sign the petition to add this item on the ballot for Town Meeting 2024. Please also don't hesitate to reach out to me anytime to discuss this matter. The vote, one way or another, is your voice on this subject, let's just get this question on the table for discussion.

Have a happy and healthy New Year!

Jennifer Silpe-Katz  
Underhill

## Re: Petition — is it time for a larger Selectboard?

To the Editor,

As a former Selectboard member I signed the petition and support the voters' consideration of this topic in March. I feel a five-member board will help attract new members to the Board, lighten the load of the Board, facilitate Board members' ability to discuss town issues outside of meetings, and help avoid quorum issues that arise with a three-member Board. It is not up to the current Board to dictate the size of the Board — it is up to the voters.

With respect,  
Seth Friedman  
Underhill

## LEGISLATIVE REPORT

## Mental health resources after flooding

By Theresa Wood, State Representative  
Washington-Chittenden House District

December 20, 2023

Rather than recreate something that already exists, I wanted to share some valuable mental health resources from a legislative colleague, Rep. Daisy Berbeco of Winooski.

I know that the flood waters that came this week, so soon after the July flooding, made the emotional and physical stresses

very real for many people. Even if you did not personally have flooding to your property or home, the impact is still there — I know it has been for me.

I encourage you to visit the website I've linked (<https://www.daisyforwinooski.com/flood-recovery>) for helpful information on mental health resources.

And lastly, many thanks for the people who are and will be helping folks directly impacted by the flooding, whether it's food, mucking out basements, running errands, or giving a hug — community is what helps us all get through these traumas.

## LIBRARY NEWS

### DEBORAH RAWSON MEMORIAL LIBRARY

Hours: Tuesday and Thursday, 10:00 AM – 8:00 PM; Wednesday and Friday, 10:00 AM – 6:00 PM; Saturday, 10:00 AM – 2:00 PM; Sunday: 1:00 – 4:00 PM.

#### Adult programs

Thursdays, January 11, 25, 6:00 – 8:00 PM: Crafters' Group. 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](mailto:atowerinvt@gmail.com), or Julie Hehir, 802-899-3199 or [juliehhehir@comcast.net](mailto:juliehhehir@comcast.net).

Tuesday, January 30, 7:00 PM: Mystery Book Group. We are taking a holiday break. Our next meeting is in January We will be discussing Dog on it by Spencer Quinn. If you need a copy call the library or request a copy on our online catalog using your library card. Additionally, please read a mystery of your choice and we will share what we read at that meeting also. We will meet in person in the program room.

#### Youth programs

Here is what's going on this month! All programs meet in person at DRML, unless otherwise specified.

Tuesdays, 10:30 AM Baby Toddler Storytime [birth to PreK] This roughly half-hour story time is focused on babies and toddlers. We will play finger games, do lap bounces, sing, dance, and read a story or two. No registration necessary.

Thursdays, January 4, 18, 3:00 – 5:00 PM: Animation Club [ages 10+] Curious about stop motion animation? The library has all the tools and software needed for you to make your own mini movies. Space is limited, and this is a really popular program so make sure you sign up when you call, visit or email [youth\\_librarian@drml.org](mailto:youth_librarian@drml.org).

Fridays January 5, 12, 19, 11:00 AM – 12:00 PM: Stories and Songs with Beth and David London [birth to PreK] Beth and David are here to sing, dance, and play.

Fridays, January 5, 19, 3:00 – 4:00 PM: LEGO Club [ages 6+] There's no wrong way to LEGO! Sign up and when you call or visit the library, or email [youth\\_librarian@drml.org](mailto:youth_librarian@drml.org).

Tuesday, January 9, 3:00 – 4:30 PM: Marbled Paper craft.

Tuesday, January 9, 7:00 – 8:00 PM: Deborah Rawson Book Lovers Club.

Thursday, January 11, 3:00 – 4:30 PM: Minecraft Social.

Wednesday, January 17, 3:00 – 4:00 PM: Pasta Snowflakes.

Saturday, January 20, 10:30 AM – 12:00 PM: Read to Wyatt the Dog. Cozy up with therapy dog Wyatt and share some stories with him. Please sign up for a 15-minute spot when you call, email or stop by the library.

Tuesday, January 23, 3:00 – 4:30 PM: Nintendo Switch. Catch up with friends after the holidays and play some Switch basketball, skateboarding, Mario Kart, or Mario Party. No sign up needed. If there are more than four players we'll take turns. No need to bring your personal switch or controller.

Thursday, January 25, 3:00 – 4:00 PM: Snowman Stretch STEM Activity.

Please visit [drml.org](http://drml.org) or call 802-899-4962 for the most up-to-date information. Contact information: [rawsonlibrary@drml.org](mailto:rawsonlibrary@drml.org); [www.drml.org](http://www.drml.org); 802-899-4962.

### JERICHO TOWN LIBRARY

New hours: Tuesdays 10:00 AM – 7:00 PM; Wednesdays, Thursdays, Fridays 10:00 AM – 6:00 PM; Saturdays 10:00 AM – 1:00 PM. We are completely mask-optional and fully reopened.

Please be advised that our historic building is not currently ADA-accessible and has a set of four steps leading up to the building entrance. Our second floor is only accessible via a staircase.

#### Adult events

#### Children's events

Wednesday, January 3, 10:30 – 11:00 AM: Read with Miss Emma! She is back at Jericho Town Library for the fall (and early winter) months — join us on the first Wednesdays for some Music & Movement. This musical storytime is fun for the whole family but designed for kids aged 0-5. Expect songs, rhymes, scarf dances, and much more! We'll meet outside, weather permitting.

Thursdays, 10:00 – 10:30 AM: Storytime Yoga.

Thursdays, 10:30 – 12:00 PM: Playgroup.

Saturdays, 9:00 AM: Baby Storytime, followed by Coffee and Conversation (for the adults).

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.

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

### VARNUM MEMORIAL LIBRARY JEFFERSONVILLE

Art in December: The Kindergartners at Westford School created an animal alphabet based on the art style of Vermonter Chris Gluck. This is a great time to bring your kindergartner into the library to see their art and check out some "just right" books while you are here.

Please check our website <http://www.varnumlibrary.org> for the most up-to-date offerings and information.

Tuesdays, 10:00 AM: Story Time.

Tuesdays, 3:00 – 4:00 PM: Crafternoon.

Wednesdays, 10:00 AM: Story Time.

Wednesdays, 9:00 – 11:00 AM: Mobile Rural Resource Navigator.

Wednesdays, 3:00 – 4:00 PM: Crafternoon.

Wednesdays, 12:00 – 1:00 PM: Kids Cooking Club.

Thursdays, 10:00 AM: Coffee and Conversations.

As always, please contact the library for more information or visit our website: <http://www.varnumlibrary.org>, 802-644-2117, or [varnumrequests@gmail.com](mailto:varnumrequests@gmail.com).

Hours: Sunday/Monday, closed (unless otherwise posted);

Library news continued on page 5

**High Quality  
Supplements &  
Nutritional Guidance**

Call Dr. Mary at **899-5400** or shop:  
[MKintner.metagenics.com](http://MKintner.metagenics.com)



**20% off  
your 1st  
online  
order!**

Metagenics

## OBITUARY



**Diane Elizabeth (Boisjoli) Dufresne**, 65, of Underhill, VT passed away at the McClure Miller Respite House on Wednesday, December 20, 2023. Diane was born in Burlington, VT to Clement and Florida (Lessard) Boisjoli. Diane graduated from St. Francis Xavier School, Rice Memorial High School, and Trinity College (all in Burlington). Upon graduating from college Diane started her teaching career, which lasted 42 years. She taught at Mater Christi School for 33 years, and St. Francis Xavier School for the remainder. While at Mater Christi, Diane received her Master's degree from the University of Vermont (Burlington) through the Vermont Mathematics Initiative (VMI) in 2006. Diane retired from teaching in 2022, which allowed her extra time to take care of her granddaughters (Madisyn and Kallie) who she loved so much. Diane's other interests included camping, kayaking, gardening, and spending time at camp in North Hero, VT. She also enjoyed being a part of the women's group that met weekly at St. Thomas Church in Underhill and working with the St. Thomas food booth and Calcutta teams. Diane married Peter "Andy" Dufresne, Jr. on July 6, 1985 in St. Francis Xavier Church in Winooski. Diane is survived by her husband Andy; three children: her daughter Sarah and partner Joe Warner, granddaughters Madisyn and Kallie, all of Colchester, VT, her son Jason Dufresne of Alburgh, VT, and her son Matthew Dufresne of Williston, VT; and her mother-in-law Betsy Dufresne of Burlington. She is also survived by her siblings Suzie Shields of Phoenix, AZ, Roland Boisjoli and wife Geri of Phoenix, AZ, Rose Hamel of Colchester, Annette Carr and husband Don of Milton, VT, Aline Boisjoli of South Burlington, VT, Terry Schwartz of Rouses Point, NY, and Michael Boisjoli of Alburgh; and by many nieces, nephews, and cousins, her sister-in-law Ann Bryant and husband David, her niece Morgan and her nephew Luke all of New York. Visiting hours were held on Thursday, December 28, 2023 at LaVigne Funeral & Cremation Service, 132 Main St., Winooski. A Mass of Christian Burial was celebrated on Friday December 29, 2023 at St. Francis Xavier Church with burial following in St. Francis Xavier Cemetery, Winooski. Donations in Diane's memory can be made to St. Francis Xavier School, 5 St. Peter St., Winooski, VT 05404.

## ART / MUSIC / THEATER

## Black and Blue

By Kimberly Madura

If the secret Blue Hotel  
was in the mysterious  
Black Forest, she was  
staying there.

Souvenirs of coo-coo clocks  
and the hands of time  
marked inaccessible,  
impenetrable alienation.

In this Grimm's fairy tale,  
is there a place in the story  
for forgiveness? Can  
Sleeping Beauty wake up?

**Northern Bronze Handbell Concert** — Come ring in the new year with the Northern Bronze Handbell Ensemble. Northern Bronze will present two January concerts featuring holiday and classical pieces under the direction of Jodie Auer-Johnson: Saturday, January 6, 7:00 PM at Faith United Methodist Church, S. Burlington; and Sunday, January 7, 3:00 PM at College Street Congregational Church, Burlington. Tickets at the door; \$15 suggested donation, or pay what you can.

**Jericho artist Kathleen Berry Bergeron will offer beginner and Intermediate Watercolor Classes** starting in January in Richmond, mornings from 10:00 AM – 12:30 PM. This is a six-week class. For more details see [www.kathleenberrybergeron.com](http://www.kathleenberrybergeron.com).

**Northern Bronze Handbell Concert** — Come ring in the new year with the Northern Bronze Handbell Ensemble. Northern Bronze will present two January concerts featuring holiday and classical pieces under the direction of Jodie Auer-Johnson: Saturday, January 6, 7:00 PM at Faith United Methodist Church, S. Burlington; and Sunday, January 7, 3:00 PM at College Street Congregational Church, Burlington. Tickets at the door; \$15 suggested donation, or pay what you can.

**Jericho artist Kathleen Berry Bergeron will offer beginner and Intermediate Watercolor Classes** starting in January in Richmond, mornings from 10:00 AM – 12:30 PM. This is a six-week class. For more details see [www.kathleenberrybergeron.com](http://www.kathleenberrybergeron.com) or contact [paint78@hotmail.com](mailto:paint78@hotmail.com). Come and enjoy the journey. You will not regret it! Happy Holidays!

**The Underhill Arts Council** is committed to inspiring the community by highlighting local art and craft. Our goal is to bring forward all forms of creative expression. All ages are welcome! Have something you'd like to share? Please contact John Connell, [jc6greenmont@gmail.com](mailto:jc6greenmont@gmail.com), or Mary Hill, [maryhillstudios@gmail.com](mailto:maryhillstudios@gmail.com).

Also, the Underhill Arts Council is looking for help painting and decorating the large hearts that are hung around town. This is a fun project. No special artistic talent is required. If you have a desire to help or have questions, please contact the council via [jc6greenmont@gmail.com](mailto:jc6greenmont@gmail.com) or 802-881-5974.

The Underhill Arts Council is hosting an Art Show of local talent at the Underhill Town Hall on Saturday January 13, 2024. Please stay tuned for details.

**Weekly Literature Group Meeting** on Tuesdays Via Zoom: Michael Sevy of Jericho co-leads a weekly virtual book group, the Burlington Literature Group, and would welcome new committed readers to our sessions. The group originally met in person, but since Covid has changed to online Zoom sessions every Tuesday at 6:30 PM. We break down interesting, challenging books into weekly segments of 60-100 pages, and discuss form, content, and our impressions in a friendly online forum. Details can be found at <https://nereadersandwriters.com/> or by emailing [info@nereadersandwriters.com](mailto:info@nereadersandwriters.com). Our next author is César Aira, born on February 23, 1949 in Coronel Pringles. He is an Argentine writer and translator, considered by many as one

Art continued on page 6

Library news continued from page 4

Tuesday-Thursday, 9:00 AM – 6:00 PM; Friday/Saturday, 9:00 AM – 3:00 PM.

## WESTFORD PUBLIC LIBRARY

Library hours: 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 ([westfordpubliclibrary@gmail.com](mailto:westfordpubliclibrary@gmail.com)) and we can work something out. We want nothing to impede you from using the library.

Have you tried Biblio+? Sign up with your library card at [www.biblioplus.com](http://www.biblioplus.com) to start streaming their selection of films and TV series today! The biblio+ app is available for download on Apple devices (iPhone, iPad, Apple TV), Android phone and tablet, Amazon Fire TV, and Roku, or stream directly from [www.biblioplus.com](http://www.biblioplus.com).

Thursdays, 11:30 AM: Early Literacy Storytime. We sing songs, read stories, move and do crafts! No sign up needed, all ages are welcome. We sing songs, read stories, move and do crafts! No sign up needed, all ages are welcome.

Thursdays, 6:30 – 8:00 PM: Maker Group. 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!

The Westford Food Shelf is now open twice a month, on the first Wednesday of each month (January 3, February 7), 4:30 – 5:30 PM, on the third Saturday (January 20, February 17), 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.

Find us on Facebook ([www.facebook.com/westfordpubliclibrary](http://www.facebook.com/westfordpubliclibrary)) and Twitter ([www.twitter.com/WestfordVT\\_pl](http://www.twitter.com/WestfordVT_pl)). Bree Drapa, Librarian. 802-878-5639; [www.westfordpubliclibrary.org](mailto:www.westfordpubliclibrary.org); [westfordpubliclibrary@gmail.com](mailto:westfordpubliclibrary@gmail.com).

## FAIRFAX COMMUNITY LIBRARY

Please sign up at least one week before the program date; all events free unless noted. Please contact [libraryfairfax@gmail.com](mailto:libraryfairfax@gmail.com) or 802-849-2420 to register for events! For up-to-date information about programs, visit our website [www.fairfaxvlibrary.org](http://www.fairfaxvlibrary.org) where you can also find a link to the interactive Google calendar.

Happy New Year! Hoping to learn a new language in the new year? The library is happy to offer a weekly Mandarin Club with Keyuan Xiang to learn the Mandarin language and Chinese culture.

Mango Languages is another language learning resource, with a site and app that offers lessons in more than 70 languages, is made possible through the support of the Green Mountain Library Consortium (GMLC). Choose from over 70 world languages to learn on your desktop or mobile device. Family Profiles are the perfect way to enrich the lives of your loved ones with language and culture; once logged in, tap on the three horizontal lines in the upper right corner to find the Family Profiles setup page. To begin using Mango Languages, all you need is a Fairfax Community Library card. Learn more at: <https://connect.mangolanguages.com/fairfaxvlibrary/start>. Find the link to Mango Languages on the library website under the Resources tab and at: <https://fairfaxvlibrary.org/mango-languages.html>.

## Youth events

Tuesday, January 2, 3:00 PM: LEGO Club. Kids ages 6+ enjoy themed LEGO play after school. Please register.

Tuesdays, January 2, 16, 30, 5:30 PM: D&D Club. Dragons! Danger! Dice! The library is now hosting a middle school D&D club. Join our DM Nic and create a character to take on exciting magical adventures! No prior Dungeons and Dragons knowledge is necessary, and players of all experience levels are welcome. Materials provided. Grades 5-8. Club meets every other Tuesday. Please contact [libraryfairfax@gmail.com](mailto:libraryfairfax@gmail.com) or 802-849-2420 to

register!

Wednesday, January 10, 3:00 PM: Popsicle Stick Wall Hangings. Make a wall hanging with creative use of yarn and popsicle sticks! Materials provided. Ages 8+ Please contact [libraryfairfax@gmail.com](mailto:libraryfairfax@gmail.com) or 802-849-2420 to register!

Wednesdays, January 3, 10, 17, 24, 31, 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, January 17, 3:00 PM: DIY Snowmen Plushies. Build cute snowmen out of socks — no sewing required! Materials provided. Ages 8+ Please contact [libraryfairfax@gmail.com](mailto:libraryfairfax@gmail.com) or 802-849-2420 to register!

Wednesday, January 24, 1:00 PM: Salt Painting. Make a textured piece of art with glue and salt! Materials provided. Ages 8+ Please contact [libraryfairfax@gmail.com](mailto:libraryfairfax@gmail.com) or 802-849-2420 to register!

Wednesday, January 31, 3:00 PM: Slime Making. Have fun making different kinds of squishy slime! Materials provided. Ages 8+ Please contact [libraryfairfax@gmail.com](mailto:libraryfairfax@gmail.com) or 802-849-2420 to register!

## Adult events

Saturday, January 13, 11:30 AM: DIY Mason Jar Oil Lamps. Learn how to make beautiful yet simple oil lamps out of mason jars! Materials provided. Please contact [libraryfairfax@gmail.com](mailto:libraryfairfax@gmail.com) or 802-849-2420 to register!

Tuesdays, January 9, 16, 23, 30, 5:30 PM: Mandarin Club with Keyuan Xiang. Interested in learning Mandarin, or just want to know more about Chinese culture? Join Keyuan Xiang at the library for lessons! You don't need to come to each club meeting, but registration is required for the day or days you would like to attend. Please contact [libraryfairfax@gmail.com](mailto:libraryfairfax@gmail.com) or 802-849-2420 to register!

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](http://www.fairfaxvlibrary.org), where you can also find a link to the interactive Google calendar. 75 Hunt Street, Fairfax; 802-849-2420.

## RICHMOND LIBRARY

Trustees meetings are on the second Monday of the month via Zoom until further notice.

Help Chart the Library's Future. Do you believe in intellectual freedom and the public's right to information? Do you support programs that build literacy, foster curiosity, and provide enjoyment for all members of our community? Are you interested in ensuring a library collection that reflects the needs and interests of our community? Run for the Library Trustee Seat in March! Trustees are elected by Richmond voters to a five-year term. Candidates must submit a petition to the Town Clerk, signed by 5% of voters, no later than Monday, January 22, 2024 to be on the ballot. If you are interested or would like to learn more, contact Laurie Dana, Chair, Richmond Free Library Trustees, at [rldana@gmavt.net](mailto:rldana@gmavt.net), or Rebecca Mueller, Director, Richmond Free Library at the library or email her at [rmueller@richmondvt.gov](mailto:rmueller@richmondvt.gov).

Weekly/monthly 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 infant through five years and their grownups 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 grownups. 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.

Saturday, January 6, 11:00 AM: Learn about Dog Sledding. Families and friends of all ages are invited to join us on the library lawn to learn about dog sledding and meet some hard-working Siberian Huskies. Milagro Amaya Turner of Siber Sled Dogs will have her friendly pups on site for pats and pictures! No registration is required, just drop by.

Tuesday, January 9, 6:00 PM: (Mostly) Fiction Book Group. Join us in the Mezzanine Lounge to discuss *Ask Again, Yes* by Mary Beth Keane. Contact Gwen Landis (802-434-5012; [gwenie1972@yahoo.com](mailto:gwenie1972@yahoo.com)) for information on joining this group.

Thursday, January 18, 7:00 PM: Mystery Book Group. Join us in the Mezzanine Lounge to discuss *The Third Victim (Robin Lockwood Mystery, #1)*, by Phillip Margolin. Contact Maureen Parent (802-434-2055, [mparent@gmavt.net](mailto:mparent@gmavt.net)) with any questions.

Saturdays, January 20, February 17, March 16, April 20, May 18, 10:30 – 11:30 AM: Hora del Cuento (Spanish Storytime). Join native Spanish speakers, Chichi and Eva for 30 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 on the third Saturday of every month, September-May.

Tuesday, January 23, 3:00 PM: Dog Cartoons. Come learn how to draw a cartoon dog with youth librarian and comic artist L.J. Kopf. Kids ages 8-14 are invited to sign up for this fun hour-long program. Call or email the library to register. (802-434-3036/ [library@richmondvt.gov](mailto:library@richmondvt.gov)).

Thursday, January 25, 4:00 PM: Gardening Roundtable. Get together with fellow gardeners to start planning for the 2024 growing season. Conversation will be facilitated by Hannah Harrington of Richmond Community Garden and Vermont Garden Network. No registration required.

What can you borrow from the Library? Borrow books (fiction, non-fiction, memoir), magazines, DVDs, Playaways, early readers, board books, graphic novels (for all ages, audiobooks on CD, Spanish language books for kids, chapter books, comic books, Vox books (picture books that talk!), STEAM kits, storytime bags, a sewing machine, a blood pressure monitor, lawn games, snowshoes and poles, a firewood moisture meter, and an appliance voltage meter.

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](mailto: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

Through Saturday, February 3: Community Cookbook Challenge. Share a favorite family recipe and a short, three- to five-sentence story which includes the preparation or sharing of that food, or the importance of that food to your family and/or culture. The best story wins a set of cookie cutters and cookie decorations. Submit stories at <https://forms.gle/Qx78GLoRm69nvtYB6> or in the events calendar. Submissions will be included in a community cookbook to be shared in the library. This challenge is inspired by this year's Vermont Read, *Last Night at the Telegraph Club* by Malinda Lo. You can pick up a copy of this book in the library. All ages.

Contact us at [frontdesk@brownelllibrary.org](mailto: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](mailto:frontdesk@brownelllibrary.org).

Library news continued on page 8

Art continued from page 5



On exhibit at Burlington City Arts through January 27, 2024: Terry Ekasala is among a group of contemporary artists who are reinvigorating painting. Ekasala creates expressive imagery that moves between abstraction and representation, employing an intuitive approach emphasizing improvisation and process rather than a predetermined subject. She revels in complex interplays of color and texture, line, shape, and form. Amidst these layered elements and dynamic brushwork, a partial figure or landscape, bird, or beast may appear to float in space, as if captured midway through transformation. In her paintings, the artist invites us to travel to interior worlds and across time. More than works of art, or objects, Ekasala's paintings are experiences, personal journeys for artist and viewer alike. Terry Ekasala: Layers of Time features oil on linen and more intimately scaled acrylic works on paper, all created over the past two years. The largest canvases, All the Secret Harmony (Lost Tracks of Time) and Riding Through, were commissioned by BCA for this exhibition. A resident of East Burke, Ekasala is the 2023 recipient of the Vermont Prize (<https://www.vermontprize.org/>). Pictured above: Terry Ekasala, Backyard (detail). PHOTO CONTRIBUTED

## SENIOR NEWS

### Bolton Age Well Grab'n'Go meals

Bolton will now have Age Well Grab'n'Go meals delivered to the Bolton Fire Station on the second Wednesday of each month — January 10, February 14, March 13 — pick up times between 11:00 AM – 12:00 PM. Age Well provides services to individuals 60+ and their spouse or caregivers, and a disabled person(s) living with the senior, regardless of financial status.

To order a meal, please contact Robin Pecor-Brunell, 802-434-3042 or [rpecor@hotmail.com](mailto:rpecor@hotmail.com), by the Friday before the meal is to be delivered.

### Online health aid presentations

**High Blood Pressure Management**, Thursdays, through February 8, 2:00 – 3:30 PM, online. Presented by My Healthy Vermont and North Country Hospital. Learn the basics of controlling your high blood pressure through eating healthier, becoming more active, and more. Register online at [https://www.myhealthylvt.org/workshop\\_dates/online-or-in-person-high-blood-pressure-3/](https://www.myhealthylvt.org/workshop_dates/online-or-in-person-high-blood-pressure-3/).

**Vision and Aging Well Videos**, online at <https://www.nei.nih.gov/learn-about-eye-health/outreach-resources/vision-and-aging-resources/vision-and-aging-videos>. The National Eye Institute's videos explain dilated eye exams and age-related eye conditions and promote eye health. Remember to wear sunglasses to avoid cataract-producing damage caused by the sun!

**MyMobility Plan**, online (as a PDF) at [https://www.cdc.gov/transportationsafety/pdf/older\\_adult\\_drivers/CDC-MyMobilityTool.pdf](https://www.cdc.gov/transportationsafety/pdf/older_adult_drivers/CDC-MyMobilityTool.pdf). The MyMobility planning guide from the CDC is a tool to help us plan for mobility changes as we age and take action now. Plan today; stay independent tomorrow.

**Caring Conversations**, online, with more information at <https://www.mcgill.ca/dementia/support-groups/caring-conversations>. The McGill Dementia Education Program provides virtual support to care partners — with social worker Lucy Barylak and educator Joanne Besner. Season 2, Ep.1, Hygiene and Dementia: what care partners can do when the person they support refuses daily hygiene care; Season 2, Ep.2, Dementia and Sexually Inappropriate Behaviors: how care partners can manage inappropriate behaviors.

**Stay Safe During a Winter Storm**, information from the CDC presented online at <https://www.cdc.gov/disasters/winter/duringstorm/indoorsafety.html>. Winter storms can be dangerous, with cold temperatures, power failures, loss of communication services, and icy roads. The CDC offers suggestions for staying safe indoors and outdoors on this webpage.

of the leading exponents of Argentine contemporary literature. His writing is marked by extreme eccentricity and innovation, as well as an aesthetic restlessness and a playful spirit. He is without a doubt the true heir to Jorge Luis Borges' literature of ideas. As his novels are typically short (80-100 pages) we will read one per week: January 9: *The Little Buddhist Monk*; January 16: *The Divorce*. After César Aira we will read Roberto Bolaño, born in Santiago, Chile in 1953. He grew up in Chile and Mexico City, where he was a founder of the Infrealist poetry movement. His first full-length novel, *The Savage Detectives*, received the Herralde Prize and the Rómulo Gallegos Prize when it appeared in 1998. Bolaño died in Blanes, Spain at the age of 50. We will read the novel *Distant Star*: January 23: beginning through Chapter 5; January 30: chapter 6 to end. Other authors in our schedule include Toni Morrison, László Krasznahorkai, Patrick Modiano, Iris Murdoch, David Foster Wallace, Colum McCann, Saul Bellow and Thomas Pynchon.

**SongFarmers**, a community music jam — a place for friends and neighbors to play music just for the fun of it. SongFarmers meets on every third Wednesday of the month (January 17, February 21), 6:00 – 8:00 PM at the Jericho Community Center, Browns Trace, Jericho Center. For people of all ages who want to play folk, Americana, blues, bluegrass, Celtic, and more on acoustic instruments: guitars, banjos, mandolins, fiddles, ukuleles, bass, keyboard. No electronics except keyboard and bass. It's a circle gathering where everyone who wants to will have a chance to lead songs. Common tunes with simple chord progressions are encouraged so that everyone can play along. If you plan to lead, please choose a song that you can play at a steady rhythm and bring a chord chart for your song. Both songs and instrumentals are great. Please note this is not a performance, open mic, or lesson. Folks who want to sing, or just come and enjoy the gathering, are welcome too. Bring snacks and drinks if you like, but no alcohol. Free. Registration is appreciated; contact [CommunityJamJUVT@gmail.com](mailto:CommunityJamJUVT@gmail.com).

**SongFarmers**, a community music jam — a place for friends and neighbors to play music just for the fun of it. SongFarmers meets on every third Wednesday of the month (January 17, February 21), 6:00 – 8:00 PM at the Jericho Community Center, Browns Trace, Jericho Center. For people of all ages who want to play folk, Americana, blues, bluegrass, Celtic, and more on acoustic instruments: guitars, banjos, mandolins, fiddles, ukuleles, bass, keyboard. No electronics except keyboard and bass. It's a circle gathering where everyone who wants to will have a chance to lead songs. Common tunes with simple chord progressions are encouraged so that everyone can play along. If you plan to lead, please choose a song that you can play at a steady rhythm and bring a chord chart for your song. Both songs and instrumentals are great. Please note this is not a performance, open mic, or lesson. Folks who want to sing, or just come and enjoy the gathering, are welcome too. Bring snacks and drinks if you like, but no alcohol. Free. Registration is appreciated; contact [CommunityJamJUVT@gmail.com](mailto:CommunityJamJUVT@gmail.com).

**Weekly Community Choir** — If you love to sing (or want to join in on the piano to help folks learn parts and play accompaniment), come join *Mountainsong*! We are a volunteer-run community singing group that harmonizes together in four parts on the second and fourth Thursdays (during the winter) of the month (January 11, 25), 6:30 – 8:00 PM at the Mount Mansfield Unitarian Universalist Meeting House, 195 VT Rt. 15, Jericho (across from Packard Road). Whether you sing in the shower, sing Karaoke, or just like to sing in harmony with others, bring your voice and join us! Do you learn by ear or read music? Either way, you'll be comfortable here. Our aim is to sing for the joy of singing (no performances except for one short one for family and friends at the end of the season). Come as often as you are able. Cost: \$1 a week toward space rental. We also ask for a contribution to purchase music for the group of \$7 per semester (fall and spring). Questions about the group? Questions about the group? Contact Lynne Robbins, 802-899-2436 or [lar.2436@gmail.com](mailto:lar.2436@gmail.com), or Doug Varney, 802-343-4513 or [vthockeyman@gmail.com](mailto:vthockeyman@gmail.com), or just show up!

**The Westford Music Series** concerts will be held once a month on a Sunday, from 4:00 – 5:00 PM at the Westford Common Hall, 21 Brookside Rd., Westford. The lineup for the 2023-2024 season continues on January 21, *FREVO*; February 25: *Will Patton Ensemble*; March 24, *Dale and Darcy Trio*; April 7: *Heliand*; May 5, *Howling Waters*.

**Bryan Gallery**, 180 Main St., Jeffersonville; open Wednesday-Sunday, 11:00 AM – 5:00 PM or Monday-Tuesday by appointment. For more information contact Stephen Gothard, 802-644-5100 or [info@bryangallery.org](mailto:info@bryangallery.org).

**Artist Development Grants** support artists at all stages of their careers. Grants can fund activities that enhance mastery of an artist's craft or skills or that increase the viability of an artist's business. Funding may also support aspects of the creation of new work when the activity allows the grantee to accept a rare and important opportunity. For Artist Development Grants, you may apply for any amount up to \$2000. We strongly encourage applicants to apply for the *least* amount of funding necessary for their request. Money is limited, and we want to be able to support as many artists as possible. While we will do all that we can to fully fund as many projects as possible, some proposals may be partially funded. Grant amounts are dependent upon federal, state, and private funding and are subject to change. Eligible expenses for such activities include, but are not limited to: advanced study of technique or practice with a mentor; attending a professional conference to build business or artistic skills or knowledge; contracting professional services including photographic documentation of work, contract preparation or business incorporation, creation of accounting systems, developing e-commerce on a website, creation of marketing materials, etc.; marketing, planning, purchasing some materials, or renting studio space (outside of your home) to create new exhibitions or performances; travel within the United States. The application deadline is January 30, 2024, 1:00 PM; apply at <https://www.vermontartscouncil.org/grants/find-a-grant/artists/artist-development/>.

## SCHOOL NEWS

### Saxon Hill School Winter Art Walk

Enjoy our Winter Art Walk, through Saturday, January 6. The families of Saxon Hill School have organized a Winter Art Walk at Mills Riverside Park as a fundraiser to support our school.

The start/end point is just past the bridge in Mills Riverside Park, VT Rt. 15, Jericho. Donations are not required to participate, but any donation amount is welcome.

For more information and donation details, go online to <https://saxonhillschool.org/winter-art-walk.html>. Please email [secretary@saxonhillschool.org](mailto:secretary@saxonhillschool.org) with any questions.

### Consider Dental Assisting as a career

The Center for Technology, Essex Dental Assisting Program enrolls adult students in our program. Students will receive hands-on training in our nine-month program, to prepare for employment in the field of dentistry. Trained dental assistants in Vermont are currently in high demand. Our program is accredited by the American Dental Association. Students successfully completing the program earn dental radiology certification and have the opportunity to earn a national credential from the Dental Assisting National Board.

The application process opens for the 2024-2025 school year on January 3, 2024.

For more information, don't hesitate to get in touch with the program instructors at 802-857-7926 or visit the Center for Technology, Essex website <https://www.ewsd.org/o/cte> to complete an online application.

### EWSD class size policy and staffing adjustments update

From the Essex Westford School District

The EWSD School Board wants to provide the community with information regarding enrollment and class sizes as well as adjustments to our teaching staff.

Over the past few years, we have observed a decline in student enrollment not just within our District, but across all of Vermont. As stewards of our community's educational resources, we have taken this trend seriously and evaluated various aspects of our educational system to ensure efficiency and excellence.

After careful consideration and collaboration with the EWSD Leadership team, Superintendent Cobb is implementing a reduction in the number of classrooms due to declining enrollment at each of our schools. This reduction is not a reflection of our teaching staff's dedication and hard work, but rather a strategic measure to allocate resources more effectively and maintain a high standard of education despite declining enrollment. This will bring us in line with Vermont state standards, as we are projected to have some average class sizes fall below the state minimum.

Here are some answers to common questions that you may be asking:

*Will this cause an increase in class size?* Before adjusting to the required policy, our class sizes were projected to be smaller than the Vermont minimum next year. In adjusting the student class size, we will be on an average of 17-18 in grades K-3 and 19-20 in grades 4-12.

*Why is this being done now?* In order to be compliant with the Vermont Educational Quality Standards and the recommended Vermont Class Size Policy, adjustments to staffing levels will be necessary beginning next year.

*Why hasn't the District been planning for this?* Since the pandemic, the District has known we were not compliant with the state-required class size policy. This was a deliberate decision due to the outcome of the pandemic regarding student learning and their needs. Our enrollment has continued to decline along with the rate of others in Vermont, and we need to make adjustments. We have been using attrition/retirements over the last couple of years to adjust. This has been a strategic effort in meeting the policy.

*Is this a policy that the School Board can change?* This is a required policy that is implemented statewide via educational standards. This is not a policy that the Board should edit or amend.

*Is this due to budget or funding cuts?* No. While we are about to enter budgeting season, this staffing adjustment is directly tied to enrollment and Vermont class size regulations. An adjustment of the budget would not impact this particular situation.

*I am still concerned or have more questions.* At our December 19 Board meeting, we will be discussing the budget, looking at both internal and external impacts. As a Board, we welcome questions that you may have so that we can ensure you have the most up-to-date and accurate information. In addition, please feel free to email questions or concerns to the Board. If you send an email to [rcarpenter@board.ewsd.org](mailto:rcarpenter@board.ewsd.org), EWSD Board Chair Robert Carpenter can ensure the Board and administration will be able to see your questions.

We know that there is great concern whenever there is any talk of cuts or reductions. We are working diligently to ensure that the transition is as smooth as possible, and we are committed to supporting our students and staff during this adjustment period.

We also understand the concern amongst the community with regard to the recent tax letter from the Department of Taxes on December 1, 2023 (<https://tax.vermont.gov/press-release/FY2025-Education-Yield-Letter>) on how that may impact our local taxes. These are relevant and understandable concerns that we aim to address at our next meeting to provide insight and transparency into the process with our community.

Thank you for your understanding and ongoing support as we navigate these changes to meet Educational Quality Standards. Please feel free to reach out to us directly or attend one of our next meetings.

School news continued on page 7

SPORTS NEWS

**Pickleball at Cambridge Community Center**

By Russ Weis, Cambridge Community Center

We appreciate your patience as we have worked to get back to normal operations at the Cambridge Community Center.

Here are our updated pickleball offerings. All are \$5 per session, or free with membership.

Monday and Wednesday mornings, 8:15 – 9:00 AM: Learn to play Pickleball.

First Sunday of the month, 12:00 – 2:00 PM: beginner pickleball session.

Monday and Wednesday, 9:00 – 11:00 AM: pickup. Two courts dedicated to beginner players, and two (hopefully three soon) for intermediate to advanced. This session will have instructor around to help answer questions and guide beginners.

Wednesdays, 6:30 – 9:00 PM and Fridays, 9:00 – 11:00 AM: pickup pickleball. (No instruction, set up for players comfortable with the rules and game play.)

For beginner classes we have some paddles available. Remember — clean indoor shoes required.

**MMU sports photos — hockey and basketball**

From Terry Healy, Jericho

Here are two new galleries of photos for all:

MMU Varsity Boys Ice Hockey vs. Missisquoi, Friday, December 15: <https://lostinvertmont.com/mmu-varsity-boys-ice-hockey-vs-missisquoi>.

MMU Varsity Girls Basketball vs. Burr & Burton, Tuesday, December 19: <https://lostinvertmont.com/mmu-varsity-girls-basketball-vs-burr--burton-19-dec-23>.

Enjoy!

**Come swim with us!**

Looking for a great winter sport — inside — come share a little bit of summer energy: swimming! There is a swim team in your area and registration for new swimmers is now open.

The Central Vermont Swim Club is welcoming new swimmers at our Vermont State University location, practicing at the University Shape facility in Johnson.

We are a USA Swimming registered program that runs practices during the winter short course, 25-yard, season. Our team is open to swimmers new to competitive swimming who might not have aspirations to compete but want to gain endurance, stroke technique, and have fun. We have lane space to share with the swimmer that also wants to race! The option is available to attend competitive meets during the winter season.

Session 2 begins Wednesday, January 3, with three different practice groups to choose from based on ability and age. Swimming in deep water, and comfort submerging and floating are requirements. Scholarships are available! Please reach out and ask questions, join us this winter on a warm pool deck!

Please email [contact.cvsc@gmail.com](mailto:contact.cvsc@gmail.com) with questions and check out <http://www.teamunify.com/necvsc>.

**Young skiers in Vermont get a break**

Numerous ski resorts across the state offer complimentary skiing experiences for children. Dive into the (partial) list below to discover where kids can hit the slopes for free or at significantly discounted rates. For the full list, see <https://skivermont.com/kid-deals>.

It's all about fostering the next generation of skiing enthusiasts: Bolton Valley (<https://skivermont.com/bolton-valley>) Children 5 and under: free day ticket, but requires an RFID card like everyone else to pass through automatic gates (\$5 for the initial card). General information about lift tickets and prices at <https://www.boltonvalley.com/winter/tickets-passes/lift-tickets/>.

Burke Mountain Resort (<https://skivermont.com/burke-mountain-resort>) Kids 5 and under ski free; all midweek skiers (Monday-Friday during non-holiday periods, Christmas week is a holiday period; cannot be combined with any other ticket deal or promotion) ski for \$45. For more details, see <https://www.skiburke.com/skiing-and-riding/tickets-and-passes/day-tickets/>.

Cochran's Ski Area (<https://skivermont.com/cochrans-ski-area>) Kids 5 and under ski free with an adult; youths 6-17 also receive deals on tickets. For more details on all ticket times and categories, see <https://cochranskiarea.com/tickets-passes/tickets/>.

Jay Peak (<https://skivermont.com/jay-peak>) A toddler pass is FREE when purchased at the same time as an Adult pass in the same category. One free Toddler pass per Adult pass purchase.

Smugglers' Notch Resort (<https://skivermont.com/smugglers-notch-resort>) Kids 5 and under ski free. Youth 6-18 get lift ticket deals throughout the season, as well as deals on season passes (youth 6-18 and young adult 19-26). For more details, see <https://www.smuggs.com/pages/winter/skiride/lift-ticket-rates.php>.

**Browns River Little League 2024 registration open**

Registration is now open for the 2024 Browns River Little League season for both boys and girls in Jericho and Underhill, aged 4-12, including both Baseball and Softball!

Register online only, at [www.brownsriverlittleleague.com](http://www.brownsriverlittleleague.com).

Registration is open through Wednesday, January 31 for 9- to 12-year-old Baseball and Softball minor and major league players, and through Thursday, February 15 for 4- to 8-year-old farm league baseball players (this includes both girls and boys).

Early registration is important for league planning so don't delay.

We also need lots of help from you all to make this season a success! If you're interested in being part of our great youth sports program, please reach out to [brownsriverll@gmail.com](mailto:brownsriverll@gmail.com), or send league president Casey Knudsen an email at [caseyknudsen@gmail.com](mailto:caseyknudsen@gmail.com).

**GOTRVT announces coach recruitment for spring 2024**

Girls on the Run Vermont (GOTRVT), a nonprofit organization (<https://www.gotrvt.org/>) that uses a research and physical activity-based curriculum to inspire girls in grades 3-8 to be joyful, healthy, and confident, is excited to announce that coach registration for GOTRVT's 25<sup>th</sup> anniversary spring season is now open statewide. Utilizing a fully updated and refreshed curriculum, GOTRVT coaches will empower participants to develop critical life skills, build confidence, cultivate positive connections with peers, and stand up for themselves and others.

The ten-week season begins March 18, with teams meeting twice a week for 90 minutes. The 20-lesson curriculum covers topics such as positive self-talk, friendship, managing emotions, and more, all created to nourish participants' social, emotional, and physical well-being. The program culminates with teams participating in one of two non-competitive, celebratory 5K events — one on June 1 at the Champlain Valley Expo in Essex Junction, and the other on June 8 at the Manchester Recreation Fields — bringing together family, friends, and community members to celebrate the participants' growth throughout the season.

All coaches will be trained in-person and will receive the materials and resources necessary to facilitate lessons for the season. Coaches do not need to be runners but are required to be a minimum of 18 years old. Students in high school may register to be a Junior Coach. All volunteer coaches must complete a background check and online training modules prior to in-person training. Coach trainings are offered at three locations statewide: Saturday, February 3 in Brattleboro; Sunday, February 4 in Castleton; and Saturday, February 10 in Essex. GOTRVT needs over 500 volunteer coaches to host teams in 2024.

GOTRVT Vermont has inspired and impacted the lives of c.38,000 girls in Vermont over 24 years. This season, GOTRVT celebrates its 25<sup>th</sup> anniversary and will be offered at over 110 locations across Vermont starting the week of March 18.

To learn more or to register to be a coach mentor, visit <https://www.gotrvt.org/>.

Sports news continued from page 6

**Saxon Hill School open house January 6**

Join Saxon Hill School for an open house Saturday, January 6, 10:00 AM – 12:00 PM. Come to the school at 10 River Rd., Jericho to meet the teachers, see the classrooms, and learn how to register your preschooler for the 2024-2025 school year. For more information, please visit <http://www.saxonhillschool.org> or email [Registrar@SaxonHillSchool.org](mailto:Registrar@SaxonHillSchool.org).

Saxon Hill School 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. For more information, please visit <http://www.saxonhillschool.org/>.



adult knitting group

Every Wednesday, 9-10am  
Jericho Town Library, first floor  
Bring your own yarn and crafting supplies

**CLASSIFIED ADS**

Place your classified ad in the Mountain Gazette for a nominal charge.

The first 25 words for \$6.50 and ten cents for each additional word.

Contact Brenda Boutin at [mtngazette@gmavt.net](mailto:mtngazette@gmavt.net) to reach readers in our regular coverage area of Bolton, Jericho, Underhill, Cambridge, Jeffersonville, Westford, plus Hinesburg, Huntington, Richmond, Essex and Essex Junction.

**CLASSIFIEDS**

**LLlewellyn English Setters** — Mother 3 years, female pup 4 months, need good homes. Hunt and pointing dogs. \$500 each. FDSB registered UKC. 802-324-4682

**Lumber liquidation** — Wood slabs. Red and white oak, white pine, 2" thick with live edge / 5' long. \$25 each. Up to 26" wide. Black walnut also. Separate price. 802-324-4682

**Jiffy Legend ice auger** — 10" drill and 8" drill with extension. Runs perfect. \$300. 802-324-4682

**New cedar strip canoe made by Phil Pike** — 48" wide, 13'6" long. Square back with removable flooring. Oars and oarlocks. Drain plug. Ash trim. Stable. \$3200. 802-324-4682

**Wood stove, Joful F-400** — serial #103934. Airtight efficient wood heater. Used little. \$800. 802-324-4682

**BUSINESS DIRECTORY PROPERTY MAINTENANCE**



**ALL PHASE**

PROPERTY MAINTENANCE

Office: 899-2919 - Cell: 734-8247

Stephen Griffiths Jr. - owner

5 issues for only \$90.00  
No change ads

Send your news to  
**The Mountain Gazette**  
at  
[mtngazette@gmavt.net](mailto:mtngazette@gmavt.net)



## 10 New Year Resolutions for Foster Care

By Dr. John DeGarmo

Leading Expert in Parenting and Foster Care

With more children in foster care now than in years past, the foster care system in the United States needs attention, and in some ways, change. While not everyone can be a foster parent, everyone can help a child in foster care in some way, and in some fashion. Here are 10 ways, or 10 New Year Resolutions, for the foster care system for this New Year.

**1. Awareness and advocacy:** There are a great many misconceptions and false beliefs about the foster care system. There are also not enough advocates for children in foster care. Perhaps the biggest impact one can make with those children placed in foster care is to become an advocate of change. Do your research, and find out as much about foster care and foster children as you can. Contact lawmakers, and politicians, through means of emails, letters, phone calls, and other means of communication, and bring attention to the needs of children in care.

**2. Become a foster parent:** With roughly half a million children in the foster care system in the United States alone, the need is strong for good foster homes and foster parents. By becoming a foster family, you can provide stability, safety, and

hope for a child in foster care. You can give love to a child who may never have been given it before. Not only will you change the life of a child, your life will change, as well.

**3. Therapy:** Far too many social workers and foster parents spend a great deal of time on paperwork. It often interrupts services many walks of life for the children in foster care, as well. There needs to be less paperwork, less “red tape” and more action on behalf of the child.

**4. Bringing resources to school-aged foster children:** Children in foster care face a great many challenges in the school system. Most are far being in reading and math skills. Teachers and school administrators are not fully equipped to meet the needs of these children. Disturbingly, 55% of children in foster care will drop out of school each year. More reform needs to be placed upon children in foster care while in school.

**5. Helping those who age out:** Each year, around 20,000 foster children age out of the system and attempt to begin life on their own. Of the 450,000 children in care in the United States each year, this is a large number and disturbing percentage. For many foster children, foster care is a temporary service before returning home to a parent, moving in with a biological family member, or even beginning a new life in an adopted home. Yet, for thousands who do not find reunification with family in their lives, leaving the foster care system when they age out can be not on a time of anxiety, but a time of tragedy.

**6) Helping birth parents and biological family members:** The cycle of abuse and neglect is often a generational one. For many children in foster care, they come from a long cycle of family members placed in foster care before them. By showing compassion, by reaching out, and by helping birth parents of children in foster care, we not only help them we also help their children, as well.

**7) Child sex trafficking:** Commercial acts of sex being forced upon children as young as 10 years of age. Child sex trafficking is not only all around us, it is a business that is growing substantially, mainly due to the world of online technology. 300,000 children in the United States, alone, are victims of child

sex trafficking. What society does not recognize, though, is that many of these children come from the foster care world. More advocates are needed to bring an end to this form of modern-day slavery for children.

**8. Help for the foster parent:** Foster parents often do not have all the resources or time they need to best help the children they are caring for from foster care. Whether it is by providing a cooked meal, helping out at Christmas time and birthdays, donating to a foster parent fund, or raising money for summer camps and field trips for foster children, there are several ways people can help children in foster care where they live. As noted earlier, everyone can help a child in foster care in some way.

**9. Faith-based help:** Today’s faith-based organizations have an opportunity to truly impact the foster care system positively. Hosting a local foster parent association and support group is one such way a faith-based organization can serve foster parents. Another way is serving as a location for family visitations. Faith-based groups can provide a safe, consistent, warm, and inviting atmosphere for children and birth family members to meet during visitation sessions. Not only will children in foster care benefit, but foster parents and birth parents of the children will also benefit.

**10. CASA Program:** CASAs, or Court Appointed Special Advocates are volunteers who work with children in foster care as they advocate for their best interests in courtrooms and communities. These volunteer advocates offer judges the critical information they need to ensure that each child’s rights and needs are being attended to while in foster care. Along with this, these volunteers often interact with children until they are placed in loving permanent homes. By becoming a CASA, one can directly help a child in foster care.

With the New Year upon us, we have the opportunity to bring change to the foster care system. We have the opportunity to bring healing to children who have very little. We have the opportunity to help children in need. Let us all make that a top resolution this year.

Thank you for all the ways you support Vermont’s children, youth, and families.

## Our A.W. Rich Funeral Home Family

~Serving Families for Over 100 Years~

Now Serving “All” of Your Family Members

**A.W. Rich Funeral Home**

802-879-4611 802-849-6261

A.W. Rich Funeral Home is the first choice for hundreds of area families each year.



We are proud to embrace traditional values, diversity and innovation in honoring the spirit and life of each person we serve. We offer a full selection of:

- Funeral and memorial services, ranging from traditional to uniquely innovative and personal
- Burial services and cremation options
- Celebrant Services

A.W. Rich Funeral Home offers complete care, so you can focus on comforting each other as you prepare to say goodbye to someone dear to you.

### Direct Cremation Services

802-878-2220

Compare our prices and save



Service Charge:	\$1,065.00
Crematory Charge	\$390.00
Medical Examiner Permit	\$25.00
Certified Death Certificate	\$10.00
Transit Permit	\$5.00
<b>Total Direct Cremation Charges:</b>	<b>\$1,495.00</b>

Also included at no extra charge is a cremation container, our signature high quality “Going Home” urn, newspaper obituary notice assistance and life tribute placement on our website. Price effective January 1, 2021.

### Island Memorial Pet Service

802-316-2284

Premium Compassionate Care for your pets, because “Loyalty Deserves Dignity”



The Island Memorial Difference:

- Pet Funerals
- Cremation Services
- Your Pet is Always in Our Care
- Dignified Pet Transportation From Your Home or Vet
- Immediate & Witness Cremation Available
- Full Line of Pet Loss Products

Our Staff is here for you 24/7

www.awrfh.com

1176 Main Street  
Fairfax, VT 05454

57 Main Street  
Essex Junction, VT 05452

www.islandmemorials.com

www.dcsvt.com

Library news continued from page 5

### 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.

All ages

Requesting donations: We have a long wait list for Tom Lake by Ann Patchett and The Five-Star Weekend by Elin Hilderbrand. If you couldn’t wait and now own a copy, would you consider donating it to the library when you’ve finished? Many thanks from the fans of Patchett and Hilderbrand!

Ongoing through January 6, 2024: The Giving Season. The Library is collecting diapers (size 4, 5, 6), wipes, shampoo, and toothpaste for Aunt Dot’s. If you can, please support this important community resource and the people who depend upon it! Thanks!

Childrens’ area

Ongoing for children

Exploration Station: see the blue table for this week’s challenge.

Mondays, 11:00 AM: Musical Mondays with Miss Noreen. 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. Come and check out our great collection of LEGOs!

No pre-registration necessary. Best for ages 9 and up, or 6 and up with an adult helper.

Fridays: Grab’n’Go Craft Kits, while supplies last.

Storywalk @ along the back garden fence.

Adult events

Thursday, January 4, 12:00 – 1:00 PM: Noontime Book Group, reading Last Night at the Telegraph Club by Malinda Lo. Vermont Humanities’ Vermont Reads 2024 Selection! With the threat of deportation looming over her father — in spite of his hard-won citizenship and disavowal of Communism — 17-year-old American-born Chinese Lily Hu pursues a relationship with her Caucasian classmate Kath.

Thursday, January 11, 12:00 – 1:00 PM: Noontime Book Club, reading Red Scare in the Green Mountains: Vermont in the McCarthy Era. In conjunction with Vermont Reads 2024. What happened in Vermont when the anti-Communist fear known as the “Red Scare” swept the country? Quite a bit, as it turns out. Author Rick Winston explores some forgotten history as we see how a small, rural “rock-ribbed Republican” state with a historically libertarian streak handled the hysteria of the time. Supported by Vermont Humanities.

Tuesdays, 10:30 – 11:30 AM: Tech Time. 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 chatting with other crafters as you work on your project.

Fridays, 1:00 – 3:00 PM: Rummikub for Adults.

Museum Passes are available for year ‘round fun! State Parks, ECHO, Shelburne Museum and more! <http://Essexfreelibrary.org/MuseumPasses>.

Digital resources: <https://essexfreelibrary.org/DigitalResources>

Social media: check us out on Facebook & Instagram for updates on events!

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

## Seasons Greetings & Happy New Year

Wishing you all the best for a happy holiday season!

For the Results You Deserve...

...moving across town or across the country...  
Rely on,,,



**JANICE BATTALINE**  
Senior Real Estate Specialist  
Certified Residential Specialist

janbatt7859@gmail.com  
802-448-0540



Your partner in SUCCESS. It’s the experience.



We have room for your ad. Call Brenda

Boutin

at

802-

453-6354

for

more

information

or

email

mtngazette

@gmavt.net