

Jean Archibald receives UHS Lucius Jackson Award



On Sunday, September 8 at the Old District 5 Schoolhouse on Pleasant Valley Road in Underhill, the Underhill Historical Society (UHS) presented its annual Lucius Jackson Award for contributions to Underhill history and community to Jean Archibald, whose many contributions to Underhill include interviews for Underhill's Oral History Project. The project preserves the story of Underhill's past through the remembrances of those who lived it. Jean has conducted many interviews with longtime Underhill residents, 17 of which are now on our website (<https://underhillhistoricalsociety.org/interviews-2/>), and more are added regularly.

PHOTO CONTRIBUTED

Cold-weather clothing drive

By Jessica Wilkinson-Sonderegger, Underhill

I am helping organize a cold-weather clothing drive at my church in Essex. We are aware of 16 refugee families in the Burlington area that are not adequately prepared for winter — infants, children, teens, and adults.

We are seeking new or gently used coats, sweaters, pants, snow pants, gloves/mittens, long-sleeved shirts, flannels, socks, etc. of all sizes. (We're also seeking warm hats, but have been advised to only provide new-with-tags hats. Thanks for understanding!)

If anyone has anything they can donate, I'm happy to act as a drop-off site in Underhill. Please contact me (jess.w.sonderegger@gmail.com or 435-632-3683) to arrange a time. Thank you in advance!

Archive note from MMCTV

By Angelike A. Contis
Mount Mansfield Community Television

If you've been having issues accessing Mount Mansfield Community Television (MMCTV) videos on the Internet Archive website, you're not alone! The nonprofit archive based in California, which offers a very valuable free resource, has been the victim of repeated hacking recently. They are bouncing back and you can currently play the videos by clicking on the "download" files, while Internet Archive regains functionality.

Note that our YouTube channel is unaffected — you can find all of MMCTV's meetings, sports, and many other videos there. We also have copies of all the content on Internet Archive backed up, so nothing is lost.

For more information/links, please visit our website at www.mtmansfieldctv.org.

Voided bond vote notice to Bolton residents

By Brian Roberge, Bolton Town Administrator

The Town of Bolton has been working to prepare for and implement an article for Bolton residents to vote on to determine whether the Town will pursue a bond to fund the repair work required in the face of the damaged caused by the July storm, Beryl.

The Town was working to add this article to the ballot for the General Election on Tuesday, November 5. There are several steps the Town is obligated to take in order to properly notify and warn residents of the vote, to ensure everyone is properly informed. Certain steps are required to be taken within a small window of time in relation to the scheduled date for the vote. Some tasks cannot be taken too soon, and if they are missed, then the entire process is invalidated and the vote for the bond becomes void.

Unfortunately, the Town missed a deadline for publishing

information in our paper of record. This means the votes cast in the General Election will be considered void, and no actionable decision can come from their results.

This does not mean the Town of Bolton cannot pursue a bond. The Town will need to schedule a Special Town Meeting in order to facilitate the vote, which will restart the timelines for various publication requirements.

Originally, there was a Public Information Session scheduled for Monday, November 4, the day before the General Election. As this round of voting is invalid, the Public Information Session will be rescheduled for a later date. More information about dates and times will be provided as soon as possible.

Any questions, concerns, or suggestions can be directed to the Bolton Town Office, where either the Town Clerk or Town Administrator will do their best to provide clarification.

Construction Update: Hogback Road

By Eric Boozean, Cambridge Town Administrator

Hogback Road was closed on September 23 to replace a failed culvert with a much larger arch structure. The closure was expected to be 40 days.

The contractor, Engineers Construction Inc (ECI), will not have the new structure and associated sitework complete by the end of the 40-day closure. Many factors resulted in the delays, most of which were out of ECI's or the Town's control.

The Town of Cambridge has been working with ECI and the engineering/inspection team to expedite the construction of the new arch. The opening date for Hogback Road will be Friday, November 8 at 6:00 PM, if not sooner.

We appreciate the patience and understanding. Please contact Eric Boozean, eric@cambridgevt.org, with any questions.

Bolton Boys Club Road closure November 6-8

ECI will be repaving the damaged section of road in between the tunnels that cross under the interstate. Due to the tight workspace, this road will be closed to through traffic during work hours to facilitate the paving work as quick as possible.

Closure dates Wednesday, November 6-Friday, November 8; closure times: the road will be closed to through traffic from 7:00 AM – 5:00 PM. ECI is aware this is the only travel route in and out of the development and want to try to accommodate residential travel as best as they can. They will be able to help residents walk through the construction area intermittently. ECI wants to be proactive to ensure the impacts on Bolton residents are as small as possible.

Residents can reach out to the Town Administrator to ask any clarifying questions. ECI has noted that there is a pull-off on U.S. Rt. 2 outside of the tunnels where residents can park their vehicles if the closure times prohibit their travel plans.

Any residents that have concerns, obligations, or any questions should contact the Town Administrator at the Town Office, 802-434-5075 ext. 224 or townadmin@boltonvt.com.

Westford Special Town Meeting approves funds for 1705 VT Rt. 128

By Holly Delisle, Westford Town Administrator

On Tuesday, October 22, 2024, the Westford Selectboard held a Special Town Meeting for a floor vote to ask the voters of Westford if they would approve the use of \$150,000 in Unassigned General Fund Balance towards the purchase of the 1705 VT Rt. 128 property.

The turnout was remarkable with roughly 150 people in attendance. The Town Clerk has verified that all attendees that signed in were registered voters in Westford and certified the results.

The vote passed overwhelmingly with 120 YES votes and 28 NO votes. A positive vote on this advisory article was a contingency in the Purchase and Sale agreement and paves the way for the Selectboard to gather more information to present to the public as the project moves forward.

For more information and to follow along with this project, please check the Town's Website (<https://westfordvt.us/1705-project-3/>), and you can view the draft minutes online at <https://westfordvt.us/wp-content/uploads/2024/10/SPECIAL-TOWN-MEETING-OCTOBER-22-2024-V2.pdf>.

Underhill Center sidewalk final presentation

By Brad Holden, Underhill Town Administrator

Please join us on November 7, 7:00 – 8:00 PM, Underhill Town Hall, 12 Pleasant Valley Rd., Underhill Center for the final public meeting for the Underhill Center Active Transportation Scoping Study. This project looked at options to make walking and biking through Underhill Center safer and more comfortable for all ages and abilities.

At this meeting, we will present a summary of the work done to date and the study recommendations, and the preferred alternative to the Selectboard for approval.

If you are unable to attend, please send your input or questions to ssarepalli@ccrpevt.org

In accordance with provisions of the Americans with Disabilities Act (ADA) of 1990, as amended, the CCRPC and Town of Underhill will ensure public meetings are accessible to all people. Requests for the interpretive or translation services, assistive devices, or other special reasonable requested accommodations should be made at least three business days prior to the meeting to the Town Administrator, Brad Holden via email bholden@underhillvt.gov.

Cambridge: This Place in History

By Peter Opstrup, Cambridge Historical Society

The Cambridge Historical Society was recently asked to participate in the Vermont Historical Society's This Place in History series. Four historical locations were included: The Wrong Way Bridge and the Civil War Memorial (both in Cambridge Village), and the Warner Masonic Lodge and the WWI Memorial, both in Jeffersonville.

Following are links to the three pieces that have already been aired:

- <https://www.mychamplainvalley.com/at-this-place-in-history/this-place-in-history-warner-masonic-lodge/>
- <https://www.mychamplainvalley.com/at-this-place-in-history/this-place-in-history-grand-army-of-the-republic/>
- <https://www.mychamplainvalley.com/at-this-place-in-history/this-place-in-history-cambridges-wrong-way-bridge/>

The one about the WWI Memorial in Jeffersonville will be aired on Thursday, November 7 to coincide with Veterans Day (Monday, November 11), on the *My Champlain Valley* segment of the Local ABC Channel 22 News.

Digital 3D model of the Old Red Mill

From the Jericho Historical Society

The Jericho Historical Society invites you to explore the Old Red Mill through this digital archival 3D model by Warren and Gary Irish. See the Mill as it would have looked during its original days of operation between 1885-1904.

This is the beginning of an ongoing project, so visit from time to time to see the progress! <https://www.jerichohistoricalsociety.org/old-red-mill-virtual-tour.html>

Underhill Community Food Sharing Shed closed for season

By John Connell, Underhill

The community food sharing shed at Moore Park in Underhill Center officially closed on Sunday, October 20.

The shed team sends many thanks to all the growers and producers who supported this effort this year.

WORSHIP SERVICES

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. Calvary is located at 370 VT Rt. 15 in Jericho. Sunday Worship in November, 9:30 AM at Calvary. (December 15, Calvary worships at St. James at 10:00 AM). Soup/Supper will be held November 21 and December 19, 5:00 – 7:00 PM. The parish administrator can be reached at calvarychurchjericho@gmail.com or 802-899-0453. The Spirit is stirring in this little church. Come be a part of it!

Mount Mansfield Unitarian Universalist Fellowship

Sunday services at MMUUF are held at 9:30 AM on the second and fourth Sundays (November 10, 24) 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 or 802-899-2558 for how to join virtually. Learn more at <https://mmuuf.org/> and www.uua.org.

Jericho United Methodist Church

Jericho United Methodist Church welcomes you to grow in Christ with us. We hold dear the United Methodist Church's motto: "Open doors. Open Hearts. Open Minds." We recognize that our faith journeys are all unique, just as we as individuals are all unique. Know that whoever you are, whatever you do, you are welcome here. We believe that we grow together or not at all. All are welcome! Join us Sundays at 10:00 AM. There will be music, prayer and message from our pastor, Rev. Taesob Cho. Please contact Rev. Cho at the church phone number, 802-899-4288, or his email, umcho@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. 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 web-space! <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, Pete Anderson
Sunday School at 8:30 AM for all ages
Fellowship time at 9:30 AM
Worship Service at 10:00 AM
Nursery care provided
Youth group 6:15 PM Sundays in our Sunday school building

802-899-4911; officejcc@comcast.net; www.jccvt.org

All are welcome at Good Shepherd, Jericho

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

St. Thomas Catholic Church

"Worshiping God in Spirit and in Truth in the Holy Sacrifice of the Mass"

On Green Street in Underhill Center
Weekend Masses: Saturday 4:00 PM, Sunday 8:30 AM
Weekday Masses: Wednesday 6:30 PM, Friday 8:00 AM
Pastor: Rev. Domenico Pizzonia; Deacon: Peter Brooks
Religious Ed. Coordinator: Laura Lynch Wells, 802-899-4770
Parish Secretary: Theresa Gingras, 802-899-4632
email: office@stthomasvt.com; website: www.stthomasvt.com

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; 32 Church St., Waterville.

Act humbly, because the smartest person in the room is probably not who you think it is. — Ben Larson

News briefs continued from page 1

Dogs must stay within property boundaries at Mills Riverside Park

By Livy Strong, Chair, Mills Riverside Park Jericho Underhill Park District Board

October 16: Dog owners are reminded that their canine friends must remain within the park and not cross the Browns River onto private property. The off-leash area is extensive, and dogs must be under control at all times.

Leaving the park to venture into backyards or the neighboring pasture is not allowed. The Park District has received a complaint regarding two dogs bothering livestock.

Thank you for following park rules.

Cambridge town-wide reappraisal, VT Rt. 15 East

By Dale Copping, Cambridge Lister

Beginning November 1, 2024, Jordan Matte of Vermont Appraisal Company started assessing residential properties located on VT Rt. 15 East including Ash Ln., Bourne Rd., Davis Farm Dr., Deer Run Heights, Foote Dr., Hubbard Dr., Hunt Farm Dr., Nolan Rd., Old Farm Dr., Red Wing Ln., Richie's Ln., Ross Ln., Sand Hill Dr., Stony Meadow Ln., Timshel Dr., and Wells Farm Dr.

Jordon will be in the area from 9:00 AM to approximately 2:00 PM daily until complete. We will try to schedule times with property owners.

If you have not provided contact information it would be helpful if you call the Listers at 802-644-2251 ext. # 3. Our office hours are 9:00 AM – 3:00 PM, Monday-Wednesday. For those that do not provide contact information, Jordon will stop and measure and photograph the exterior of your home and ask for permission to inspect the interior.

Jericho updates

Community news: this month we feature Jericho Community Development Corporation member Susan Harritt. Read more online at <https://jerichovt.org/Celebrating-Each-Other>.

Election Updates from the Town Clerk: All active Jericho voters who were registered in Jericho prior to September 3 should have received a ballot in the mail. If you have not received a ballot and would like to vote early or have a ballot mailed to you, go online to https://jerichovt.org/Elections/news_feed/early-voting-updates.

To check on you voter status, update your mailing address or absentee ballot tracking go to <https://mvp.vermont.gov/>.

New to Jericho from out of state? You can register online at <https://olvr.vermont.gov/>.

Town Meeting Reimagined: Approximately 50 participants

attended the Kickoff Meeting, offering input and ideas for the annual budget. Thank you to those who were able to join in person or on Zoom. The video of the meeting and slide presentation can be viewed at <https://jerichovt.org/jericho-town-meeting-2-0>. A summary of the small group discussions will be posted on Join in Jericho in the upcoming weeks.

The Kickoff Meeting was the first of THREE community meetings and budget discussions are ongoing. Stay tuned for more budget information at upcoming Selectboard meetings and mark your calendar for January 23, 2025 for the second community meeting which will feature the draft budget prepared by the Selectboard and will replicate the traditional "Town Meeting" in most aspects with the exception of casting votes (that will happen in March).

90% Wastewater Feasibility Study: At the Selectboard meeting on Thursday, October 17, Jon Ashley from Dubois & King presented the 90% Wastewater Feasibility Study for the three village centers and the commercial district to the Selectboard. A link to the draft 90% Report can be found under the "Documents" heading, online at <https://jerichovt.org/wastewater-feasibility-study>.

Disposal of solid waste in the Town right-of-way

By Brad Holden, Underhill Town Administrator

Disposal of unwanted items or trash in Underhill is prohibited in the Town Right-of-Way.

We understand that residents often have items that they no longer need that they wish to give away. So long as those items are adjacent to the property's frontage, and those items don't obstruct the traveled way, that's perfectly acceptable.

However, disposing of items in pull-off areas or along rural wooded areas within the Town Right-of-Way is prohibited. Please do not place dispose of items in any pull-off area or along Town Highways that are not adjacent to your frontage.

Every person shall be responsible for proper disposal of his or her own solid waste. A person shall not throw, dump, deposit, or cause or permit to be thrown, dumped, or deposited any solid waste as defined in 10 V.S.A. § 6602.

For more detail, please follow these links:
<https://legislature.vermont.gov/statutes/section/24/061/02201>
<https://legislature.vermont.gov/statutes/section/10/159/06602>

Local Sky and Weather calendars now available

By Julia Blake, Jericho

Beautiful *Sky and Weather* photographs are the focus of the 2025 calendar offered by the Community Center in Jericho (CCJ) and now available in four locations: Jeri-Hill Hardware, Jericho

Country Store, the Old Mill Craft Shop, and the Emile Gruppe Gallery!

This annual fund-raiser for the CCJ was created from over 60 photos submitted by local residents, and the result is 12 months of beautiful sky and weather images in Jericho and Underhill. The \$20 cost supports the activities and low rental rates of the Community Center.

The CCJ committee is grateful to all those who sent in pictures, the help of the businesses that sell the calendar, and all those who support this effort. Buy a calendar for yourself, for a gift, for your friends!

Jericho Underhill Land Trust annual meeting November 11

By Livy Strong, Jericho Underhill Land Trust

Come celebrate a busy year of land conservation at our Jericho Underhill Land Trust (JULT) Annual Meeting, 6:30 – 8:30 PM, at the Community Center in Jericho, Browns Trace, Jericho Center. Refreshments start at 6:30 PM, with a short business meeting at 7:00 PM.

We are delighted to have Allaire Diamond, Ecology and Restoration Program Manager for the Vermont Land Trust, as our guest speaker. Allaire leads statewide wetland and stream restoration projects and collaborates to improve water quality, climate resilience, and biodiversity. Allaire will be sharing about *Beavers and What They Can Teach Us*. As a member of the Jericho Conservation Commission, Allaire is very familiar with our local terrain and the challenges that we face as high-water events continue to happen.

Please contact the land trust at julandtrust@gail.com with any questions. Everyone is welcome!

Underhill Development Review Board seeking members

By Charlie Van Winkle

Underhill Development Review Board Chair

Don't you just love your neighborhood? Are you interested in the community? Do you want to play a role in the development of Underhill?

The Development Review Board (DRB) is a quasi-judicial body consisting of volunteers who interpret the zoning regulations as they relate to proposals for land use and development within the town. The DRB is seeking residents who are interested in our community to fill an opening on the board. An understanding of land use is helpful but not necessary, although curiosity and a willingness to be inquisitive and learn new things can more than make up for any lack of experience.

The DRB meets the first and third Monday of the month at the Underhill Town Hall starting at 6:30 PM. We would invite you to come check out one of our meetings, meet the board members, and get an overall feel for what it is that we do.

Contact either myself (charievanwinkle@outlook.com) or the Underhill Town Administrator Brad Holden (bholden@underhillvt.gov) for more information.

COLLEGE NEWS

Benjamin Chabot of Waterbury, VT was among the 210 Rensselaer Polytechnic Institute (RPI, Troy, NY) seniors inducted on Wednesday, October 30, 2024 into the Order of the Engineer, a national organization dedicated to upholding the highest ethical standards for the engineering profession. In addition to taking the Order of the Engineer pledge, each inductee received a stainless-steel ring to be worn on the little finger of their dominant hand. The rings represent each student's daily commitment to serving humanity through engineering. These students will follow in the footsteps of RPI graduates who, since 1824, have applied technology and innovation to solving the world's toughest problems.

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COMING EVENTS

Ongoing Events

Square Dancing — Tuesdays, September-May, 6:00 – 8:00 PM, Tuttle Middle School, S. Burlington. Tuttle Middle School, S. Burlington. If you can walk to music, you can learn to square dance! Join the Lake Champlain Squares every Tuesday, September-May, to exercise bodies and minds through square dancing. All ages and experience levels are welcome.

SongFarmers is a music jam 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 for 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. Novice or advanced, you can have fun in a music circle. 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. No alcohol. It's okay to come late if you can't make the start time. Free! Third Wednesdays (November 20, December 18), 6:00 – 8:00 PM at the Community Center in Jericho, Browns Trace, Jericho Center. Registration is appreciated; email CommunityJamJUVT@gmail.com.

Mountainsong Community Chorus — Thursdays, 6:30 – 8:00 PM, at the Mount Mansfield Unitarian Universalist Meeting House, 195 VT Rt. 15, Jericho (across from Packard Road). If you love to sing, come join Mountainsong! We are a volunteer-run community singing group which harmonizes together in four parts on Thursday evenings! Whether you sing in the shower, sing karaoke, or just like to sing in harmony with others, bring your voice and join us! Whether you learn by ear or read music, you'll be comfortable in our group. You don't have to be a "great" singer — our aim is to sing for the joy of singing. We have almost no performances, except maybe to sing a few songs for a local assisted living facility and one short event for family and friends at the end of the season. We sing most weeks, although you can come as often as you are able, and if you miss the first one or two (or more), no worries! Cost: \$1 a week for using the space. We also ask for a small contribution for purchasing music (to be announced when we have our first meeting). Questions? Contact: Lynne Robbins, 802-899-2436 or lar.2436@gmail.com, or Jean Archibald, 802-899-5219 if you have questions, or just show up on a Thursday evening! We look forward to singing together!

The Underhill-Jericho Walking Club meets Mondays, Wednesdays, and Fridays, 5:30 PM, at the United Church of Underhill on Park St., Underhill. We walk for 30-45 minutes; we don't walk if it is raining or snowing. Please bring yak tracks and a headlamp. Join us whenever you like!

The Jericho Historical Society meets at the Old Red Mill, VT Rt. 15, Jericho on the second Thursday of each month (November 14) at 6:00 PM. Visit our website for more information or to request a zoom invitation: <https://www.jerichohistoricalsociety.org/events.html>.

The Underhill Historical Society meets at the Old Schoolhouse, 32 Pleasant Valley Road, Underhill Center, but is now closed for the season. Visit our website for more information about the Underhill Historical Society: <https://underhillhistoricalsociety.org/>.

Craft Group: meets twice a month on Thursdays (November 7, 21), 6:00 – 8:00 PM, Deborah Rawson Memorial Library, 8 River Rd., Jericho. Open to anyone interested in coming with any craft they like: crocheting, rug hooking, knitting, needlepoint, watercolors, jewelry making, macramé... you name it! If you have any questions please contact Amy Tower, 802-355-9671 or atowerinvt@gmail.com, or Julie Hehir, 802-899-3199 or juliehhehir@comcast.net.

Waterville Country Church hosts a Community Meal the first Thursday of each month (November 7). Come enjoy a relaxing homemade meal with neighbors at the church, or pick up meal(s) to go. Donations accepted. All donations will be given to a local nonprofit, charity, or community service organization. For information please contact Susan Schill or Kim Pitt, watervillecountrychurch@gmail.com. Ask about delivery to shut-ins!

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.

RSVP Bone Builders program, Westford Common Hall, Wednesdays and Fridays, 10:30 – 11:30 AM. Free! Please wear comfortable clothing and bring water. This program focuses on balance and light weight training to protect against fractures caused by osteoporosis. Per studies by Tufts University published in the *New England Journal of Medicine*, those who participated in the program just twice a week, gained muscular strength, balance, and increased bone density. Contact Jocelyn Chauvin, 802-999-6387.

Coming Events

Saturday November 9
Mastering the MyHeritage DNA Test, 10:30 AM – 12:00 PM, on Zoom. Genealogists who overlook or underutilize the MyHeritage DNA test miss out on many great tools. Using examples from his account, Richard Hill will demonstrate these features and show how they can be used productively by

genealogists, adoptees, and anyone curious about their family history or ethnic background. Richard Hill was the first known case of an adoptee using genetic genealogy DNA tests to identify his birth family. He is the author of two books, *Finding Family: My Search for Roots* and *The Secrets in My DNA*, an award-winning personal memoir that follows his decades-long search for his birthparents. Hill's Kindle Short Book, *Guide to DNA Testing*, gives readers just enough information to choose the right DNA tests for their purposes. This class will be held via Zoom from 10:30 (ET) to noon. The cost is \$10. Please visit our website, www.vtgenlib.org for additional details, and to register. The VT Genealogy Library, 57 River Rd., Essex Junction.

15th Annual Backcountry Magazine Backcountry Barn Bash, 6:00 – 10:00 PM, Cambridge Community Center, 22 Old Main St., Jeffersonville. Grab your mountain buddies for three great ski films including *Sven: Life In Front of The Lens* by Osprey and F4D Studio, and *Consonance* and *Nisei* by filmmaker and photographer (and former intern) Iz La Motte. Plus, great live music with Brett Hughes and Lowell Thompson, our legendary raffle, food from Spicy Spoke and beverages from The Alchemist, von Trapp Brewing, Lot Six Brewing Co, Stowe Cider, and Stella 14 Wines. Proceeds benefit the Cambridge Area

Coming events continued on page 5

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Deadline November 14, 2024 • Published November 21, 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 writers address and phone number. Send your news to mtngazette@gmavt.net

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HEALTH NEWS

Stop the Bleed, Hands-only CPR Training offered November 16

Registration is required for each of two training events coming up in a community event at Brewster-Pierce Memorial School (School St., Huntington) on Saturday November 16, 8:30 AM – 12:00 PM. Both topics will be offered in each session. Session 1 will start at 8:30 AM; Session 2 will begin at 10:15 AM. Sessions will be a little over an hour and although no certification will be awarded, our hope is community members will feel empowered to help others in emergency situations. Snacks and free on-site childcare will be provided.

Questions? Contact lindsay.wilcox@mmuvsd.org. Register online at <https://bit.ly/4fnMJvT>, (short for https://docs.google.com/forms/d/e/1FAIpQLSf6vF7qLKS3Zv9Vj0rPC_6oJuLekSxIQc1_GCcZRlcvj7zqA/viewform?vc=0&c=0&w=1&flr=0).

VDC — A VA program to help Veterans in their homes

A national Veterans Administration (VA) Program, the Veteran Directed Care Program (VDC), provides an alternative to receiving care in a nursing facility. This allows veterans who require help with activities of daily living, like bathing and dressing, medication, and financial management, to receive services and support in their home.

VDC may be right for you if:

- you are a Veteran of any age;
- you are enrolled in VA healthcare;
- you want to live in your own home;
- you meet the clinical need for VDC;
- you are interested in directing your own services, including using a budget to hire workers and customize your care.

For more information, please contact Age Well VT's Helpline, 800-642-5119, or go online to https://www.va.gov/GERIATRICS/pages/Veteran-Directed_Care.asp.

Weekly fitness classes at Community Center in Jericho

By Trish Densham, Jericho

It's a great time to get started with your winter personal fitness program with your friends and neighbors! Give it a try... first class free to check it out.

We meet every Tuesday and Thursday evening from 6:00 – 7:00 PM at the Community Center in Jericho, 329 Browns Trace, Jericho Center. Classes are offered all winter through March, taking breaks during the holiday season. With interest we may extend through April and May.

Drop-in rate is \$10 per class; discounted to \$8 and less per class when you sign up for six- or twelve- class virtual punch cards, good through the whole season.

For more information, contact Trish Densham, fitness professional/personal trainer, at 802-999-1265 (call or text) or tdmover@gmail.com.

Lions' thanks for blood donors

From the Jericho-Underhill Lions Club

The Jericho-Underhill Lions Club thanks everyone who gave the gift of life and donated blood at our blood drive on Thursday, October 11. The Red Cross was pleased that they were able to collect 40 units of much-needed blood.

The Club is very grateful to the Catalyst Church for donating their facility for this event.

You are not alone — reach out for help

From the Vermont Department of Health

Call or text 988 if you are struggling.

Reaching out for help is a sign of strength.

Support is always available.

In today's busy world, it's easy to feel isolated and disconnected. If you are struggling with loneliness or hopelessness, reaching out for help can be the first step towards hope and healing. However, there can be a stigma associated with suicide and mental health, which might prevent people from asking for help.

What can Vermonters do to help reduce this stigma?

Reconnect: Being there for people you care about can help prevent suicide. Learn how at <https://www.bethe1to.com/bethe1to-steps-evidence>.

Learn the warning signs and how to start a conversation if you are worried about someone. online at <https://facingsuicidevt.com/give-help>.

Host a free suicide awareness training at your work or in your community: <https://vtspc.org/suicide-awareness-and-support-training>.

Thankfully, we have many resources, advocates, crisis helplines, support systems, and peer groups to face this issue in Vermont. You can hear stories from survivors, learn about suicide prevention, and find more support resources at <https://facingsuicidevt.com>.

If you or someone you know needs help, call or text the 988 Suicide and Crisis Lifeline, or chat online at <https://988lifeline.org> to connect with a trained crisis counselor 24/7.

Happenings at Copley

From Copley Hospital

Thank you to all who rode in our Gravel Moxie biking event on Saturday, October 5. The event was a fun time for all and a success for Copley. In addition to local riders, we welcomed a number of folks from Chittenden County and bike enthusiasts from neighboring states New Hampshire and Massachusetts. Some locals who were recognized with prizes included Robyn and Metz Anderson of Stowe and Jim Wilkinson-Ray of Morrisville. Gene Vossler of Morrisville also received special recognition. We are grateful to sponsors Bourne's Energy and Community National Bank! The event raised nearly \$15,000 for our Emergency Department.

Copley thanks Judy Shanley for her many years serving as Chair of the Copley Hospital Auxiliary. At the Auxiliary's Fall luncheon held at The Woodlands in Stowe, Judy handed the reins over to board members Denise Dalmasse (Stowe) and Sarah Dungworth (Morrisville) who will serve as duo chairs. The Board presented Judy with parting gifts for her years of leadership. Judy will continue serving on the Auxiliary Board.

The mission of the Auxiliary is to raise funds for Copley Hospital. This is done through proceeds from sales at the Second Chance Thrift Store, bake sales, and the annual membership drive. The Auxiliary is always looking to grow its membership. For more information leave Tana a message online at <https://www.copleyvt.org/about-us/contact-copley/>.

The Auxiliary's recent gift of \$20,000 allowed us to close the books on a campaign for bedside monitors for the Emergency Department. We are truly grateful to all!

We are winding down on two technology upgrade projects; renovations in the Laboratory to accommodate two new

analyzers, and renovations including new equipment for our Fluoroscopy Room.

Mark your calendar for Copley Hospital Auxiliary's annual Thanksgiving Bake Sale — also known as the famous pie sale on Tuesday, November 26 in the main hallway at Copley beginning at 7:30 AM. If you are interested in baking for the Auxiliary please contact Lois, 802-888-3701, or Edna, 802-888-3788.

If you are a local crafter and interested in participating in a Craft Fair on Saturday, December 14 at Copley please reach out to Jerica, jvallie@chsi.org, by Thursday, November 14. If you are not a crafter but are looking for a holiday or all occasion gift, mark your calendar and stop by Copley on December 14, 10:00 AM – 2:00 PM.

As always, it is our privilege to care for you and your family.

SIDS and safe sleep

Parents of new babies have been asking me more and more questions about what the best and safest way is to put their infants down to sleep. Well, I don't want to lie down on the job on this one — so let me provide some information on the subject.

Recently, the American Academy of Pediatrics came out with an updated set of safe sleep guidelines that emphasize the "ABCs" of safe sleep for infants under a year of age to prevent a sudden unexpected infant death, which occurs in about 3500 infants in the U.S. annually.

What are the ABCs of safe sleep?

"A" stands for "alone" — meaning your baby should sleep alone, not with other people, stuffed animals, pillows, or blankets.

"B" stands for back-sleeping and -napping — to allow your baby to breathe more freely, not sleeping on their side or stomach until your baby learns to roll over on their own.

"C" stands for crib, which is the best place for a baby to sleep — not in an adult bed, or on a sofa, cushion, or other sleep surface. Bassinets and portable cribs are also acceptable if they meet the safety standards of the Consumer Product Safety Commission.

The bedding you use should include a firm flat mattress. Crib bumpers should be removed from the crib, in addition to all other objects including blankets and pillows.

If your baby falls asleep in a car seat, stroller, swing, or infant carrier or sling, they should be moved to a firm sleep surface and on their back as soon as possible.

These new safe sleep guidelines also call for room-sharing for baby and parent at least for the first six months of life and optimally for the first year of life — which has been found to decrease the rate of sudden unexpected infant death by as much as 50% — and remember, room-sharing does not mean bed-sharing.

You can certainly bring your baby into your bed to feed or comfort but when you are ready to go to sleep, then place your baby back into their crib as a safe sleep space.

Finally keep baby's room and your home smoke-free, since exposure to passive smoke has been found to increase a baby's risk of experiencing sudden unexpected infant death. On the other hand, breastfeeding and vaccinations have been shown to reduce that risk.

Hopefully, safety tips like these will position you in good standing and allow you and your baby to get back to sleep (get it — "back" to sleep) by making sure your baby is placed in a safe sleep environment.

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 Lerner College of Medicine

LEGISLATIVE REPORT

What voters would like in the 2025 legislative session

By Irene Wrenner, Senator, Chittenden North (Milton, Fairfax, Westford, Essex)

Warm fall weather has allowed me to continue canvassing our sizeable district day after day, fielding concerns about the cost of living, COVID effects especially on students, and what the Legislature might work on next year.

A high priority for many voters is a more transparent education funding formula, tied to local school budgets. I will request assignment to a committee to work on that in the coming session.

I've asked legislative counsel (attorneys at the state house) to draft several bills out of this season's constituent feedback.

One such bill addresses the frustration voters feel when being asked to pick a party ballot, as in the presidential primary in March and the statewide primary election in August. Anyone who wanted to vote for a Republican candidate for Governor and, say, a Democratic candidate for Senator this summer was unable to do so. They had to pick one party's ballot over another.

Several states have moved to non-partisan primaries, in which the top two finishers for a seat head to the General Election. Such ballots are expected to draw more Independents to the voting booth and to yield more moderate candidates than partisan primaries, although data hasn't yet borne these out.

Another bill-in-draft follows California's lead in passing a law to prohibit the use of six artificial dyes from food served in public schools. Red #40 and five other synthetic colors have been linked to behavioral issues.

Another bill would modify the 72-hour waiting period for firearm purchases so that most people who have already bought a gun from a dealer and passed a background check wouldn't need to wait three days to bring their purchase home.

Retirees would like the state of Vermont to stop taxing their social security benefits and military pensions. Look for such bills to be introduced this year.

Someone asked that studded tires be removed for certain months to minimize road damage. I spoke to a car mechanic and the chair of Senate Transportation; the number of cars using studs all year appears to be small, as would be our realistic chances of enforcing such a bill if it passed.

Another constituent suggested an upper age limit to being called for jury duty.

Keep the ideas coming, please!

Reach me at iwrenner@leg.state.vt.us.

COMMUNITY COLUMNS

Words from the Woodshed: Lessons Learned

By Ben Larson

My kindergarten teacher, Mrs. London, gave me my first lesson in engineering. I wanted to build block structures that stretched to the ceiling, but she showed me how unstable they got when they got too tall and what that might do to an unsuspecting fellow classmate who got too close to my masterpiece. She was the first person to predict that I would become a homebuilder at the age of four.

My first grade teacher, Mrs. Legislator, taught me how to navigate the scary basement of the elementary school alone to get supplies from the Art Closet. At that age, that is a long way to travel down dim hallways through clanking radiator pipes, but I quickly learned to love exploring new places. I remembered those journeys as I boarded the plan to Australia decades later.

My second grade teacher, Ms. Rogers, taught me how to alphabetize my books. She noticed I was far less anxious when I had all of my things nicely ordered. When I was less anxious, I was much friendlier; that still holds true today.

My third grade teacher taught me multiplication and division. Whether I am calculating square footage for lumber takeoffs or shower tile layouts, it can all be traced directly back to Mrs. Selby's classroom. Even better, when I got her again for fourth grade, she showed me how to track the statistics of my favorite NFL players in my sacred collection of Topps Football Cards.

My fifth grade teacher, Ms. Koier, was the first to realize that computer literacy was crucial. From typing with all of my fingers to phrasing questions in a new website called Google, she gave me the tools to navigate the digital world before anyone knew what computers would become.

My sixth grade teacher, Ms. Fiedler, gave me my first John Denver CD because she heard I had just gotten a guitar. I still know every word of that album.

My seventh and eighth grade teacher was my mom, and it would probably take the entire newspaper to list what she has taught me. But specifically as a teacher, she taught me that procrastination only ever delays gratification. I could fiddle with my algebra lessons all day, or I could get focused and knock them out before noon, then spend the entire afternoon skiing.

My ninth grade history teacher, Mr. Fairfax, noticed I sat alone with my Walkman before class because I was in a new school and really shy. He started bringing in CDs every week and we would listen together on the boombox. Soon, other kids got interested in the *Sublime* and *Talking Heads* albums and listened with me. Some of those kids became my best friends throughout high school.

My tenth grade biology teacher, Ms. Meyer, got me my first gig with my guitar. Cell biology doesn't seem like the ideal first show for an aspiring songwriter, but performing my first song about the Lysosome started it all. After that, I wrote songs for as many class projects as possible, gaining the confidence to

Community Columns continued on page 5

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Community columns continued from page 4

perform and write rhymes about microbes and rhizomes.

My eleventh grade English teacher, Mrs. Porter, showed me why we read difficult books like Shakespeare. Up until that point, it felt like the teachers made us read difficult things as punishment. Turns out, the only way to get better at something is to incrementally try something more difficult. If the teacher is really good, like Mrs. Porter, you won't even notice how much better you got until the end, when they show you where you started and where you finished.

My twelfth grade calculus teacher, Mr. Anthony, taught me how to count cards in blackjack. Turns out, I don't have an affinity for that at all. But more importantly, he taught the entire classroom full of math geniuses to act humbly because the smartest person in the room is probably not who you think it is.

By the time I realized the importance of all these things I learned, I was many miles and years away from these particular teachers and never got to properly thank them. But just in case they read this someday — I still remember all of their names and the lifelong lessons they taught me.

Ben Larson graduated from Mount Mansfield Union High School, Jericho, in 2008 and went on to attend Montana State for undergraduate and graduate school and made Montana his home. His day job is as a builder, his night job a musician, but he loves to write. A non-professional writer of stories, ideas, and general thoughts about life in Montana, he has a monthly column in his local paper.

The Harvest Market Clutter Barn staff thanks the community

By Sharon Damkot

The tents are down, the doors are closed;
The left-over stock is all disposed.
The shelves are cleared, the floors are swept;
We've stored away a few items we kept.
The Clutter Barn has earned a rest
From volunteers and invited guests.

So, too, the team, the trusty crew,
Who greeted, unpacked, and sorted, too;
Who priced, distributed, made room for more —
As so many donors came to the door —
With gently used goods for us to sell
To aid church programs we love so well.

Above is an excerpt from a poem written by Betty Wilson after Harvest Market a few years ago. We resend it as a thank you to our community for supporting the Clutter Barn by donating your gently-used household goods and by purchasing at our sales.

Your donations supported many individuals and groups in our community. When our neighbors' homes were damaged by a fire, we opened the Clutter Barn so they could get needed items. We were able to give household goods to families who receive services from the Vermont Department of Children and Families. New immigrants who receive support through the Family Room in Burlington received clothing, bed and bath supplies, pots and pans, and kitchen utensils. Camping supplies were donated to the unsheltered. We were able to help another community with a truckload of donations for the Haunted Carnival in Johnson. This fundraiser benefits the Johnson Library, Fire Department, Meals on Wheels, the Chittenden County Humane Society, and the Spay and Neuter Program.

So you see we benefitted many individuals and groups this summer as well as all the happy customers who shopped at our monthly sales. By keeping things out of the landfill and moving them along to new owners, we are caring for our Earth. Thank you for being part of this important work.

Remembering Mary Jane Dickerson

Poet, teacher, mentor of young writers,
beloved resident of Jericho Center

By Louise Miglionico

Note: The following is transcribed from a recording of Mary Jane Dickerson reading her poem at the Jericho Historical Society's Symposium on Wilson A. "Snowflake" Bentley on February 10, 2015 in celebration of his 150th birthday. Because it is a transcript of the reading, the poem form — its lines, stanzas, and punctuation — were posited by the transcriber (Keiko

Williams) and are most certainly different from Ms Dickerson's original poem.

What Falls from the Sky For Wilson A. Snowflake Bentley on his 150th birthday, by Mary Jane Dickerson

From his Vermont birthplace in a farmhouse
along Nashville Road,
Its sharp curves and straightaways running
the length of Mill Brook valley,
Wilson A. Bentley grew up surrounded by fields and pastures
With February's soft lake mounded snowfalls brimming over
the tops of stone wall fences
To create a landscape rimmed by nearby forested hills,
mantled in white
Where he could wake up to ice flowers blooming
from windowpane frost
To see boat and mountain, reed and weather's cloud filled skies.
Into Jericho's rural quiet of ice and snow,
A marriage of land and sky, Wilson A. Bentley was born,
A son of the soil as much as a son to those w
ho gave him life and bore him.
While far to the South, the last cannons
were firing their final shots into knots
Of horses falling onto the men whose bodies
they had just borne.
Here a farmer's son, never to be sent to war,
A sharpshooter in a Vermont regiment could choose to stay
working the family land,
Gazing upward through his telescope at what the night skies
revealed,
Observing close at hand during daily chores, what each season
brought to life.

His slight figure bent into the winds
Walking to the nearby district school for its occasional sessions,
Then the miles to Jericho Academy.
Yet from the beginning, he was his mother's prize student of all
crystalline forms of water
Making their way from the skies above to sparkle in dewdrops,
Caught in spider webs and unfolding dandelions,
To fall as raindrops in a summer shower dimpling the surface of
nearby Mill Brook,
Later to trace autumn's golden leaves with hoar frost before the
coming snow.

His fifteenth birthday saw a boy bent over the magic of an old
microscope,
Bringing to life the wonders of all he'd marveled at in fields,
woods, and streams,
Bringing to his naked eye new worlds to draw —
The design of a butterfly's wing,
The shape of a shamrock leaf,

The geometry of rock crystals gathered from a nearby hill,
And the elusive intricacy of the evanescent snow crystal.
This simple instrument magnified the surrounding natural
world,

Transforming a farm boy into Wilson A. Bentley, self-taught
scientist with a poet's voice,
A cloud physicist before such existed,
Obsessed with the fragile beauty of common things,
The miracles of nature's minute creations,
Who would one day be the first to capture a delicate snow
crystal

With a bellows camera attached to his microscope mounted
onto a wooden table
In the frigid air of the family's woodshed.
There, at nineteen years of age in a laboratory sharing space
with cords of stacked firewood,

Wilson A. Bentley caught on a small black tray and
photographed through his microscope on January 15 of 1885
The first of thousands to come,
Are the only crystals whose home is up among the dark cloud
regions of the storm
Where silence reigns supreme.
Where Frost is king.
Up there

Within free air, snow crystals tumble, collide and adhere to
others as they fall to Earth from on high, where they begin their
journey

Through vast reaches of space, creating elegant six-sided
miracles of design,
The building blocks of snowflakes
Fashioned into geometrical shapes clustered around a nucleus.



We all want our children (like this woolly bear) to grow up to be colorful and take flight. Won't you leave the leaves for us to use as blankets over the winter and spring?

PHOTO BY BERNIE PAQUETTE

From this woodshed laboratory, Bentley travelled widely,
speaking from handwritten lectures.
Sending photographic plates of snow crystals to the
Smithsonian from his fear of fire and lightning
or accident here at my home,
And publishing accounts of his discoveries to circulate around
the world.

A few Vermonters still live who recall Snowflake Bentley's
visits to their classrooms.
Born into a snow filled world, the snow poet scientist was borne
away after walking home through a December blizzard of what
he had once called
The gems from God's own laboratory.

Cherish fallen leaves — winter blankets for next year's butterflies

By Bernie Paquette, Jericho

Unlike some less fortunate folks not yet retired, I find no need to rake up and bag the now-fading brown and crispy leaves of kaleidoscope vintage. Just as the trees give up their leaves in the fall, so too I give up unnecessary if not unproductive work. My rakes, now seemingly ancient caveman tools, acquiesce to their obsolescence while shuddering with embarrassment at their grandchildren down the street blowing leaves and eardrums far from their range.

Now they come in droves, not the leaf peepers but those in want of blankets — for winter blankets of leaves are of great value to many a creature, including pollinators who help ensure spring and summer abound in colors transferred from the fall leaves to the ground and then to the flowers.

I have exchanged my socially conditioned mono-scope for a kaleidoscope that showers my yard with diverse life throughout the year. The patterns of life in its many forms — each one supporting another — build a quilt fashioned without me threading a single stitch. The green and browns I leave on the ground enrich the colors I will enjoy, come spring and summer.

The leaf peepers came for the gold in the trees and left shortly thereafter. I stay to immerse myself in the full cycle from green to red, orange, yellow, to gold and brown, as the leaves on the ground suppress weeds, retain moisture, boost nutrition, improve the soil, insulate next year's butterflies, and provide food and habitat for birds and other creatures — then finally melt like butter in the warm spring sun, into the soil without a touch of my hand.

They (insects and other wildlife) come in droves for the leaves in our yard. Their lives and life cycles are spectacular, and their pollination gifts are divine. I will leave the leaves so these wildlife neighbors can safely return to their winter homes and I will be all the richer for it.

Jeffersonville Farmers' Market thanks community

The Jeffersonville Farmer's Market season is complete. There was sunshine and there was rain, and there was John Fealy singing *Sweet Baby James!* We celebrated 20 fabulous markets and remained afloat during the annual flood. None of this would be possible without our sponsors Cambridge Area Rotary,

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Coming events continued from page 3

Rotary Winter Wellness Days program, which gives local kids the chance to ski and ride for free, regardless of income. Raffle prizes include thousands of dollars in ski and snowboard gear and the grand prize is a weekend getaway at Smugglers' Notch Resort for BrewFest weekend with lodging, lift tickets, and BrewFest tickets! The cost: \$30 in advance (<https://backcountrymagazine.com/barnbash>), \$35 at the door; all tickets include one free Smuggs midweek lift ticket good until December 25, one raffle ticket, one meal ticket, and one beverage ticket. Kids' tickets only available at the door: age 13-20 \$20, age 12 and under by donation. Schedule: 6:00 PM, doors open; 6:30 PM, live music first set; 7:00 PM, film screenings; 8:00 PM, live music second set; 9:30 PM, raffle. Contact Meg@holpublications.com with any questions.

Richmond Historical Society Annual Potluck Dinner and Program, 6:00 PM, Richmond Congregational Church Fellowship Hall, Richmond. Bring a dish to share. Dessert and beverages will be provided. Program begins around 7:15 PM. Program on Vermont's Historic Theater Curtains: Between 1880 and World War II, painted theater curtains were artistic features of most New England villages and towns. In Vermont, painted curtains graced stages in town and grange halls, opera houses, and community theaters. A culture of local variety shows and traveling professional talent flourished in front of those curtains in some very remote Vermont communities. In a tour of some of the 177 curtains in Vermont, Christine Hadsel, director of *Curtains Without Borders*, provides a glimpse into the world of talented and often sophisticated artists who were part of the rural cultural scene, illustrating the rich cultural history of small-town Vermont before World War I. For more information contact RHS@richmondvthistory.org.

Weekend Coffee Hour, 10:00 AM, Fireplace Room, Deborah Rawson Memorial Library, River Rd., Jericho. Co-sponsored by Community Center in Jericho and DRML. Coffee and tea will be available in the Community Room. All are invited. No job to do, just come meet your neighbors.

Sunday, November 10

St. Thomas Country Breakfast, 8:00 – 10:30 AM, St. Thomas Parish Hall (handicapped accessible), Green St., Underhill Center. The buffet-style breakfast menu: juice, fruit, eggs, pancakes, sausage, bacon, home fries, and coffee or tea. Suggested donation \$12. All are welcome! Please come and bring the whole family to this delicious Country Breakfast. You may call the church office at 802-899-4632 if you have any questions. Sponsored by the St. Thomas Parish Knights of Columbus.

Annual Tomasi Meadow Trot, 10:00 – 11:00 AM, Tomasi Meadow, Pleasant Valley Rd., Underhill Center. This fun run and fund raiser organized by Mansfield Nordic Club and the Underhill Town Recreation Committee supports cross-country ski trail maintenance at Tomasi Meadow. We start with a one-lap fun run/walk, followed by a 5K timed race. There is a raffle and all registered runners will be entered! Entry fees: \$5 for kids, \$10 for adults. Runners and walkers of all ages are welcome! To register: <https://form.jotform.com/242944048772969>.

Jericho Families in Nature walk, 10:00 – 11:00 AM, Mobbs Farm Trails (meet in the parking near the Jericho Town Garage off Browns Trace), Jericho. This family-friendly walk is free and open to all. Rain or shine. For more information and to register, go online to <https://bit.ly/4aCN1wf>.

Monday, November 11

Jericho Underhill Land Trust (JULT) Annual Meeting, 6:30 – 8:30 PM, at the Community Center in Jericho, Browns

Trace, Jericho Center. Refreshments start at 6:30 PM, with a short business meeting at 7:00 PM. Speaker Allaire Diamond, Ecology and Restoration Program Manager for the Vermont Land Trust will present *Beavers and What They Can Teach Us*. Please contact the land trust at julandtrust@gail.com with any questions. All are welcome.

Saturday, November 16

Women's Chainsaw Safety Training, 8:00 AM – 3:30 PM, 545 Townline Rd., Mendon, VT. A women-led hands-on, full day chainsaw safety workshop designed to help build confidence in using a chainsaw, whether you're a complete beginner or looking to improve your skills, led by experienced instructors from Women's Tree Climbing Workshop®, L3C. Covers the fundamentals of safe chainsaw operation, maintenance, and essential safety practices; focuses on safety and skill-building, ensuring that participants are comfortable using a chainsaw for smaller-scale tasks like cutting up firewood, trail clearing, and pruning. This training will not include tree felling. Hosted by Vermont Woodlands Association and Women and Our Woods Vermont. Registration fee: \$175/person, reduced \$60/person from normal fee thanks to grant funding. For more details and to register, go online to <https://vermontwoodlandsassociation-bloom.kindful.com/e/wow-chainsaw-safety-workshop>.

Thursday, November 21

Calvary Episcopal Church Soup and Bread Supper, 5:00 – 7:00 PM, Calvary Episcopal Church, 370 VT Rt. 15, Jericho. This is an alternate date, due to this month's holiday dates. Look forward to seeing you there!

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.

All programs are held at the library and open to all, unless otherwise noted.

The library will be closed on Thursday-Friday, November 28-29 for the Thanksgiving holiday.

Jericho Underhill Library District budget hearing — the Jericho Underhill Library District will hold its official budget hearing on Thursday, November 21, 2024, 7:00 PM in the Program Room of the Library. The purpose of the hearing is to discuss the Library's proposed Fiscal Year 2025-26 Budget. Copies of the proposed budget are available at the library and on the Library's website. The meeting is open to all. Those who wish to attend remotely may email Holly at drawsonmemlib@gmail.com to receive a link.

The featured artist for November-December is Mary Hill, who grew up in Shelburne on the edge of Lake Champlain. Collecting from the natural world and beach combing inspired an ever-present practice of looking. Mary is drawn to primitive and rustic styles of arts and craft. She paints, leads workshops, and experiments with new mediums in her rural studio in the wooded hills of Underhill. A sampling of her acrylic paintings, mixed media collage, and digital collage will be on display at the Library. She will host an artist talk and demonstrate some of her techniques on Thursday, December 5, 5:30 – 7:30 PM.

Library fundraiser: gift basket raffle: support Deborah Rawson Memorial Library by purchasing tickets in our annual gift basket raffle. Tickets are \$1 each or six for \$5 and can be purchased by cash or check at the front desk. Place the tickets in the container by the baskets you would like to win. The more you enter, the better your odds of winning! The last day to purchase tickets is Sunday, December 1.

Food Drive: We will continue our food drive for the Essex-Jericho-Underhill Food Shelf through the entire month of November. Bring your donation to the library (there is a box just inside the entryway), and we will deliver it to the food shelf. Especially needed are cereals, creamy peanut butter, pasta, pasta sauce, rice, ready to eat meals, canned tuna and chicken, gluten free products.

Adults

Mondays and Wednesdays, 10:00 – 11:00 AM, in person or on Zoom: Seated Tai Chi for Health and Balance [registration required] This starter-level course is for older adults and people with chronic health conditions. There is no charge for classes, but donations to sustain the program are welcome and can be made directly to Age Well. For information and to register, email instructor Jo Osborne joannosborne2@gmail.com.

Wednesday, November 6, 5:00 PM: Friends of DRML Annual Meeting. Come join us to learn about our Friends of the Library group, hear about the projects we completed this year, and help plan next year's activities.

Thursdays, November 7, 21, 6:00 – 8:00 PM: Crafters' Group.

Bring a craft you're working on, and join the camaraderie and conversation. For more information, please contact Amy Tower, 802-355-9671 or atowerinvt@gmail.com or Julie Hehir, 802-343-0034 or juliehhehir@comcast.net.

Saturday, November 9, 10:00 AM – 12:00 PM: Community Coffee. The Community Center of Jericho hosts its first Weekend Coffee Hour with the Library. Coffee and tea will be available in the library's Fireplace Room. All are invited. There's no job to do; just come meet your neighbors.

Tuesday, November 12, 7:00 – 8:30 PM: Vermont Reads 2024. Facilitator Rachael Cohen leads a discussion of *Gather* by Kenneth M. Cadow. The book is Vermont Humanities' choice for their 2024 statewide one-book community reading program. Adults and teens are invited to pick up a free copy at the library and read it for the discussion. In keeping with the book's themes of rural life, resilience, class differences, addiction and recovery, housing and food insecurity, a deep relationship to the land, and the power of community, please bring a non-perishable food donation with you to the discussion for the Essex-Jericho-Underhill Food Shelf.

Tuesday, November 12, 7:00 – 8:00 PM: French Conversation Chez Henry. All levels of French speakers, as well as the French curious, are welcome to this informal conversation group, named in honor of its founder.

Thursday, November 14, 6:30 – 8:30 PM: Mah-Jongg. Come join the fun of our monthly Mah-Jongg games.

Saturday, November 16, 10:30 to 11:30 AM: Vermont Bats. Barry Genzlinger, the state's first bat rehabilitator and founder of the Vermont Bat Center, will discuss the nine bat species found in Vermont, answer your questions about bats, and explain how and why to build a bat house.

Tuesday, November 19, from 7:00 – 8:00 PM: Underhill Historical Society presents *The Life and Times of LTC Udney Hay* with speaker Eli Dandurand. LTC Udney Hay, one of the first settlers of Poker Hill, served as an American deputy quartermaster general during the Revolutionary War, and later as a politician in Vermont. His correspondence with General George Washington is preserved in the National Archives in Washington, D.C. Hay is buried in the North Underhill Cemetery. A state roadside historic site marker honoring LTC Hay will be installed in Underhill in November 2024.

Tuesday, November 26, 7:00 PM: Mystery Book Group. This month's read is *The Marlowe Murder Club* by Robert Thorogood. Call or visit the library to reserve your copy. If you'd like to attend the book discussion via Zoom, email Holly at drawsonmemlib@yahoo.com for the link.

Sunday, December 1, 2:00 – 3:45 PM: Sunday Afternoon Music Series with Phineas Gage.

Youth

For events that require registration, please visit, or contact 802-899-4962 or youth.librarian@drml.org.

Tuesdays (except November 19), 10:30 AM: Baby-Toddler Story Time [birth to Pre-K] Stories and Songs with Beth and David London.

Fridays (except November 29), 11:00 AM: LEGO Club [birth

to age 5] LEGO Club.

Tuesday, November 5, 3:00 – 4:00 PM: Luminaries Craft [all ages] Make a little light to bring into the winter with you. Any age can participate, since there are many ways to build a luminary.

Wednesday, November 6, 3:00 – 4:00 PM: Warrior Cats Book Club [ages 8+] Back by popular demand! Join your fellow Warrior Cats fans to discuss the books, play games, make art, and decide what else you want to do with your club.

Thursdays, November 7 and 21, 3:00 – 5:00 PM: Animation Club [registration required; ages 8+] Whether you're new to the scene or have animated before, the library has everything you need to create short stop-motion movies.

Tuesday, November 12, 3:00 – 4:00 PM: Typing Club [registration required; ages 8+] Mz. Abbey has vetted a couple of online typing programs to help kids learn to touch type, and she reserved the library computers to play and practice.

Wednesday, November 13, 3:00 – 4:30 PM: Read to Wyatt [all ages] Drop by after school and spend some time with our therapy dog Wyatt! This three-year-old Bernese Mountain Dog loves to hear stories.

Thursday, November 14, 3:00 – 4:30 PM: Minecraft Social. [registration required; ages 8+] Show off your worlds, or venture to new realms. The library has a few devices to borrow, but please bring yours if you have one.

Friday, November 22, 3:00 – 4:00 PM: Lego Club [registration required; ages 6+] When faced with an entire tub full of LEGO bricks, what will you build?

Tuesday, November 26, 2:30 – 3:30 PM: Nintendo Switch. [ages 8+] Drop by to play *Smash Bros*, *Mario Kart*, *Overcooked*, and other great Nintendo Switch games. The library has it all, so there's no need to bring your own.

Deborah Rawson Memorial Library, 8 River Rd., Jericho. Please visit drml.org or call 802-899-4962 for the most up-to-date information. Contact information: rawsonlibrary@drml.org; www.drml.org; 802-899-4962.

JERICHO TOWN LIBRARY

Hours: Tuesdays 10:00 AM – 7:00 PM; Wednesdays, Thursdays, 10:00 AM – 6:00 PM; Fridays 12:00 – 6:00 PM; Saturdays 9:30 AM – 2:30 PM.

Weekly events

Tuesdays, 8:00 – 9:00 AM: Gentle Yoga, a donation-based class for adults taught by local instructor Deanna Bartlett. Donations are optional. Second floor.

Tuesdays, 10:00 – 11:00 AM: Story Explorers Playgroup, a read aloud and loosely structured playgroup for kids ages 0-5 and their grown-ups. Second floor.

Wednesdays, 6:00 – 7:00 PM: Embodied Wisdom Women's Group. Please join Project All Together Now (ATN) and Deanna Bartlett for a weekly multi-generational Women's Yoga Circle! This group grew out of ATN youth intern work and ideas, and is meant to serve women of all ages in building connection with themselves and each other. Gather up your friends, moms, aunts, grandmothers, mentors, and any female-identifying

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Cambridge Trails Committee, GW Tatro, Three Mountain Roofing, and Hollow Excavation.

The heart of a good Farmers' Market lies within the vendors, we were thrilled to welcome 22 different businesses this season, and two community organizations. We truly couldn't do it alone — thank you Wildflower Baking Company, Rowan's Rhythm, Starbird Wildfish, Notchwood Bakery, Mediterranean Mix, Providence Hill Flower Farm, duPottery, Wood and Water Market Garden, Spiral Specialties, Gracie's Bakes, Bird Song, Peak Season Floral, Loose Parts Pouches, Prima Materia, Laughing Wolf Farm, Charm Culture, Jennifer Hiltz Art, Pleasant Valley Field and Forest, Dangerous Boys Distillery, Dalestead Farm, Alice O'Malley Art, Sap Shack Syrup, Wildfire, Stony Grove, Cambridge Conservation Commission, the Covered Bridge Society, and Grand Army of the Republic Highway.

Many musicians got to share their talents on the beautiful timber frame stage crafted by Wildwood Builders. We hope to hear their songs again soon: the *Dandy Lions*, *Django Soulo*, Eric Bushey, the Butterfields, Dan DiFranco, Preston and Chris, *Take Five*, and *Frosty Frog*.

Thank you to John Fealy who joined us for many many markets, encouraging Community Music Night in Jeffersonville.

Kids' Day was made possible with the help of our friend Rockin' Ron Carter.

Last but not least we would like to express our gratitude towards this community, those who purchased an item, brought a friend to the market, enjoyed the live music, played a lawn game, created conversation, THANK YOU!

The seeds have been sown, we are ready to grow. See you all next season!

Preventing chronic toxic stress in our communities

By Bill Schubart

Life is stressful. No amount of wealth or privilege protects us from stress. In fact, there's reason to believe that privilege, insofar as it isolates us from a shared humanity, may even bring on stress. Plentiful food and a roof over our heads does not protect us from heartbreak, abuse, or tragedy.

Stress occurs naturally in the world. It's an embedded response in human and animal psyches, as it enables survival. The natural stress response to seeing a coiled rattlesnake, a curious grizzly, or a shark fin may well save a life.

Chronic toxic stress (CTS), however, has life-changing consequences that ripple down through society and cost billions of dollars to our families, mental and physical health systems, schools, and criminal justice systems.

Although stress is by design a critical part of the natural world, human-induced chronic toxic stress is preventable, or at least curable if caught early. We can and must make a much better world for ourselves, our children, and for future generations.

Much of the current focus is on adverse childhood experiences known as "ACEs." ACEs are indeed a major contributor to chronic toxic stress. They may include:

- experiencing or witnessing physical violence or emotional, physical, or sexual abuse;

- childhood neglect or the effects of extreme poverty;
- having a family member attempt or die by suicide;
- growing up in a household with substance use, mental health problems, instability due to parental separation, or having an incarcerated parent.

According to the CDC, some two-thirds of Americans have reported experiencing at least one form of ACE before age 18. About one-sixth have reported experiencing four or more ACEs.

Nationally, the first in-depth analysis of and reporting on ACEs occurred between 1995 and 1997, conducted by the CDC and Kaiser Permanente. It involved some 17,000 Health Maintenance Organization (HMO) members from Southern California who, during routine physical exams, completed confidential questionnaires regarding their childhood experiences, current health status, and behaviors.

Here in Vermont, we first began taking ACEs seriously in 2014, and in the 2015 legislative session integrated ACE-Informed Practice into the Blueprint for Health in Act 144, Section 16.

In the Vermont 2017-18 legislative session, an Adverse Childhood Experiences Working Group was established by Act H.508. This effort was supported by the National Education Association (NEA-VT), Blue Cross Blue Shield (BCBS-VT), and the Green Mountain Care Board (GMCB).

By the 2021-22 session, the group and any effort lay dormant.

Although we've been professionally aware of CTS and ACEs for well over two decades, we've made remarkably little headway addressing their impact on society. Nor have we made much headway in our ability to diagnose and treat them, due to the lack of trauma-informed counseling training and treatment resources integrated into primary and pediatric care.

We ignore the personal and societal cost impacts of CTS and ACEs at our peril. When the Legislature first showed interest in 2017, data submitted indicated an annual cost to Vermont of some \$800M in remediation.

Today, the emerging science of epigenetics is filling in the medical knowledge gap around the physiological impact of chronic toxic stress on our physical health. Epigenetics analyzes how one's behavior and environment can cause changes in how the genes function. But unlike actual genetic mutations, epigenetic changes are reversible and don't affect DNA.

One cited example is the Dutch Hunger Winter Famine at the end of World War II. Children born of mothers who lived through the famine were statistically more prone to developing diseases like heart disease, schizophrenia, and type 2 diabetes.

Another example focused on the succeeding generation of Holocaust survivors. Scientific study showed for the first time in humans that epigenetic changes caused by exposure to trauma can be passed on to children born after the event — in this case Holocaust survivors and their adult post-war children.

Another indication of the relationship between stress and physiology is called "takotsubo syndrome," or, more commonly, "broken heart syndrome." This occurs following severe emotional stress and causes a temporary weakening of the muscular portion of the heart.

We are coming to understand that our minds and our bodies function as one organism.

Watching the accelerating chaos in the Middle East, I can only imagine the impact of rampant CTS on hundreds of thousands

of children and adults that will endure for generations to come, while any healthcare infrastructure that might be used to mitigate the disaster lies in rubble. How many generations will it take to heal the ensuing generations of this chronic toxic trauma?

So here at home...

There are two critical factors in addressing CTS. One is early diagnosis, and the other is how and where it's treated.

Only when our entire healthcare infrastructure is fully integrated to deploy the legally mandated parity between mental and physiological health will we be able to minimize the impacts of CTS and ACEs in our communities. CTS diagnosis and triage is integral to primary care and belongs in our communities, where it originates. There's no more expensive or complex place to try and manage CTS than in an urban emergency room where many presenting children and adults end up either parked on gurneys or in inpatient beds awaiting unavailable help.

Community organizations such as parent/child centers, NFI Family therapy centers, elementary schools, addiction support groups, and local primary care clinics are the resources closest to the problem and most effective at addressing it.

Work is beginning now with families expecting a child on how to prevent or minimize the impacts of stress on their newborns. Kimberley Pierce is a central Vermont healthcare professional who for years has treated families struggling with the stress of ACEs and CTS. Her pioneering care integrates the latest in neuroscientific studies on the family impacts of trauma and stress. This had led her and her team to initiate *The Vermont Kindness Project* to enable healing outside the exam room through education, music and arts, and community-building.

A periodic navigational source of valuable information on the emotional wellbeing of our families and children, called Mental Health Initiative, is available by signup from the United Way of Northwest Vermont.

By far, the most successful and ubiquitous source of support for mental health and recovery for people of all ages is the *Howard Center*, on the ground where they are needed most, in our schools, communities, and on our streets, meeting the need where it lives. Enabled by funding and space from UVM Medical Center, Howard Center and its partners opened a new Mental Health Urgent Care Facility at 1 Prospect St., Burlington on October 28.

Another successful treatment for CTS is transcendental meditation (TM), widely available in Vermont and around the world. It is medically recognized as a practical means of managing toxic stress, improving resilience, finding peace, and improving physiological health. The U.S. Surgeon General Vivek Murthy has long been a champion of meditation to reduce stress.

I discovered TM several years back and have been a grateful and consistent practitioner. My own struggle was the compulsion to overeat when stressed or anxious, and my regular TM practice has led to major weight loss and maintenance for a number of years — as well as a degree of inner peace.

We know that education, detection, and prevention at home and in our communities offers the best healthcare outcomes to our children and succeeding generations. Mitigating the cost of chronic toxic stress before it does wholesale damage that can persist for generations is the very best use of our local healthcare systems.

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people in your life that could use some more spaciousness in their weeks and explore how restorative yoga can support you in rest and connection. Second floor.

Thursdays, 9:30 – 10:00 AM: Move and Groove, a movement-based storytime for kids ages 0-5 and their grown-ups. We'll sing, play with scarves and shaker eggs, pretend to be animals as we practice some yoga poses, and read a story together before ending with a bubble dance party. First floor.

Fridays, 6:00 – 7:00 PM: Restorative Yoga, a donation-based class taught by local instructor Deanna Bartlett. Donations are optional. Second floor.

Saturdays, 9:00 – 9:30 AM: Romp and Rhyme, a storytime for babies, toddlers, and their caregivers. First floor.

Monthly or twice-a-month

First and third Wednesdays (November 6, 20), 3:15 – 4:15 PM: Comic Capers, an after-school club for graphic novel enthusiasts in grades 2 and up. First floor.

Early Release Days in Jericho (usually the second Wednesday of the month): 1:00 – 2:00 PM: Crafternoon, followed by a movie screening. Registration is required due to limited space: <https://www.eventbrite.com/e/1005405995397?aff=oddtcreator>.

Second Thursday (November 14), 1:30-2:30 PM: Robotics for Homeschoolers. Email catherine@jerichotownlibraryvt.org for more information.

Second Thursday (November 14), 6:30 – 8:00 PM: Fiber Arts Circle, a space for adults to craft and converse. First floor.

Third Thursday (November 21), 7:00 – 8:00 PM: Speculative Fiction Book Club. Email catherine@jerichotownlibraryvt.org for more information.

Fourth Saturday (November 23), 2:30 – 3:30 PM: Beginning Spanish Conversation Group for adults.

Building accessibility note: We are working hard on a project to make our library accessible to all, but our historic building is not yet fully accessible; a set of steps leads up to our front entrance. Please reach out to discuss accessibility needs; we may be able to offer programs in a hybrid format or move them to an alternate location with advance notice.

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, www.jerichotownlibraryvt.org.

VARNUM MEMORIAL LIBRARY JEFFERSONVILLE

Hours: Sunday-Monday, closed; Tuesday-Thursday, 9:00 AM – 5:00 PM; Friday, 9:00 AM – 3:00 PM; Saturday 10:00 AM – 2:00 PM.

Seeking volunteers to ready the Varnum Library outdoor space for the winter on Saturday 11/9/24, 9:00AM. We will trim and rake the garden beds and lawn. All are welcome for as much time as you can join us. Please bring your own tools as ours are limited. Rain date Sunday 11/10/24. We are grateful for the awesome support of our community!

The Varnum will be hosting the Vermont Humanities Reading

and Discussion Group! As in the past, we want community members to select the book series we will read for the winter session. If you would like to join the group on the second Saturday of the each month beginning on December 14, 2:00 – 4:00PM (except February, when we will meet on the first or third Saturday), please VOTE on which of the following series you would like us to offer by responding to cplante802@gmail.com — one vote per person please. The series with the most votes wins! The four series are:

Forces of Nature: Pulitzer-winning nonfiction writers have at times looked beyond the world's current era. Instead, the titles in this series explore humanity's relationship to forces beyond its control, such as evolution, disease, and the planet's fragile ecosystems. Books in this series:

- Annie Dillard, *Pilgrim at Tinker Creek*;
- Jared Diamond, *Guns, Germs and Steel: The Fates of Human Societies*;

- Siddhartha Mukherjee, *The Emperor of All Maladies*;
- Edward O. Wilson, *On Human Nature*.

Booker Prize Winners: Established in 1968, England's Booker Prize is awarded annually to a citizen of the U.K., the Commonwealth, Ireland, Pakistan, or South Africa who has written the year's best novel according to a panel of critics, writers, and academics. In a short 35 years, the Booker has achieved an air of dignity and respect that rivals even the 86-year-old Pulitzer Prize. Graham Swift, who won the Booker in 1996, singled it out as the finest accolade a writer can receive. "It's the one which, if we're completely honest, we most covet." Books in this series:

- Arundhati Roy, *The God of Small Things*;
- J. M. Coetzee, *The Life and Times of Michael K.*;
- Margaret Atwood, *The Blind Assassin*;
- Michael Ondaatje, *The English Patient*.

Exploring Graphic Novels: The genre of graphic novels has flourished in recent years. The four highly acclaimed works in this series three memoirs and one work of historical fiction Berlin highlight the literary value and artistic merit in this growing medium. Books in this series:

- Alison Bechdel, *Fun Home*;
- Jason Lutes, *Berlin, City of Stone*;
- Roz Chast, *Can't We Talk About Something More Pleasant?*;
- Marjane Satrapi, *Persepolis: The Story of a Childhood*.

Canadian Cultural Diversity: Travel through Canada with four critically acclaimed books that make manifest Canada's cultural diversity. Books in this series:

- Alistair MacLeod, *Island*;
- Antonine Maillet, *Pelagie-La-Charrette*;
- Emily Carr, *Klee Wyck*;
- Roy McGregor, *Canoe Lake*.

Rachael Cohen will be our Scholar leading the discussion. Rachael has been a freelance editor specializing in environmental and regional studies, a teacher of writing, literature, and natural

history, a caller of contra dances, and a farm hand. She has a Bachelor of Arts in English from Cornell University and a Master of Science in Environmental Education from the Audubon Expedition Institute/Lesley University. When she's not teaching for the University of Michigan's New England Literature Program, held each spring at a camp in New Hampshire, she's a caretaker in southern Vermont. Looking forward to great books, tasty snacks, and stimulating discussion!

Please check our website for details regarding our other programs: www.varnumlibrary.org.

We're always happy to see you at the library! www.varnumlibrary.org, 802-644-2117.

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. The Library will be closed on Thursday-Friday, November 28-29 for Thanksgiving.

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) and we can work something out. We want nothing to impede you from using the library.

The Westford Food Shelf is now open twice a month, on the first Wednesday of each month (November 6, December 4), 4:30 – 5:30 PM, on the third Saturday (November 16, December 21), 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.

Northern Vermont Artist Association art comes down on Saturday, November 23. NVAA is a non-profit that is dedicated to the promotion of professional and amateur artists from all over northern VT.

Puzzle Swap is back! Collecting: Tuesday, November 19-Saturday, December 7, during open hours. Swapping: Tuesday-Saturday, December 10-14 during regular library hours. Do you need some new puzzles to get you through the winter? Drop off complete (must have all pieces) puzzles; bins will be available to sort at drop off. Then come back for the swap; come early for best selection. This is completely free — take what you will do. Kids and adult puzzles accepted. You do not have to drop off a puzzle to take a new one.

Tuesdays, November 5, 12, 19, 26, 10:30 AM – 12:00 PM: Coffee and Cards. Meet up with folks at the library for coffee, conversation, and cards - a great opportunity to socialize and keep those card playing skills sharp. Open to anyone, but especially looking to connect with seniors.

Tuesdays, November 5, 12, 19, 4:00 – 5:00 PM: Bracelet Club; signup required. Grades 4 and up; sign up required (call or

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*Subject to availability and eligibility.



Learn More

Library news continued from page 7

email). Kids will ride the bus (with note from home and EWSD transportation form) to the library each week. More information on bussing to those who sign up. Snack and all supplies included. Each week we will make a different kind of bracelet: November 5 — Paracord; November 12 — Helen Sterling will help us make leather bracelets; November 19 — Kumihimo yarn bracelets or Magic Loom rubber band bracelets. Sign up is for all three weeks; make sure you can come to all three sessions. Perfect for kids who are focused on crafts. Space is limited, so plan to attend weekly and sign up early.

Wednesday, November 6, 7:00 – 8:00 PM: Doris Sumner author talk. Doris Sumner is 36-year veteran of the VT National Guard. Her debut memoir Life at Camp: Combating the Sexism We Tolerate and Why the Military Should Take the Lead tells the story of a suburban tomboy joining the Army at age 18 and finding her purpose-filled life. We all take that first step on a journey to find where we fit, where we can be of maximum service, the journey there can be a trudge. Grit, resilience and finding purpose in the pain become invaluable traits when overcoming the obstacles we all find on our journeys.

Thursdays, November 7, 14, 21, 11:25 AM: Early Literacy Storytime. (Note the new time, to accommodate WES Preschool schedule.) We sing songs, read stories, move, and do crafts! No sign up needed, all ages are welcome. November 7: Fire Safety Storytime (partially outside with the firetruck, so dress accordingly). November 14: Turkeys. November 21: Food. November 28: no storytime (closed for Thanksgiving).

Thursdays, November 7, 14, 21, 4:00 – 5:00 PM: LEGO Club for grades 1-4; sign up required (call or email). Kids will ride the bus (with note from home and EWSD transportation form) to the library each week. More information on bussing to those who sign up. Snack included. We will do a combination of free building, building challenges, and have lots of LEGO fun! Space is limited, so plan to attend weekly and sign up early.

Thursday, November 7, 6:30 – 8:00 PM: Maker's Group. Meets on first Thursdays. All types of crafters are welcome to attend. Bring projects to show off, share expertise, and enjoy each others' company.

Friday, November 8, 2:00 – 3:00 PM: Shakespeare Group. To read or not to read? That is the question we are trying to answer in this formational meeting. Some adults have approached the library hoping to read Shakespeare for the first time or after a very long time (think *Romeo and Juliet* in school). Does that sound like something you would like to do? Come As You Are to help this become a comedy, not a tragedy, *As You Like It* in our fair *Hamlet* of Westford.

Tuesdays, November 12, December 10, 6:30 – 8:00 PM: Writer's Group. Meets on second Tuesdays, facilitated by J Bruscini, who describes himself and the group as follows: "I'm an avid poet and personal nonfiction essayist, and have been writing and creating as long as I've known how to. I have my BA in English and Creative Writing and have experience in running workshops, organizing lit mags, and both performing and hosting readings. My best intention for the group would open itself to writers in the area of any genre, style, and level of experience. I have been part of writing groups and workshops fairly frequently since college and have more than a handful of strategies and exercises to offer as a facilitator when needed. I would like to encourage experimenting with style and open time for feedback for anyone wanting it. In any case I am a library lover till the end, as I think the library as a community center bridges gaps between us, especially on the turn of our stories and lives running as different minded as they do on the page. It's one of the best things about being alive, that you have a story of your own. Every way it interacts outside you beckons possibility."

Wednesday, November 13, 7:00 – 9:00 PM: Trustees Meeting.

Wednesday, November 20, 7:00 – 8:00 PM: Adult Book Group, reading Our Missing Hearts by Celeste Ng. Our Missing Hearts is an old story made new, of the ways supposedly civilized communities can ignore the most searing injustice. It's about the lessons and legacies we pass on to our children and the power of art to create change. Print copies at library, ebook and audiobook available on Libby.

The Westford Public Library, 1717 VT Rt. 128, Westford, 802-878-5639; www.westfordpubliclibrary.org; westfordpubliclibrary@gmail.com, Bree Drapa, Librarian. Find us on Facebook (www.facebook.com/westfordpubliclibrary) and Twitter (www.twitter.com/WestfordVT_pl).

FAIRFAX COMMUNITY LIBRARY

We're moving into our last full month in the temporary location! As of right now, we're expecting to close up for the move back sometime during December. The Fairfax Community Library's new location, 1151 Ethan Allen Hwy. Until then, we're still operating as usual and we encourage everyone to stop by the library, or sign up for one of our programs! Our hours are now 10:00 AM – 5:00 PM Monday-Thursday, 10:00 AM – 4:00 PM Friday, and 9:00 AM – 1:00 PM Saturday. Looking forward to seeing everyone at the library — Elizabeth LaRosa, Public Library Assistant

Please sign up at least one week before the program date — all events are free unless noted. Pre-registration required; contact 802-582-3071 or libraryfairfax@gmail.com.

Youth events

Wednesdays, November 6, 13, 20, 27, 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. This event takes place at The Fairfax Community Library's new location, 1151 Ethan Allen Hwy.

Wednesday, November 6, 3:00 PM: Burlap Embroidery. Create colorful artwork with yarn and burlap! Materials provided. Ages 8+ Please contact libraryfairfax@gmail.com or 802-582-3071 to register! This event takes place at BFA Fairfax, in room 260.

Wednesday, November 13, 3:00 PM: Shaving Cream Art. Make swirling marbled designs with shaving cream! Materials provided. Ages 8+ Please contact libraryfairfax@gmail.com or 802-582-3071 to register! This event takes place at BFA Fairfax, in room 260.

Wednesday, November 20, 3:00 PM: No-Sew Pillows. Learn how to make soft, squishy pillows without using a needle and thread! Materials provided. Ages 8+ Please contact libraryfairfax@gmail.com or 802-582-3071 to register! This event takes place at BFA Fairfax, in room 260.

Adult events

Thursday, November 21, 4:00 PM: Library Book Club. The book this month is Greenlights by Matthew McConaughey. Book club will meet in the library. A Zoom link will be available for

anyone who wants to attend remotely. If you would like to borrow a copy of the book or request the Zoom link, please contact the library at libraryfairfax@gmail.com or call 802-582-3071. All are welcome!

Saturday, November 16, 10:00 AM – 12:00 PM: Needle Felting with Nicole. Learn the basics of needle felting with Nicole Bachand, and make a cute succulent that never needs to be watered! This program is open to anyone 8 and older, so feel free to come as a family! Space is limited, so please contact 802-582-3071 or libraryfairfax@gmail.com to register. This event takes place at The Fairfax Community Library's new location, 1151 Ethan Allen Hwy.

For up-to-date info about programs, visit our website: www.fairfaxvtlibrary.org, where you can also find a link to the interactive Google calendar.

Library hours are now 10:00 AM – 5:00 PM Monday-Thursday, 10:00 AM – 4:00 PM Friday, and 9:00 AM – 1:00 PM Saturday.

RICHMOND LIBRARY

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. *Children*

Weekly/Monthly Children's Programs at the library run from September-May and follow the MMUUSD schedule for vacation days and weather closure days.

The library will be closed Monday, November 11 in observance of Veterans' Day.

The library will be closed Thursday-Friday, November 28-29 for Thanksgiving.

Covid Tests are available at the circulation desk. We also encourage you to visit <https://covidtests.gov/> to order a set of four free at-home tests through the mail and to check the expiration date on your existing tests. Many tests have an extended shelf life, so check before you throw any away.

Children

Mondays at 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.

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

Saturdays, November 15, December 21, 10:30 AM: Hora de Cuento (Spanish Storytime) in the Community Room. Join native Spanish speakers Chichi and Eva for a time of stories, songs, and learning activities — all in the Spanish language. This program is a great opportunity for students in the Spanish Immersion Program to hear the language out in the community and for parents to learn alongside their student. Younger children and their caregivers are also encouraged to attend. It is never too early to be exposed to a new language. Join the fun on the third Saturday of the month.

Tuesdays, through November 12, 3:00 – 4:00 PM: Lego Club. We have loads of Legos. Periodically we offer six-week after-school Lego Club for kids ages 4-12. Lego enthusiasts work together or separately to build amazing projects. No registration is necessary, just come play!

Adults

Wednesdays, 6:30 – 8:00 PM: Knitting & Stitching Group. Drop in to knit, embroider, or otherwise needlecraft with your neighbors.

Friday-Saturday, December 6-7: Friends of the Library Book Sale. The Friends of Richmond Free Library's annual book sale. Bring your clean, undamaged book, audiobook, CD and DVD donations to the circulation desk between Monday, October 28-Friday, November 22.

Saturday, November 9, 12:00 PM: Cookbook Club discusses The Sioux Chef's Indigenous Kitchen by Sean Sherman. Stop by to check out a copy of the book to register, then pick a recipe to prepare and bring to the meeting. During the meeting we'll try the dishes and talk about the reading, cooking, and eating experience!

Tuesday, November 12, 6:00 PM: (Mostly) Fiction Book Group. Join us in the Mezzanine Lounge on for discussion of Firekeeper's Daughter by Angeline Boulley. Contact Gwen Landis, 802-434-5012 or gwennie1972@yahoo.com, for information on joining this group.

Tuesdays, November 12, December 10, 6:30 PM: Trustee Meetings are on the second Tuesday of the month at the library. All meetings are open to the public. Individuals may also join via Zoom.

Wednesday, November 13, 6:30 PM: Climate Action Book Discussion. In collaboration with Richmond Climate Action, we invite you to read and discuss Playing God in the Meadow: How I Learned to Love My Weeds by Vermont author Martha LeB Molnar.

Thursday, November 21, 7:00 PM: Mystery Book Group. Join us in the Mezzanine Lounge for discussion of Murder as a Fine Art by David Morrell. Contact Maureen Parent, 802-434-2055 or msparent@gmavt.net, with any questions.

Contact us at 802-434-3036 (leave a message after hours) or rft@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

The library is closed on Monday, November 11 for Veterans Day

Ongoing drop-in programs

Community Puzzle: spend some time working on a puzzle in the library. Puzzles rotate as they are completed.

Community Loom: collaborate on our community loom!

Pattern Swap, Puzzle Swap, Magazine Swap, Coupon Swap

Age recommendations for youth programs are a rough estimate of skill and maturity levels appropriate for the task, but parents and guardians know what's best for their children. Please reach out with any questions about age appropriateness or accommodations. You can reach us at youth@brownelllibrary.org.

Throughout November

Gratitude leaves: write something you're grateful for on one of our colorful leaves in the YA Room. We'll add it to our community garland, assembled by the Teen Advisory Group.

Recipe Scavenger Hunt: search the Youth Department for ingredients in a classic autumn recipe! Fill in the blanks with hidden ingredients hidden to get a recipe filled with festive fall flavors.

KCR Display: Champlain Valley Quilt Guild exhibit

November 1-26: Smokey Bear Challenge. Celebrate Smokey Bear's 80th birthday. Pick up a challenge sheet and join Smokey in learning about wildfire prevention and the environment. Read books, take action, earn stickers and stamps, and have fun! Remember... only you can prevent wildfires.

Programs

November 1-15: STEM Challenge — Robo-Cubes. Stop by the Winnie Bell Maker Space in Youth Non-fiction to explore robotics with cubelets. We will offer four challenges with a range of difficulties, from novice to master. Write a short three- to five-sentence story about your favorite robot creation. This program is made possible with support from the Winnie Bell Learned Fund, and it is open to all ages.

Thursdays, November 7, 14, 21, 10:00 – 10:30 AM: Story Time. Picture books, songs, rhymes, and crafts. Come read and play with us. In the picture book area. Best for ages 2-5.

Fridays, November 8-December 20 (no class on November 29), 1:00 – 2:30 PM: Learn to Play Mah Jongg. A six-week series to learn Mah Jongg in partnership with the Essex Area Senior Center. Please try to commit to the entire six weeks. Space is limited; please sign up with Julie Shorter, Program Director for Older Adults EJRP at JSHORTER@EJRP.ORG or 802-878-1375 x1553.

Fridays, November 8, 15, 6:00 – 7:30 PM: Fiber Arts Club. Bring your knitting, sewing, crocheting, needlepoint, or other fiber arts project and join the fun! This program is for adults of all ages and experience levels! No sign up required, just stop by.

Saturday, November 9, 10:00 AM – 12:00 PM: DIY Wrapping Paper. Drop in to create your own wrapping paper and explore fun paint techniques. Your creations can dry while you browse the library or run errands; please pick up completed pieces before 5:00 PM. Open to all ages.

Tuesday-Friday, November 12-15: Yarn Swap Drop Off. Bring in your unused yarn. Come in on Saturday, November 16 and pick up some new yarn!

Tuesdays, November 12, 19, 10:00 – 11:30 AM: Current Events Discussion Group, in-person and online. This discussion group will attempt to look at, reflect on, and analyze daily events and try to discern trends and understand the national picture and the larger world, basing the discussion on factual information in a non-judgmental framework. Please fill out the online form to receive information on joining this program via GoToMeeting.

Tuesday, November 12, 5:00 – 6:00 PM: TBR: TEEN Book Recommendations. Discuss your favorite books and authors with other teens! This month's genre: your favorite book with a spooky/horror story! Best for grades 6-12.

Wednesdays, November 13, 20, 10:00 – 10:45 AM: Play Time. Read one story together and play! We have giant blocks and other creative play materials. Best for ages 0-5.

Friday, November 15, 3:30 – 4:30 PM: TEEN Anime Club. Watch one or two episodes of an anime while eating snacks. Best for teens grades 6-12.

November 16-30: Art Lab — Quirky Animal Portraits. This year's Vermont Reads, Gather by Kenneth Cadow, is all about a boy and his dog; pick up a copy to read at the youth desk, and celebrate a special pet in your life by making a quirky animal portrait in the November Art Lab. You will need a picture of your pet for this project, bring a copy with you or print one in the library. This program is available in Youth Non-Fiction and made possible with support from the Winnie Bell Learned Fund. Open to all ages.

Saturday, November 16, 10:00 AM – 12:00 PM: Collecting Book and Media Donations. The Brownell Library Foundation will be accepting books and media for their book sale.

Monday, November 18, 1:00 – 2:00 PM: Tech Help with Clif. Sign up for one-on-one technology help. Reservation required, please call 802-878-6955 at least 48 hours in advance.

Monday, November 18, 2:00 PM: Adult Maker Kit — Hedgehog Ornament. Kits can be found next to the main desk and are available while supplies last. Instructions included in each kit. One kit per family please. Share pictures of your making experience by emailing them to: frontdesk@brownelllibrary.org or tag [@brownellvt](https://www.instagram.com/brownellvt) on social media.

Tuesday, November 19, 1:30 – 2:30 PM: Red Clover Award Book Group. Each month, students in grades K-4 will read two titles from this year's Red Clover book list and complete an activity. Voting takes place in March. Please register online. This program is supported by the Brownell Library Foundation.

Tuesday, November 19, 1:30 – 2:30 PM: Golden Dome Award Book Group. Each month, registered students in grades 4-8 will gather in the library to discuss a book from this year's Vermont Golden Dome Book List. Voting takes place in March. Please register online. This program is supported by the Brownell Library Foundation.

Tuesday, November 19, 1:30 – 2:30 PM: GMBA Group. Each month, registered students in grades 9-12 will gather in the library to discuss a book from this year's Green Mountain Book Award list. Please register online. This program is supported by the Brownell Library Foundation.

Tuesday, November 19, 7:00 – 9:00 PM: Brownell library Trustees Meeting.

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

ESSEX FREE LIBRARY

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

Closed Monday, November 11, in observance of Veterans Day. We still have free COVID tests and gun locks!

All library programs are free and open to the public.

All ages

Through Thursday, January 11, 2025 — The Giving Season Collection for Aunt Dot's. The Library is collecting larger diaper sizes (4, 5, 6), diaper wipes, and feminine incontinence pads. If you can, please support this important community resource and

MISCELLANEOUS NEWS

Lamoille FiberNet held ribbon-cutting October 24 for gigabit future

Lamoille FiberNet, the communications union district (CUD) comprised of 10 communities in Lamoille County, celebrated the region's future during a ribbon cutting on Thursday, October 24, announcing the region as Gig Community.

Through a partnership with Fidium Fiber, Lamoille FiberNet will accomplish its goal of universal service coverage for its communities. The CUD received a grant from the Vermont Community Broadband Board (VCBB) in September of 2023, and Consolidated Communications began construction in May 2024 to expand its Fidium Fiber network. More than 14,200 homes and businesses, or about 95% of serviceable addresses in the Lamoille FiberNet area (Belvidere, Cambridge, Eden, Elmore, Hyde Park, Johnson, Morristown, Stowe, Waterville, and Wolcott) now have access to Fidium's future-proof multi-gig speed all fiber network.

"Lamoille FiberNet's partnership with Consolidated Communications has brought world-class, high-speed Fidium Fiber to more than 4500 previously unserved addresses in Lamoille County in just over a year," said Jeff Tilton, chair of Lamoille FiberNet. "By this time next year, every on-grid address in the district will have access to at least one high-speed broadband provider, ending the limitations of sub-par internet due to our rural location. This remarkable achievement is largely thanks to CCI's significant capital investments, which have been critical in making county-wide connectivity a reality. Our 20-year agreement guarantees competitively priced, reliable broadband will be available well into the future."

"Today, 50% of Vermont addresses now have access to fiber, which we are way ahead of the rest of the country," said Christine Hallquist, executive director of the VCBB. "Now is the time to think about the positive social impact of these investments. We all believe that this would be the way to turn the corner on the devolvement of our rural communities, and the data is showing that is exactly what it is doing. Thank you everybody for all the work you have done to get here. By 2028 all of Vermont will be

in the same position."

"Our partnership with Lamoille FiberNet is an incredible example of how collaboration is key to achieving universal service," said Sarah Davis, vice president of market development for Consolidated Communications. "With this new network from Fidium Fiber, generations of residents can enjoy the beauty and quality of life afforded by this area, without having to miss out on the myriad of opportunities the digital economy offers. We are very proud of the work we've done together, and we are so excited for the day we can announce that, with everyone's help, Vermont has fiber to every home and business."

Between grant funding from VCBB and private investment by Consolidated, more than \$24 million went into bringing future-proof fiber to Lamoille County. Fiber broadband is rated as the best internet service delivery method among 63% of U.S. consumers, featuring faster upload and download speeds compared to other connection types. For rural communities in particular, fiber drives economic growth, leading to 44% higher GDP and 18% higher per capita income. With Fidium's network in Lamoille County spanning over 328 miles, expansion means residents and businesses will have access to these opportunities and all the benefits that come with access to fiber broadband connection.

Fidium Fiber delivers multi-gig-speed internet without contracts, installation fees, or data caps. All Fidium plans offer reliable, symmetrical speeds from 100 Mbps to 2 Gigs (2000 Mbps). Fidium Fiber also offers VoIP phone service plans, and features speeds that allow customers to seamlessly stream their preferred TV and entertainment.

For small businesses and entrepreneurs, Fidium@Work delivers the same reliability and flexibility with multi-gig speeds and additional robust business features to help businesses stay connected.

Fidium representatives will be visiting the community soon, taking part in local events and sharing more information about



Lamoille FiberNet was officially named a Gig Community during a celebration event on Thursday, October 24 in Johnson, as the CUD partnered with Fidium Fiber to deliver multi-gig speed internet to more than 14,200 homes and businesses across Lamoille County. Pictured from left: Sarah Davis from Consolidated Communications, Lisa Birmingham from Lamoille FiberNet, Christine Hallquist from the Vermont Community Broadband Board, and Jeff Tilton from Lamoille FiberNet. PHOTO CONTRIBUTED

service options and availability. To learn more and sign up for Fidium today, go online to <https://www.fidiumfiber.com/>.

About Lamoille FiberNet: Lamoille FiberNet is a Communications Union District service Lamoille County, organized under Vermont Legislation, VSA 30 Chapter 82. Our mission is to provide affordable and reliable high-speed internet service to every address in our 10 member towns.

After leaf peeping comes leaf keeping

From the Jericho Conservation Commission

The Jericho Conservation Commission would like to share the following tips from the Xerces Society on how to successfully keep leaves in your gardens and why it's important to insects and birds. As you'll learn, removing all the leaves from your landscape in a "clean up" robs the ecosystem of a vital component.

Leaves, brush piles, fallen logs, plant stems, and flower heads might not be growing anymore, but they aren't trash — they are natural homes for wildlife! A layer of leaves is vital insulation from the cold for the many animals that hide within (or in the soil beneath), like quite a few butterflies. Others, like many native bees, nest within stems, flower heads, or pieces of wood.

Throwing out all of your leaves and other plant material isn't just taking away options for shelter; there's a good chance you're tossing out many animals that have already settled in!

Read more online at <https://xerces.org/blog/leave-the-leaves>.

GMP App and Energy Assistance Program

From Green Mountain Power

GMP text alerts and the GMP app: The GMP app is a simple way to manage your GMP account and track storm restoration times, too. GMP text alerts offer a super convenient way to report outages by text and get restoration updates. More information is available at www.greenmountainpower.com/apps-skills/.

Save with the GMP Energy Assistance Program: Is your household income at or below 185% of the federal poverty level? If so, you qualify for a 25% monthly discount on your energy statement through GMP's Energy Assistance Program (EAP). Details on how to qualify and the EAP application are available through the Vermont Department for Children and Families website, www.dcf.vermont.gov/benefits/eap. Sign up!

Plants to watch for

From Amy Ludwin, Bolton

Conservation Commission member

Here's a link (<https://vlt.org/2024/10/11/introduced-species-fall-why-not-invasives/>) to an excellent article from the Vermont Land Trust worth a look if you are interested in being able to ID some plants of note with confidence, native plants, conservation,

or evolving word choices — introduced vs. invasive species. They are writing about plants you might see, whose "foliage is often seen as beautiful... but they can forever alter the landscape.

"Haven't seen as many monarchs this year? Did you watch a beloved maple tree die off?"

"It could be because of a plant commonly referred to as an invasive species. (There's a recent shift to calling them *introduced species* instead; more on that below.) There are many plants that are quietly reshaping Vermont's landscapes and biodiversity. Many are easier to identify in the fall because of their foliage. You may even have purchased one of these plants at your local garden center because it looks pretty.

"Let's explore why we're changing our language around what were once known as invasive species, why they matter, what to look for, and what you can do."

United Way Volunteer Connection

GET CONNECTED TO VOLUNTEERING — United Way's Volunteer Connection site is set up to help connect agencies and volunteers. Go online to <https://unitedwaynwvt.galaxydigital.com/> to learn more about these and other opportunities.

YOUTH GROUP FACILITATOR: Steps to End Domestic Violence offers a number of groups in their Youth Program, including Arts & Crafts and a Tiny Tots program. They are looking for a volunteer facilitator to provide an extra set of eyes and hands for each group to ensure that children who have been exposed to intimate partner violence continue to have access to these spaces and to kind, compassionate adults. Community Advocate Training is provided. Volunteers are asked to commit to helping with at least one group a month, most of which are held between 9:00 AM – 5:00 PM. Contact Izzy, Issyl@stepsvt.org.

RESPITE CARE — McClure Respite House needs volunteers to support House staff, residents, and their families by preparing and serving meals, helping with light office work, answering phones, and assisting at special events. Help with weekend breakfast and lunch shifts are particularly needed. Contact Megan Carmichael, 902-860-4411.

AGING WELL — Age Well is seeking volunteers to assist those in need in Addison, Chittenden, Franklin, and Grand Isle Counties. Opportunities include: Veterans Visiting Veterans, providing transportation to grocery shopping, medical appointments, etc., helping with technology, friendly visiting, minor home repairs, organizing mail and paperwork, building ramps for wheelchairs, care-giver respite, and yard chores. Background check required. Contact Erica Marks, 802-662-5249 or emarks@agewellvt.org.

DRAFTING POLICIES — Starling Collaborative works with schools and organizations to build communities of care, dignity, and accountability. They need a volunteer to help draft their initial personnel policies. Work can be done remotely at the volunteer's convenience. Tasks include researching/reviewing personnel policies from similar organizations, drafting a policy tailored to Starling's needs, working with staff to refine the initial draft. Contact info@starlingcollaborative.org.

Volunteers needed in our community

Please consider giving your time! Help us spread the word that Age Well is seeking new volunteers to visit with and help seniors in their homes.

Support older Vermonters by giving your time in your community for any of the following: friendly visits, grocery shopping, running errands, helping with medical appointments, organizing, bill paying, giving respite to caregivers, delivering Meals on Wheels, doing minor home repairs, and more. How often you help is based on your availability — it can vary from two to three hours one day a week, or two days a month (Monday-Friday, 8:00 AM – 4:00 PM).

Volunteers tell us that they get far more out of it than they give. They love seeing the difference they make for those they help.

Please contact our Volunteer Department at 802-662-5249 or volunteer@agewellvt.org for more information or to sign up to volunteer.

CSWD leaf acceptance days, winter webinars

From the CSWD Board

All facilities of the Chittenden Solid Waste District (CSWD) will be closed on Monday, November 11 for Veterans Day, except CSWD's Organics Recycling Facility which will be open for commercial drop-off only. We will be back on regular schedules on Tuesday, November 12.

All Drop-Off Centers will also be closed on Thursday, November 21st for our first annual Drop-Off Center Operator Training. All other CSWD facilities will be open regular hours.

View our full schedule online at <https://cswd.net/about-cswd/calendar/>.

Leaf Acceptance Days — Leaf Acceptance Days make it

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the people who depend upon it!

Beat the year-end rush and renew your card early! Stop by the Front Desk with your card (not keytag), review/update the information we have on file, get a new date sticker and you're good-to-go for another three years! Current cards expire Tuesday, December 31 and will turn off Libby and Hoopla access unless renewed.

For children and teens

Mondays: Musical Storytime: 11:00 AM, except November 11. Rock'n'read with Miss Noreen!

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

Wednesdays: LEGO Club, 3:00 – 4:00 PM. Grades 1-5. Kids in grades 4 and younger need to come with an adult.

Thursdays: Pokémon Club, 3:00 – 4:00 PM. Grades 1- 8. Decks available for card games. Themed crafts. Participants may bring gaming devices for Pokémon Go and other Pokémon games.

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

Exploration Station: ongoing. Check out the blue table for this week's challenge.

Saturday, November 9, 23, 11:00 AM – 1:00 PM: Dungeons and Dragons. For grades 9-12. Do you yearn for adventure? And free food?

Tuesday, November 19, 4:00 – 5:45 PM: Read to Chewy the Therapy Dog! Kids and families can sign up for a 15-minute slot

and choose a book to read to Chewy and his human. Sign up on the website.

Thursday, November 21, 4:30 – 6:30 PM: Perler Bead Open Studio. Come and hang out in the community room to make a perler bead creation! No registration needed, ages 7 and up.

Saturday, November 30, 10:00 – 11:45 AM: Read to Chewy the Therapy Dog! Kids and families can sign up for a 15-minute slot and choose a book to read to Chewy and his human. Sign up on the website.

For adults

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.

Thursday, November 7, 12:00 – 1:00 PM: Noontime Book Group — *Night Watch* by Jayne Anne Phillips, Winner of the 2024 Pulitzer Prize for Fiction. A mesmerizing story about a mother and daughter seeking refuge in the chaotic aftermath of the Civil War, and a brilliant portrait of family endurance against all odds.

Tuesday, November 12, 2:00 – 3:30 PM and 6:00 – 7:30 PM: Noreen's Creative Card Class. For adults. Come and learn how to make two different cards. Register on website.

Saturday, November 16, 11:00 AM – 12:00 PM and Tuesday, November 19, 6:00 – 7:00 PM: Zentangle with Julia Davenport. For adults. This art form welcomes slowing down, taking your time, and seeing what happens. Sign up on the website. If you register and can't attend, please call to open the spot for someone else.

Thursday, November 21, 6:00 – 7:00 PM: Trivia Night. For adults and teens. Join us at the library for some fun and friendly trivia competition. Light refreshments provided.

Saturday, November 23, 12:00 – 1:00 PM: Jackson Ellis Author Talk. Visit and reading by local author Jackson Ellis of her new book *Black Days*, released October 2024.

Tuesday, November 26, 6:00 – 7:30 PM: Board Games for Ages 18+. Bring your friends and enjoy the library's growing board game collection (or bring your own to share with the group). Light refreshments provided.

Thursday, December 5, 12:00 – 1:00 PM: Noontime Book Group — *West with Giraffes* by Lynda Rutledge. An emotional, rousing novel inspired by the incredible true story of two giraffes who made headlines and won the hearts of Depression-era America.

Social media: check us out on Facebook and Instagram for updates on events! Essex Free Library, 1 Browns River Rd., Essex; 802-879- 0313; [@essexfreelibrary](https://www.essexfreelibrary.org); website <https://www.essexfreelibrary.org>.

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convenient for you to drop off leaves as follows: at the Drop-Off Centers in Essex and South Burlington: Sundays, November 10, 17, 8:00 AM – 3:30 PM; and at the Organics Recycling Facility (Home of Green Mountain Compost): Sundays: November 10, 17, 7:30 AM – 3:30 PM; and Monday (Veterans Day), November 11, 7:30 AM – 3:30 PM. Learn more: <https://cswd.net/community-announcements/leaves/>.

Winter Webinar Series, starting in November — tune in on the second Thursday of every month at 6:00 PM to learn about different waste-related topics from recycling and reuse, to food waste prevention and composting. Register online at https://us02web.zoom.us/join/register/WN_4sVCzqVeSj-6bbJHkOhCnw#/registration:

- November 14: Mastering Blue-Bin Recycling;
- December 12: Local Heroes of Sustainability;
- January 9: Vermonters Going Zero-Waste;
- February 13: Reducing Wasted Food;
- March 13: Methods to Manage Food Waste;
- April 19: Composting.

Button Up Vermont offers up to \$15,000 for home repairs

The best time to weatherize your home for a warm, comfortable, and more affordable winter is today. That's the message from dozens of partners involved with the annual "Button Up Vermont" campaign, which launched on October 1. Homes that have needed repairs to "Button Up" can now get up to an additional \$15,000 through a new Home Repair Program that prepares homes to be weatherized.

Button Up Vermont encourages Vermonters to get their homes ready for winter with rebates and resources that make "buttoning up" any home more accessible and affordable. This year, the campaign launches alongside a new home repair offer to address underlying issues in a home that need to be fixed before weatherization can happen.

Up to \$15,000 for improvements is available to homeowners through the new Home Repair Program, available to low- or moderate-income homeowners planning to weatherize. All repair projects must be deemed necessary as part of a planned weatherization project in a home, including manufactured homes. Homes served by Burlington Electric or Vermont Gas Systems are not eligible for the Home Repair offer.

Many home repairs are eligible — like roof repair, ventilation and ductwork, asbestos/vermiculite remediation, window repair/replacement, foundation repair, plumbing, siding/sheathing, and more.

All contractors are eligible. Any contractor can install or complete home repair measures, including members of the Efficiency Excellence Network of independent contractors.

After repairs, the next step to "Button Up" a home is a weatherization project. Efficiency Vermont's Home Performance with ENERGY STAR® rebate offers 75% of project costs back, up to \$9500. Vermont Gas Systems also offers weatherization rebates. Income-eligible households can also get free weatherization from the state's Weatherization Assistance Programs.

Telltale signs a home has opportunities to button up include drafts even when the heat is on (a sign that cold air is leaking in and heat is leaking out), snow melting unevenly on a roof (indicating an attic in need of air sealing and insulation), and icicles or ice dams forming on a rooftop from escaping heat.

"Buttoning up is one of the best ways to make a home more comfortable year-round — and making essential home repairs is a great first step," said Peter Walke, Efficiency Vermont's managing director. "Once a home is ready, air sealing and insulating as part of a weatherization project means a warmer home that uses less energy — and lower energy bills for years to come."

Here's how Vermonters can join in and "Button Up" this fall:

- *Attend a Button Up event in your community.* Learn about reducing heat loss and trimming energy bills through energy fairs, webinars, and other opportunities. No events in your area? Host one!

- *Not sure where to start? Try a free Virtual Home Energy Visit.* An Efficiency Vermont energy expert can assess your home by video chat and give you a personalized list of projects and improvements. (Vermont Gas customers may also qualify for an energy assessment.)

- *Complete three DIY Weatherization projects — and get \$100 back.* These "Do It Yourself" weatherization projects may not reduce your heating bills, but they can limit drafts and make your home more comfortable. Follow this *DIY Weatherization Guide to start your buttoning up efforts.*

- *Find a qualified contractor through Efficiency Vermont's Efficiency Excellence Network.* An EEN contractor can get you started on a weatherization project to air seal and insulate your home.

As part of this year's Button Up efforts, Efficiency Vermont is hosting "Weatherization Wednesday" webinars offering weatherization tips and information about climate-friendly heating with heat pumps. Learn more and register at <https://www.buttonupvermont.org/>.

LGBTQ+ community and allies

From Burlington Family Services
VT Department for Children and Families

Is it even possible to have a sense of humor about finding a family when you're sixteen years old? Isn't everyone looking for a cute baby? Well, Corey will tell you that they WERE a cute baby and they still are adorable! Here's something you WON'T have to worry about: Corey sleeps through the night. Ha! That's sixteen-year-old humor for you!

So, here's the deeper story... Corey identifies as part of the LGBTQ+ community, which means that they have spent a lot of time navigating relationships both at home and at school. Finding a safe space to express their authentic self is of critical importance.

Corey needs clear and consistent boundaries because they are all about pushing them! Corey needs a caregiver who is patient and loving, even when they get a bit unwound. Corey's relationships with their brothers and sisters are important to them. Corey's parents are working on their recovery, and they

are hopeful that the family will be able to reunify.

To learn more, go <https://dcf.vermont.gov/fsd/foster>.

If you want us to contact you, complete the form at <https://dcf.vermont.gov/foster-care-inquiry>.

Did you know that November is National Adoption Month? For more information, visit <https://dcf.vermont.gov/fsd/adopt>.

VTrans project updates: Richmond, Williston

Williston: VT Rt. 2A culvert replacement

Project description: This project is to replace a deteriorating 48" culvert pipe under VT Rt. 2A between the I-89 Exit 12 interchange and VT Rt. 2/Marshall Avenue/Maple Tree Place intersection, 30' north of the old State Police barracks.

Completion date: October 25, 2024

October 17

Project update: built a temporary on-site detour for traffic.

Traffic impact:

- Sunday, October 20, 5:00 – 6:30 PM: VT Rt. 2A traffic was restricted to one lane in each direction with a lane shift in effect for southbound traffic between Taft's Corner and the Exit 12 Interchange. At 6:30 p.m. lanes will be restricted to alternate one-way traffic until Monday, October 21, 6:00 AM.

- Monday-Friday, October 21-25, 7:30 PM – 10:00 PM: one lane of traffic in each direction will be maintained; 10:00 PM – 6:30 AM, one lane of alternate one-way traffic will be maintained.

Construction activities: the following was the anticipated work schedule that began on Sunday, October 20:

- Sunday-Monday, October 20-21, 5:00 – 7:00 AM and Monday-Friday, October 22-25, 7:00 PM – 6:30 AM: continue the installation of the new culvert by open cutting the VT Rt. 2A roadway.

October 24

Project update: continued with the installation of the pipe and backfilled the outlet of the new pipe and slope.

Traffic impact: one lane of traffic will be maintained in each direction until 10:00 PM. At 10:00 PM, lanes may be restricted to alternate one-way traffic until 6:00 AM. Traffic control will be present.

Construction activities: the following was the anticipated work schedule beginning October 25:

- Friday, October 25, 8:00 PM – 6:00 AM, and Monday-Friday, October 26-November 1, 7:00 PM – 6:30 AM: continue the installation of the new culvert; install a new catch basin.

October 31

Project update: continued with the installation of the pipe and the new catch basin.

Traffic impact: one lane of traffic will be maintained in each direction until 10:00 PM. At 10:00 PM, lanes may be restricted to alternate one-way traffic until 6:00 AM. Traffic control will be present.

Construction activities — the following was the anticipated work schedule that began on Sunday, November 3:

- Sunday-Friday, November 3-8, 7:30 PM – 6:00 AM, roadway reconstruction activities in the area of the pipe crossing on VT Rt. 2A.

Please use caution and follow the speed limit when traveling in the construction area.

Please email sbarrett@coibsinc.com, reference VT-2A Culvert, if you would like to receive weekly project updates via email.

Richmond: U.S. Rt. 2 Bridge #29 replacement

Project description: total bridge replacement.

Completion date: September 2025

October 17

Project update: Completed bridge grinding; Completed the guardrail installation for this construction season; Installed pavement markings; Earth work; Prepped for the opening of the I-89 crossovers.

Traffic impacts:

U.S. Rt. 2:

- traffic was shifted onto the new bridge on Monday, October 21. Monday-Friday, 6:30 AM – 6:30 PM, traffic control present with intermittent one-lane of alternating travel.

I-89 Traffic in the Town of Richmond, south of Exit 11:

- Monday-Wednesday, October 21-23, northbound traffic was restricted to one lane of travel from Mile Markers 75.45-76.79;
- Thursday, October 24, northbound traffic utilized the crossover into the southbound passing lane from Mile Markers 75.45-76.79;

- Southbound traffic was reduced to one lane from Mile Marker 77.29-75.71.

Please note — these lane configurations will be in effect for the next several weeks. Motorists shall follow the posted speed limit within the construction zone; speed enforcement will be present, and fines will be doubled.

Construction activities: the following was the anticipated work schedule for the week that began Monday, October 21:

- Monday-Friday, 6:30 AM – 6:30 PM: opening of the new bridge to traffic on Monday. Begin demolition of the old bridge. Work on the removal of the existing form work on the new bridge.

- I-89 northbound crossovers to be back in service on Thursday, October 24.

Thursday, October 24

Project update: opened the new bridge to traffic; began demolition of the old bridge; continued with project site restoration.

Traffic impacts:

- U.S. Rt. 2, Monday-Friday, 6:30 AM – 6:30 PM, will have traffic control present with intermittent one-lane of alternating travel;

- I-89 in the Town of Richmond, south of Exit 11, northbound traffic continues to utilize the crossover into the southbound passing lane between Mile Markers 75.45-76.7; southbound traffic is reduced to one lane between Mile Markers 77.29-75.71. Please note - These lane configurations will be in effect for the next several weeks.

Motorists shall follow the posted speed limit within the construction zone; Speed enforcement will be present, and fines will be doubled.

Construction activities: the following was the anticipated work schedule for the week that began Monday, October 28:

- Monday-Friday, 6:30 AM – 6:30 PM: continue demolition of

the old bridge; continue with project site restoration and clean-up work.

October 31

Project update: continued demolition of the old bridge; continued with project site restoration.

Traffic impacts:

U.S. Rt. 2:

- Monday-Friday, 6:30 AM – 6:30 PM, will have traffic control present with intermittent one-lane of alternating travel.

I-89 traffic in the Town of Richmond, south of Exit 11:

- northbound traffic continues to be reduced to one lane between Mile Markers 75.45-76.79;

- southbound traffic continues to be reduced to one lane between Mile Markers 77.29-75.71.

Please note — these lane configurations will be in effect for the next several weeks.

Motorists shall follow the posted speed limit within the construction zone; speed enforcement will be present, and fines will be doubled.

Construction activities: the following was the anticipated work schedule for the week that began Monday, November 4:

Monday through Friday 6:30 AM – 6:30 PM:

- continue demolition of the old bridge;

- continue with project site restoration and clean-up work.

Please email sbarrett@coibsinc.com, reference Bridge#29, Richmond, if you would like to receive weekly project updates via email.

Construction update: Cambridge-Johnson VT Rt. 15

By Eric Boozan, Cambridge Town Administrator
Cambridge-Johnson VT 15 Resurfacing Project STP 2925(1)
Friday, October 18

Traffic impact:

- Saturday, October 19, and Saturday, October 26, 6:00 AM – 7:00 PM, one traffic control package facilitated alternating one-way traffic on VT 15 in Cambridge, weather permitting.

- Monday-Friday, October 21-25, 6:00 AM – 7:00 PM, three traffic control packages facilitated alternating one-way traffic on VT 15, from Hogback Road west to the VT 15/VT 108 roundabout.

Motorists should slow down and exercise caution while traveling through the project area. Expect delays for paving operations along VT 15 and plan for additional travel time.

Construction activities:

- Friday, October 18, crews were expected to complete the installation of line striping and pavement markings on VT 15 in the Village of Johnson, weather permitting.

- Saturday-Saturday, October 19-26, crews continued paving the intermediate course of asphalt along VT 15, starting near The Church of Jesus Christ of Latter-day Saints in Johnson and progressing west, weather permitting.

- Monday-Wednesday, October 21-23, a subcontractor installed asphaltic plug joints on the VT 15 bridge over the Lamoille River near Hogback Road.

- Monday-Friday, October 21-25, crews continued berm removal, ditching, placing topsoil, hydroseeding, and general cleanup along VT 15 in Cambridge.

Friday, October 25

Traffic impact:

- Saturday, October 26, 6:00 AM – 7:00 PM, there is potential for a single-lane closure on VT 15 near the Vermont Agency of Transportation's (VTrans') District #8 garage for paving operations, weather permitting. Flaggers will be on-site to manage alternating one-way traffic.

- Monday-Friday, October 28-November 1, 6:00 AM – 7:00 PM, three traffic control packages will facilitate alternating one-way traffic on VT 15, from Park Street in Johnson west to the VT 15/VT 108 roundabout in Cambridge.

Motorists should expect delays mid-week at the VT 15/VT 108 roundabout in Cambridge due to paving operations. Motorists are advised to plan for extra travel time, slow down, and exercise caution while traveling through the project area.

Construction activities: Saturday, October 26 and continuing the following week, crews will finish paving the intermediate course of asphalt along VT 15, starting near VTrans' District #8 garage and progressing west to the VT 15/VT 108 roundabout. Paving operations are weather-dependent.

Monday-Friday, October 28-November 1, crews will begin to install guardrail runs, and continue berm removal, ditching, landscaping, and general cleanup along VT 15 in Johnson and Cambridge.

For more information contact Public Information Consultant Elaine Ezerins, 603-782-2460 or elaine.ezerins@wsp.com.

Construction update Cambridge-Belvidere VT Rt. 109

From Eric Boozan, Cambridge Town Administrator
Project description: VT Rt. 109 resurfacing.

Thursday, October 17

Project update: continued paving wearing course; continued installation of shoulder material.

Traffic impact: motorists can expect traffic control to be present in multiple areas within the construction limits allowing for one-lane of alternating travel.

Construction activities: the following was the anticipated work schedule for the week that began Monday, October 21:

- Monday-Friday, 6:00 AM – 5:00 PM: weather permitting, installation of final pavement markings; continue installation of shoulder material.

- Monday-Tuesday: weather permitting, complete the paving of VT Rt. 109 mainline.

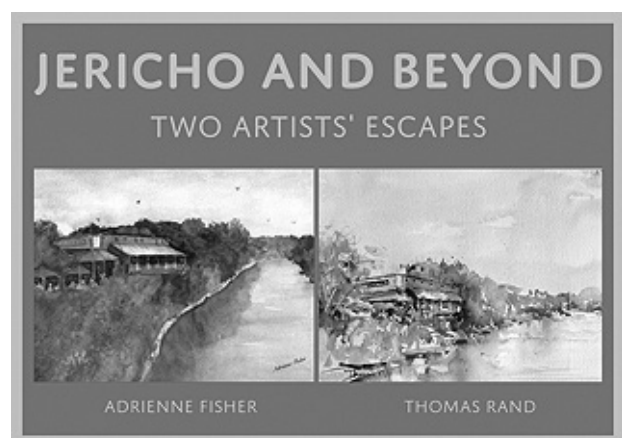
- Wednesday-Friday: paving side roads and driveway tie-ins throughout.

Thursday, October 24

Project update: completed paving VT Rt. 109 main line and side roads; continued with the installation of shoulder material; began installing lane markings; project clean-up throughout.

Traffic impact: motorists can expect traffic control to be present in multiple areas within the construction limits allowing

ART / MUSIC / THEATER



Currently showing at the Emile A Gruppe Gallery in Jericho are the watercolor paintings of two artists in a show titled *Jericho and Beyond: Two Artists' Escapes*. Meet the artists Adrienne Fisher of Jericho and Tom Rand of Nova Scotia and Bridgewater, Vermont on Sunday, November 10 from 1:00 – 4:00 PM at a reception at the Gallery (22 Barber Farm Rd., Jericho). The show will run through Sunday, December 22. Tom Rand is a well-known Nova Scotian and Bermudian landscape painter. He has exhibited in Canada, Bermuda, and the United States and is a signature member of The Vermont Watercolor Society. Adrienne Fisher, also a signature member of the Vermont Watercolor Society, strives to capture those places that are familiar landmarks and is gratified when people recognize the place she has captured in her painting. Her work has been exhibited in Vermont and recently three pieces were juried into the *Miniature Painters, Sculptors & Gravers Society of Washington, D.C.* PHOTO CONTRIBUTED

Westford's Red Brick Coffee House postponed to February — Due to building work at the Red Brick Meeting House and out of town scheduling for me the next coffee house will be in February, at which time I would like to have an “unplugged” acoustic session. So, all those musicians planning to come can spend some extra practice time getting their chops together. Meanwhile, keep warm and dry, and let's all look forward to the new refinished floor come February — Michael Kirick, Westford

Bon Débarras in Westford, Essex, and Colchester November 14-15 — Bon Débarras from Montreal will perform for students and staff in local elementary schools and at evening performance venues Thursday-Friday, November 14-15. School performances are for students and staff; early evening concerts are open to the public: Thursday, November 14, 2:15 – 3:00 PM, Westford Elementary School, Westford (for students and staff only); Thursday, November 14, 6:30 – 7:30 PM, Westford Common Hall, Westford (public performance); Friday, November 15, 1:30 – 2:00 PM, Founders Memorial School, Essex (for students and staff only); Friday, November 15, 7:00 – 8:30 PM; Elley-Long Music Center, Colchester (public performance). MS Projects, LLC is producing and co-presenting the appearances with support from schools and other organizations. Bon Débarras unites the worlds of music, dance, and poetry featuring Montréal artists Dominic Desrochers, Jean-François Dumas, and Véronique Plasse. The group uses a fusion of Québécois folk music, traditional step-dancing, and global influences for a performance that is full of fun and inventive energy using guitar, banjo, violin, and harmonica. For information about evening concerts at Westford Common Hall and Elley-Long Music Center: mark.sustic@gmail.com. Donations encouraged at the door the nights of the concerts. For more information about Bon Débarras: <https://www.bondebarras.ca/en/>.

Come See *The Bold, the Young, & the Murdered* — Come see a Girls Nite Out Productions drama called *The Bold, the Young, and The Murdered*. It's playing in the Black Box Theater at Main Street Landing in Burlington, Friday-Sunday, November 8-10

and Thursday-Sunday, November 14-17. It's not a huge theater, so be sure to get your tickets now before we sell out! (Here's the link for tickets: <https://www.girlsniteoutvt.com/bold-young-murdered>.) What's the show about? The long-running soap opera *The Bold and the Young* is in its last days. Its hunky hero has self-esteem issues; its villainous old man is more interested in soup; and its heroines are slightly psychopathic. The executive producer gives the squabbling cast an ultimatum: complete one episode overnight or the show dies. But when the director ends up murdered, and other cast members start dropping like flies, it seems like his threat might actually come true. Can these misfits discover the murderer before the show is literally killed off? Come find out!

Entries are open for the 2025 Vermont Writers' Prize, which is awarded each year in two categories: prose and poetry. This is the 35th year of the prize, which celebrates all things Vermont. The prize is open to Vermont residents and your poem, short story, essay, or play should explore Vermont — its people, places, values, or history. These prizes celebrating Vermont are awarded by Green Mountain Power and *Vermont Magazine*. Winning entries in each category are published in the summer issue of *Vermont Magazine* and receive \$1250. The Writers' Prize is open to all Vermont residents and students, but employees of Green Mountain Power and *Vermont Magazine* are not eligible. “Vermont is always changing, and it is so inspiring to read the entries and see how writers express the Vermont experience,” said Kristin Carlson, a GMP vice president who serves as a judge for this prize. “Vermont means so many things to different people — and we invite everyone to share their story or poem.” Learn more details and submit your writing for the 2025 Vermont Writers' Prize online at <https://vermontwritersprize.submittable.com/submit/296839/vermont-writers-prize-accepting-entries-for-2025>. The deadline to enter is January 1, 2025 at 11:59 PM.

Art in State Buildings: Call to Artists — The Vermont Art in State Buildings program enhances the working environments of state-owned buildings and public spaces for employees, citizens, and visitors with installations of original artwork by Vermont artists. Our current call to artists is for an installation in the Vermont Superior Court in White River Junction. Deadline to submit qualifications: Friday, November 22, by 4:00 PM. For more information, go online to <https://www.vermontartscouncil.org/grants/find-a-grant/artists/art-in-state-buildings/>.

The Bryan Memorial Gallery in Jeffersonville in their 40th season presents the Legacy 2024 Collection (through Sunday, December 22 in the East Gallery) features the works of 17 contemporary artists and includes selected works by Mary Bryan and Alden Bryan. Gallery Hours: Wednesday-Sunday, 11:00 AM – 4:00 PM or by appointment Mondays and Tuesdays. Additional information: Stephen Gothard, Director, 802-644-5100 or info@bryangallery.org or www.bryangallery.org.

The weekly virtual Burlington Literature Group welcomes new committed readers to our sessions. The group has been in existence for years meeting in a physical space but, since the pandemic, has changed to online Zoom sessions occurring every Tuesday at 6:30 PM. We break down interesting, challenging books into weekly segments of 60-100 pages, 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. Our next book is *The Pale King* by David Foster Wallace. He was a versatile writer of seemingly bottomless energy, a maximalist, exhibiting in his work a huge, even manic curiosity about the physical world, about the much larger universe of human feelings, and about the complexity of living in America at the end of the 20th century. Here's our schedule for *The Pale King*: November 5: Chapter 36 through 45; November 12: Chapter 46 to end.

Governor's Arts Awards — Since 1967 the Vermont Arts Council, in association with the Governor's office, has recognized outstanding individual and organizational contributions to the arts in Vermont with a variety of awards. We are now accepting nominations for the 2025 Governor's Arts Awards. There are five categories of awards. Read through the



Bon De'Barras, a trio from Montreal, will offer two performances on Thursday, November 14. The first will be for school children and faculty during school hours at Westford Elementary School; the second will be 6:30 – 7:30 PM at the Westford Common Hall, 21 Brookside Rd., Westford when the public will be able to experience this delightful, energetic, traditional Québécois trio with fiddle, step-dancing, banjo, and harmonica fused with slam poetry and body percussion. The trio unites the world of music with an intersection of variety of French traditions and rhythms of today as well as tomorrow's dreams. The concert promises to bring an hour of unique and amazing music for people of all ages. By donation at the door. For more information contact 802-734-8177 or MarkSustic@gmail.com. PHOTO CONTRIBUTED

award criteria and nominate your favorite artist or organization: <https://www.vermontartscouncil.org/programs/arts-awards/>. The nomination deadline is December 20, 2024.

History Unframed: The Bryan Gallery and Jeffersonville's Art Legacy — Bryan Gallery has held a series of conversations in collaboration with the Cambridge Historical Society as part of our 40th anniversary celebration, three nights of conversation, exploration, and discovery that delve into the rich art and history of Jeffersonville featuring guests who bring their unique perspectives on Jeffersonville's art and historical legacy, led by Barbara Bertocci, who will guide the conversation and answer your questions during a Q&A session at the end of each talk. The final event and speaker is: Wednesday, November 6, Eric Tobin. All events will take place at Bryan Gallery, 180 Main St., Jeffersonville, at 7:00 PM. Free and open to the public; no reservations required, seating is first-come, first-served. Bring your friends and immerse yourself in three evenings of inspiring conversation and community spirit! For more information, contact the Gallery at 802-644-5100 or info@bryangallery.org.

Let the Fabric Speak! Howard Center Arts Collective, in partnership with the Fleming Museum of Art at the University of Vermont, presents the exhibition *Let the Fabric Speak!* on display through May 17, 2025. One of the featured works at the Fleming Museum is *Tied*, a collaborative piece by Lydia Littwin, created from donated fabrics like baby clothing, dresses, and curtains, symbolizing shared community experiences. This exhibition showcases art made from repurposed materials that tell both personal and collective stories. “This tapestry holds pieces of fabric and fibers, from my life and from my friends,” said Eryn Sheehan in an artist statement for her quilt-inspired work *Rubber and Ribbons*. Sheehan uses repurposed materials, incorporating their personal and shared histories into her work and the exhibition. Early in the project, members of the Arts Collective hosted a community fabric swap, where materials and stories were exchanged. Drawing from the varied patterns and textures, each artist transformed a variety of patterns and fabrics, such as hats, curtains, pajamas, and T-shirts, into original

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Miscellaneous continued from page 10

for one-lane of alternating travel.

Construction activities: the following was the anticipated work schedule for the week that began, Monday, October 28:

Monday through Friday, 6:00 AM – 5:00 PM, weather permitting, continue the installation of final pavement markings; continue with project site restoration and clean-up.

October 31

This project is complete! On behalf of the Vermont Agency of Transportation and myself, we would like to thank everyone for your patience and understanding during this resurfacing project. We hope you enjoy the improvements, not only for your safety, but also for the smooth ride.

Have a safe winter and remember to buckle up!

Please use caution and follow the reduced posted speed limit!

For information contact Public Information Consultant Stephanie Barrett, 802-399-7847 or sbarrett@coibsinc.com.

Caring for yourself is also good for children

From the Vermont Department for Children and Families, Family Services Division

It is not selfish to recognize your own needs as you journey into foster care. You can care for yourself and still be fully equipped to also be there for your child/children. Here are some helpful tips.

Identifying common obstacles to self-care

It's helpful to identify some common obstacles that may be preventing you from taking care of yourself. Here are a few.

“I don't have time for self-care.” — Many of you can identify with the frustration of hearing someone say, “Take good care of yourself,” as they smile and walk away. Hearing it likely leaves you feeling more stressed than before they tossed it over their shoulder. When do you have time for that?

You can feel your blood pressure rising while you mentally recite your (over-scheduled) calendar for this week at their retreating figure. You are still wondering when you'll get to the grocery store and still make it to therapy at 5:00 PM on one side

of town if flute lessons are over at 4:45 on the other side of town. The last thing you have time for is figuring out when and where to squeeze in some time to “take good care of yourself” (that you must also schedule and arrange childcare for).

“This child needs me too much.” — Many foster parents and kinship caregivers accept this responsibility of caring for kids in need because they are naturally generous and have caregiving personality types. You might be thinking you cannot take a break because your foster child needs the consistent connection and safe landing place they've come to count on from you; you agreed to be this child's primary caretaker when you agreed to welcome them to your home; and/or your grandchild needs your presence and consistent guidance while they are grieving the separation from Mom or Dad.

Giving all of yourself to this child without a break feels like the right path forward. It's what you signed up for. Asking for a break feels like taking the easy way out when this child has so much they need right now. Seeking self-care might even feel selfish and pampered.

“I need to make this (moment, experience) perfect for this child.” — Closely related to the need to be a constant, giving presence for your foster or relative child is a desire to create new and wonderful “family” experiences. You may even feel an extra burden to make the very best childhood possible, to make up for the traumatic experiences they've endured so far.

Many resource and kinship caregivers can get caught up in making happy new memories: the biggest and best birthday parties, ideal family movie nights, shiny new bikes, cozy cookie-baking days, picturesque bedtime stories, and so on. Pursuing these idealized, perfect moments leaves precious little room in your schedule for a moment or ten to breathe, re-focus, and refuel yourself.

“I don't have enough help.” — There are (with good reason) specific county or state requirements that respite care providers must meet to provide help for a foster parent. Whether it's babysitting for a night out or a weekend away to a family funeral, foster parents frequently report that it's complicated to arrange respite care. When you are raising a relative's child without the involvement of the child welfare system, it can be equally

challenging to arrange childcare that is safe and reliable.

As a result, you are probably surrounded by other families in the same boat you are. It's great that they are also generous-hearted, nurturing people who help you out. You all find ways to care for each other when a need arises. But the truth is that it usually means exhausted parents are helping other exhausted parents, and none of you are really getting the self-care that you need to keep up with the demands of raising your kids.

“I'm so tired, I don't know what I need.” — When you've reached the point of trying to pour from that empty cup, it's tough to figure out what you need or how to re-fill that cup. It's like being “hangry.” Your physical body is so empty, your brain is muddled, and every food suggestion sounds both wonderful and awful.

Do you need a date night with your spouse? Do you need to clear the calendar and get away as a family for the weekend? Sometimes, what you really could use the most is a training seminar on trauma behaviors for new fuel in your cup. All of these ideas sound wonderful. But they also sound like so much work. When your cup is empty, it's hard to determine what will fill it best.

For more tips, go online to <https://creatingafamily.org/foster-care/fostering-blog/taking-care-of-yourself-when-raising-a-relative-or-foster-child/>.

The Future of Energy: VEC's Innovation Webinar Series

From VEC Member Service, Vermont Electric Co-op

Have you checked out Vermont Electric Co-op's Innovation Webinar Series? Experts explore cutting edge topics like grid modernization, system resilience, and the strategies VEC is using to manage future demand growth.

If you're curious about our energy future, these webinars are for you! Access on-demand recordings and info on upcoming live sessions online at <https://vermontelectric.coop/innovation-webinar-series>.

VETERANS' DAY



A Vermont combat veteran at the Wall — the Vietnam War Memorial in Washington D.C. — in 2000.

PHOTO BY SARA RILEY

Salute Johnson veterans November 10 at Holcomb House

Join the Johnson Historical Society (JHS) for a Salute to Veterans on Sunday, November 10, 2:00 PM at the Holcomb House, 188 Main St. East, Johnson. The event will offer short talks about some of the people who wore the uniforms now on display at the Holcomb House, including Jack Mitchell, Lois Beard, Roger Perkins, and Tom Carney. There is a lot of military history at the Holcomb House to share, for which we are grateful.

Following the presentation, the 2024 JHS Raffle will come to an end with the drawing for the five prizes. All are welcome to this free event, and homemade cookies will be served. For more information, contact 802-635-7826.

Listening to veterans' stories across Vermont

Local nonprofit invites veterans invited to share stories; non-vets encouraged to attend and listen at Vets Town Halls. Vets Town Hall, a Vermont-based nonprofit that works to increase understanding between veterans and civilians, is partnering with local organizations to host six events throughout the state this fall. At these Vets Town Halls — in Bristol, Brattleboro, Colchester, Rutland, Saint Johnsbury, and South Royalton — veterans are invited to speak for up to ten minutes each about what it was like to serve their country. Non-veterans are encouraged to attend and listen. Either snacks or a meal will be offered at each of these free events.

Vets Town Halls are explicitly non-political, and all perspectives are valued. Speakers are invited to share what their military service means to them, with the remit to speak about their "own experiences, whatever they may be, rather than speaking broadly about an issue or organization." This invitation means that veterans may address why they joined the military or what it was like to leave it, their hardest day or what they miss, camaraderie or what it was like being separated from their family, or many other topics.

"Having an opportunity to gather with community members assists with the reintegration process and makes it possible for us to move beyond a narrative of conflict, by honoring and sharing our stories," says Jon Turner, a USMC veteran and Vets Town Hall board member who will emcee the Bristol and Colchester events. "Attending these gatherings is a reminder of the community we wish to embrace after military service."

"Vets Town Halls offer communities an opportunity to come together to support local veterans," adds the organization's deputy director, Kristen Eaton. "These events are even more important in a polarizing election year, which can make many individuals — veterans and non-veterans alike — feel isolated and even alienated from our neighbors. Each year I've found it heartening to sit with community members and listen to veterans share thoughtful, often surprising stories. And each year, I realize again how little we often know about our friends and neighbors — and how important it is to listen and to learn more."

RSVPs via http://vtvetstowhall.org are optional but encouraged for all Vets Town Hall attendees, and are required for the Rutland and South Royalton pre-event meals. Veterans who would like to speak can indicate that when registering. Time permitting, veterans are also welcome to sign up to speak during the events themselves. Questions may be directed to Kristen Eaton at vermont@vetstowhall.org. These events are supported in part by Vermont Humanities.

If you go to a Vets Town Hall: Veterans are invited to speak for up to ten minutes each about what their service means to them. Non-veterans are encouraged to attend and listen. These events are free and nonpolitical, and all perspectives are valued. vtvetstowhall.org, vermont@vetstowhall.org. The first Vets

Town Hall was on October 24 in Bristol. The remaining dates and locations are:

Friday, November 8, 5:30 PM meal, 6:00 PM event, at Godnick Adult Center, 1 Deer St., Rutland. Hosted by Kyle Aines; local partners: the Godnick Adult Center, Rutland Young Professionals, Vermont Adaptive's Veteran Ventures program, and Vietnam Veterans of America Chapter 1. RSVP at vtvetstowhall.org (was required by October 30 for the pre-event dinner; optional but encouraged for the Vets Town Hall itself).

Sunday, November 10, 1:00 PM, McCarthy Arts Center, Saint Michael's College, Colchester. Hosted by Jon Turner; local partners: Saint Michael's College Military Community Services and Student Veterans Association. Snacks will be available. RSVPs optional but encouraged at vtvetstowhall.org.

Sunday, November 10, 1:00 PM, Catamount Arts Center, 115 Eastern Ave., Saint Johnsbury. Hosted by Marty McMahon; local partners: Catamount Arts.

Thursday, November 14, Vermont Law School's Chase Community Center, South Royalton, 5:00 PM hors d'oeuvres and mingling, 5:30 PM meal, 6:00 PM event. Local partners: Vermont Law & Graduate School. RSVP at vtvetstowhall.org (required for the pre-event dinner, optional but encouraged for the Vets Town Hall itself).

Sunday, November 17, 1:00 PM, American Legion Post 5, 32 Linden St., Brattleboro. Potluck to follow. Hosted by Norman VanCor; local partners: the attendees and organizers of the American Legion Post 5 Tuesday coffee hour. RSVPs optional but encouraged at vtvetstowhall.org.

Veterans Day dinner November 9

Mount Mansfield Post #35 of the American Legion will be holding a Veterans Day dinner at the Eagles Club in Jeffersonville on Saturday, November 9, 6:00 PM, with a social hour starting at 5:00 PM. Green Mountain Grillbillies will be providing food for the event.

This event is free and open to all veterans and family members of veterans.

The Eagles Club is located at 646 VT Rt. 109 S, Jeffersonville. Please RSVP to Charles Guyette at guyette76@hotmail.com. We hope to see you there!

Vermont Veterans' Cemetery Wreaths 2024

By Susan Sweetser

Even though we still have some (not many) leaves on the trees, we are gearing up for our Wreath Drive for Wreaths Across America (WAA) to get the Vermont Veterans Memorial Cemetery (VVMC) in Randolph finally covered 100% (we came so close last year but were short a few hundred), as well as all the other six participating cemeteries in Vermont. Last year, we were able to get the other five at 100%. We will strive to do the same this

Veterans' day continued on page 13

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works. Let the Fabric Speak! begins with A Symphony of Us: a collaborative, site-specific work featuring repurposed compact discs. The exhibition continues with sixteen additional works, where artists reflect on the significance of everyday materials and the memories they hold. Howard Center Arts Collective mission is to create opportunities in the visual arts for people

impacted by mental health and/or substance use challenges. "The exhibit showcases the personal and universal human desire for our stories to be heard, held, and carried on in community," said Kara Greenblott, Howard Center Arts Collective coordinator.

Teaching Artist Residencies Foster Cross-Disciplinary Learning — Exploring history, food insecurity, world and

indigenous cultures — through ceramics, dance, music, and other artistic disciplines — are among the projects that Vermont teaching artists will bring to schools across the state this year during residencies supported by the Vermont Arts Council. The Arts Council's Artists in Schools grant program will support high-quality, multi-day arts experiences in 21 schools across

the state with 21 different Vermont teaching artists in residence. Residencies take place during the school day or in a sequential, after-school setting. Grants of up to \$4000 are available to support eligible projects typically between three to ten days in length. Funds are primarily to be used to support teaching artist fees for instruction and planning, with a smaller amount of the award for materials. FY2025 Artist in Schools Grant Recipients include: Brewster Pierce Memorial School, Huntington, \$3200 to support a five-day residency with YES! Theater, where students create, revise, rehearse, and perform a family variety show; Cambridge Elementary School, Cambridge, \$2500 to support a multi-day residency with maker/artist Lucy deLaBruere of Create, Make, Learn in which students will use makerspace equipment and software; and Underhill Central School, Underhill \$2250 to support a five-day dance residency with Rose Bedard. For more information about the Artists in Schools grant program, visit https://www.vermontartscouncil.org/grants/find-a-grant/education/artists-in-schools/.

Montpelier's Capital City Concerts' 25th anniversary season: Founded in 2000 by flutist Karen Kevra, Capital City Concerts (CCC) season opens its 25th season in September with concerts running through May of 2025, with expanded offerings and favorite return performers as well as new ones. On Saturday, January 25, a pay-as-you-can family concert will be performed by the extraordinary vocal ensemble Culomba. On Sunday, March 30 a celebration concert will take place in which CCC founder and Grammy-nominated flutist Karen Kevra along with pianist Jeffrey Chappell will weave highlights of CCC's history with a variety of music, with celebration cake served at the conclusion of that concert. The series will conclude with two different block-buster anniversary concerts on Saturday-Sunday, May 17-18 that will include over a dozen performers including The Borromeo String Quartet, pianists Jeewon Park and Jeffrey Chappell, soprano Hyunah Yu, violinist Laurie Smukler and friends, cellists Edward Arron and Gwen Krosnick, sisters Chloe and Lily Holgate of the vocal duo Sibyl. Go to www.capitalcityconcerts.org to order tickets (\$15-\$30) and learn more.

Advertisement for EVs in VT. Features the logo 'EVs in VT' with a lightning bolt, the slogan 'Let's Drive Electric, Vermont.', and three icons: 'Get \$ back' (State and federal incentives available when you buy or lease an EV), 'Save \$ over time' (Plugging in is like paying \$1.50 a gallon), and 'Power up' (Plug in at home, or at the 300+ public charging stations in Vermont). Includes an image of a car charging at a station, a QR code, and the text 'proudly sponsored by Efficiency Vermont' and 'Scan the code to learn more about state and federal EV incentives'. The website 'DriveElectricVT.com' is also mentioned.

SENIOR NEWS

Volunteers needed in our community

Please consider giving your time! Help us spread the word that Age Well is seeking new volunteers to visit with and help seniors in their homes.

Support older Vermonters by giving your time in your community for any of the following: friendly visits, grocery shopping, running errands, helping with medical appointments, organizing, bill paying, giving respite to caregivers, delivering Meals on Wheels, doing minor home repairs, and more. How often you help is based on your availability — it can vary from two to three hours one day a week, or two days a month (Monday-Friday, 8:00 AM – 4:00 PM).

Volunteers tell us that they get far more out of it than they give. They love seeing the difference they make for those they help.

Please contact our Volunteer Department at 802-662-5249 or volunteer@agewellvt.org for more information or to sign up to volunteer.

A Matter of Balance

By Susan Murray-Grage, Underhill

Do any of you know someone who would benefit from the program, *A Matter of Balance: Managing Concerns About Falls*? The program is geared towards helping people who are struggling with fear of falling and the negative consequences of their fear: isolation, anxiety, loss of mobility, reduced quality of life.

This evidence-based program, developed by the Roybal Center for Enhancement of Late-Life Function at Boston University, consists of eight two-hour sessions, in either a four-week block (twice a week) or over eight weeks (once a week). During the eight sessions, participants learn to:

- view falls as controllable,
- change the environment to reduce fall factors,
- set realistic goals to increase activity, and
- promote exercise to increase strength and balance.

The sessions involve group discussion, problem-solving, skill building, assertiveness training, exercise training videos, and shared practical solutions. Those who can benefit from the training are people who:

- are concerned with falls,
- have sustained a fall in the past,
- restrict activity because of concerns about falling,
- are interested in improving flexibility, balance and strength,
- are age 60 or older, living independently, and able to problem-solve.

I've just completed training as a volunteer coach and am looking to start a session locally. We will need 8-12 participants to hold a class, so I'm just in the process of getting interested participants.

To view a video about the program to share with anyone interested, go online to <https://www.youtube.com/watch?v=A-Rji1bYPIw>.

If you or someone you know may be interested, please contact me at mzkrazykat@live.com.

Upcoming Age Well Grab-and-Go Meals in Richmond

Age Well Grab-and-Go Meals in Richmond are scheduled for the first Thursday of the month (November 7, December 5, January 2) and are open to anyone age 60 and over who completes a yearly registration form, and their spouse of any age, at the Richmond Congregational Church, 20 Church St., Richmond. Meals must be picked up between 11:00 AM – 12:00 PM. Please arrive just before pick-up time to ensure meals go out quickly.

Suggested donation of \$5 per meal.

Forms are updated each fiscal year, which begins on October 1. Please contact Maggie Gordon, 802-434-3155, to register.

Veterans' Day continued from page 12

year. Two of those cemeteries have already met their goal or will (the Vermont Veteran's Home in Bennington pays to sponsor all of their wreaths).

My beautiful daughter, Virginia Sweetser, is buried at VVMC. She was deployed to Iraq 2003-2005 as a member of the 443rd Transportation Co. and was headquartered at FOB Speicher in Tikrit. She brought that war home with her and struggled with PTSD for 15 years before losing her battle in December 2020.

I participated in my first Wreaths Across America event at VVMC in December 2021 and was so disheartened to see that less than 300 wreaths had been sponsored of the 3000 needed. I vowed that as long as I was breathing, I would work to ensure that our Vermont veterans were remembered. There are a number of former residents from the towns covered by the *Mountain Gazette* buried at VVMC.

Shaws Supermarket will be donating 1000 wreaths to cover the spouse graves at VVMC and their volunteers will lay those wreaths the day before (Friday, December 13) the national wreath laying day so that all the WAA wreaths will cover a Vermont Veteran's grave. Shaws and their volunteers will be back on national wreath laying day (Saturday, December 14) with hot beverages and snacks for the volunteers who come help lay wreaths that day.

To date (Sunday, October 27), we have gotten sponsors for half of the veteran graves at VVMC. We still have another 1750 to go (the number on the website needs to be updated to include the veterans who were buried at VVMC this past year).

The wreath drive typically ends the Sunday after Thanksgiving. So, we basically have five weeks to get folks' attention to sponsor the wreaths and to volunteer for wreath laying day.

Will you be able to help?

Either of the links below will take an interested wreath sponsor to a WAA site that provides one additional wreath from WAA to our Vermont Veteran graves for every two wreaths sponsored. The cost of sponsorship is the same as last year — \$17/wreath. For more information or to sponsor wreaths, go online to <https://www.wreathscrossamerica.org/pages/178351/overview/>.

Last year's wreath laying was such a moving experience. We hope to have that again at all participating Vermont cemeteries this year.

Catalyst Church hosts Thanksgiving luncheon November 22

Come on Friday, November 22 to Catalyst Church, 100 Raceway Dr., Jericho for a Thanksgiving lunch sponsored by Age Well. Doors at 11:30 AM, meal served at 12:00 PM.

The menu for this Thanksgiving Meal is: roast turkey and gravy, stuffing, cranberry sauce, mashed potatoes, sliced carrots, wheat roll, pumpkin pie with cream, and milk. \$5 donation suggested; restaurant tickets are available for distribution.

There will be entertainment by Ron Gagnon, and door prizes!

Advanced registration required, please register by Wednesday, November 13 by contacting Kerry Batres, kbatres@agewellvt.org or 802-662-5283.

Let's Do Lunch in Jeffersonville November 15

The Cambridge Recreation Department sponsors a monthly social and lunch gathering, and the local school children from Cambridge Elementary School help serve and clear.

The meal on Friday, November 15 is a Turkey Holiday dinner at the Second Congregational Church, Jeffersonville — there is a speaker at 11:00 AM, and the meal is served at 11:30 AM. No fee, but donations help defray costs. Questions? Contact 802-343-2372.

Essex-Jericho-Underhill Food Shelf distribution November 16

The next distribution day for the Essex-Jericho-Underhill Food Shelf is scheduled for Saturday, November 16, 9:00 – 10:30 AM. The Food Shelf is located at the Good Shepherd Lutheran Church, VT Rt. 15, Jericho. For more information, contact 802-899-3932.

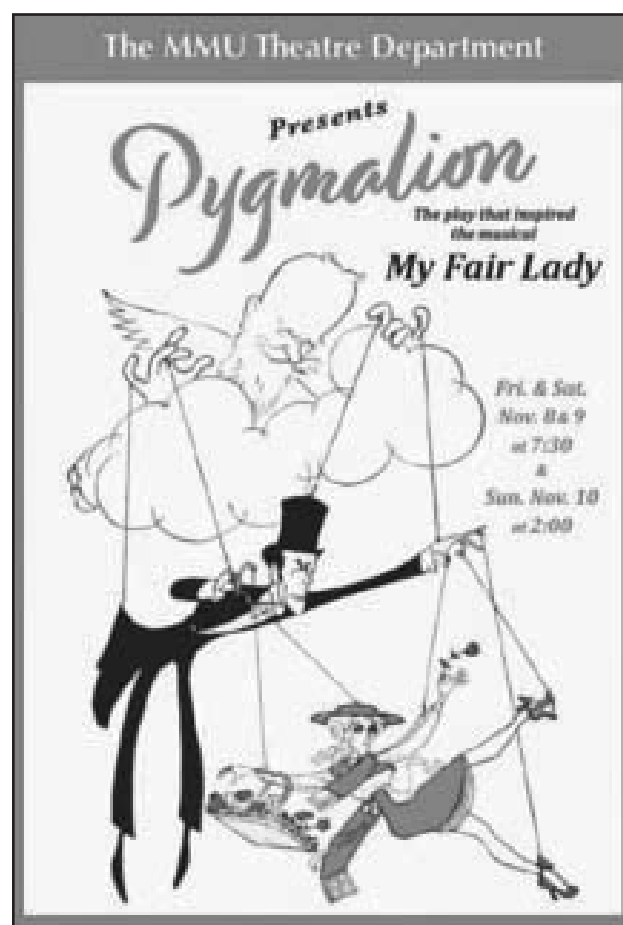
Cambridge Community Food Shelf open Tuesdays

The Cambridge Community Food Shelf, located at the Second Congregational Church ("white church") in Jeffersonville, is open on Tuesdays, 1:00 – 7:00 PM.

For more information contact 802-644-8911.

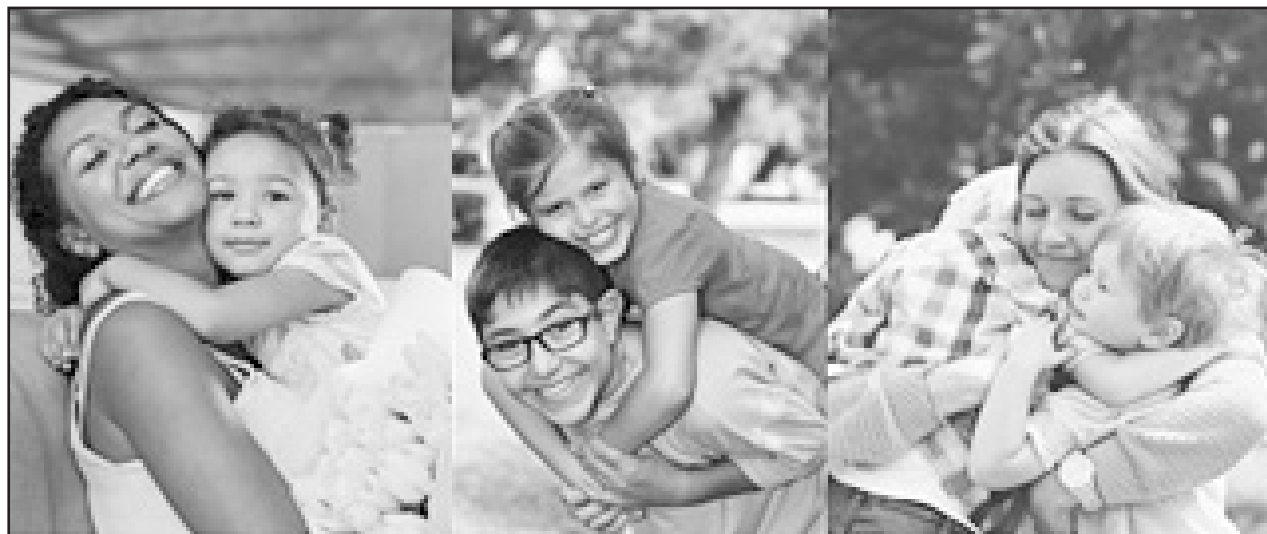
More information on signing up to receive a Thanksgiving Basket of food for the holiday meal is available at the Food Shelf on Tuesdays.

SCHOOL NEWS



The Mount Mansfield Union High School Theatre Department presents *Pygmalion*, the play that inspired the musical *My Fair Lady*! Eliza Doolittle is a cockney flower girl who takes speech lessons from professor Henry Higgins, a phonetician, so that she may some day get a job as a lady in a shop, which requires better English. Despite his cynical nature and difficulty understanding women, Higgins grows attached to her. Performances are Friday-Saturday, November 8-9, 7:30 PM and Sunday, November 10, 2:00 PM. Tickets are \$6 for students and staff and \$9 for general admission, and will be available at the door. PHOTO CONTRIBUTED

The Flynn is excited to partner with the Vermont Arts Council to present *Poetry Out Loud*. Created by the National Endowment for the Arts and the Poetry Foundation, the program provides pathways for students to explore, memorize, and recite great works of poetry. Contestants choose and learn about poems from an extensive online anthology of classical and contemporary poetry while mastering public speaking skills as well as building self confidence. The national Poetry Out Loud recitation competition engages thousands of Vermont high school students every year. Participation in Poetry Out Loud begins at the classroom level around the country. Teachers engage students through instruction in poetry and performance and organize contests involving one or more classes. Winners advance to the state finals, and the state champion advances to the national finals in Washington, D.C. The Flynn's education department will be administering the statewide Poetry Out Loud program, working with schools and students through the school year. The Vermont state finals will be held at the Flynn in Flynn Space in March 2025. Questions about Poetry Out Loud? contact mbureau@flynnvt.org. For the link to register your school, go online to <https://www.flynnvt.org/Education/poetry-out-loud>. PHOTO CONTRIBUTED



November is National ADOPTION MONTH

We have room for your ad.
 Call Brenda Boutin at 802-453-6354
 for more information or email mtngazette@gmavt.net

SPORTS NEWS

2024 DEER SEASONS

ARCHERY

October 1-November 15 & December 2-15, 2024 (closed during regular November season)

- ❖ One legal buck may be taken anywhere in the state not to exceed the one buck annual limit.
❖ Antlerless deer may be taken anywhere in the state, not to exceed the annual limit.
❖ A crossbow may be used.

YOUTH DEER WEEKEND

October 26-27, 2024

- ❖ One deer of either sex, no antler restriction.

NOVICE WEEKEND

October 26-27, 2024

- ❖ A Novice is a person who purchased their first hunting license less than 12 months prior to this season and is 16 years of age or older.

MUZZLELOADER ANTLERLESS

October 31-November 3, 2024

- ❖ Muzzleloader license and antlerless permit required.
❖ Permit may be used during this season or during the regular muzzleloader deer season.

REGULAR

November 16-December 1, 2024

- ❖ One legal buck may be taken anywhere in the state not to exceed the one buck annual limit.

MUZZLELOADER

December 7-15, 2024

- ❖ One legal buck may be taken anywhere in the state not to exceed the one buck annual limit. Antlerless deer may be taken if you have an antlerless permit. DEADLINE TO APPLY IS JULY 31, 2024.

Tomasi Meadow Trot on November 10

Just letting everyone know that the Tomasi Meadow Trot will be back this year, on Pleasant Valley Road in Underhill Center (just before Casey's Hill).

This event is a fun run and fund raiser organized by Mansfield Nordic Club and the Underhill Town Recreation Committee to support cross-country ski trail maintenance at Tomasi Meadow.

The race will be on Sunday, November 10, 10:00 - 11:00 AM. As with prior years, we will start with a one-lap fun run/walk, followed by a 5k timed race. Our amazing raffle will be back and all registered runners will be entered! Entry fees: \$5 for kids, \$10 for adults. Runners and walkers of all ages are welcome!

To register: https://form.jotform.com/242944048772969.

MMU Cross Country photos

By Terry Healy, Jericho

These are from a beautiful day at Mills Riverside Park - I hope you like them.

MMU Cross Country at Mills Riverside Park, Friday, October 18: https://lostinvermont.com/mmu-cross-country-at-mills-river-park.

Hunting and gun safety

With hunting season in full swing, parents have been taking aim to ask me if there are any safety guidelines that I might suggest for older children who want to join their parents in this activity.

Thanks to hunter safety programs, the number of injuries that occur from hunting are far less than those that occur from essentially all other sports. Football, for example, causes 500 times more injuries than hunting. Even ping pong has twice the number of reported injuries as hunting.

We do not want even one hunting injury to occur, so here are some safety tips.

Children under 15 who want to shoot during a hunting season need to take a hunter safety course. This needs to be done before they can apply for a state hunting license, which is also required.

Children should always be accompanied by an adult who is also certified in hunter safety, and children under 12 should really not be allowed to handle a firearm.

Always remember - never leave a child alone in the woods when you are hunting.

Wear fluorescent orange and have your child wear orange. While this is not required, it is strongly recommended. This may reduce the chance of an accident occurring or your child being mistaken for an animal by other hunters.

Older children who do shoot under adult supervision need to observe three key rules:

Always point the firearm in a safe direction and never at anything you are unwilling to destroy.

Always keep the finger off the trigger until ready to shoot.

Always keep the firearm unloaded, with the ammunition secured and stored separately when not in use or until you are in the hunting area and ready to shoot.

An additional and just as important point is to not only be sure of your target, but also what might be beyond or behind that target.

What to do if your children are not going hunting but encounter a gun in someone else's home when they are unsupervised? Statistics estimate that guns are in more than one-third of all U.S. households with children. If they do come upon a gun and are unsupervised, teach your children to:

Stop what they are doing.

Do not touch the gun.

Leave the area.

Tell an adult.

What if you are keeping a gun in your home? Please keep all firearms stored away in a locked safety box or cabinet with trigger locks on those guns when not in use for hunting. Make sure the ammunition is also locked and stored separately.

Firearms are now the leading cause of death in children and teens and 85% of firearm deaths in children under 12 and younger occur in the home, so let's not contribute to the death toll due to a loaded unlocked firearm being in the home.

Hopefully, tips like these will be the safety checklist you need to ensure a safe hunting season for you and your child.

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

Ready, set, ski

If you are looking for an awesome winter activity, consider joining the Mansfield Nordic Club Youth Ski Program. The Bill Koch League (BKL) program includes beginner to advanced ski groups, from Pre-K up to grade 8.

BKL kids have fun learning to cross country ski together with a combination of games, skill development, ski touring, and optional weekend events. Practices are Tuesdays and Thursdays, 3:45 - 5:15 PM at the Range in Jericho. The program runs December to March; registration opened October 1.

Questions? Email Liz Hollenbach at bkl@mansfieldnordic.org. For more information and to register, go online to www.mansfieldnordic.org.

VT Fifth Grade Passport holders ski Vermont for \$35

Ski Vermont's Fifth Grade Passport program provides fifth graders access to more than 90 days of skiing at participating alpine and cross-country member ski areas for \$35. With your fifth grader, explore what each ski area has to offer! Find details online at https://skivermont.com/fifth-grade-passport.

OFFICIAL WARNING

JERICHO UNDERHILL PARK DISTRICT BUDGET HEARING

November 20, 2024

THE LEGAL VOTERS OF THE JERICHO UNDERHILL PARK DISTRICT OF JERICHO AND UNDERHILL ARE HEREBY NOTIFIED AND WARNED TO MEET AT THE DEBORAH RAWSON MEMORIAL LIBRARY'S PROJECT ROOM AT 8 RIVER ROAD IN JERICHO, VERMONT ON WEDNESDAY, NOVEMBER 20, 2024 AT

7:00 PM FOR A DISCUSSION OF THE FY2026 BUDGET FOR JUPD.

PROPOSED BUDGET: \$85,962

PROPERTY MAINTENANCE

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Jay and Jeremy

HANDYMAN

emeryj1882@gmail.com

802-373-0018 or

802-370-8704

Fully Insured - References

Getting ready for Thanksgiving and Christmas Holiday Season

Seeking Thanksgiving Basket food donations for Cambridge

Hello to our generous community. Our volunteers at the Cambridge Food Pantry are beginning preparations to put together the annual Thanksgiving baskets for those in need. We are asking for donations of canned veggies, turkey gravy, potatoes, cranberry sauce, and butter.

Donations can be dropped off at the Cambridge Food Pantry during our open hours, Tuesdays, 1:00 – 7:00 PM, at the Jeffersonville Church, 16 Church Street, Jeffersonville.

Thank you!

Looking for a way to add some cheer to the world?

By Leslie Pelch and Anne Clegg, Bolton

Start right here in Bolton by supporting our annual Crates of Cheer effort!

Crates of Cheer Elves bring a feast, packed in a locally made and donated crate, to seniors in our community, as well as to those having a tough year, a bit before Christmas. How can you contribute?

Donate cash — checks should be made out to the Town of Bolton with “Crates of Cheer” in the memo, and can be dropped off at the Town Office or mailed to Bolton Town Office, 3045 Theodore Roosevelt Highway, Bolton, VT 05676.

Nominate a recipient — if you know of someone living in Bolton who could use some cheer, pass their name, address, and phone number (if possible) to the Bolton Town Clerk at 802-434-3064 or the address above. You are welcome to nominate yourself!

Donate non-perishable food — Smilie School (2712 Theodore Roosevelt Hwy) will soon have a box set up in the foyer to receive donations of things like pasta, peanut butter, soup, canned veggies, etc.

Become an Elf — if you would like to help pack up or deliver crates on Saturday, December 14, send an email to Leslie Pelch, lesliepelch@gmail.com.

Donate crafts — we love to include useful, beautiful, or fun items in the crates! We usually deliver 40-50 crates. Send an email to Leslie if you'd like to donate something along these lines.

Thank you and let us know if you have any questions!

Waterville Christmas Market December 7

Start the Christmas season in a festive way — this is a hometown craft fair to put on your calendars! Please join us on Saturday, December 7, 9:00 AM – 3:00 PM at the Waterville Country Church, 440 VT Rt. 109! Our vendors offer a nice variety of quality crafts and food items for Christmas shopping.

This holiday season, gather your loved ones and experience A Charlie Brown Christmas Live in Concert at Spruce Peak, Stowe — join us throughout December 2024 for this special concert production that celebrates Charles Schulz's iconic Peanuts comic strip, the timeless 1965 animated classic, and Vince Guaraldi's unforgettable jazz score. Set in the heart of Vermont's beautiful Green Mountains, this heartwarming show captures the spirit of the holidays, making it the perfect tradition for families and friends of all ages. The Peanuts gang will delight audiences with scenes from the original holiday special, along with festive carols and holiday music. Tickets are on sale at <https://www.sprucepeakarts.org/events/a-charlie-brown-christmas/>.



PHOTO CONTRIBUTED

Westford holiday donation referral

By Holly Delisle, Westford Town Administrator

Pretty soon we'll be gearing up to collect donations for the purchase of Hannaford gift cards for Westford residents in need this holiday season. The gift cards provide recipients with the ability to purchase food and household items as needed and according to their personal preferences.

Please reach out if you know of a person or family who might be in need this holiday season. You will only be asked to share minimal details to ensure that the gifts reach their destination. This information will be kept confidential to protect the privacy of Westford residents, therefore we ask that you only contact our Town Administrator who is in charge of the donations.

Please reach out to Holly Delisle, Westford Town Administrator, at townadmin@westfordvt.us or 802-878-4587. Many thanks, from the Westford Town Elves!

Studio sale at Shooting Star Designs, December 7-8

By Ann Linde, Shooting Star Designs
Pleasant Valley Rd, Underhill

Come do a little local shopping — or just meet up with your neighbors and enjoy treats and hot cider — at Shooting Star Designs studio, Pleasant Valley Rd., Underhill Center. The Studio will be open for the sale on Saturday, December 7, 10:00 AM – 5:00 PM and Sunday, December 8, 10:00 AM – 12:00 PM.

I will have a variety of original artwork including painted wooden trays, note cards, prints, ornaments, sculpture and more — lots of new material this year.

I'll be leaving the “shop” set up for a couple weeks, so if you can't make it on those days feel free to contact me (802-899-3548) to arrange a time to stop by.

Saxon Hill School hosts Kids' Cozy Craft Fest December 14

From Allison Geyer, Saxon Hill Co-Op School

Calling all child and teen crafters, makers, and entrepreneurs!

Saxon Hill School is proud to hold its first Kids' Cozy Craft Fest on Saturday, December 14, 10:00 AM – 2:00 PM at the school on River Rd., Jericho. Crafters can have a solo table or share a table with a friend. Table fees are \$10 with proceeds from fees going directly to Saxon Hill School, a non-profit family collective preschool. This is for child and teen crafters/makers who would like to showcase their creativity by selling their goods at this winter craft market.

Crafters can have a solo table or share a table with a friend. There is a \$10 table fee per child/family which will go to Saxon Hill School, a non-profit family collective preschool and a 501(c)3. Tables will be provided. Parents/guardians are free to be the contact person for their child/teen.

The deadline to apply is Friday, November 22 — apply using the Google form online at <https://bit.ly/40h5HPZ> (short for <https://docs.google.com/forms/d/e/1FAIpQLSfQKZVBeYGOTfanHbkdord8TUZNfD45U5O9aCgpnLOI47sdfA/viewform>), or email secretary@saxonhillschool.org for more information.

MOUNTAIN GAZETTE RATE SHEET 2024

6558 VT RTE 116, STARKSBORO, VT 05487
802-453-6354 mtngazette@gmavt.net
www.mountaingazetteofvermont.com

The Mountain Gazette is the hometown newspaper for Bolton, Cambridge, Jeffersonville, Jericho, Underhill and Westford, Vermont.

We store deliver copies of the paper in Bolton, Cambridge, Jeffersonville, Jericho, Underhill, Westford, Hinesburg, Huntington, Richmond, Fairfax, Essex and Essex Junction.

Total regular circulation 3500

OPEN RATE

\$8.25 COLUMN INCH

Column width 1 7/16"

Listings below are measured width x height

Business card - \$33.00

3 1/4" x 2"

1/16 page - \$49.50

3 1/4" x 3"

1/12 page - \$66.00

3 1/4" x 4"

1/8 page

3 1/4" x 6" or 5" x 4" - \$99.00

1/4 page - \$170.00

3 1/4" x 12"

5" x 8"

6 1/2" x 6"

1/2 page - \$290.00

10 1/4" x 8" or 5" x 15 1/2"

Full page - \$390.00

10 1/4" x 15 1/2"

Business directory ads: \$18 each, must buy 5 consecutive issues (\$90.00 pre-paid)
No changes. Size 3 1/4" x 1 1/2"

Classified ads: \$6.50 for 25 words, 10 cents for each additional word

Prepaid contracts available - Save up to 20%.

Purchase six ads of any size and run within 12 months.

Call Brenda Boutin, advertising manager at 802-453-6354 for details

Subscriptions \$35.00 per year - 24 issues

Inserts 1-4 pages, 8 1/2" x 11" Cost \$45.00 prepaid per 1000

Must purchase full circulation

Publication: First and Third Thursday/Month

Deadlines: Thursday before publication

Copy - 12:00 Noon

Advertising 5:00 PM

The Mountain Gazette, 6558 VT RTE 116, Starksboro, VT 05487

Phone: 802-453-6354 mtngazette@gmavt.net

www.mountaingazetteofvermont.com

Vermont Veterans' Cemetery Wreaths 2024

By Susan Sweetser

Even though we still have some (not many) leaves on the trees, we are gearing up for our Wreath Drive for Wreaths

Across America (WAA) to get the Vermont Veterans Memorial Cemetery (VVMC) in Randolph finally covered 100% (we came so close last year but were short a few hundred), as well as all the other six participating cemeteries in Vermont. Last year, we were able to get the other five at 100%. We will strive to do the same this year. Two of those cemeteries have already met their goal or will (the Vermont Veteran's Home in Bennington pays to sponsor all of their wreaths).

My beautiful daughter, Virginia Sweetser, is buried at VVMC. She was deployed to Iraq 2003-2005 as a member of the 443rd Transportation Co. and was headquartered at FOB Speicher in Tikrit. She brought that war home with her and struggled with PTSD for 15 years before losing her battle in December 2020.

I participated in my first Wreaths Across America event at VVMC in December 2021 and was so disheartened to see that less than 300 wreaths had been sponsored of the 3000 needed. I vowed that as long as I was breathing, I would work to ensure that our Vermont veterans were remembered. There are a number of former residents from the towns covered by the Mountain Gazette buried at VVMC.

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To date (Sunday, October 27), we have gotten sponsors for half of the veteran graves at VVMC. We still have another 1750 to go (the number on the website needs to be updated to include the veterans who were buried at VVMC this past year).

The wreath drive typically ends the Sunday after Thanksgiving. So, we basically have five weeks to get folks' attention to sponsor the wreaths and to volunteer for wreath laying day.

Will you be able to help?

Either of the links below will take an interested wreath sponsor to a WAA site



Virginia Sweetser, a veteran buried at Vermont Veterans Military Cemetery, was deployed to Iraq 2003-2005 as a member of the 443rd Transportation Co. and was headquartered at FOB Speicher in Tikrit; her resting place is pictured above. REMEMBER the Fallen... HONOR those who Serve... TEACH our children the value of Freedom. Welcome to the VT0019 — Vermont Veteran Moms Remembering ALL VT Veterans' Wreaths Across America Page. On December 14, 2024, VT0019 — Vermont Veteran Moms Remembering ALL VT Veterans will be helping Vermont Veterans Memorial Cemetery to remember and honor our veterans by laying Remembrance Wreaths on the graves of our country's fallen heroes. Please help us honor and remember as many fallen heroes as possible by sponsoring remembrance wreaths, volunteering on Wreaths Day, or inviting your family and friends to attend with you. Thank you so much for supporting the VT0019 — Vermont Veteran Moms Remembering ALL VT Veterans and Wreaths Across America. For more information, go online to <https://www.wreathscrossamerica.org/pages/178351/overview/>.

PHOTO CONTRIBUTED

that provides one additional wreath from WAA to our Vermont Veteran graves for every two wreaths sponsored. The cost of sponsorship is the same as last year — \$17/wreath. For more information or to sponsor wreaths, go online to <https://www.wreathscrossamerica.org/pages/178351/overview/>.

Last year's wreath laying was such a moving experience. We hope to have that again at all participating Vermont cemeteries this year.

Dress your Thanksgiving table with our creative designs.

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- Barbara Swiatlowski

Patient Testimonial

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