

# Richmond community calls for action on drug epidemic

By Graham Swaney  
MMUHS journalism intern

At approximately 4:00 AM on Monday, October 19, 29-year-old Jamie Nelson broke into the Lucky Spot convenience store in Richmond. This event would be the straw that broke the camel’s back, causing the large scale community call for action. According to store owner Bill Donovan, Nelson stole approximately \$1300 in cigarettes. Nelson entered through the basement in an attempt to avoid being identified by surveillance footage taken by the store’s security system. The system did however include cameras in the basement, which captured his face before he covered it leading up to the burglary. This footage, as well as numerous tips from the community, led to his arrest by the Richmond Police on Wednesday, October 21. When he was arrested he was found to have in his possession several hypodermic needles, as well as other articles that later tested positive for heroine. He was charged with one count of burglary as well as one count of possession of heroin. He was sent to the Chittenden Regional Correctional Facility and released on conditions on Thursday, October 22. None of the stolen cigarettes were recovered. “I’m sure they were all sold in a matter of days,” Chief Buck of the Richmond Police department commented. Nelson didn’t confess his motive; however, it is suspected that he sold the cigarettes to purchase heroin. “That (heroin) is a motive for a lot of these break-ins,” Chief Buck also noted.

In response to the break-in, Linda and Bill Donovan, owners of the Lucky Spot, called a community meeting about the drug epidemic in Richmond and greater Chittenden County. “The system is broken,” Bill Donovan later said in an interview, commenting on a particular discontent he had with the catch-and-release type punishments given to nonviolent offenders, as part of a state incentive to lower prison populations. “They spend no time in jail,” he complained.

Mr. Donovan hoped the meeting would call the attention of the community to the issue, and become a starting point to address the problem. “I have had the store for 26 years and there have been more break-ins in the past five years than any of the previous 21,” Bill said.

The Donovans were not the only community members to notice an increase in crime, or drug usage. Between August 1 and October 31 the Richmond Police Department responded to seven overdoses, including one fatality. According to Richmond Police, this amount of drug abuse is unprecedented in Richmond. In response to this spike in overdoses, the Richmond Police force now carries Narcan, the drug that is used to counteract opiate overdoses.

The community meeting, which took place at Camel’s Hump Middle School on Wednesday, November 18, commanded an impressive panel of health experts as well as community officials. Over 100 community members also attended, including a handful of state representatives. The panel included representatives from the offices of VT Senators Patrick Leahy and Bernie Sanders, Chief Buck, a representative from the Chittenden District Attorney’s office, defense attorney Harley Brown, and a variety of medical professionals who work at treatment centers around the state. Bill and Linda Donovan started the meeting by retelling the story of the break-in and outlining their intent for the meeting. “We want to get an idea of where to put our energies,” Bill said, underscoring the need for community action. The panel members all took a moment to introduce themselves and share their experience as it related to the issue. The floor was then opened to the community to make comments or ask questions.

The meeting covered a wide variety of topics related to the drug issue. Prevention, treatment, and criminal justice were discussed; however, the meeting also raised questions about the availability of prescription drugs, and even the legalization of marijuana.

The community generally agreed that a three-pronged approach of prevention, treatment, and law enforcement against movement of illegal substances was necessary. However, what forms these would take was up for debate. In addition to being contentious at times, the meeting was highly informative and often surprising to attending community members. “There has been an 800% jump in heroin usage between 2002 and 2014,” stated Kathryn Van Haste, Bernie Sanders’ Health Policy Director, putting into perspective the gravity of the issue.

The overarching issue seemed to be the lack of resources available to spend on recovery programs. Mike Lawrence, a case manager from the Chittenden Clinic, further highlighted the issue of lack of resources by offering some statistics on the number of patients at the clinic. There are 900 patients at the clinic at any given time; the clinic has a 250-person waiting list, meaning it can take anywhere from four months to a year to begin treatment. That doesn’t even include the thousand-plus patients who are on the inactive waitlist (for patients who called once but failed to make a monthly call to stay on the active list). This lack in funding is largely due to the fact that it is part of the state’s human resource budget, which is largely



***This still image from surveillance footage shows 29-year-old Jamie Nelson breaking into the Lucky Spot convenience store in Richmond on Monday, October 19. Nelson was arrested two days later and charged with burglary and possession of heroin. The incident spurred Lucky Spot owners Bill and Linda Donovan to call a well-attended Richmond community meeting, held at CHMS on Wednesday, November 18, to discuss the issue of drug addiction and the crime associated with it.***

PHOTO CONTRIBUTED

dried up by incarceration. “The resources are struggling to keep up with demand,” commented Diane Derby, field representative for Patrick Leahy. Despite a shocking deficit in money available for treatment, doctors are allowed to prescribe unlimited amounts of opiates to their patients and have no common database, making it impossible to prevent addicts from getting multiple prescriptions from multiple doctors. In addition to this, doctors often choose not to prescribe drugs like suboxone and other drugs that help drug addicts recover from addiction. The community commented that doctors often create these problems by offering the gateway opiate drugs to their patients in unlimited amounts, while they are unwilling to act to end the addictions they create. There is a lack of incentive because doctors don’t want to turn their primary care facilities into rehab centers, and because of the lack of money in the mental health sector of healthcare.

Another controversial topic was criminal justice. Members of the restorative justice community like Cristalee McSweeney commented on successes they had seen in the restorative justice process, where addicts work to restore damages they create. However, Bill Donovan expressed an interest in seeing offenders like Jamie Nelson spend more time in prison, especially given the high rate of recidivism among addicts.

Finally, the meeting really brought home the point that these addictions are not just among a small group in the community, and that these issues hit very close to home. Addicts are also not only people from a lower income bracket, “they’re professionals, and professors,” Defense Attorney Harvey Brown said, commenting on the range of clients he works with. A local community woman talked about her experience, where a man overdosed while working at her house, which really brought home the point.

In an interview after the meeting, Bill Donovan said he was pleased with the outcome. “I was thinking we might have 20-40 people but we put out 100 chairs and had standing room only.” The goal was not to solve the issue in a single evening, but the meeting served as an excellent starting point. The Donovans plan to organize another meeting in January to continue the dialogue. As many of the panelists mentioned, this type of community meeting was what launched programs like *Project Vision* in Rutland, which combated local drug abuse in their community. At the end of the meeting the issue remained, but the strong community turnout offered the Donovans and the town of Richmond hope for the future.

# Jericho Fire Services Task Force

By Phyl Newbeck  
Special to the Mountain Gazette

Disagreement over the proposed sale of the Rivers property owned by the Underhill-Jericho Fire Department (UJFD) brought some long-standing issues between the town and the non-profit organization which serves it to the forefront. At Town Meeting in 2015, the citizens of Jericho made and passed a motion from the floor to authorize the Select Board to put together a Fire Services Task Force to look at the UJFD’s financial statements to determine whether the town is paying more or less than similar jurisdictions. In addition, the task force was asked to look at the department’s governance and their affiliation to the town to see if there was potential for creating a better relationship between the two.

Jericho Select Board Chair Catherine McMains said the Select Board advertised the formation of the task force and ultimately chose five candidates to serve, with \$1200 allocated to assist their work. The Select Board notified Underhill about the task force’s formation but that town opted against joining the group. McMains said the task force has not yet spoken to the Select Board about their findings. She noted that the Rivers property is part of the town-wide reappraisal and since Jericho has discontinued a municipal tax program which was similar to Current Use, the UJFD is likely to have added expenses in 2016.

The Select Board chose William Bresee, Christopher Corbin, Frank Fisler, Chuck Lacy, and Matt Thomson for positions on the task force. Thomson chairs the body and believes the five have a good mix of backgrounds. Bresee and Lacy are small business owners. “They understand the intricacies of running an operation,” Thomson said. Corbin is a professional fire fighter in South Burlington as well as an instructor at the Vermont Fire Academy and an Adjunct Professor at Vermont Technical College. He is also serving his second term as chair of the union for his fire-fighting local. Thomson said Fisler is a retired firefighter and instructor who is a regular presence at UJFD meetings and provides insights into their operations. Thomson is a consultant with expertise in analytics who works with the utility industry. “I believe the Select Board did a good job in getting a team with several different skills sets represented so we can approach this in a balanced manner,” he said.

The task force has met six times with the goal of having recommendations for both the town and the UJFD by Town Meeting Day. Meeting dates vary but they are always on Monday nights and open to the public. Most task force members have also attended at least one UJFD training session and members of the fire department have been present for most of the meetings, either as invited guests or members of the public. The November meeting was held at the UJFD firehouse in Underhill. “They see this as an opportunity to explain themselves,” Thomson said, “and in that spirit they’ve been eager to speak with us.” Although Underhill has not created a similar task force, Thomson believes the recommendations his group will make should cover both towns. In addition to looking at UJFD documents, the task force has been studying similar-sized departments in Charlotte, Hinesburg, and Richmond.

Although the task force is charged with looking at governance and finances, the Rivers property does enter into their discussions. “We want to figure out a foundation for a smoother relationship,” said Thomson, “and this is a big X factor for making things less smooth. It’s not up to us to say whether they are doing the right thing but we’ll highlight that if they want good relations with the town, they’ll have to address it.”

Thomson is optimistic the task force will be able to provide some assistance to the UJFD although the department is not required to accept their recommendations. “I think we’ve gained some good insights,” he said. “We have a good understanding of how they run themselves and how other departments run things. We have ideas on things they could do to avoid the controversy they seem to find themselves in. It’s up to them whether they want to implement them.” Additionally, the task force hopes to have recommendations for the Select Board regarding their relationship with the department.

UJFD Chief Mat Champlin said the department welcomes the task force’s work and hopes they will help resolve some of the community’s concerns. “We’re confident in what we do and how we’re doing it,” he said. “Hopefully this will address some of the concerns of the community.” Champlin commended the task force for having attended training sessions and asked appropriate questions. “They’ve been working hard to learn,” he said. Champlin noted that some of the community’s concerns could have been addressed earlier. “We’re not the big bad wolf,” he said. “If you have questions, please write to us or call us or stop by. The services we provide are so broad that it’s a complex mission and people have to be willing to invest some time to learn because there are no quick answers.”

“We’re curious to see what comes out of this,” McMains said. “People are not necessarily questioning the cost of the service they’re getting but they do want to know whether they are getting value for that cost.” Champlin hopes the end result will be a better understanding by the community of what the fire department does. “We welcome the task force,” he said. “We support them and we’re looking forward to continuing to work with them and come to closure. If there are any changes or recommendations, we’ll go ahead and work on those.”



4-H NEWS

VT 4-H members take on Dairy Challenge

University of Vermont (UVM) Extension 4-H hosted the annual 4-H Dairy Challenge, Sunday, November 15 in Burlington, VT, an event that attracted 110 participants, a record-breaking turnout.

The challenge, held on the UVM campus, is designed to expand 4-H’ers’ dairy knowledge through a series of learning sessions, each followed by a written quiz. This year, the sessions covered artificial insemination, lameness, the cow stomach, and the udder.

Instructors included Katie Ballard, Director of Research for the Minor Institute, and UVM students Delaney Douglas, Alex Lambright, Melissa McCole, Ava McPhail, Morgan Summers, Maureen Whitney, and Sarah Zeger. UVM student Sharon Palmer and Lindy Birch, Orleans and Essex County 4-H educator, also assisted at the event organized by Wendy Sorrell, UVM Extension 4-H livestock educator.

The 4-H youths were split into four groups according to age with the top 10 overall scorers in each group earning rosette ribbons. The winners in order of placement were:

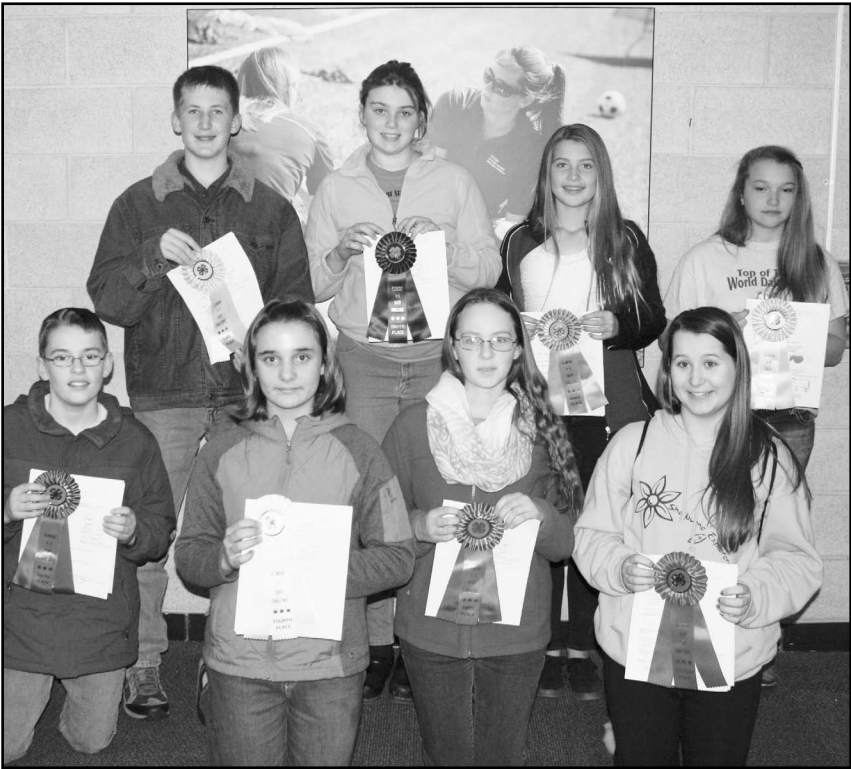
14- to 18-year-olds: Isabel Hall, East Montpelier; Abigail Hurd, Hardwick; Maggie Kirby, East Montpelier; Lillianne Seward, East Wallingford and Jake Senecal, Bradford (tie); Thomas Parker, East Montpelier; Kennedy Moore, Reading; Emily Carson, Newbury; Andrew Seward, East Wallingford; Levi Vaughan, Thetford; Maddie Nadeau, Holland.

12- and 13-year-olds: Andrea Palmer, Weybridge; Ellie Bissell, Richmond; Calab Palazzo, Reading; Lena Ashooh, Shelburne; Caroline Kirby, East Montpelier; Ethan Mello, West Windsor; Rose Tarbell, Middletown Springs; Katy Waterman, Weybridge; Alexis Farr, Richmond; Riley Cross, Brownsville.

10- and 11-year-olds: Jordan Herlihy, Lunenburg; Michael Plouffe, Bridport; Charlie Haynes, East Montpelier; Cody Trudeau, Hardwick; Abby Carson, Newbury; Lincoln Michaud, East Hardwick; Haley Michaud, East Hardwick; Bethany Conway, East Hardwick; Morgan White, Whiting; Aleah Nelson, Ryegate.

8- and 9-year-olds: Livi Russo, Lunenburg; Josie Cross, Brownsville; Jorja Kinney, Newport Center; Natalie Michaud, East Hardwick; Morgan Michaud, East Hardwick; Christin Haynes, East Montpelier; Emma Seward, East Wallingford; Gabriel Michaud, East Montpelier; Emma Conway, East Hardwick; Patty Bruce, East Wallingford

Contact Wendy Sorrell, UVM Extension 4-H livestock educator, at 802-656-5418 or 800-571-0668, ext. 2 (within Vermont) to learn more about the 4-H dairy program.



*The 4-H Dairy Challenge, which was held on Sunday, November 15, in Burlington, VT attracted 110 participants including 26 youths who competed in the 12- and 13-year-old division. Here are some of those participants: front row (from left): Ethan Mello, West Windsor; Lena Ashooh, Shelburne; Andrea Palmer, Weybridge; Ellie Bissell, Richmond. Back row: Calab Palazzo, Reading; Katy Waterman, Weybridge; Alexis Farr, Richmond; Riley Cross, Brownsville. Missing from photo are Caroline Kirby, East Montpelier, and Rose Tarbell, Middletown Springs.*

PHOTO BY STACEY FLANDERS

Steve May appointed to Richmond Rec Boards

The Selectboard for the Town of Richmond has appointed local resident Steve May to fill vacancies on the Richmond Recreation Committee and serve as its representative to the Lake Iroquois Recreation Association. Selectboard members in supporting the nomination noted May’s interest in extending the committee’s future work to include cultural, historic, arts, recreation, tourism, and sport in Richmond. Steve May is a Clinical Social Worker working with in private practice in Burlington.

COMING EVENTS

Local choirs unite for annual holiday concert

The Church of Jesus Christ of Latter-Day Saints will once again this year be hosting their annual Festival of Choirs, an Interfaith Musical Community Celebration of Christ on Saturday, December 5 at 6:00 PM. Carolyn Bever’s Violin Studio will be offering the Prelude music starting at 5:40 PM.

Local Underhill groups from the Calvary Episcopal Church “Green Mountain Children’s Choir” and “The United Church of Underhill Choir” will be two of the featured performers at this year’s Festival. The Children’s Choir is new to the Festival this year, but The United Church of Underhill Choir under the direction of Janet Gallagher has performed many years in the Festival of Choirs.

This event has been held annually since 2002 and features choirs from churches and community groups from around the region. This year, more than 100 people will be participating with over 500 in attendance for the event.

Other featured choirs are the First Congregational Church of Essex Junction “Finally At First,” “Heavenly Harmony,” “Men At First,” and “Sanctuary Choir” the “Grand Isle County Chorus Ensemble,” the “Northfield Community Choir,” the “Winooski Community Choir,” and The Church of Jesus Christ of Latter-Day Saints “Festival Choir.” They will be showcasing holiday chorale selections with the combined choirs ending with the *Hallelujah Chorus*.

The event will be held at 73 Essex Way, in Essex Junction. Parking is available, and admission is free.

Did you know? Underhill’s Civil War soldiers

The Underhill Historical Society will present an evening talk on the Soldiers of Underhill who fought in the Civil War. On Wednesday, December 9, 6:30 PM at the Deborah Rawson Memorial Library, local historian and genealogist Scott Tower will lead a discussion about the 250 soldiers that were either born, lived in, or were buried in Underhill.

Did you know that longtime Underhill Town Clerk J.J. Monahan was arrested and held by American authorities for participating in the Fenian Brotherhood’s invasion of Canada; that Cornelius S. Palmer moved his family to the Dakota Territory and became a U.S. Assistant Attorney and an Associate Justice on the Supreme Court of South Dakota; and that Byron C. Ward, a descendant of the Lamphere Family of Underhill, moved to Iowa where he was a lawyer, newspaperman, and financed the athletic field at Grinnell College, which was called Ward Field.

All are welcome for an informative evening!

COMING EVENT LISTINGS

**Wednesday, December 2**  
**Roots of Latin Jazz**, 7:00 PM, Brownell Library, Essex Jct. Using recordings and videos, world renowned recording artist, composer, and educator Ray Vega examines the contributions of Latino American musicians who helped create Latin Jazz. A Latino Americans: 500 Years of History program. Free and open to the public. Information, 878-6955.

**Thursday, December 3**  
**Free Community Soup and Bread Supper**, 4:30 – 6:30 PM, Covenant Community Church, 1 Whitcomb Meadows Lane, Essex. Eat in or take out. Choose from a variety of hearty soups and breads and a sweet dessert. Donations accepted. For information, call Pastor Steve Anderson, 879-4313.

**Fall preschool program *Falling Into Winter***, 9:00 – 10:30 AM, Audubon VT, 255 Sherman Hollow Rd., Huntington. Find out what the animals at the Audubon Center do to get ready for the cold, snow, and hard-to-find food. Register at [vermont@audubon.org](mailto:vermont@audubon.org) or 434-3068.

**A Little Thyme & A Pinch of Rhyme**, 7:00 PM, Phoenix Books, 191 Bank St., Burlington. Join Stephen Cramer for delightful rhymes, delicious treats, and the book launch for his lyrical new cookbook, a lighthearted and literary vegetarian cookbook written in haiku and sonnets – the perfect gift for foodies and those who love literature. Join poet-chef Stephen Cramer in an exuberant and new literary approach to cooking. Tickets \$3 per person include a coupon for \$5 off a book by the author; coupons expire at closing the evening of the event. Seating limited. For information, [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 802-448-3350.

**Holiday Luncheon fundraiser**, 12:30 – 3:00 PM, Faith United Methodist Church, 899 Dorset St., S. Burlington. This annual fundraiser for the Burlington Garden Club includes a plant and bulb sale, bake sale, and silent auction – in addition to a lovely luncheon. Admission \$10. All proceeds support the club’s academic scholarships, and garden therapy and civic beautification projects. For more information call Janette, 802-489-5485.

**Friday, December 4**  
**2<sup>nd</sup> Annual Holiday Tractor Parade**, 4:00 – 7:00 PM; parade at 5:30 PM, Federal St.-Main St.- Taylor Park, St. Albans. Farmers will parade more than 20 tractors decorated with Christmas lights and ornaments. Family friendly activities – meet Santa; face painting; photo booth; free hot chocolate. Please bring a nonperishable food item for the food shelf. Sponsored by the St. Albans Co-op and the dairy farmers of Franklin County.

**Confusing Politics of the Middle East**, 7:00 PM, 207 Bentley Hall, Johnson State College, Johnson. If you think Middle East politics are confusing, then come hear from one of Johnson State College’s experts on the topic. Humanities Professor N.E. Bou-Nacklie will discuss the complex and dynamic political realities of the contemporary Middle East in a lecture free and open to the public. Bou-Nacklie offers a global perspective. He was born and raised in the West African

Coming Event Listings continued on page 3



**Mountain High  
Pizza Pie**

**Monday - Thursday**  
11:00 AM - 8:30 PM

**Friday**  
11:00 AM - 9:00 PM

**Saturday**  
11:00 AM-8:30 PM

**Sunday** 12:00 - 7:00 PM

**899-3718**

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COMMUNITY COLUMNS

A walk

By Sue Kusserow  
*Special to the Mountain Gazette*

When the day gets too long with trivia and nuisance problems, I often drive my car to a dirt road that I have spotted before, as I was speeding along on seemingly ‘essential’ errands that will be solved for the moment of today, but will pop up like gremlins for tomorrow. I turn in on a dirt road that has been repaired somewhat, with water bars, potholes, gashes made from the tractors lopping off the first cutting of hay. The dogs and I are eager to explore, the littlest one jumping out the side window and immediately dropping her hound’s nose into sniffing position. I am not looking for anything particular, just a chance to examine the landscape in microcosm.

Ah, there is one of my favorites, on the shaded side of the road, with the ruts dribbling in water, which it loves. Meadow Rue: small feathery white blossoms usually smothered by ferns, with leaflets that are in sets of three thin lobes that are covered with fine down. Although very selective about watery spots, it can, in a rather rare lavender-flowered form, grow to a height of three to six feet. (As such it is labeled with its Latin name, *Thalictrum*, and sold by the expensive pot.) I am not finding that here, but I pull up a few of the whites from the watery leaf mold, using only my fingers. We’ll see if they can survive in a shady part of my topsy-turvy collection, euphemistically called a garden.

And of course, since I had to scabble my way through ferns, that brings up a subject I would like to study more. I know the common ones: Cinnamon, Interrupted, Sensitive, and our seasonally-decimated Ostrich Fern. I don’t like the Sensitive Fern. It has no graceful fronds to it, and with the first minuscule frost, turns brown. As a portent of winter [is] coming, I don’t enjoy seeing it withering among its cousins. I spot some fern that is unknown, and wish I had brought my fern book. But, on further thought, I am glad that this walk is mine as a neophyte. I am not here to replace simple discovery with deductive education.

The edges of the meadow, where the sun drifts into the road,

have a different feeling: the hidden flowers of the Meadow Rue are replaced by the plebeian Daisy, raising its yellow center to its namesake: Days Eye. And of course these are usually accompanied by Black-Eyed Susans, which have found the poorest sandy soil in which to struggle forth. But I think, for all its struggles to survive and propagate (it only lasts in the same spot for two summers) I have never seen a happier flower.

The dogs are howling down the road. Must be something ferocious like a frog. That is confirmed by their obvious exploration of a mud puddle: blackened muddy feet and muzzles. A clump of day lilies signals an old cellar hole. The old-fashioned tall bright orange blossoms are almost misplaced in this deserted road. And next to it are the pale purple showy flowers of the Purple Raspberry bush. The petals drop quickly into my hand and what is left will turn into an acid berry, but I have been told by ‘old-timers’ that they can be made into a jelly... with lots of sugar! What elderly occupant of that deserted cellar hole walked this road to find these berries, using the domestic excuse of provender shining in small jars on a kitchen shelf? Was she giving herself a break, as I am now, to escape routine, and walls, and people?

The leftover leaves of the Trillium, with the flower already turned into tripartite seed, have always intrigued me with their obsession with threes: three leaves, three sepals, three petals, six stamens, and the pistil divided into three parts. I missed its pink phase this spring: as it ages and dies, it turns the pale rose of a blossoming sunrise. Another plant with a peculiar bulbous calyx below its white petals inflated like a tiny football, is everywhere: a plant so common that I never bothered to look it up (what a judgment of overpopulation versus selectivity)... Finally, I decided to lower myself and learn what it was: White Campion, listed with the damning label of: weed.

It is time to go. My busy little internal clock of small errands has just alarmed for the second or third time and the dogs are scrounging around in the back of the car, smelling some old pieces of doggie biscuits. All three of us are muddy, but much calmer than when we arrived. I must remember to do this more often!

Discovering a new holiday spirit

By Scott Funk

Between the ads pressuring us to shop, shop, shop and the Christmas carols demanding joy and yet more joy still, I sometimes want to... well, do something decidedly un-jolly. Sure, I love the holidays, but I probably loved them more when they started later and weren’t so aggressive. Let’s face it: I also miss a lot of people who aren’t around to celebrate with.

At first, missing friends was my fault because I’m the one who went on the road. Travels took me farther than expected and the distance grew between us. People settle down, have families and careers, and suddenly, a few decades have slipped by and getting back together would be awkward.

Beyond that are those who are simply gone. If a bulb on the tree burned out each time a friend or loved one passed, the tree would be dark indeed. What began as surprising has become a trend with gathering momentum.

In between these two are the kids and grandkids who have aged out of visiting or have themselves moved away to distant lives of their own. Holidays are for children and when you don’t have children around it can make trimming the Christmas tree feel a little pointless.

What my lovely wife, Kelly, and I are discovering is that there are still children around, just not our own. Many have problems far greater than our memories of past abundance. They are near and they are in need.

So, we shop for the homeless and battered women’s shelters and look for those community wish lists from kids who aren’t really expecting very much for Christmas. For most of them, the greatest gift of all would be normalcy. Not just a tree with decorations, but a place to put the tree and a room to come down from on December 25.

The first year Kelly suggested it, I felt kind of weird going out shopping for people I didn’t know. Where was the fun in giving if I couldn’t be there to witness the receiving? Well, it turns out that giving is a joy in itself! (Who was it that said, “It is more blessed

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nation of Ghana and went on to obtain a Ph.D. in Middle Eastern history from the University of Utah. He joined the JSC faculty in 1990. His lecture, *The Confusing Politics of the Middle East*, is free and open to the public. For more information, contact Bou-Nacklie at 802-635-1255.

**Saturday, December 5**  
**12<sup>th</sup> annual WSBA Richmond Holiday Market**, 9:00 AM – 3:00 PM, four sites in Richmond: Richmond Free Library; Richmond Congregational Church, Richmond Town Hall, Our Lady of the Holy Rosary Catholic Church. 60+ vendors offering produce, locally prepared food, hand-crafted items. Homemade foods at the churches. Music by the CHMS Select Choir, the Richmond Community Band, and DJ Tony Basanta. Western Slopes Business Association Silent Auction, 9:00 AM – 2:00 PM benefits the WSBA Scholarship Fund for MMU grads. For auction donations, contact auction co-chair Angelike Contis, [mmc-tv@comcast.net](mailto:mmc-tv@comcast.net). Parking at the Catholic Church; free shuttle service to Town Center. Information: Nick deTarnowsky, WSBA President & Richmond Holiday Market Committee Chair. (802) 434-4483 or [Blueskyvtweddings@gmail.com](mailto:Blueskyvtweddings@gmail.com).

**Waterbury River of Light Lantern Parade**, 5:00 – 6:00 PM, Rusty Parker Park, Main St., Waterbury. This is Waterbury’s annual community lantern procession. People are welcome to bring lanterns and join the parade or watch from the sidelines. The parade will process on Main Street and culminate with a fiery finale with bonfires, hot chocolate, and entertainment provided by *Ingis Solus*. The parade music will be provided by *Sambatudcada*, *Brass Balagan*, and the *Crossett Brook Middle School Junk Band*. For information, 802-778-0334.

**Meet the Grinch!** 2:00 PM, Phoenix Books, 191 Bank St., Burlington. Children and kids-at-heart will get to meet Dr. Seuss’s meanest and greenest creation when the Grinch himself visits Phoenix Books. All ages are welcome to bring a camera and get a photo taken with the Grinch. Grow your heart three sizes by bringing a nonperishable donation for our local food shelf. Free. For information, [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 802-448-3350.

**Christmas Bazaar**, 9:00 AM – 3:00 PM, Shelburne UMC, 30 Church St., Shelburne. Handmade crafts by local artisans, recycled sweater shop, bake sale, silent auction, Fair Trade products, and homemade soups, chowders, and mac and cheese for lunch (11:00 AM – 1:00 PM). 985-3981, <http://shelburneumc.org/>.

**50 Ways to Prove He’s Dead**, 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. Finding a date of death for an ancestor can be very important to our genealogy searches. Three of our staff will show you a multitude of

ways to locate a death date, and how to gleam as much information as possible from the source. Cemeteries are an important resource in this regard and they will be covered in detail. Classes \$5. Please visit our website [www.vtgenlib.org](http://www.vtgenlib.org) or call 802-310-9285 for more info.

**Sunday, December 6**  
**Jericho Center Christmas Tree Lighting**, 4:15 PM, Jericho Center Green. Jericho Center Library Open House, 4:15 – 5:00 PM with holiday treats and music, and upstairs holiday stories and a sing-along. 6:00 PM, santa arrives by tractor to light the tree. All are invited!

**Bookapalooza**, 6:00 PM, Phoenix Books, 191 Bank St., Burlington. You’re invited to Bookapalooza 2015! Enjoy light fare, refreshments, and an evening of festivities while Phoenix booksellers provide inspired recommendations for the gift-giving season. Our team of expert booksellers will perform rapid reviews of current books. Eat, read and be merry – and check off your holiday gift list! Free, but seating limited. For information, [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 802-448-3350.

**Wednesday, December 9**  
**Civil War Soldiers of Underhill**, 6:30 PM, Deborah Rawson Memorial Library, Jericho. Sponsored by the Underhill Historical Society. Local historian and genealogist Scott Tower will lead a discussion about the 250 soldiers that were either born, lived in, or were buried in Underhill.

**Friday, December 11**  
**Contra Dance**, 8:00 PM, Shelburne Town Hall, 5376 Shelburne Rd., Shelburne. Music by *Atlantic Crossing*; caller Lausanne Allen. All are welcome, all dances taught, no partner or experience necessary. Beginners’ session at 7:45 PM. Admission \$9; under 12 free. Please bring clean, soft-soled shoes for dancing. Information: 802-371-9492, 802-343-7166 or [www.queencitycontras.org](http://www.queencitycontras.org).

**Saturday, December 12**  
**Meet-and-greet and book signing**, 1:00 – 3:00 PM, Phoenix Books, 21 Essex Way, Essex. Join us for a meet and greet and book signing with the author behind the phenomenally popular Vermont Wild series. Megan Price will be available to talk about and sign Vermont Wild Volume 4, the latest collection of adventures of Vermont Fish & Game Wardens, as well as her earlier titles. Come in and have Megan personalize a copy of Vermont Wild for the hunter or wildlife-watcher in your life! Free. For information, [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 802-448-3350.

**Sunday, December 13**  
**Music for Winter Holidays**, 2:00 – 4:00 PM, Phoenix Books, 191 Bank St., Burlington. Browse for gifts while you enjoy live

holiday music from many countries and many times. Full Circle is a group of five women who play a mixture of medieval, Renaissance, Celtic, folk, and holiday music on recorders, tin whistle, harp, guitar, hammered dulcimer, percussion, and voices. Their recordings will be offered for sale at the store. Free. For information, [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 802-448-3350.

**Saturday, December 26**  
**Bird Monitoring Walk**, 7:30 – 8:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Experienced birders, walks in the woods, and bird-friendly coffee. Every month. Please bring your own binoculars and dress for the weather. Free; please pre-register: 802-4334-2167 or [museum@birdsofvermont.org](mailto:museum@birdsofvermont.org).

# The Mountain Gazette

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## Area Worship Services

**JERICO CONGREGATIONAL CHURCH**  
“An Historic Church Proclaiming an Eternal Message”  
On the Green in Jericho Center, VT  
Interim Pastor Doug Walker and Youth Pastor Glenn Carter  
Sunday Services at 8:00 AM & 11:00 AM  
Nursery care provided  
Sunday School at 9:30 AM for all ages  
Fellowship at 10:30 AM  
Youth group 6:15 PM Sundays in Sunday school building  
Signing for the deaf upon request  
899-4911; [officejcc@comcast.net](mailto:officejcc@comcast.net); [www.jccvt.org](http://www.jccvt.org)

**MOUNT MANSFIELD UNITARIAN UNIVERSALIST FELLOWSHIP**  
A Liberal Spiritual Community 195 VT RT 15, Jericho, VT 05465  
Phone: 899-2558 [website www.mmuuf.org](http://www.mmuuf.org)  
We gather at 9:30 AM at the newly renovated space at 195 VT RT 15, Jericho (red barn across from Packard Road)  
All are welcome.

**ST. THOMAS ROMAN CATHOLIC CHURCH**  
“Worshipping God in Spirit and in Truth in the Holy Sacrifice of the Mass”  
On Green Street in Underhill Center Weekend Masses:  
Saturday 4:30 PM Sunday 8:30 AM  
Pastor: Rev. Charles “Rick” Danielson  
Deacon: Peter Brooks Religious Ed. Coordinator: Laura Lynch Wells, 899-4770 Parish Secretary: Theresa Gingras Phone: 802-899-4632, email: [stthomas5@myfairpoint.net](mailto:stthomas5@myfairpoint.net), Website: [www.stthomasvt.com](http://www.stthomasvt.com)

**UNITED CHURCH OF UNDERHILL**  
“Welcoming, Worshipping, Working for God”  
At the Green on VT RT15 - Rev. Kevin Goldenbogen - 899-1722  
[www.unitedchurchofunderhill.com](http://www.unitedchurchofunderhill.com)  
Worship and Sunday School 10:30 AM  
Local and Global Mission and Service Outreach Opportunities for families, men, women and youth Streaming audio sermons: [www.becauseyoumay.com](http://www.becauseyoumay.com)

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LIBRARY NEWS

**DEBORAH RAWSON LIBRARY, UNDERHILL**  
The Mystery Book Group will meet on Tuesday, December 1 at 7:00 PM to discuss The Moving Target, by Ross MacDonald. Please join us!

Become a Red Cross Certified Babysitter! On Saturday, December 5, from 9:00 AM – 4:00 PM, there will be a free class held here at DRML. The American Red Cross is offering this class for free, thanks the generosity of the J. Warren & Lois McClure Foundation. This class will provide youth with the knowledge and skills necessary to safely and responsibly care for children and infants. Participants will receive 6.5 hours of training, books, an instructional DVD and certification at the end of class. Be sure to bring a bag lunch and water bottle. The class is sure to fill quickly, so call to register soon, 899-4962.

On the first Sunday of each month we offer our music programs, offering a range of musical venues. On Sunday, December 6, we welcome Jericho resident Jeff Salisbury and his talented band. The concert will include a variety of vintage blues and R&B. Please join us on Sunday, December 6 at 2:00 PM. (For planning purposes, please note the music in January will be enjoyed on the second Sunday, rather than the usual first.)

The Board of Trustees will meet Thursday, December 17 at 7:00 PM.

The silent auction item for the month of December is two pints of Cloverdale Sugarhouse maple syrup, thanks to the generosity of Bob and Jean White. Bidding will start on Tuesday, December 1 at 12:00 PM and end on Thursday, December 31 at 4:00 PM.

Deborah Rawson Book Lovers (DRBL) – Tuesday, December 8, 7:00 PM – DRBL is an adult book discussion group that meets monthly at the library. The December selection is The Astonishing Life of Octavian Nothing by M. T. Anderson. New members are always welcome to drop in on any meeting, which is always the second Tuesday of the month at 7:00 PM. For more information, contact [Christine@cstaffa.com](mailto:Christine@cstaffa.com).

The Soldiers of Underhill lecture – Wednesday, December 9, 6:30 PM – The Underhill Historical Society will present an evening talk on the soldiers of Underhill who fought in the Civil War. Local historian and genealogist Scott Walker will lead a discussion about the 250 soldiers who were either born, lived in, or were buried in Underhill. Please join us for an enjoyable and informative evening.

Movie Night for Grown-ups, Friday, December 11, 7:00 PM – Join us for a screening of one of 2015’s best films! Call the library at 899-4962 for more information.

Adult Coloring Party – Tuesday, December 15 at 6:30 PM – Remember how much fun you used to have coloring? Well, we do and so we’re getting out our crayons and colored pencils and relaxing by the fireplace (maybe some quiet music playing?) and coloring some beautiful and intricate designs. Stop in and partake in this creative way to unwind. We will provide materials (coloring sheets, crayons...) and maybe some cookies, too! Adults only, please.

Mah Jongg is at DRML now twice a month! We play Mah Jongg on the first Monday evening of the month and on the third Monday afternoon of the month. So in December, we will be playing our evening get-together on Monday, December 7 at 6:30 PM. Join us!

For Children and Families  
Calling all scholars! Feed yourself, then feed your brain! Stop in on Tuesday afternoons (December 1, 8, and 15) from 3:00 – 4:30 PM to make and enjoy a snack, and then get to work! A perfect place for getting a jump on your homework and getting some academic support. DRML should be your study headquarters!

Teen Book Group - Wednesday, December 2, 5:00 – 6:30 PM. This group is for teen readers who love the wit and wisdom of a good story well told. Readers can pick up a copy of the DCF book The Mark of the Dragonfly at the library. Read the book at home, then meet at the library for dramatic reenactments and other creative projects, including book-related fun with food. For middle school-aged students.

December Holiday StoryHour! Drop in for stories, songs, projects and a nutritious snack! Wednesdays (2, 9, and 16) at 10:30 AM and Thursdays (3, 10, and 17) at 10:00 AM. No registration required.

Baby Time! Tuesday, December 8, at 10:30 AM. Introduce your littlest ones (infants and babies up to 18 months) to the wonders of language with nursery rhymes, songs, fingerplays, and board books. This is a great time for parents and childcare providers to connect, chat, and share ideas with each other. Older siblings welcome. No registration required.

Tinker Time – Thursday, December 10, 3:00 – 4:00 PM. Come tinker with us – bring an old/broken device that you’d like to disassemble and have some tinkering fun.

Sewing Mouse/Bug Key Fobs, Saturday, December 12, 10:30 – 11:30 AM. Come make felt key fob critters... a great gift idea! Some basic sewing skills will be covered. Please call to register, as space is limited.

For information on the programs and services available at Deborah Rawson Memorial Library, visit [www.drml.org](http://www.drml.org). You can also find us on Facebook and Twitter.

Library hours: Tuesday 12:00 – 8:00 PM, Wednesday 10:00 AM – 6:00 PM, Thursday 12:00 – 8:00 PM, Friday 10:00 AM – 6:00 PM, Saturday 10:00 AM – 2:00 PM, Sunday 1:00 – 4:00 PM; closed Monday. For information on any of the library’s programs, call 899-4962.

JERICO TOWN LIBRARY

A huge thank you goes out to everyone who made soup for our fundraising soup sale at the Artisans’ Market, as well as to those who bought soup. Without your support, we couldn’t have been as successful as we were.

Sunday, December 6 is Jericho Town Library’s Open House and Christmas tree lighting celebration, from 4:15 - 5:30 PM. Punch and cookies will be served. Upstairs, Elizabeth Bernstein will be reading holiday stories and Josh LaRose will be playing holiday music. At 5:00 PM, Santa arrives on his tractor to light the tree on the Jericho Green. All are welcome, and we hope to see you there.

For those of you in need of having something notarized, library director Colleen Korniak has become a notary public.

Please note: The library follows the Town schedule for holidays. Check our website [www.jerichotownlibraryvt.org](http://www.jerichotownlibraryvt.org) and Facebook [www/facebook/jerichotownlibrary](http://www.facebook/jerichotownlibrary) for updates and daily information.

Library Hours: Mondays 1:00 – 7:00 PM, Wednesdays 10:00 AM – 12:00 noon and 2:00 – 7:00 PM, Fridays 1:00 – 5:00 PM, and Saturdays 10:00 AM – 12:00 PM.

For more information on news and events, please visit our website at [www.jerichotownlibraryvt.org](http://www.jerichotownlibraryvt.org).

**VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE**  
Worms in Winter, Monday, December 21, 10:00 – 11:00 AM. Presented by the Lamoille County Nature Center: What on Earth do worms do in the winter? Our traveling troupe of red wigglers will come give us the inside scoop. After some gentle observation and warm-ups, the worms will be invited to form teams and participate in the Worm Olympics. We’ll also learn how worms help make our lunch.

The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville, 802-644-2117; [thevarnum@gmail.com](mailto:thevarnum@gmail.com). Please visit Varnum Library’s website, <http://thevarnum.org>.

Hours: Mondays and Tuesdays 12:00 – 7:00 PM, Wednesdays 3:00 – 7:00 PM, Thursdays 9:00 AM – 7:00 PM, Fridays 2:00 – 5:00 PM, and Saturdays 10:00 AM – 3:00 PM. Closed Sundays.

WESTFORD PUBLIC LIBRARY, WESTFORD

Early Literacy Storytime for birth to pre-school age children is every Thursday, 11:00 AM. No registration needed. Several stories around a theme, and a theme-based craft. All ages and leels of attention are encouraged to come. Don’t worry if they fidget – they are still getting a lot out of it!

Library Hours: Wednesday 1:00 – 7:00 PM, Thursday 10:00 AM – 7:00 PM, Friday 1:00 – 7:00 PM, Saturday 10:00 AM – 2:00 PM; website [westfordpubliclibrary.wordpress.com](http://westfordpubliclibrary.wordpress.com); email: [westfordpubliclibrary@gmail.com](mailto:westfordpubliclibrary@gmail.com). Like us on Facebook. 878-5639, Bree Drapa, Librarian.

RICHMOND LIBRARY

Storytime for ages 3-5, Monday, December 7, 10:30 – 11:00 AM. Toddler Time for ages 18 months-3 years, Wednesday, December 2, 10:30 – 11:00 AM.

Richmond Playgroup on Wednesdays, November 25, December 2, 9:00 – 10:30 AM.

Win a Holiday Basket! Starting in December, buy a raffle ticket for a chance to win one of the eight themed baskets for adults and children with a variety of goodies including books, audiobooks, and DVDs (contents vary). The themes include: *Whodunnit?*; *In the Kitchen*; *For the Reading Man*; *True Stories (Non-Fiction)*; *Relaxation for Women*; and others. There will be many currently popular titles in the baskets. Proceeds from the raffle will help us grow our DVD collection. Drawing will be the week of Christmas.

If you spend time with a little person on Friday mornings, consider bringing them to *Early Bird Math*. We read books, sing songs, and play simple action games that introduce and reinforce early math concepts such as more/less, big/small, shapes, spatial comprehension, and more! No registration required, just come ready to count, sort, and measure. Fridays, 11:00 AM.

Did you know that we offer quiet work areas on all three of our floors, including a newly renovated lounge on our third floor? If you work from home and occasionally like a change of scenery, check out our spaces. We have Wi-Fi, and coffee (tea and hot cocoa, too!) and the newspaper at the ready for your mid-morning break.

Drop-in Knitting (or other crafts) is on every Wednesday, 6:30 – 8:00 PM, in the mezzanine lounge.

Book Discussion, Tuesday, December 8, 6:00 PM: Norwegian by Night by Derek Miller. Summary: An old New Yorker living in Norway flees with his neighbor’s son to protect him from danger. Widowed, old, impatient, possibly demented, Sheldon has grudgingly agreed to move, with his granddaughter, to Norway. Home alone one morning, Sheldon shelters his upstairs neighbors, a Balkan woman and her young son, from an abusive stranger. When the dispute turns deadly, Sheldon hides the little boy from

MORE COMMUNITY COLUMNS

Swell advice on sprained ankles

By Lewis First, MD  
*Chief of Pediatrics at The UVM Children’s Hospital*

Parents have been asking me about what to do when their child’s ankle swells after an injury and whether it might be sprained. Let me put my best foot forward and provide some information on this topic.

So what is an ankle sprain? It’s when the ligaments, a type of tissue that connects one bone in the ankle joint with another, get overly stretched and/or torn. This does not just occur in an athletic event: it can happen from simply stepping in a hole, tripping on stairs, or putting your weight down awkwardly.

Fortunately in younger children, ligaments may be stronger than the bones themselves. The bone is more apt to be injured before the ligament, but in older children and teens, the reverse occurs.

The severity of a sprain depends on just how much damage occurs to the ligaments. A grade 1 sprain is just some stretching of the ligaments and may result in soreness and a bit of swelling. A grade 2 is a moderate sprain with partial tearing resulting in pain, swelling and an inability to bear weight easily. Grade 3 injuries are complete tears of the ligaments in the ankle, with the ankle feeling loose and unsteady with a substantial amount of pain and swelling.

How can you tell if your child has experienced a sprain? Usually if it hurts enough that your child or you

Holiday spirit continued from

page 3  
to give than to receive,” anyway?)

Not just kids, either. There are plenty of grown ups with lists. Most local senior centers are looking for things for their elder communities. That turns out to be fun shopping, too.

This new century is a new place for me. There is much where I don’t seem to fit and what is dear to me is missing. But I’m discovering a great way to keep the joy in my holidays. Not surprisingly, it is what brought the joy to my holidays in the first place.

Aging in Place. It’s no accident and it’s better shared. *Scott Funk is Vermont’s leading Aging in Place advocate*

the violence, and the two “light out for the territories” pursued by Kosovar war criminals. As he and the child struggle to find safety, Sheldon relives his guilt over his only son’s death in Vietnam and resolves to protect the traumatized little boy whose name he does not know and whose language he does not speak. (John Creasey Dagger Award winner.) Copies of book discussion titles are available at the 1<sup>st</sup> floor circulation desk. Everyone is welcome!

Join us to hear Nicholas Clifford speak on the 1927 Flood in Vermont on Sunday, December 13 at 2:00 PM. Professor Clifford will discuss the story of the flood, the formation and work of emergency relief committees, the efforts to rebuild in a harsh climate, and the ways in which the disaster fundamentally affected the state’s political and social development. Professor Clifford is a Middlebury College Professor Emeritus of History and co-author of The Troubled Roar of the Waters: Vermont in Flood and Recovery, 1927-1931.

The Library will be one of the venues for the Western Slopes Holiday Fair, Saturday, December 5. Sadly, Santa will not be at the library this year, but at Holy Rosary Church. However, our community room will be filled with many interesting exhibits and vendors. (Don’t forget to get a Holiday Basket raffle ticket!)

*Winter Birds* on Monday, December 7, 1:00 PM. The Senior Center hosts the Birds of Vermont Museum presenter who will discuss the feather friends that stay in Vermont.

On Monday and Wednesday, December 7 and 9, 6:30 PM, Chris Carfaro will lead *Flourish and Blots*, a class on penmanship and calligraphy. These sessions will help improve one’s penmanship and provide a foundation to calligraphy. Handwriting is a skill that deserves a new breath of air in our society. There will be a fee to cover cost of supplies.

On Sunday, December 20 at 3:00 PM, a great local talent will present a *Winter Solstice Spectacular* featuring an all-ages cast of actors, singers, and dancers to celebrate the delights of the season! Gather to sip some cider and listen to holiday favorites such as *Baby, It’s Cold Outside*, *Winter Wonderland*, and *All I Want For Christmas Is You*, as well as other tunes made famous by artists

Library news continued on page 6

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feel you need to call a doctor. That may in itself suggest a sprain, if not a fracture of the foot. As a result, your child’s health care professional will want to examine the foot and possibly get x-rays or even consult with a bone or sports medicine specialist.

Treatment depends on the severity of the sprain and may last a week for a grade 1 and several weeks for grades 2 and 3. But in all cases, the first step is to initiate what is called *RICE* therapy for at least the first 48 hours. *R* is for resting and not weight bearing. *I* is for ice for the first 48 hours after an injury, applying it for 20-30 minutes at least every 3-4 hours until the swelling is gone. *C* is for compression via a splint or elastic wrap suggested by your child’s doctor. And finally, *E* is for elevation, also to reduce swelling.

Anti-inflammatory medications like ibuprofen can also reduce the swelling. Return to play depends upon the severity of the sprain and the approval from your child’s doctor as well as an exercise regimen to strengthen the torn ligaments.

Hopefully tips like this will not be painful ones to think about the next time your child injures their ankle.

*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 College of Medicine.*



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**Commercial Glass:** From storefront plate glass windows and doors to office walls of glass to wall size mirrors and beyond, we can service.



HEALTH INFORMATION

A gift that means something: give blood or host a blood drive

The American Red Cross encourages individuals and organizations to give something that means something this winter by making a lifesaving blood donation or hosting a blood drive.

Blood donations often decline from now to New Year’s Day when holiday festivities pull people away from their donation appointments. Seasonal illnesses such as colds and the flu can also have a serious impact on blood donations.

In addition, there are fewer blood drives during the winter months when many hosting organizations postpone drives while people are traveling for the holidays. Severe winter weather may also cause scheduled blood drives to be canceled.

Despite the busy holiday season and threat of extreme freezing weather, the need for blood remains steady. Organizations can help



Northwest Medical Center health offerings in December

**Cancer Exercise Rehab Group**, ongoing every Tuesday and Thursday, 11:00 AM – 12:30 PM, NMC Rehab gym, Cobblestone Building. A physical therapy evaluation is required to assure that the client is able to participate. This class pinpoints the common needs of patients, including decreased range of motion, decreased strength, cancer related fatigue, and lymphedema. Wendy Lawrence, certified NMC Oncology Rehab Physical Therapist. Pre-registration required, call 524-1064 to register or for more information. Free for the first 8 weeks, then \$40 for open gym access.

**Living Strong in Vermont Program** (light strength training), Mondays and Wednesdays starting January 4, 3:00 – 4:00 PM; and Tuesdays and Thursdays starting January 5, 4:00 – 5:00 PM, Hawk’s Nest Senior Housing, Community Room, St. Albans. This strength training course has been designed for those over the age of 50 to reduce the effects of osteoporosis, but participants of all ages are welcome. After age 40, we begin to lose a half-pound of muscle mass each year. By age 65, an inactive person has lost as much as a third of their muscle mass, leading to frailty and increased risk of osteoporosis. Strength training can rebuild lost muscle and strength, while increasing bone density. Through a series of simple chair-based or standing weight-bearing exercises, you will build bone and muscle strength. This is not an aerobics fitness program. Participant must have had a physical exam in the past year and will need their physician’s approval to participate. CVAA Certified Instructors: Lynne Marie Villareal, Louise Doyle and Charlene Gless. Free, but pre-registration required, contact 524-1234 or [cjhwa@nmcinc.org](mailto:cjhwa@nmcinc.org).

**Saturday Childbirth Education Workshop**, December 5, 8:30 AM – 4:30 PM, Franklin County Home Health, 3 Home Health Circle, St. Albans. Join other expectant parents in a day-long Saturday workshop to prepare for the birth and care of your baby. You will learn about labor, birth, medications in labor, and relaxation and breathing techniques. You can also enroll in an optional breastfeeding class held on the Monday evening following your workshop. Fee: \$90; pre-register (required), 527-7531.

**Foot Clinics** – Regular care of your feet can prevent problems. If you are an elderly and/or disabled person who is unable to do your own foot care, please consider attending a foot clinic. Franklin County Home Health Agency offers monthly foot clinics throughout the year in St. Albans, Swanton, Franklin, East Fairfield, and Enosburg. To schedule an appointment, please call our office, 802-527-7531. The cost is \$20.

**Parkinson’s Disease Outreach** group meets monthly. The Support Group provides an opportunity for people with Parkinson and their families and care givers to give and receive support and share information. Participants can learn from each other, meet new people, have discussions, and listen to presentations. Call Pat Rugg to get the meeting date, time, and place: 524-5520.

**Healthy Weight Support Group**, Mondays, 12:00 – 12:30 PM, NMC Grand Isle Room. This weekly support group is for those working on weight management. It combines behavioral and nutritional strategies to increase physical activity and decrease calorie intake. It will provide you with techniques to help you manage your eating behaviors. Come 15 minutes early for a weight check. Speakers Kay Tran, Registered Dietitian, MS, CDE, and Leslie Gardzina, Registered Dietitian, Northwestern Medical Center. Free. No registration required, just drop in to attend.

**Start the Conversation – End of Life Planning.** We plan for all life’s milestones – marriage, birth, retirement. But few of us have plans in place for our end of life. Planning for end-of-life starts with understanding your care options, including hospice and palliative care options. An advance directive can provide this information for your family and physician. Start this conversation with your family before you are in a health crisis. Information and materials to help facilitate your conversation are available on a new website for the Start the Conversation statewide initiative, [www.starttheconversationvt.org](http://www.starttheconversationvt.org). You can also call Franklin County Home Health Agency to learn more about your hospice and palliative care options, 802-527-7531 or visit our website, [www.fchha.org](http://www.fchha.org). Start the Conversation today. It’s a gift.

**Diabetes Support Group** meets the second Monday of every quarter (March, June, September and December) in The Green Mountain Room at Northwestern Medical Center. The lunch session starts at 11:30 AM (complimentary lunch provided); topic is from 12:00 – 1:00 PM. The evening session starts at 5:00 PM (complimentary dinner provided); topic is from 5:30 – 6:30 PM. There is usually a guest speaker. Call Debbie Robertson to indicate which session you would like to attend, 524-1031.

**Healing Circle Breast Cancer Network, Healing Circle Cancer Support Group**, a self-help cancer support group for women of all ages and lifestyles who have cancer.

by hosting a blood drive during the winter months, and eligible donors are encouraged to make an appointment to give blood. Donors with all blood types are needed, especially those with types O negative, B negative, A negative, and AB blood.

Visit [www.redcrossblood.org](http://www.redcrossblood.org) to learn more about hosting a blood drive. To make an appointment to donate blood, download the free Red Cross Blood Donor App (<http://www.redcrossblood.org/bloodapp>) from app stores, or call 800-RED CROSS (800-733-2767). Donors can now use the Blood Donor App to access their donor card and view vital signs from previous donations.

Upcoming blood donation opportunities include:  
Thursday, December 3, 11:00 AM – 4:00 PM, Church of the Nazarene, VT Rt. 15, Johnson  
Tuesday, December 8, 9:00 AM – 2:00 PM, Seventh Generation, 60 Lake St., Burlington  
Wednesday, December 9, 1:00 – 6:00 PM, Covenant Community Church, 1 Whitcomb Lane, Essex  
Thursday, December 10, 10:00 AM – 3:00 PM, 14<sup>th</sup> Star Brewing Company, 133 North Main St., St. Albans

At our monthly meetings, we share information, offer each other support and comfort, and learn new things from speakers. We extend an invitation to any woman who has cancer, whether you are newly diagnosed or a long-term survivor. Held the first Tuesday of every month, 5:00 – 6:30 PM, NMC Conference Franklin Room, Please call 802-524-8479 with any questions or to RSVP (not required).

**Are you breastfeeding?** Thinking about it? Come and join other moms, babies, and families at our regular breastfeeding support/social group. The group is offered by the VT Department of Health and is free to all. You can ask questions and get help, join in group discussion, and most important – meet moms just like you and share your experiences. There are several meeting times each month; call 524-7970 for more information.

- 1<sup>st</sup> Saturday of each month, 9:30 – 11:30 AM, Bent Northrop Memorial Library, Fairfield (by Fairfield Center School)
- 2<sup>nd</sup> Wednesday of each month, 9:30 – 11:30 AM, Family Center, Alburgh
- 3<sup>rd</sup> Thursday of each month, 10:00 AM – 12:00 PM, Family Birth Center conference room, NMC

**Have you lost a loved one to suicide?** If the answer to the question is “yes”, please consider attending a free, confidential group that meets monthly in St. Albans. Everyone in the group, including its facilitators, has had someone close to them take their life and knows how devastating that experience can be. You can just come and listen to others share what they are going through and how they are coping or you can share your own story. The choice is always yours to do what feels best to you. For more information on dates, times and location or to answer any questions you may have call Tony, 802-393-6503.

**Chronic Disease support group workshops** – Are you, or someone you know living with a chronic health condition? Then the Healthier Living Workshop is for you! Learn to feel better by learning how to deal with frustration, fatigue, and pain, manage symptoms and medications, and improve strength and flexibility. If you are interested, please call 524-8831 or 524-1031. Each session is 2½ hours once a week, for six weeks. Your interest will help decide locations, dates and times.

**Grief and Recovery Support Group** – Experiencing a loss can be painful to face alone. Franklin County Home Health’s Grief and Recovery Support Group serves as a safe place to share feelings with others who are coping with grief. This support group is offered free of charge to anyone who would like to talk to others and help one another. It also provides a resource for grief education in our community. The group meets the first and third Wednesday of each month from 7:00 – 8:00 PM at the Franklin County Home Health office in St. Albans, 3 Home Health Circle. For more information, contact Lori Wright, [lwright@fchha.org](mailto:lwright@fchha.org), 527-7531, ext. 268.

**New Program Now Enrolling First Time Mothers** – Franklin County Home Health Agency’s Nurse Family Partnership Program (NFP) helps first time mothers in Franklin, Lamoille, and Grand Isle counties. NFP is an evidenced-based program that enrolls mothers during pregnancy and provides them with regular nurse visits until their child’s second birthday. Nurses provide support, education, and counseling on health, behavioral and self-sufficiency issues. Interested women and their healthcare providers can call 802-527-7531 for more information.

**Baby Bumps Support Group for Mothers and Pregnant Women** – Pregnancy can be a wonderful time of your life. But it can also be a time of stress that is often compounded by hormonal swings. If you are a pregnant woman or have recently given birth and feel you need some help with managing the emotional bumps in the road that can come with motherhood, please come to this free support group lead by an experienced pediatric RN. Held on the second and fourth Tuesdays of the month, 5:30 – 6:30 PM at the Birthing Center, NMC, in St. Albans. For more information, contact Rhonda Desrochers, Franklin County Home Health Agency, 802-527-7531. This program is presented jointly by Franklin County

United Way Volunteer Connection Listings

By Sue Alenick  
United Way Volunteer Columnist

**Volunteer Now!** Choose one of the options below or go to [www.unitedwaycc.org/volunteer](http://www.unitedwaycc.org/volunteer) to check out more than 300 other volunteer options from local nonprofits, schools, and public partners, or call us at 860-1677.

**THE SNOW IS COMING! – CVAA’s Project Snow Shovel** helps seniors to get out of their homes after a snowfall. Volunteer shovellers are needed to be matched with a senior to shovel snow whenever there is an accumulation of three inches of snow or more. Dependability is a must. Contact Erica Marks, 865-0360, Ext. 1049 or [emarks@cvaa.org](mailto:emarks@cvaa.org).

**CHRISTMAS KETTLES – The Salvation Army** needs individuals, families or groups to volunteer to ring the bell at the red Christmas kettles. Volunteers greet people as they shop and welcome them to donate in support of programs in the Greater Burlington area. To schedule your date(s), contact Scott Murray, 864-6991 or [scott.murray@use.salvationarmy.org](mailto:scott.murray@use.salvationarmy.org).

**HOLIDAY MEALS – Burlington Dismas House** is looking for volunteers to help cook portions of their holiday meal on Thursday, November 26. Volunteers are invited to join residents for the meal. In Burlington, contact Chris Cellotta, 658-0381 or

Volunteer continued on page 6

Home Health Agency, Northwest Counseling and Support Services, Northwestern Medical Center, and the VT Department of Health.

**Mom’s Night Out** - First Thursday of the month, 6:00 – 8:00 PM, the LaQuinta Inn (Franklin Meeting Room), 813 Fairfax Road, St. Albans. Are you the mother of a child with special needs? Is your life just too busy? Too stressful?Have you got too many things to do? Are you up to your armpits with paperwork? Do you have to advocate for your child and family? Do you wish you had someone to have conversations with? Who understands because they are the mother of a child with special needs too. Take some time once a month for you. Contact Betty Morse, Family Support Consultant, 800-800-4005 ext. 201 or [betty.morse@vtfn.org](mailto:betty.morse@vtfn.org).

**Shadows of the Moon**, a support group for families and individuals living with Autism Spectrum Disorders (ASD). Please come and join us to talk, learn, and even teach each other. Last Tuesday of every month, 6:30 – 8:30 PM, La Quinta Inn & Suite (Franklin Conference Room), 813 Fairfax Rd., St. Albans. For information, call Cheryl, 802-868-3658, or Laura, 802-849-2817.

**Franklin/Grand Isle Counties VFN Families Together** – A support group for parents and caregivers of children/youth/adults with special needs meets on third Thursdays, 6:00 – 8:00 PM, Holy Trinity Episcopal Church Parish Hall, 38 Grand Ave., Swanton. Free pizza will be served, RSVP required by noon on Thursday to Laura Weber, Family Support Consultant, [laura.weber@vtfn.org](mailto:laura.weber@vtfn.org).

**Alzheimer’s Support group**, for those with Alzheimers and caregivers, family members, and friends, meets the last Tuesday of each month at NMC in the Green Mountain Room from 6:00 – 7:00 PM. For more information, contact Amanda Wilsonm, 527-7531.

End-of-life planning and care: free community discussion

On Monday, December 7, 6:15 – 7:45 PM, Richmond Rescue will host a free community discussion about end-of-life planning and care. The dying process can be full of difficult decisions during a sensitive time. Have you thought about what might be important to you or your loved ones when the time comes?

The event is organized by the Family Medicine Student Interest Group at the UVM College of Medicine, and will include speakers from the Vermont Ethics Network, Richmond Rescue, and primary care medical practices.

We’ll discuss how to identify personal goals in end-of-life planning, Do Not Resuscitate orders (DNRs), Clinician Orders for Life Sustaining Treatment (COLSTs), Advance Directives, and other relevant topics. Educational resources will be available to attendees, and questions are welcome!

Space is limited! Please reserve your seat by contacting Richmond Rescue, [director@richmondrescue.org](mailto:director@richmondrescue.org) or 434-2394.

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Wednesday 8:30 AM - 5:00 PM  
Thursday 8:30 AM - 7:00 PM  
Friday 8:30 AM - 5:00 PM  
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Library news continued from page 4

ranging from Frank Sinatra to *Coldplay*. Come join us and take a step back into the musical past, while celebrating the here and now. Suggested donation, \$10.

Visit our webpage for links to free eBook and audio downloads via *ListenUpVermont* or *OneClick Digital*. Tutorials for every device are available with both services. You will need your library patron barcode to access.

Not sure what to try next? Feel free to ask staff and we'll do our best to offer suggestions that fit your mood. Also, stop and browse our display counter of different books and movies. Each month presents a different theme. For November, we have selected soldiers' stories in observation of Veterans Day, and holiday crafting books.

Also good to remember – the Library subscribes to 80 different magazines you can check out, from *Adventure Cycling*, *Atlantic Monthly*, *Consumer Reports*, *Cooks Illustrated*, *Discover*, *Family Fun*, *Family Handyman*, *Fine Gardening*, *Kiplinger*, *Mother Jones*, *The New Yorker*, *Practical Homeschooling*, *Utne Reader*, *The Week*, *Wired*, *Yes!* and other titles.

Richmond Free Library, 201 Bridge St., P.O. Box 997, Richmond, VT 05477; 434-3036; 434-3223 (fax); [www.richmondfreelibraryvt.org](http://www.richmondfreelibraryvt.org). Open Monday and Wednesday, 10:00 AM – 8:00 PM, Tuesday and Thursday, 1:00 – 6:00 PM; Friday, 10:00 AM – 6:00 PM; Saturday, 10:00 AM – 2:00 PM.

FAIRFAX COMMUNITY LIBRARY

All events are free unless noted. Pre-registration encouraged – 802-849-2420 or [libraryprograms@fwsu.org](mailto:libraryprograms@fwsu.org).

Wednesdays, December 2, 16, 3:15 – 4:15 PM: Read to a Dog. Kids ages 5-10 can read a book of their choice to a fuzzy, friendly dog. Call to reserve a 15-minute slot. (program full)

Thursdays, December 3, 10, 17, 3:00 – 4:15 PM: Chess Club begins for those registered.

Thursday, December 3, 6:00 – 7:00 PM: Special PJ Story Hour with Simon Brooks. Special family event: all ages welcome to hear *Winter Tales* told by British voice actor and storyteller Simon Brooks. Drop-in program.

Saturday, December 5, 10:00 – 11:00 AM: Family Gingerbread Decorating. Join us for a festive morning of cookie decorating as a family and bring home your delicious creations. Please register.

Tuesdays, 9:30 – 10:30 AM: Preschool Story Hour. December 8, Hats and Caps. December 15, Snowmen and Winter. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for story hour. Wear a hat!

Wednesday, December 9, 3:00 – 4:00 PM: LEGO Club. Ages 6+ enjoy themed Lego play after school. Please register.

Saturday, December 12, 11:00 AM – 12:00 PM, The Old Country Fiddler: Charles Ross Taggart, Vermont's Traveling Entertainer. Living history presenter Adam Boyce portrays Mr. Taggart near the end of his successful career as a musical humorist, c. 1936, sharing recollections on his life, with some live fiddling and humorous sketches interspersed. Sponsored by the Vermont Humanities Council.

Monday, December 16 AND Wednesday, December 16, 3:00 – 4:00 PM: STEM Club. Telegraph students who came to November's

STEM club will modify their electric buzzers into telegraph machines.

Thursday, December 17, 6:00 – 8:00 PM: *The Vermont Movie: Part Three: Refuge, Reinvention, and Revolution*. In this third installment of *Freedom and Unity: The Vermont Movie*, the film enters the world of mid-20<sup>th</sup> century Vermont, covering pioneering politicians, scientific and technological innovations, and cultural revolutions. Refreshments provided. Discussion to follow the film.

Saturday, December 19, 9:00 – 11:00 AM: Tech Help. Sign up for a 30-minute session or drop in from 10:00 – 11:00 AM. You can ask any tech question and/or bring in a device you need help with. You will be ably assisted by our techie, Josiah.

Tuesday, December 29, 10:00 AM - 12:00 PM: Life Sized Candyland. Sign up for a 10-minute time slot as a family and walk through a life-sized version of everyone's favorite game and get treats along the way. A great way to cure that cabin fever during school break!

**\*\*The library will be closed Thursday-Friday, December 24, 25, and Thursday-Friday, December 31-January 1\*\***

Library Hours: Monday, Wednesday 8:00 AM – 5:30 PM; Tuesday and Thursday 8:00 AM – 8:00 PM; Friday 8:00 AM – 3:15 PM; Saturday 9:00 AM – 1:00 PM.

For up-to-date information about programs, visit our website [www.fairfaxvtlibrary.org](http://www.fairfaxvtlibrary.org), where you can find a link to our interactive Google calendar. Fairfax Community Library: 75 Hunt St., Fairfax, VT, 05454; 849-2420. Program Planner Karyn Norwood, [knorwood@fwsu.org](mailto:knorwood@fwsu.org); Library News: [www.bfafairfax.com/pages/communitylibrarynews.html](http://www.bfafairfax.com/pages/communitylibrarynews.html).

DOROTHY ALLING MEMORIAL LIBRARY, WILLISTON

All events are free.

Preschool Story Time: Tuesdays, 10:30 AM, December 1-15. Preschoolers are introduced to a variety of books and authors while gaining early literacy skills. Includes a simple craft activity. December 1: Numbers and Counting with Victoria Francis; December 8: Get Creative; December 15: Let it Snow. (No story time December 22, 29.) For children ages 3-5. No pre-registration.

Build It! Wednesday, December 2, 3:00 – 4:00 PM. Try a variety of engineering challenges, including popsicle stick bridges and boats built from straws. For students in grades 3-5. Pre-register at 878-4918. Space is limited.

Winter Holidays Party: Saturday, December 5, 10:30 AM. Kids can make a gingerbread house or other holiday crafts while adults help us decorate the library for the winter holidays. Sponsored by the Friends of the Library. Preregister children for crafts.

Gingerbread Houses: Saturday, December 5, 10:30 AM or Tuesday, December 8, 3:00 – 3:30 PM. (Grades K-5). Pre-register. Children ages 8 and younger must be accompanied by an adult. One session per child.

Preschool Music: Mondays, 11:00 AM with Peter Alsen; and Thursdays, 10:30 AM with Marcie Hernandez (except December 24, library closed). For children up to age 5 with a caregiver. No pre-registration. Limit: one session per week per family.

Thursday Playtime: Thursdays, 11:00 AM – 12:00 PM (except December 24, library closed). Children birth to age 5 and their caregivers are invited for an informal playtime following our Preschool Music program. Sponsored by Building Bright Futures.

Food For Thought Teen Library Volunteers: Thursday, December 3, 4:00 – 5:00 PM. Grade 7-12 Teen Advisory Group. Pizza, discussion, and library projects for teens. First Thursday of each month. New members welcome!

Pajama Story Time: Monday, December 7, 6:30 PM. Bring kids in PJs with their favorite stuffed animal for stories with Abby Klein, a craft, and a bedtime snack. Presented by Building Bright Futures of Williston.

Spanish Musical Playgroup: Saturday, December 12,

10:30 AM – 12:00 PM. Spanish rhymes, books, and songs with Constanacia. For children birth to age 5. Includes a craft activity and snack. Non Spanish-speakers welcome! Includes playtime and snack. Sponsored by Building Bright Futures.

Preschool Yoga with Danielle: Friday, December 18, 10:30 AM. Simple yoga poses, stories, and songs for children birth to age 5 and their caregivers. No pre-registration.

Middle School Theatre Improv Group: Friday, December 18, 3:00 – 4:15 PM. Kids act and create scenes together in this theater improv group open to all 4<sup>th</sup>-8<sup>th</sup> graders. Twice monthly meetings. Supervised by playwright Luc Reid. Space is limited. Pre-register. January 2016

Food For Thought Library Volunteers: Thursday, January 7, 4:00 – 5:00 PM. Grade 7-12 Teen Advisory Group. Pizza, discussion, and library projects for teens. New members welcome!

Pajama Story Time: Monday, January 11, 6:30 PM. Bring kids in PJs with their favorite stuffed animal for stories with Abby Klein, a craft, and a bedtime snack. Presented by Building Bright Futures.

Read to a Dog! Tuesdays, 3:30 – 4:30 PM. Starts January 12. Bring a book and read to one of our Therapy Dogs of Vermont. All ages. Call 878-4918 to pre-register for individual sessions.

Preschool Music: Mondays, 11:00 AM with Peter Alsen; and Thursdays, 10:30 AM with Marcie Hernandez (except January 18, library closed). For children up to age 5 with a caregiver. No pre-registration. Limit: one session per week per family.

Thursday Playtime: Thursdays, 11:00 AM – 12:00 PM. Children birth to age 5 and their caregivers are invited for an informal playtime following our Preschool Music program. Sponsored by Building Bright Futures.

Story Time: Tuesdays at 10:30 AM. Starts January 12. Preschoolers are introduced to a variety of books and authors while gaining early literacy skills. Includes a simple craft activity.

Spanish Musical Playgroup: Saturday, January 16, 10:30 AM. Spanish rhymes, books, and songs with Constanacia. For children birth to age 5. Includes a craft activity and snack. Non Spanish-speakers welcome! Includes playtime and snack. Sponsored by Building Bright Futures.

Preschool Yoga with Danielle: Friday, January 22, 10:30 AM. Simple yoga poses, stories and songs for children birth to age 5 and their caregivers. No pre-registration.

Make It! Kinetic Sand: Monday, January 25, 3:30 PM. Presented by Food for Thought Teen Group. Grades K and up. Pre-register at 878-4918.

Children ages 8 and younger must be accompanied by an adult while at the library.

Dorothy Alling Memorial Library, 21 Library Lane, Williston. 802-878-4918, [www.williston.lib.vt.us](http://www.williston.lib.vt.us).

BROWNELL MEMORIAL LIBRARY, ESSEX JCT.

Wednesday, December 2, 9:00 – 10:00 AM – Red Clover Group for Homeschooled Students. Each month, students in grades K-3 read two titles and do activities with one of the on the list for this year's Red Clover Award. Voting takes place in April.

Wednesday, December 2, 9:00 – 10:00 AM – DCF Group for Homeschooled Students. Each month, students in grades 4-8 hear book talks from this year's DCF list. Students keep a log and vote for their favorite to win the DCF Book Award in the spring. Group discussion is encouraged.

Wednesday, December 2, 9:00 – 10:00 AM – GMBA Book Discussion for Homeschooled Students. High School GMBA Book Discussion for homeschoolers: *Bandette Vol 1: Presto!* After discussion we will make a YouTube book trailer. Voting in May. For grades 9-12.

Wednesdays, December 2, 9, 16, 23, 10:00 – 10:45 AM – Story Time for 3-5 Year Olds. Picture books, songs, rhymes, puppets, flannel stories, early math activities for preschoolers.

Wednesday, December 2, 9, 16, 23, 30, 12:00 – 1:00 PM – Tech Help with Clif. Offering one-on-one technology help. Bring in your new gadget or gizmo and Clif will sit with you to help you learn its ways! Reservation required. Please call 878-6955 at least 24 hours in advance.

Wednesday, December 2, 7:00 – 8:30 PM – First Wednesday Lecture: Roots of Latin Jazz. Using recordings and videos, world renowned recording artist, composer, and educator Ray Vega examines the contributions of Latino American musicians who helped create Latin Jazz.

Thursdays, December 3, 10, 17, 3:15 – 4:00 PM – Read to Archie,

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[chris@dismasofvermont.org](mailto:chris@dismasofvermont.org). In Winooski, contact Sue Drollette, 655-0300 or [sue@dismasofvermont.org](mailto:sue@dismasofvermont.org).

**HOLIDAY GIFTS** – A number of agencies provide holiday gifts for those who might otherwise go without and need volunteers to donate these much appreciated items. This is a great holiday activity for families, workplaces, clubs and other groups:

**ANEW Place** – Sponsor a homeless adult by donating bus passes, new clothing, gift cards to local stores, or make a monetary donation that will be used to purchase gifts. Contact Hannah Andersen, 862-9879 or [Hannah@anewplacevt.org](mailto:Hannah@anewplacevt.org).

**Champlain College, Single Parents Program** – You will be matched with a single-parent family to sponsor by providing gifts from their wish list. Contact Hilary Watson, 860-2723 or [hwatson@champlain.edu](mailto:hwatson@champlain.edu).

**Howard Center** – Sponsor individuals or families by donating items such as gift and food certificates, new toys or games, new warm clothing, etc. Contact Denise Vignoe, 488-6913 or [dvignoe@howardcenter.org](mailto:dvignoe@howardcenter.org).

**Lund** – Donate gifts (gift cards, children's books, coats and boots) and basic items (diapers, shampoo, towels and sheets, etc.) to help women, children, and families. Contact Amy Cronin, 448-3617 or [amyc@luncvt.org](mailto:amyc@luncvt.org).

**Women Helping Battered Women** – Sponsor a child by providing gifts from a holiday wish list. Businesses and organizations may consider sponsoring a whole family. Volunteers can also help by organizing gifts. Contact Kim Jordan, 658-3131 or [kimj@whbw.org](mailto:kimj@whbw.org).

**GIFTS FOR PETS** – **Lucy's House for the Prevention of Homeless Pets** invites volunteers to organize a pet food or sock drive for the upcoming year. Socks are used to make catnip toys. Food and toys will be distributed at local food shelves. Lucy's also needs volunteers to help make fleece and tennis ball tug toys and blankets at a work session on Saturday, December 12, 1:00 – 3:00 PM at the Brownell Library, Essex Junction. Contact Sierra Ellis-Clements, 879-0898 or [lucyshouseforpets@yahoo.com](mailto:lucyshouseforpets@yahoo.com).

**INTERNATIONAL FESTIVAL – Vermont Performing Arts League** is seeking volunteers for their annual celebration of cultures from around the world. Help set up, sell entry and food tickets, staff craft booths, monitor food, help with "school day," and/or help with tear down. Wednesday-Sunday, December 2-6, two or more hours a day. Contact April Werner, 863-6713 or [april@vpal-us.org](mailto:april@vpal-us.org).

**WRAPPED WITH LOVE – Vermont CARES** needs volunteers to help staff their gift wrapping table at the Burlington Town Center during the holiday season. No experience needed. Friday, December 11-Thursdays, December 24, two-hour shifts between 11:00 AM – 8:00 PM. Contact Christian Pinillos, 863-2437 or [Christian@vtcares.org](mailto:Christian@vtcares.org).

**CONDUCTORS NEEDED – Railroad Avenue Recess** invites volunteers to help at the 7<sup>th</sup> Annual Tree Lighting and Train Hop in Essex Junction. Volunteer conductors greet visitors at local businesses, stamp maps, distribute raffle prizes, etc. Friday, December 11, two shifts (6:00 – 7:15 PM and 7:15 – 8:30 PM). A fun family activity! Contact Darby Brazoski, 878-6944 or [darby@essexjunction.org](mailto:darby@essexjunction.org).

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PEOPLE IN THE NEWS

OBITUARIES



**Clara Aube Manor** of Jericho, VT died at her home Tuesday, November 17, 2015, just eleven days after celebrating birthday #102 with family and friends. Clara was born in Chrysler, Ontario, Canada November 6, 1913, the daughter of the late Dominia and Lea (Benoit) Aube. She came to Vermont at the age of three, and attended school in Charlotte, VT. She married the late Clarence Manor in 1933. Always a hard-worker, she helped to operate the dairy farm in Jericho until 1980. There they raised five children (and sold eggs and maple syrup in season). Clara also cooked at the Jericho Elementary School for 26 years. Clara was known for her sweet rolls, doughnuts, and pies as well as for her meticulously stitched crewel work. Clara was active in Jeri-Hill Senior Citizens group, and was a communicant of Our Lady of the Holy Rosary Church in Richmond, VT. She leaves behind one sister, Regina Badore of Florida, as well as one son, Bernard Manor and his wife Kathy of Hudson, NH, and four daughters: Lea Listzwan of Tracy’s Landing, MD; Coleen and her husband Douglas Hotchkiss of Fairport, NY; Carolyn and her husband Donald Moreau of Duxbury, MA; and June Taylor of Jericho; 14 grandchildren, 22 great-grandchildren, and one great-great-grandchild. Viewing hours were held Friday, November 20 at the Gifford Funeral Home, Richmond followed by a funeral mass celebrated at Our Lady of the Holy Rosary Church. In lieu of flowers, donations may be made to Kurn Hattin Homes, P.O. Box 127, 708 Kurn Hattin Rd., Westminster, VT 05158 or going to [www.Kurnhattin.org](http://www.Kurnhattin.org) and click on donate.



**M. Page Marsh, Jr.**, 83, of Cambridge, VT passed away peacefully on Saturday, November 14, 2015 after a long struggle with Alzheimer’s disease. Appropriately it was on the first day of deer hunting, as he so loved to track deer. Often he would say they are much smarter than we give them credit for, as he always considered this a challenge. Page was born in Colchester, VT on October 2, 1932, the second of four boys, to the late Maurice Page Marsh, Sr. and Abbie (Learned) Marsh. He graduated from Cambridge High School in 1950, and as he would tell you, graduated from college in a few months, realizing that farming was his passion, not book learning. It was at the drinking fountain in the high school hallway that he asked Roberta Stockwell for a date which eventually turned into a marriage lasting 63 wonderful years. Page is survived by his beloved wife, Roberta; five children: Diana (Tom Osland) Marsh, Jeffrey (Mary) Marsh, Darla (Greg) Heyer, Jay (Avis) Marsh, and Jerry Marsh; thirteen grandchildren: Tyler and Brittany, Jamie,

Casey, Bobbi, and Brian, Jessie, and Aaron, Cody, Brady, and Travis, and Justin and Nicholas; and nine great-grandchildren: Michael, Jade, and Chauncey, Ryan, Brandon, and Bryce, Kendra, and Morgan, and Ayla. He is also survived by his brothers John (Barbara) Marsh, Rex (Delores) Marsh, and Danny (Wanda) Marsh, as well as several nieces and nephews. Page’s loving nature made family and friends so appreciative and blessed for knowing him and heartbroken when losing him. We want to thank Lamoille Home Health and Hospice for their care and support during Page’s last days. There will be no calling hours or service, but we will host a celebration of Page’s life in the spring. In lieu of flowers, donations in Page’s memory may be made to the Alzheimer’s Association of Vermont, 300 Cornerstone Drive, Williston, VT 05495 or at [www.alz.org/vermont](http://www.alz.org/vermont). Condolences may be shared with the family at [www.awrflh.com](http://www.awrflh.com).

Andrea Duncan headed to NCAA Championship

Andrea Duncan of Underhill, VT is a member of the Rensselaer Polytechnic Institute (RPI) women’s cross country team that was selected to participate in the Saturday, November 21, 2015 NCAA Division III Men’s and Women’s Cross Country Championships, qualifying as an at-large selection. This is the second time in school history the Engineers have been chosen, having also run at the NCAAAs in 2009. Rensselaer, which finished third in the NCAA Atlantic Regional on November 15 – a school record and one spot out of an automatic qualifying position – joins 31 other schools at the national event. The University of Wisconsin-Oshkosh is hosting the women’s and men’s championships at Lake Breeze Golf Club in Winneconne, WI. The women’s race begins at 12:00 PM Eastern time followed by the men’s race at 1:30 PM. RPI’s men will be represented by junior Ben Fazio (East Greenwich, RI / East Greenwich), who qualified automatically based on his fourth-place performance at the Regional Meet. The women’s team, which is coached by John Lynch, is ranked 10<sup>th</sup> in the nation, according to the latest USTFCCCA NCAA Division III National Coaches’ Poll. The Engineers have competed in seven meets this year and have not finished outside the top four. They have two victories, two runner-ups, two third place finishes, and a fourth. Their wins came at the Liberty League Championship Meet on October 31 and the 24-school Inter-Regional Border Battle hosted by Rowan University on October 17.

Send your news, births, weddings, obits, events to [mtgazette@earthlink.net](mailto:mtgazette@earthlink.net) or call Brenda at (802) 453-6354.

ART / MUSIC / THEATER



*On Friday, December 4, Johnson State College students will light up the stage with their infectious rhythm and enthusiasm in the JSC Dance Show at 7:00 PM at the Dibden Center for the Arts on the JSC campus. Admission is free but get your tickets early, because the Dance Show nearly always sells out. For tickets or more information on this and other performances at JSC this month, contact [jscdibden.boxoffice@jsc.edu](mailto:jscdibden.boxoffice@jsc.edu) or 802-635-1476.*  
PHOTO CONTRIBUTED

Library news continued from page 6

Therapy Dog, Archie, certified by Therapy Dogs of Vermont, loves to listen to kids read. His owner is Christine Packard, Chair of Brownell Library Trustees. All ages.

Thursday, December 3, 3:30 – 4:30 PM – The Art of Haroun. A painting session, inspired by excerpts of the 2015 *Vermont Reads* book, *Haroun and the Sea of Stories*. For 5<sup>th</sup> grade and up.

Fridays, December 4, 18, 10:00 – 10:45 AM – Songs and Stories with Matthew. Matthew Witten performs songs about our world and tells adventurous tales. For all ages. Funded by the Friends of Brownell Library.

Friday, December 4, 3:00 – 4:00 PM – TAB. For grades 9 and up. Come join TAB (teen advisory board) do a LARP (live action role playing) with Tempest Library. Decorate your own holiday snack. All high school students welcome.

Friday, December 4, 6:00 – 8:00 PM – Magic: The Gathering. Whether you know the game or are curious to find out more, come have tons of gaming fun! Grades 6 up.

Friday, December 4, 6:30 – 8:30 PM – Maggie’s Fiber Friday for Adults. Maggie Loftus, veteran knitter, will be settled in front of the fireplace in the Main Reading Room. She invites adult knitters and crocheters to join her with their projects and engage in conversation. Bring patterns to share if you’d like. If you wish to contact Maggie: [6maggie2@myfairpoint.net](mailto:6maggie2@myfairpoint.net).

Saturday, December 5, 3:00 – 4:00 PM – Chess Club. Come play! Teen chess players help you discover new moves. All ages and skill levels are welcome. Kids 8 and under must be accompanied by an adult.

Mondays, December 7, 14, 21, 28, 12:00 – 1:00 PM – Tech Help with Clif. Offering one-on-one technology help. Bring in your new gadget or gizmo and Clif will sit with you to help you learn its ways! Reservation required. Please call 878-6955 at least 24 hours in advance.

Monday, December 7, 3:30 – 4:30 PM – MPH. Middle School Helpers and Planners will meet to plan January program they are organizing for elementary students. They’ll also compete in *Minute to Win It Holiday Style*. Snacks served. For grades 6-8.

Monday, December 7, 7:30 – 9:30 PM – Vermont Astronomical Society: The Mysteries of Pluto. When Pluto was discovered in 1930, it became an object of mystery and speculation. Now, the New Horizons probe has revealed this distant member of our solar system in striking detail, answering many questions while also generating new ones. Al Boudreau will guide us through these mysteries of Pluto, both old and new.

Tuesdays, December 8, 15, 22, 9:10 – 9:30 AM – Story Time for Babies and Toddlers. Picture books, songs, rhymes, and puppets for babies and toddlers with an adult.

Tuesdays, December 8, 15, 22, 10:00 – 10:45 AM – Story Time for 3-5 Year Olds. Picture books, songs, rhymes, puppets, flannel stories, and early math activities for preschoolers.

Tuesdays, December 8, 15, 22, 29, 3:15 – 4:00 PM – Read to Daisy, Therapy Dog. Daisy, certified by Therapy Dogs of Vermont, loves to listen to kids read. Her owner is Maddie Nash, retired school counselor. For all ages.

Wednesday, December 9, 7:00 – 11:00 PM – Pathfinder Society. This fantasy role-playing game is similar to Dungeons and Dragons. For ages 16 and up. Open to newcomers.

Thursday, December 10, 1:00 – 3:00 PM – Mac Photo App Program with Clif. Organizing your digital photographs using the new Apple Photos application with iCloud Photo Library for iPhone, iPad, and Mac OS. Why, how, and when to use the Photos app.

Thursday, December 10, 3:00 – 4:30 PM – Lego Fun. Participate in fun and friendly building with LEGOs. For kids entering K and up. (Kids under 5 are welcome to participate with parental supervision).

Friday, December 11, 10:00 – 10:30 AM – Drop-In Story Time for Kids of All Ages. Babies, toddlers and preschoolers are welcome to come listen to picture book stories and have fun with finger plays and action rhymes.

Friday, December 11, 6:00 – 8:00 PM – Train Hop. Come check out the trains and Essex Players at Brownell as part of this community wide event. Visit local businesses and organizations to see their trains as well.

Monday, December 14, 6:30 – 7:30 PM – Must Read Mondays! *A Girl Named Zippy: Growing Up Small in Mooreland Indiana* by Haven Kimmel. Laced with fine storytelling, sharp wit, dead-on observations, and moments of sheer joy, Haven Kimmel’s straight-shooting portrait of her childhood gives us a heroine who is wonderfully sweet and sly as she navigates the quirky adult world that surrounds Zippy. Pick up a copy of the book at the main desk.

Tuesday, December 15, 7:00 – 8:30 PM – Library Trustees Meeting.

Wednesday, December 16, 3:30 – 4:15 PM – Holiday Stories with Linda Costello. Storyteller Linda Costello shares stories from Hanukkah, Winter Solstice, Christmas, and Kwanzaa. For kids in grades 1-5.

Wednesday, December 16, 6:30 – 9:00 PM – Mayhem of the Month Dine & Discuss Series. *Crocodile on the Sandbank* by Elizabeth Peters – Discussion leader Ed Cashman. At 32, strong-willed Amelia Peabody, a self-proclaimed spinster, decides to use her ample inheritance to indulge her passion, Egyptology. On her way to Egypt, she encounters a young woman named Evelyn Barton-Forbes. The two become fast friends and travel on together, encountering mysteries, missing mummies, and Radcliffe Emerson, a dashing and opinionated archaeologist who doesn’t need a woman’s help – or so he thinks. Copies available at the Adult Circ. desk. Potluck fare: Let the book inspire you! Library provides tableware, decaf and water.

Friday, December 18, 3:15 – 4:15 PM – Crafternoon. Come and make a book bag for yourself or to give away. We’ll be sewing them with machines. Adult help needed! For students grades 4 and up.

Friday, December 18, 3:30 – 5:00 PM – Axis & Allies. Play a WWII game of strategy using battleships, air fleets, and submarines to decide the fate of the World. Grades 6 up. Check out a sped up version of the game here: [https://youtu.be/KW1J-An\\_icU](https://youtu.be/KW1J-An_icU).

Friday, December 18, 6:30 – 8:30 PM – Family Movie. Free popcorn and drinks!

Monday, December 21, 4:30 – 5:30 PM – Star Wars Club. Max Holzman leads the Star Wars Club. This session focuses on favorite weapons. For all ages. Popcorn and drink!

Monday, December 21, 7:00 – 8:00 PM – Friends of Brownell Library Meeting.

Wednesday, December 23, 2:00 – 3:00 PM – Go For a Goat Challenge. Donna Underwood Owens will bring a goat from Aw Shucks Goat Farm. Come up with something “goaty” for the goat challenge: Read a book about goats, dress like a goat, make up a goat song, color a goat picture for the farm, etc.

Thursday-Friday, December 24-25 – Library closed for the holidays.

Monday, December 28, 2:00 – 3:30 PM – Wii Games for Kids – Come play Wii Sports Resort, MarioKart, and others! For all ages.

Tuesday, December 29, 3:00 – 4:00 PM – Knitting for Kids. Knit a hat with our looms! You can check them out and take them home to finish. We have yarn, or bring your own favorite colors and knitting needles. For all skill levels.

Wednesday, December 30, 2:00 – 3:00 PM – The Traveling Storyteller performs *The Three Billy Goats Gruff*. They better watch out for the troll under the bridge! A puppet show for all ages.

Friday, January 1 – Library closed for New Years Day.

Brownell Library, 6 Lincoln St., Essex Junction. Hours: Monday, Wednesday, Friday: 9:00 AM – 9:00 PM; Tuesday, Thursday, Saturday (July until after Labor Day, closed Saturdays): 9:00 AM – 5:00 PM. Call Main Desk 878-6955, Youth Desk 878-6956, Reference Desk 878-6957, or email [frontdesk@brownelllibrary.org](mailto:frontdesk@brownelllibrary.org).

Join friends and neighbors as you prepare for Christmas.

Share in this 27th year of celebrating

the Sancta Lucia tradition

Covenant Community Church on Sunday, December 13th during the 10:00am worship service. The service will include traditional Swedish hymns, and at the conclusion, a retelling of the Saint Lucia story and presentation of Lucia entering the sanctuary wearing her lighted crown.

Plan to remain following the service for a potluck meal, which will include some traditional Swedish foods. The church is located at 1 Whitcomb Meadows Lane, Essex, off route 15 across from John Leo’s and not far from the Jericho/Essex line.

For more information, call Pastor Steve Anderson @ 879-4313.



ART / MUSIC / THEATER

ART/PHOTOGRAPHY

*The Art of Words* featuring the works of Harald Aksdal is currently being exhibited at the Emile A Gruppe Gallery, Barber Farm Rd., Jericho through Sunday, December 27. This exhibition features the original art work Harald created for two books by Ilame Lund and one children’s story by Jennie Nolette. The show also includes Aksdal’s newest original landscapes in watercolor and ink, and framed prints. On Sunday, December 6 meet one author, Ilame Lund, from 1:00 – 3:30 PM. She will read from her book *Holy Cows*, which contains a sweet message for the Christmas season representing her memories of Christmases past on an Iowa farm in the 1930s. *Marvelous Jim*, the story of a pompous frog, will be read by Nolette’s daughter, Becky Aksdal. Children are welcome and might be interested in discerning how the words became illustrations.

Call to Artists – MOTION: “...an act of changing place ...movement ...an impulse of the mind ...a gesture ...to set in or make a motion...” What moves you? Established and emerging artists are invited to submit two-dimensional artwork in any medium for *Motion*, an exhibit scheduled for January-March 2016 at the Jericho Town Hall. The only requirements: The work must include your notion of motion and be able to be hung on a wall. Register by December 15; for information and registration: 878-8887 or [blgreene@myfairpoint.net](mailto:blgreene@myfairpoint.net). The exhibit is one of an ongoing series of shows that are part of a collaborative project between the Town of Jericho and a committee of volunteers involved in the arts. The Committee includes Jericho Selectboard member Catherine McMains, artists Dianne Shullenberger and Barbara Greene, and gallery owner Emilie Alexander.

Jericho artist Dianne Shullenberger will be exhibiting in the winter show *Passages* at the Furghtott Gallery in Shelburne, through January 30.

At Bryan Memorial in Jeffersonville through December 30, the Bryan’s 2015 *Legacy Collection* features 25 living artists and 13 deceased artists whose works continue the legacy of Alden Bryan, founder of the gallery, and Mary Bryan, in whose honor the gallery was founded. Each year, Bryan Memorial Gallery chooses artists for inclusion in the Legacy Collection. The Legacy Collection also includes a subset entitled *Hidden Treasures*, which includes deceased artists’ works that are owned by gallery members and available for sale. All exhibited works are oriented toward the current season, and will be changed throughout the course of the year. Bryan Memorial Gallery, 180 Main St., Jeffersonville, 802-644-5100. A preview of the exhibit can be seen at [www.bryangallery.org](http://www.bryangallery.org). Gallery hours are Thursday-Sunday, 11:00 AM – 4:00 PM, and by appointment.

Essex Art League meets the first Thursday of the month, September-June, 9:00 – 11:00 AM at the Essex Junction Congregational Church on VT Rt. 15. The meeting agenda includes a business and social time, and features a guest artist presentation. A detailed calendar of meetings, speakers, and online gallery is published on the League’s website, [www.essexartleague.com](http://www.essexartleague.com).

Works by Vermont Artist Linda DiSante will be featured at Shelburne Vineyard, 6308 Shelburne Rd., Shelburne through February 28. On Sunday, December 6 from 2:00 – 4:00 PM, the Vineyard will host an Artist’s Reception. An artist whose work covers a spectrum of subjects and styles, DiSante works primarily in watercolor but also enjoys work with graphite and pen and ink, depending on the subject matter. This show, titled *The Nature of Things* will display many of her works that focus in on the essence of things that make up the natural world—things like the pattern of pebbles and stones on the beach or the interconnected lines and colors that emerge as one looks through a deep woods. DiSante is also the author/illustrator of the children’s picture book, “Will You Be My Friend?”

*Birds of a Feather*, organized by Shelburne Museum, will be on view at the Museum’s Pizzagalli Center for Art & Education through May 1, 2016. The exhibition explores the illusory and deadly beauty of American wildfowl decoys. Culled from Shelburne Museum’s own collection, the rare and historically significant decoys featured represent the work of master artisans such as A. Elmer Crowell, Charles Shang Wheeler, Albert Laing, and Lemuel T. and Samuel Ward. Thirteen bird species will be featured ranging from black ducks and Canada geese, to swans, herons, and shorebirds. Operating under the principle that birds of a feather flock together, decoys are designed by hunters to lure game birds into gunning range by physically mimicking waterfowl in safe waters. Carvers of decoys are often also hunters, but no less naturalists and admirers of the beauty and diversity of their prey. Hunters and historians alike will be interested to know that the exhibition will also feature vintage duck-hunting gear including a Nova Scotia duck tub, a Punt Gun, and other related objects.

Helen Day Art Center’s Members’ Art Show will open Friday, December 4; the last day to submit work for the show is Friday, November 13. Application forms and more information are available at <http://www.helenday.com/exhibitions/upcoming>. Friday, December 4 through Sunday, January 3, Members’ Art Show and Festival of Trees & Light, bringing together the community to share and celebrate the season through decorated evergreens, a Hanukkah display, and over 100 members’ artwork. Helen Day will be running a variety of workshops and classes throughout the fall, including family and adult workshops as well as after school classes for kids age four through grade 6; contact [education@helenday.com](mailto:education@helenday.com) or 802-253-8358 for details. Helen Day Art Center, 90 Pond St., Stowe. Gallery hours: Wednesday-Sunday 12:00 PM – 5:00 PM and by appointment.

River Arts in Morrisville says to get creative and gear up for the new Morristown Alliance for Culture & Commerce (MACC) 16<sup>th</sup> Annual Festival of Lights holiday parade, Saturday, December 5. This special one-day lantern-making workshop will create unique lanterns to light our paths and illuminate the downtown. Lanterns may be any shape and size, with imagination and collaboration encouraged. Children under the age of 8 must be accompanied by an adult; not suitable for children under 4. Pre-registration required. River Arts also offers a variety of artistic offerings for kids, teens, and adults. There are classes on stained glass, watercolor and cartooning, digital photography, drawing, felting, poetry, and more; call 802-888-1261 or go online to [www.riverartsvt.org](http://www.riverartsvt.org) for specifics and more information including cost. For kids, River Arts offers drop-in Open Gym sessions on Thursdays, 10:00 – 11:30 AM for \$5 per session, and two free ongoing programs: Kinder Arts, Fridays, 10:30 – 11:30 AM; and Music & Movement with Lesley Grant, every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday, 10:30 – 11:30 AM. River Arts of Morrisville, 74 Pleasant St., Morrisville, 802-888-1261.

MUSIC/DANCE

Please join the Jeff Salisbury band consists of Bob Butterfield on harmonica and vocals, Stephen Thurston on guitar and vocals, Tom



**Sentiments & Suitcases, a Cabaret: singer Taryn Noelle and her trio, The Blue Gardenias – Amber deLaurentis and Juliet McVicker – will be accompanied by jazz pianist Tom Cleary, on Friday-Saturday, December 4-5, 7:30 PM at Spotlight Vermont, San Remo Dr., S. Burlington.**  
PHOTO CONTRIBUTED

Buckley on bass and vocals, and Jeff on drums and vocals for a free concert in the Main Reading Room, Deborah Rawson Memorial Library, Jericho at 2:00 PM. The concert will include a variety of vintage blues and R&B. Bob is an ace harmonica artist, who has been playing in Vermont since the 1960s with *Plum Crazy*, the *North End Rhythm Kings*, and many more. Stephen played in southern VT for a number of years, and has played with Bob Stannard, Dennis Wilmott, and others. Tom Buckley came here from Chicago, and played with Eddie Taylor and many other artists. Jeff has played with Albert King, Chuck Berry, and Bo Diddley, and has taught drums at UVM for the last 20 years. For information, 899-4962.

Take a break from holiday preparations and join Johnson State College faculty, staff, and students for the college’s annual end-of-the-semester performances, several of them with a holiday twist. The shows, all held on stage at the Dibden Center for the Arts, are open to the public. Upcoming performances include: Friday, December 4: JSC students light up the stage with their infectious rhythm and enthusiasm in the JSC Dance Show at 7:00 PM. Admission is free, but get your tickets early because the Dance Show nearly always sells out. Wednesday, December 9: Join the JSC ensembles for a night of music as student musicians perform a range of styles, including jazz, funk/fusion, and more. The performance is at 7:00 PM. Admission is free. Friday, December 11: The JSC Concert Band will warm up the cold winter night with a free musical performance that highlights student talent. The concert is at 7:00 PM. Admission is free. For tickets and more information on all shows, contact the Dibden Box Office, [jscdibden.boxoffice@jsc.edu](mailto:jscdibden.boxoffice@jsc.edu) or 802-635-1476.

Sunday, Dec. 13: The JSC Holiday Gala at 4 p.m. will fill you with holiday spirit. Tickets are \$5 general admission or free for anyone with a JSC ID. For more information, contact Bethany Plissey, [bethany.plissey@jsc.edu](mailto:bethany.plissey@jsc.edu) or 802-635-1313.

Renowned recording artist, composer, and educator Ray Vega will examine the contributions of Latino American musicians who helped create Latin Jazz in a talk at Brownell Library in Essex Junction on Wednesday, December 2 at 7:00 PM. His talk *Roots of Latin Jazz* is part of the VT Humanities Council’s First Wednesdays lecture series and is free and open to the public. His presentation will include sound samples, photos, and videos of these early innovators. A native of the South Bronx, Ray Vega is a veteran of the bands of Tito Puente, Ray Barretto, Mongo Santamaria, Mario Bauza, and Luis “Perico” Ortiz, to name a few. He has performed and/or recorded with many artists; a short list includes Nicholas Payton, Joe Henderson, Lionel Hampton, Chico O’Farrill Afro-Cuban Jazz Orchestra, Jazz at Lincoln Center Afro-Latin Jazz Orchestra, Paul Simon, and The Mingus Big Band. A multi-talented trumpeter, percussionist, composer, arranger, and educator, Vega presents Jazz from a refreshingly original and contemporary perspective.

Young Tradition Vermont, the Burlington Violin Shop, and the Northeast Heritage Music Camp will bring two of the most respected Old Time musicians in the world to the Burlington Violin Shop, 23 Church St., Burlington for an intimate acoustic concert on Tuesday, December 8 at 6:00 PM. Doors open at 5:30 PM for general admission seating. Dirk Powell has expanded on the deeply rooted sounds of his Appalachian heritage to become one of the pre-eminent traditional American musicians of his generation. Riley Baugus is an American old-time guitarist, banjo player, fiddler, singer and instrument builder from North Carolina. To reserve a seat, contact [mark.sustic@gmail.com](mailto:mark.sustic@gmail.com). Suggested donation \$20. Reservations highly recommended. More information about Young Tradition Vermont: [www.youngtraditionvermont.org](http://www.youngtraditionvermont.org).

A concert of Gregorian chant, organ solos, and seasonal carols will take place in the vibrant acoustical resonance of the Chapel of Saint Michael the archangel, Saint Michael’s College, Colchester on Sunday, December 20 at 3:00 PM. *The Vermont Gregorian Chant Schola*, an eighteen-member male singing group in residence at St. Michael’s College, will present a concert including the Gregorian setting of the *Missa cum Jublio*, liturgical rounds from France, and a Jewish folk melody. The choir will be accompanied by the two manual Casavant organ of 14 stops, and 921 pipes. This concert is free and open to the public. A free will offering will be accepted.

Sunday, December 6, at 3:00 PM, Cathedral Arts presents *Heavenly Light* with the Vermont Choral Union, Jeff Rehbach, director. In the midst of winter’s darkness, the Vermont Choral Union anticipates the mystery and wonder of a morning star and the golden light of dawn to herald the arrival of the Messiah, born of a virgin whose radiance, it is said, also brightens the sky. From medieval chant to the intimacy and intricacy of a cappella music from Renaissance times to the present, the Choral Union gives voice to ancient texts and traditional carols to depict the warmth and glow of morning light. The ensemble’s 35 singers, joined by cellist Michael Close, perform chants transcribed from British manuscripts, captivating polyphony by Palestrina and Gesualdo, vibrant Baroque motets and chorales by Praetorius and Bach, tranquil works by

Rachmaninoff and Vaughan Williams, captivating arrangements of familiar carols, and soaring melodies and breathtaking harmonies in new music by award-winning European and American composers James MacMillan, Ivo Antognini, Ola Gjeilo, and Eric Whitacre. Admission, adult \$17, senior / student (65+ / under 22 with ID) \$12, 15 and under free with ticketed adult. Tickets available at the door and in advance at Flynn Regional Box Office Charge by Phone 802-863-5966, order on line at [www.flynntix.org](http://www.flynntix.org). Hopkins Bookshop in the Cathedral 802-658-6223. Accessible. Free parking at the Cathedral or two hours free in city lot at Macy’s. We also have permission to park at *Acme Glass* on Pearl St. when they are closed. Information: 864-0471.

The Burlington Chamber Orchestra and the BCO Messiah Festival Chorus will perform Handel’s *Messiah* on Sunday, December 20 at the Elly-Long Music Center, St. Michael’s College, Colchester. The *Messiah* is an English-language oratorio composed in 1741 by George Frideric Handel, with a scriptural text compiled by Charles Jennens from the King James Bible, and from the version of the Psalms included with the Book of Common Prayer. It was first performed in Dublin on 13 April 1742 and received its London premiere nearly a year later. After an initially modest public reception, the oratorio gained in popularity, eventually becoming one of the best-known and most frequently performed choral works in Western music. The 27 musicians in the Burlington Chamber Orchestra are talented Vermont performers who are responsible for the music education of hundreds of students in Burlington and the surrounding areas. Dr.Yutaka Kono, serves at Artistic Director for the Burlington Chamber Orchestra. For more information go to <http://www.bcovt.org/> or for tickets, <http://www.flynntix.org/>.

*Sentiments & Suitcases*, a cabaret with Taryn Noelle, Tom Cleary and the Blue Gardenias. Singer Taryn Noelle and her trio, The Blue Gardenias (Amber deLaurentis and Juliet McVicker) accompanied by the renowned jazz pianist Tom Cleary, will appear in concert on Friday, December 4 and Saturday, December 5, 7:30 PM at Spotlight Vermont, San Remo Dr., S. Burlington. The Burlington Chamber Orchestra’s ninth season with their new Artistic Director and Conductor Yutaka Kono will continue on Saturday, January 23: Soovin Kim, guest conductor; Chamber Ensemble Piece; Haydn *Concerto*; Mozart *No. 40*. Saturday, February 20: Yutaka Kono, conductor: Mozart *Serenade No. 12*; Composition by David Feurzeig with Tom Toner, percussion; Piazzolla: *Libertango*; Beethoven *Octet*. Saturday, May 14, Kayoko Dan, guest conductor: Kuhlau: *Trylleharpen Overture, Op. 27*; Composer Winner Composition; Young Artist Competition Winner; Shubert *Symphony #6*. General admission \$25 adults, \$10 students (with ID). For more information, [www.bcovt.org](http://www.bcovt.org) or contact Sharon Radtke, 802-893-4082 or [bco@bcovt.org](mailto:bco@bcovt.org).

Cathedral Square musical programs this fall include infomal, free Tuesday noontime concerts, 12:00 – 1:00 PM. Bring a bag lunch. Coffee and tea provided. December 8, UVM Catamount Singers, David Neiweem, director, the University of Vermont Select Choir presents a concert of seasonal works. Starts at 12:15 PM. January 12, Young Artists’ Recital: This annual concert presents gifted young Vermont musicians. Ticketed Series: seniors 65+; students under 22 with ID; children under 15. Sunday, November 15, 3:00 PM, Lake Champlain Chamber Music Festival’s Young Trio-in-Residence Solos, Duos, and Trios for Strings. Robyn Bollinger, violin, Wenhong Luo, viola, and SuJin Lee, cello. Admission charged. Sunday, December 6, 3:00 PM, The Vermont Choral Union O Radiant Dawn. In the winter’s darkness, the mystery and wonder of a star and golden dawn. Admission charged. Information including ticket prices: [www.CathedralArts.org](http://www.CathedralArts.org) or [info@CathedralArt.org](mailto:info@CathedralArt.org). Tickets available at the door and in advance at Flynn Regional Box Office, 802-863-5966 or online at [www.flynntix.org](http://www.flynntix.org). St. Paul’s Episcopal Cathedral, 2 Cherry St., Burlington. Accessible. Free parking at the Cathedral or two hours free in city lot at Macy’s. We also have permission to park at Acme Glass on Pearl St. when they are closed. Information: 864-0471.

Santa to light Jericho Center Christmas tree

On Sunday, December 6, Jericho Center will celebrate the beginning of the holiday season with the lighting of the Christmas tree and a visit from Santa.

The Jericho Center Library will host an Open House, from 4:15 – 5:00 PM, with holiday cookies, punch, and music. Upstairs there will be holiday stories and a holiday sing-along with Elizabeth and Josh.

Around 5:00 PM, Santa will be arriving by tractor and will turn on the lights on the giant tree in the Center Green.

Everyone is invited to this very special annual holiday event!



SCHOOL NEWS

Mousetrap Cars at Mater Christi

Third graders at Mater Christi School recently completed a unit on force and motion as part of their science curriculum. Since learning the concept of force and motion absolutely needs both to make learning possible, Mrs. Jen Coulter, grade 3 teacher, and Mrs. Tricia Finkle, Director of the MCS Maker space, quickly decided to utilize a catapult that one of the third graders had brought to school. Addie Bryan had built the catapult, which relies on force and motion to do its job, while at summer camp. Addie had demonstrated what the catapult could do and her classmates were immediately interested.

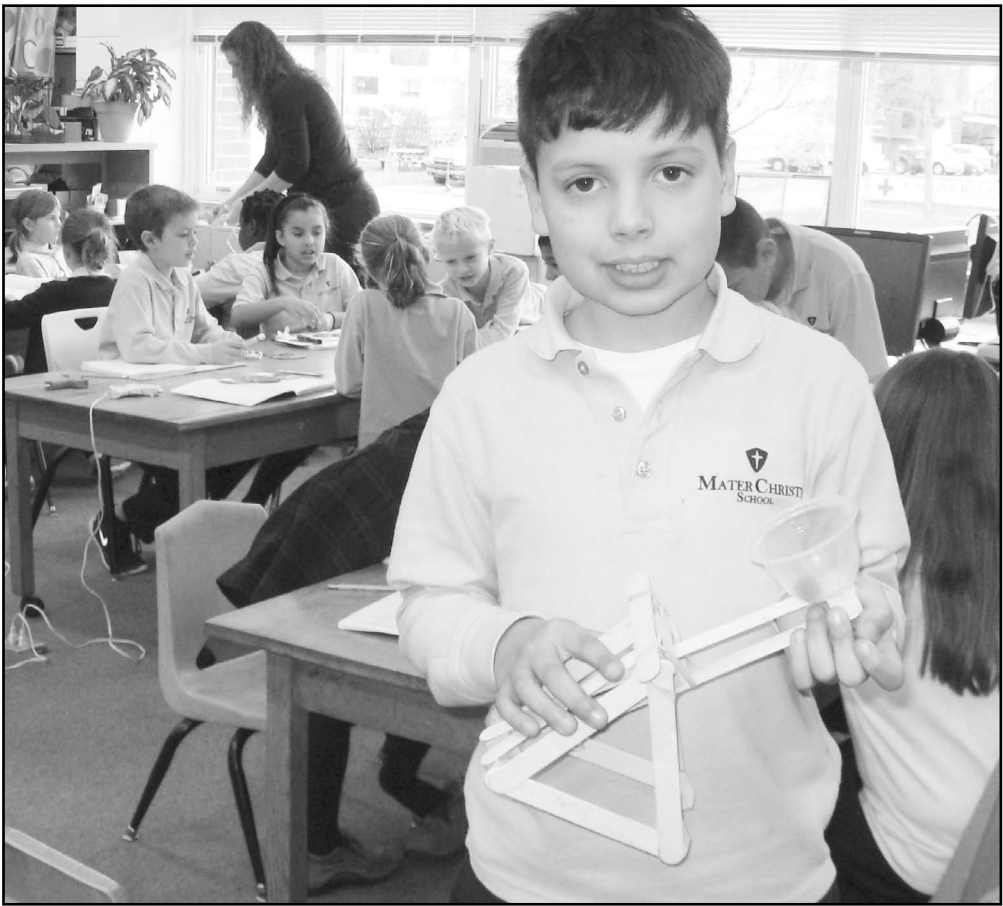
With help from Addie and their teachers, the third graders set out to replicate the structure. Since building something of this type took a couple of days, it was fortunate that during the previous year, the school had made a Makerspace out of an extra classroom. A Makerspace enables students to store unfinished work, which can be quickly retrieved whenever needed without having to deconstruct at the end of every class period.

As a result of the catapult project, the students were ready to understand easily the concepts of force and motion, and were ready to use that information and reinforce it by building “Mousetrap Cars.” Basically, they began to understand that unbalanced forces result in motion. During a class entirely devoted to taking notes, one of the facts that the students learned was that gravity is an acceleration so if you drop something from a great height, the speed with which the object falls increases. This led to a discussion of why objects should never be dropped over a highway overpass, and why one must take care when diving off a ledge into the lake.

The youngsters used a variety of materials, including large wire guides, coat hangers, bamboo skewers and recyclables to create their Mousetrap Cars – in addition to real mouse traps.

Following the engineering design cycle, the students designed, built, tested and improved their mousetrap cars. The youngsters discovered that the most important force to make their cars go the farthest was friction! Rubber on the wheels and wax on the string allowed all the force in the mousetrap to be converted into the motion of the car.

To conclude the lesson, the third graders will be sharing their cars with their Kindergarten reading buddies who, after the experience, will probably be more than ready to learn about force and motion when they reach third grade!



A Mater Christi third grader poses with his completed catapult.



Mrs. Jen Coulter, Mater Christi third grade teacher, assisting some of her students as they begin constructing their mousetrap cars.

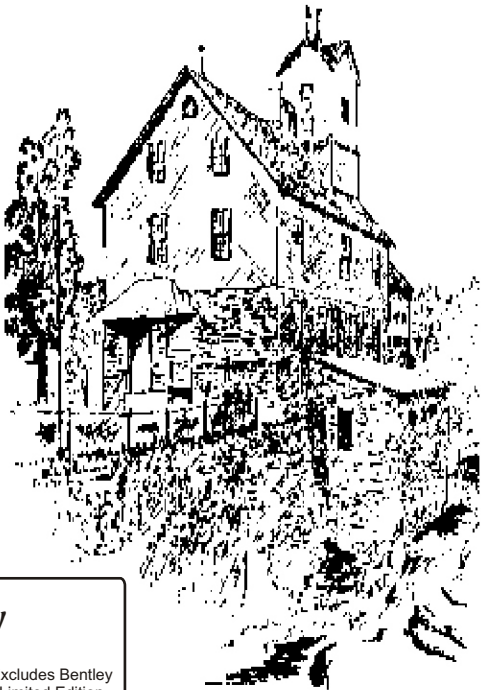


Two Mater Christi third graders cooperate as they build their catapults.

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Mater Christi third grader Addie Bryan and her teachers Mrs. Coulter, Mrs. Tricia Finkle, and Mrs. Catherine Rowley introduce the unit on force and motion using a catapult Addie made this past summer.

Mater Christi third grade girls try out their mousetrap cars (minus the back wheels).  
PHOTOS CONTRIBUTED





SCHOOL NEWS



A number of students at Mater Christi School were delighted to receive the news that they were accepted to participate in the District III Music Festival. Marina Prikis and Juliet Hassenberg were chosen for the District Music Festival Chorus from out of over 200 area students. Ben Hershey, Sam Thompson, Ethan Behr, Sara Fernandez, and Adam Galuszka scored high enough to participate in the District Music Festival Band, and George Huffman will play the cello in the District Orchestra. Auditions took place on Saturday, November 14. The Festival will take place on Friday and Saturday, January 30-31, 2016 at the Essex Middle School. The members of the Mater Christi School music program who auditioned for participation in the District III Music Festival and were accepted are shown with their teacher, Mrs. Barb Heath. The students are from South Burlington, Milton, Burlington, Ferrisburgh, Colchester, and Shelburne.

PHOTO CONTRIBUTED

Mansfield Nordic Club offers programs, activities

Winter is on the way, and Mansfield Nordic Club is excited to announce programming for the 2015/2016 ski season! MNC offers racing, training, and fitness programs for cross country skiers of all ages and abilities. This fall, MNC has merged with the former Mount Mansfield Bill Koch League ski group. This merger means skiers in the Underhill/Jericho area and beyond have access to a wide range of Nordic opportunities. From introductory youth groups to competitive racing teams at the high school and adult level, Mansfield Nordic is excited to promote, grow and share our passion for cross country skiing. MNC members will find great discounts on outdoor gear, a fun and friendly community of fellow skiers, and coaching, training, and events year-round. Vermont is the home of a rich Nordic heritage, and Mansfield Nordic is committed to growing and strengthening the skiing culture in our area. To learn more about what our club offers, and to find details on individual programs and schedules, please visit our website [www.mansfieldnordic.org](http://www.mansfieldnordic.org).

Send your news,  
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Best wishes to all who celebrate Hanukkah,  
especially my good friend and editor Sara Riley.  
Thank you for all you do.

LEGAL NOTICE

TOWN OF JERICHO – SELECTBOARD  
NOTICE OF PUBLIC HEARING

The Jericho Selectboard hereby provides notice of public hearings being held pursuant to Title 24, Sections 4384 for the purpose of hearing public comment regarding:  
**Proposed 2016 Jericho Comprehensive Town Plan.**

The public hearings are scheduled for December 17, 2015 at 7:00 p.m. and January 7, 2016 at 7:00 p.m. in the Jericho Town Hall, located at 67 Vermont Route 15. The purpose of the proposed Town Plan is to regularly update the Town Plan, as required by the Vermont Municipal and Regional Planning and Development Act. The proposed Plan will affect all areas of the Town of Jericho.

**Table of Contents:** Introduction, Vision and Goals, The Jericho Community, Land Use, Natural Resources, Cultural and Historic Resources, Economic Development, Housing, Education and Child Care, Transportation, Utilities Facilities and Services, Energy, Implementation, Maps

Copies of the proposed Town Plan are available at the Jericho Town Hall, located at 67 Vermont Route 15. A digital copy may be viewed on the Town of Jericho Website at [www.jerichovt.gov](http://www.jerichovt.gov).



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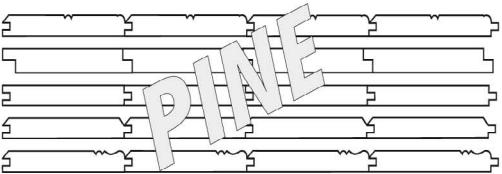
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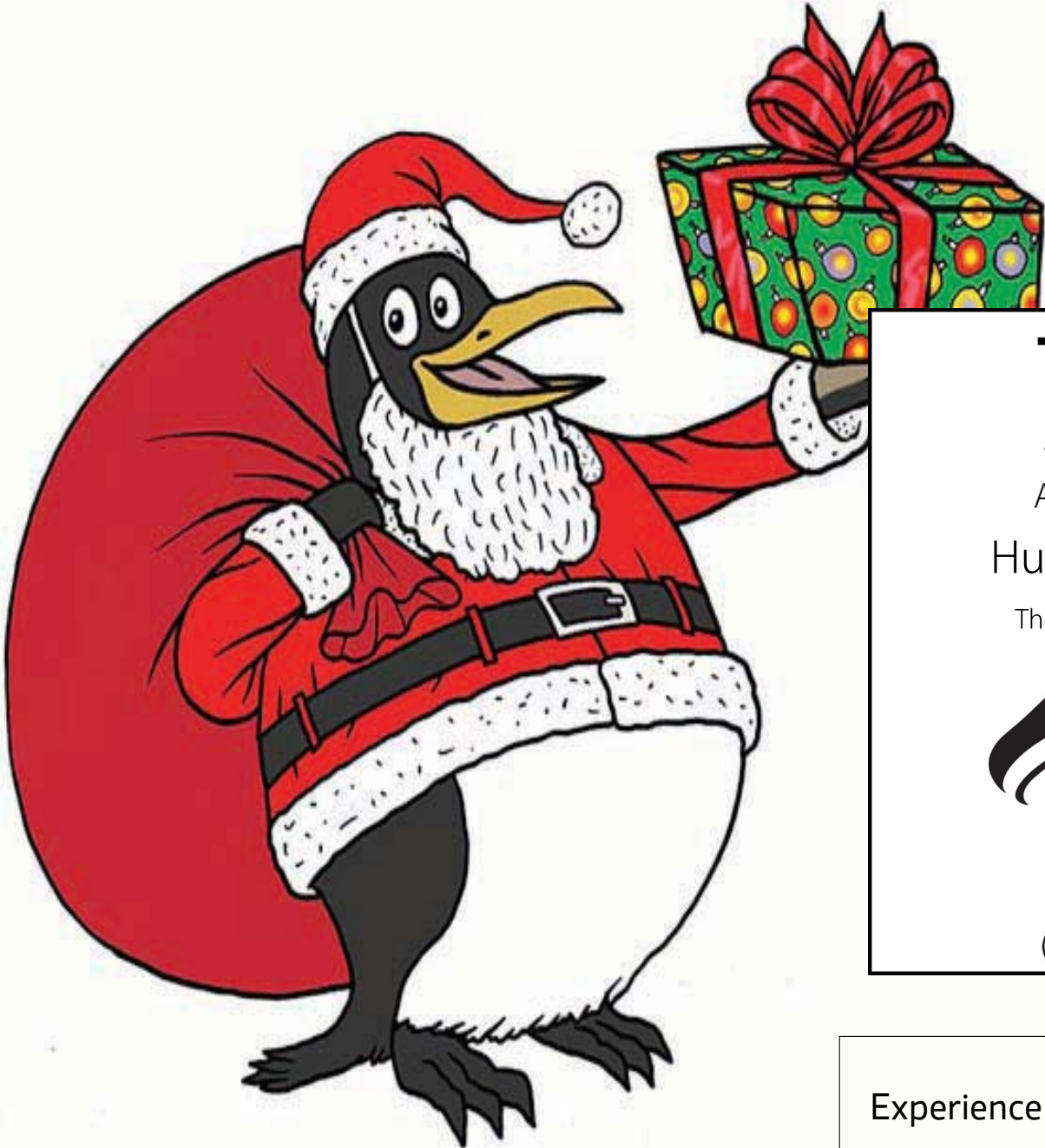
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