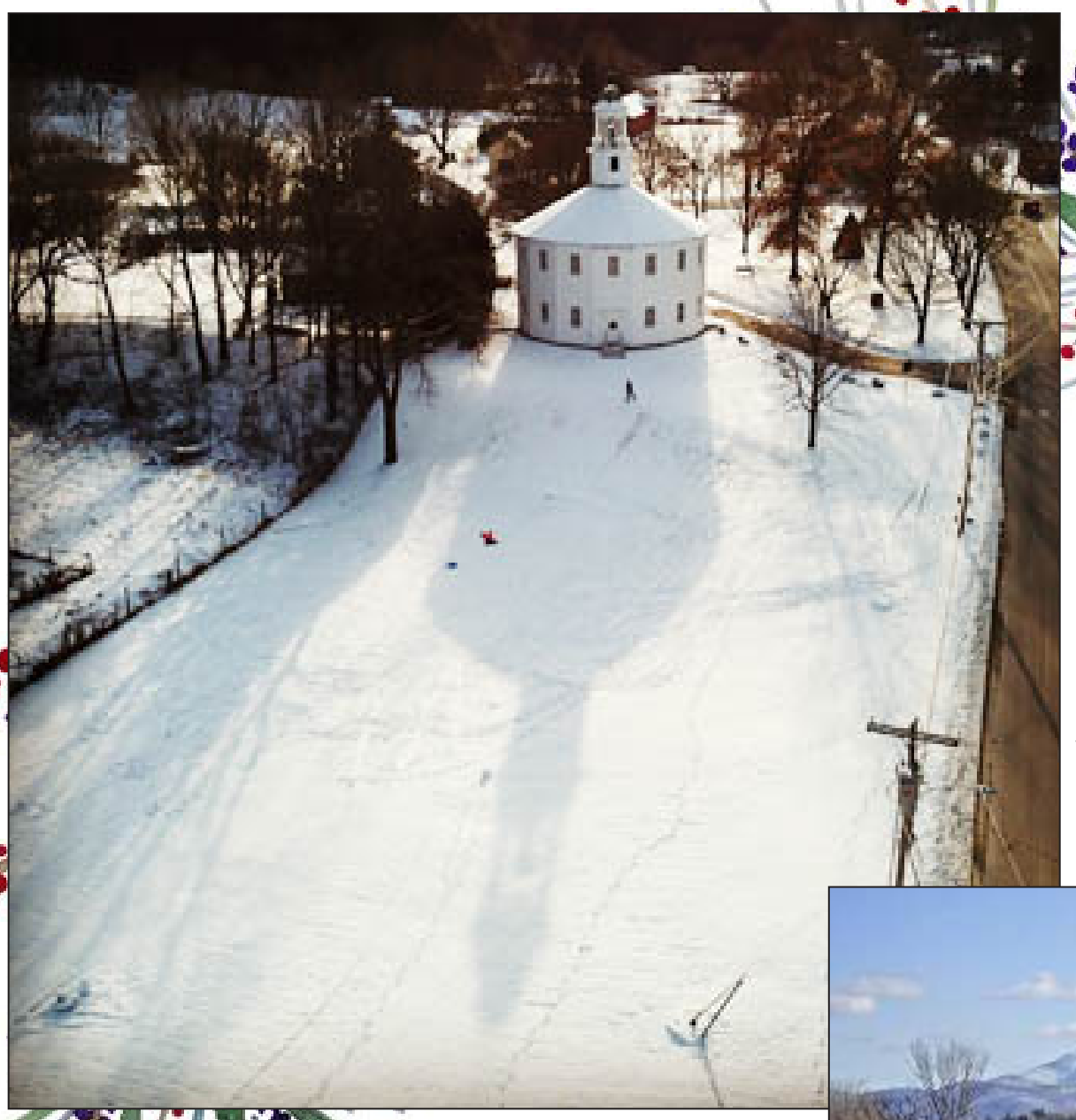
The Times Ink!
OF RICHMOND & HUNTINGTON

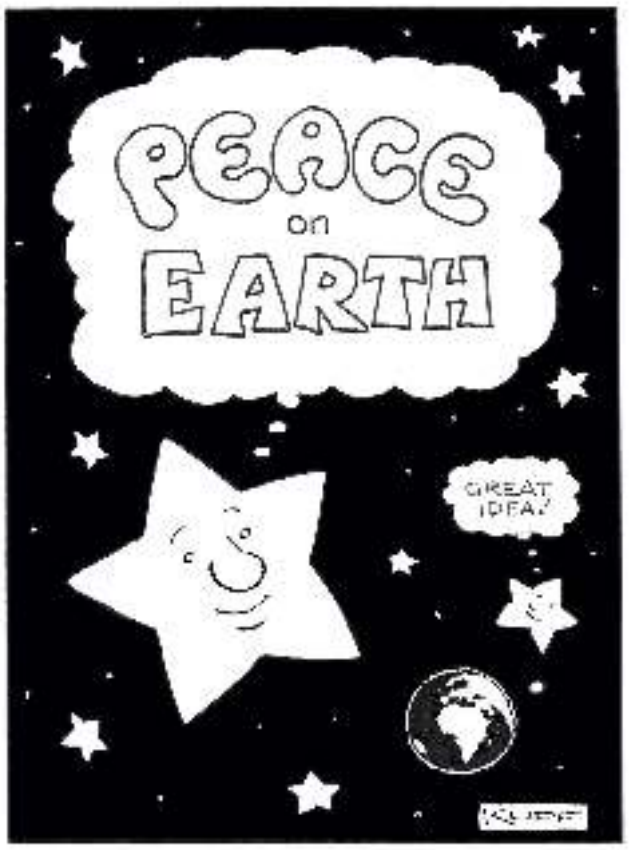
The Newspaper of Richmond & Huntington

Volume 35 **Mid-December 2018 Issue** Number 11

Winter Shadows & Light



The Richmond Round Church, seen from a low aerial angle, casts a long shadow on this frigid Saturday afternoon, December, 8. Only two souls braved the cold to sled on the thin layer of snow available this day. Photo: Jared Katz



The majestic Camels Hump, Vermont's favorite mountain, as seen through the lens of Richmond photographer Mary Claire Carroll.

Huntington photographer John Hadden took this photo of Camels Hump and the Huntington valley from the ski trails at Sleepy Hollow Inn, Ski and Bike Center.

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Letters on local topics are encouraged. Please submit to news@timesinkvt.org . All submissions must have a signature and phone number for verification. Letters with an inflammatory tone, or prose likely to incite high blood pressure in some of the readers, will be reviewed and evaluated by The Times Ink! Board of Directors before printing.

The Times Ink!
OF RICHMOND & HUNTINGTON

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news@timesinkvt.org

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Heidi Racht, Editor, **434-2690**
news@timesinkvt.org

Meg Howard, Advertising
advertising@timesinkvt.org

Gina Haddock, Business Editor
434-2210 • lifetypes@gmavt.net

• **LJ Kopf,** Cartoon
Jimmy Vaughn, Calendar Illustration
Meg Howard, Distribution

Reporters: Diane Wester, Ruth Blodgett, Greg Elias

Regular Columns: Demaris Tisdale, Jane Vossler

Photographers: Jared Katz, Pennie Rand, Heidi Racht, Robert Low, Gina Hallock, Bill Haddock

Contributors: Jane Vossler, Bob Low, Brad Elliott, Dawn Taylor, Scott Funk, Jared Katz, Larry Detweiler, Katelyn B. Macrae, Patty Baumann, Brenda Waters, Mary Keller-Butler

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Letters

Exploring a Village To Village Model

As explained in a previous Times Ink! issue, the Huntington Elder Resources Organization, a Town Committee known locally as H.E.R.O., is exploring the need to see if something called a Village to Village model of aging in place might be a really good idea for this area. This is not an exploration of building or buying housing for the elderly (we have tried that in Huntington). We want to determine, between now and June 2019, if there is enough interest in the Huntington community (and other communities, if they are interested) to develop a membership organization (like a cooperative) in which services that are needed to remain in our homes are provided through the organization. Services could be provided by either volunteers and/or paid staff, and/or are discounted or bartered or some combination of all of these methods. During the five-month exploratory phase, meetings will be held to discuss needs and hand out paper surveys at existing group meetings such programs as Bone Builders and Senior meals. In addition, the project will host a few day time and evening talks about the effort to age well in our own homes. It will be coordinated with the Senior Center of Richmond, Bolton and Huntington, Age Well and SASH among other organizations to prevent duplication. Major energy will go into getting surveys out, filled out and returned for analysis between December and June. In June, a decision will be made by H.E.R.O on whether to support a move from exploration to development. Surveys will be available at meetings (including a table at Town Meeting) and through email (hkeith@gmavt.net) or leave message at 434 2741 to request one. Surveys can be returned to the Town Office, the Library or to any H.E.R.O. committee member.

The H.E.R.O Village to Village project's goal right now is to see if there are enough people in the Huntington area who want to pursue developing a membership model of discounted, volunteer or paid (or some combination) services and deciding what people need for services. We are well aware of the highly popular programs and activities of the Senior Center and its extensive offerings to help people to continue to be independent and involved as they age. This "Village" model under exploration now would be complimentary to programs offered by the Senior Center, Age Well and SASH. Some of the services offered by other rural and urban Villages include such things as: home deliveries such as groceries, prescriptions; help getting rid of stuff; yard and garden work; light carpentry, roof/snow removal, home safety reviews and modifications; pet sitting, computer assistance, non-health or medical related transportation, telephone check-ins on well-being, information and referral for more intensive support, emergency call systems, etc.

The survey of needs coming out in December will put forth these services and ask for other services that people would find helpful and for which people are willing to pay some kind of monthly membership fee. The fee would be determined by affordability as well as what services are going to cost and which services would come in the first several years. The survey will focus on the needs of those 50 years and older – we are hoping there will be volunteers in this age population to help develop the organization as well as to provide some services (either paid or discounted or donated) as well as recipients who are in need of the services to age in place.

The Village to Village model was initiated in the early 2000s in the Boston area, and was known as the Beacon Hill model. It evolved into its own non-profit independent organization and shared its successes with many other efforts that were beginning and have come to fruition in rural and urban areas in the last 18 years. Eventually, these membership organizations that provide services to help people live safely and well in their own homes and communities formed a national organization called the Village to Village Network, linking each area to technical assistance on how to develop and support over 2000 villages that are now in operation. There are three other areas in Vermont currently moving quickly in setting up "villages" (they all look different in terms of their services, goals, organizational set up, fees, etc.): Lamoille Neighbors, Mount Mansfield Villages and the Montpelier area.

People from other communities such as Richmond and Bolton and others are welcome to fill out a survey or volunteer during this exploratory phase and see, from there, if the Village movement might be of interest in other communities. If you would like help with the survey, or would like to volunteer in getting this effort off the ground and help determine the initial level and cost of services please get in touch.
—*Helen Keith*, Village to Village Coordinator, H.E.R.O. Committee

Richmond Senior Foot Clinics

Richmond Foot Clinics for Seniors are off and running for fall. Mark your calendar. Due to renovations being done at the Richmond Rescue Building, the foot clinic for January 8 and February 19 will be held at the Holy Rosary Church:

Please call Sally Singer, 434-3480 for an appointment.

Next dates for 2018-2019:

January 8 February 19 April 2 May 14 June 25

Don't wait to make an appointment or get on the waiting list. Call for an appointment: Sally Singer (434-3480) or Catherine Coggio (434-3572).

Bring a towel and enter through the back door of the building. The clinic is sponsored by UVM Medical Center. More information can be obtained at singersallydan@yahoo com.

Legislative Session Begins Soon

In a few short days, the 2019 Legislative session will be underway. The Legislature convenes on the 1st Wednesday after the 1st Tuesday of January. This year, that is January 9. Retiring legislators are technically still in office until that date. Newly elected representatives and senators will take their place in office when the Legislature convenes in January.

Thank you for the honor to serve you in the Legislature again. I take the job and your trust in me very seriously. I will do all that I can to execute my responsibilities to the best of my abilities.

We won't know what committees we are assigned to until we return to the State House. The Speaker will be elected first and when she or he is elected, then committee assignments will be announced. Currently, I sit on the House Human Services Committee, and it would be an honor to serve on that committee again. However, there are many new faces in the Legislature (45 all totaled), and there will be some shifting around to balance committee membership.

There has also been a shift in the "political" side of things in the House, since the Democrats, coupled with Progressives and perhaps some Independents, will have what is called a "super majority." What this means is that there is the possibility of overturning a gubernatorial veto. In order to overturn a veto, a two-thirds majority is needed – that is equal to 100 votes. What I hope for is that the Legislature and the Governor's office will work more collaboratively this session. I believe there were important bills that were passed last year like protecting children from toxins and paid family leave that will come up again this year.

Please watch for my Front Porch Forum weekly posts that will begin in January, and the monthly articles that will appear here. As always, you can reach me at twood@leg.state.vt.us.

—*Representative Theresa Wood*, Waterbury
(Huntington, Bolton, Buels Gore and Waterbury)

The Friends are Back

Over the past 25 years, the Huntington Public Library Board of Trustees have diligently raised funds to renovate the Union Meeting House into the beautiful home of the town's municipal library and, after its dedication in 2008, to finish the details in the facility as well as support the Huntington Public Library's collection and programs.

From the late 1960s until 1990, the Library had been housed in a small building on the green in the Lower Village, open minimal hours, and run by volunteers. After vandalism of the fuel line, the propane tank was pulled for safety reasons, leaving the local library patrons only warm summer hours to come into the building and necessitating trips to other towns for books, tapes and programs.

In the early 1990s, the Huntington Historical Society offered the Union Meeting House to the Library Board of Trustees for $1. To get the Library back into a permanent home (it was in three different locations over 15 years), the Trustees set to work on a Capital Campaign, working with the Union Meeting House Building Committee and others.

The Library has not had a formal "Friends" group for decades and this role has been filled by the Trustees, who have produced the annual fall chicken BBQ, as well as other creative fundraising events (maple banks, quilt raffles, art sales). All agreed that new energy and ideas were needed. A few attempts were made to generate interest over the years, but, for the most part, the Trustees continued to raise money through the solicitation of donations, grants and community events.

The Trustees are ecstatic to see a surge of interest in the community to create an independent Friends group, similar to those in other towns. A group met in early December with Library Program Director Stacey Symanowicz and two trustees to develop a plan to set up the non-profit organization to work in support of the Library and its programs.

The HPL Friends will meet on January 20, 2019, at noon, at the Library. If you are interested in becoming a Friend, you can come to the meeting - or stop by the Library and leave your name and email/phone number at the circulation desk to get more information in late January.
—*Board of Trustees*, Huntington Public Library (Paula Kelley, chair)

Richmond's Exciting New Year's Eve Line-Up

Pete's Posse will host Richmond's New Year's Eve celebration.

"Folknight Richmond, a new event for New Year's Eve, will be carrying on the tradition of the wonderful celebrations put on over many years by Tim Whiteford," reported Fran Thomas. The night will be hosted by Vermont's own roots power trio Pete's Posse, sharing the stage with some of the finest musicians in New England roots music.

Here's the schedule for the evening:

Performers from Young Tradition Vermont (YoungTraditionVermont.org) will be kicking off the show!

Following Young Tradition will be Emerald Rae (EmeraldRae.com). Fiddler and folksinger Emerald Rae brings the duo of strings and song to a new plateau with mesmerizing dexterity. Hailing from the historic fishing community of Gloucester, Massachusetts, Emerald Rae is both a small-town girl steeped in cherished folk traditions and a world-class artist breaking new ground with inventive fiddle effects.

Next up will be Old Sky (oldskyvt.bandcamp.com), an Americana outfit located in Burlington, featuring Andrew Stearns and Shay Gestal. Since 2012, the duo has been creating music with an emphasis on powerful harmonies and a keen respect for traditional roots.

Finishing up the evening will be Pete's Posse (petesposse.com), Vermont's own trad-roots power trio. Composed of acclaimed musician Pete Sutherland, his talented protégé Oliver Scanlon and the uber-dynamic Tristan Henderson, Pete's Posse never fails to surprise and excite. Twin fiddles in tight, wild harmony over high-powered guitar and pounding foot percussion with mandolin, clawhammer banjo, jaw harp, rocking keyboards, and soaring vocal harmonies adding color to the Posse's sonic landscape.

Folknight Richmond is a benefit for the Richmond Historical Society, a non-profit dedicated to preserving and promoting the history of Richmond, including the National Historic Landmark Round Church.

Emerald Rae will perform at Folknight Richmond on New Year's Eve.

This musical event will take place on Monday, December 31, 2018, at 7 pm at the Richmond Congregational Church, located on Church Street. Admission will be by a suggested donation of $20 per person. The church is handicapped accessible. Doors open 6:30 pm. For more information folknightrichmond@gmail.com or 434-3654.

HOWL to Host Two Events for Women

Start the new year laughing, strumming, and maybe even crooning along with others to a chord you just learned. Come on out to a Women's Musical Instruments Petting Zoo at HOWL: Vermont Women's Land Trust, on Saturday, January 5, 3 pm to -5 pm.

Musicians Rebeccca Padula, Clare Innes, and Anya Schwartz will be there to help you try your hand at a fiddle, uke, cello, dobro, banjo, or guitar with starter-tips. Suggested donation: $10 (more if you can, less if you can't). Zero experience, talent, or musicality required...just a sense of humor and a willingness to try something new.

Huntington Open Women's Land (HOWL) invites all women to its Birthday Party, featuring Alison Bechdel, Holly Rae Taylor and Friends in a live HOWL-style program based loosely on Desert Island Discs on Saturday, January 12, 4 pm. Donations accepted. HOWL is located at the end of Salvas Road in Huntington. Information: 434-3953 or howlvt.org.

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Richmond Vermont Police Chief

The Town of Richmond is seeking a progressive, community service minded Police Chief with a proven record of leadership to serve as its next police chief. The Police Chief oversees a department that is staffed by the Chief, and 4 full time sworn officers.

Richmond is a town in Chittenden County, Vermont, with a population of 4,081.

Minimum qualifications include ten (10) years of progressively responsible law enforcement experience with a minimum of two (2) consecutive years in a supervisory role. B.A. or B.S. in criminal justice, law enforcement, public administration or related field is preferred along with years of experience. Must have, or be able to obtain, a level 3 law enforcement certification from the Vermont Criminal Justice Training Council.

The Town of Richmond offers a competitive benefits package. The salary range for this position is $67,849 - $75,851 depending on qualifications.

Qualified applicants should send a letter of interest & resume with three references to Assistant to Town Manager, P.O. Box 285, Richmond, VT 05477 or via e-mail to klane@richmondvt.gov by December 28, 2018. A full job description and further job information may be found at www.richmondvt.gov

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OF RICHMOND & HUNTINGTON

2019 Schedule

January 10 deadline
January 24 issue

Town Meeting Preview

February 7 deadline
February 21 issue

March 14 deadline
March 28 issue

April 11 deadline
April 25 issue

May 9 deadline
May 23 issue

June 13 deadline
June 27 issue

August 1 deadline
August 15 issue

September 12 deadline
September 26 issue

October 10 deadline
October 24 issue

Holiday Issues

November 7 deadline
November 21 issue

December 5 deadline
December 19 issue

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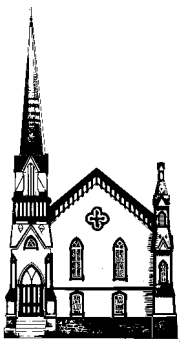


Richmond Free Library

www.richmondfreelibraryvt.org

Mon & Wed
10 - 8
Tues & Thurs
1 - 6
Fri 10 - 6
Sat 10 - 2
434-3036
rfl@gmavt.net

Holiday Hours The Library will close at 4 pm on Christmas Eve (Monday, December 24) and New Year's Eve (Monday, December 31) and be closed all day on Christmas (December 25) and New Year's Day (January 1).

Wild Nature Speaker Series #3 On the first Sunday in January join us for a richly illustrated slideshow and inspiring talk with writer and conservationist Tom Butler. Alongside spectacular nature photography, Butler will tell stories of how some of the places that we most treasure came to be protected for the public for all time. From Muir Woods to Camels Hump to the far reaches of Chilean Patagonia, individuals and groups investing their time, influence, and wealth have secured some of Earth's most extraordinary landscapes as national parks and other protected areas. This tradition of wildlands philanthropy is little known but crucial to safeguarding beauty and wildlife habitat, and providing opportunities for recreation and nature-focused economic development in local communities. A particularly grand example of this conservation tool is the recent success of Tompkins Conservation to protect and expand national parks, work that has secured millions of acres in Chile and Argentina. A resident of Huntington, Tom Butler is the author or editor of more than a dozen books including Wildlands Philanthropy: The Great American Tradition. He is a founding board member of Northeast Wilderness Trust and currently serves as vice president for conservation advocacy for Tompkins Conservation, a nonprofit that has helped create or expand 13 national parks in South America. In addition to having deep knowledge of global conservation issues, Tom Butler is a dynamic speaker. Event is free and wheelchair accessible; light refreshments will be served. Please join us for From Camels Hump to Patagonia: Who Saved the Parks Beloved by Millions? on Sunday, January 6, at 4 pm.

The Real Eastern Coyote Learn the true story of the eastern coyote and how an understanding of its mind and ecology can help us live alongside this wild animal. Join us for Chris Schadler's talk, the last program in our Wild Nature Series, on Sunday, February 3, at 4 pm.

Trail Passes Working in partnership with the Richmond Trails Committee and Rise VT we are pleased to offer Richmond library patrons discount passes for trail use at both Catamount Outdoor Family Center in Williston and at Sleepy Hollow in Huntington. When checked out from the Library, the passes provide a $3 discount per person for up to two adults and two kids in the same family for a day or half day of skiing, snowshoeing, hiking or biking in season.

Save the Date Friends of the Richmond Free Library Annual Book Sale will be Friday, February 15, 5:30 pm to 8:30 pm, and Saturday, February 16, 9 am to 3 pm. The Friends offer a wonderful selection of materials in a wonderful shopping venue. Please consider becoming a Friend and joining in the effort. Consider being a table mover, a cashier, a baker or an overall organizer. Do you like to play music or sing? The book sale features live music. For more information, contact Mary Keller-Butler at unnamedmtn@hotmail.com.

Looking for Artists and Collectors We are currently scheduling our walls and display case for 2019 shows. If you have framed pieces (art, photography) and would like to schedule a show, contact us to choose your month. No professional experience is necessary, just a willingness to share your talent. We're also seeking interesting collections for our foyer display case. If you are a collector of tea cups, feathers, little cars, old books or anything else that would fit in our case that you would be willing to share, we would love to hear from you. Call or email.

New Adult Playaways A Playaway is an all-in-one audio device that can be worn around your neck while working or exercising or it can be plugged into your car speakers. It has a simple on/off feature which remembers your place in the book. As there are no disks to change or get damaged they generally offer an easier, skip-free listening experience than books on audio disks. Kids love them and now many adults are discovering their utility. Our adult collection is growing as more people tell us that they enjoy this new book format. Check one out and let us know what you think.

Ticket Drawing The Library has been offered a pair of tickets to give away to The Magic School Bus: Lost in the Solar System at the Flynn Theatre. The planetarium is closed and the field trip is ruined...or is it? To save the day the ever-imaginative Ms. Frizzle blasts the Magic School Bus off into outer space to explore the solar system. Visit the youth desk on the second floor to enter your name in the drawing for tickets through December 28. The show is appropriate for grades PreK - 5 and is on Thursday, January 10 at 6 pm.

Fiction Book Discussion Norse Mythology by Neil Gaiman. Gaiman has long been inspired by ancient mythology in creating the fantastical realms of his fiction. Pick up a copy at the Library and join us on Tuesday, January 15, at 6 pm.

Mystery Book Discussion Girl in the Spider's Web by David Lagercrantz. Lisbeth Salander and Mikael Blomkvist eturn in this high-octane follow-up to Stieg Larsson's The Girl Who Kicked the Hornet's Nest. All are welcome to pick up a copy of the book at the Library and join the discussion on Thursday, January 17, at 7 pm.

Baby Laptime This 30-minute program is for our youngest visitors. Adults interact with their little person through simple stories, songs, rhymes, bounces and wiggles. Baby Laptime is designed for infants through age 2. Join us on Mondays at 10:30 am.

Playgroup with Stories and Music The morning begins at 10 am with songs, stories and a simple snack (bring your own) on the alphabet rug. Around 10:30 am we'll get out the toys for free play with friends in the library's sunny and spacious Community Room. We have gross motor and fine motor toys, puzzles and activities for infants through preschool age children. Join us on Wednesdays for storytime and playgroup.

Movers and Shakers Storytime Frequent exposure to picture books not only entertain and delight children but also strengthens their vocabulary and their ability to make sense of the world. We'll share fantastic new and classic picture books and work some early literacy magic into a child's day with stories with simple songs and activities for some interactive moving and shaking. Toddlers and preschoolers and their caregivers are welcome on Fridays at 10:30 am.

Weekly children's programs at the Library run from September through May and follow the CESU school district schedule for vacation days and weather closure days. Therefore, no programs from December 24 through January 1.

Huntington Public Library

HOURS:
Mon 10–6
Tues & Thurs 12–5
Fri 10-5 • Sun 12–5
434-4583
hpl@gmavt.net

www.huntingtonlibraryvt.org

Please note that the Library will be closed on December 23, 24, 25, 31 and January 1, 20, and 21.

Environmental Film Series The second film in this series, Green Fire – Aldo Leopold and a Land Ethic for Our Time, will be shown on Sunday, January 13, 2019. Please join us at 5:15 for refreshments. The 73-minute film will begin at 5:30. This is a documentary film about legendary environmentalist Aldo Leopold highlights Leopold's extraordinary career, tracing how he shaped and influenced the modern environmental movement. Leopold remains relevant today, inspiring projects all over the country that connect people and land. Learn more at http://www.GreenFireMovie.com. We also have his books!

Save the Date Annual Baby Brunch on January 27, 2019 Each year the Huntington Public Library welcomes babies born in the previous year with a special new library book with a special Baby Book Dedication bookplate which honors the baby's birth and a delicious brunch. Each book is then entered into the library collection. Invitations will be sent to all those born in the year 2018 and should arrive in mailboxes by the middle of January.

Hatha Yoga with Tania Dornic Thursdays, 5:45 pm – 6:45 pm Envigorate your week with a slow yet empowering yoga class suitable for all levels of experience. We will focus on alignment in the postures, while being mindful of body, breath, and mind.

While classes are drop-in, it would be helpful to know ahead of time how many plan to attend. You can contact Tania with any questions, or to let her know you are coming to any of the classes, at 802-355-4013 (call or text).

New Books We receive new books every month and would like to include some of your favorite. Be sure to let us know if you have suggestions for books, audio books and/or DVDs.

Citizen Science Forum Last call for local citizen scientists who would like to share their experiences with our community – you or someone you know – let us know soon. It will involve four 20-minute presentations with ample opportunity for discussion and take place on a Sunday at 5:30 in late winter.

Community Knitting Evening Join fellow knitters for a congenial evening of knitting and good company. Crocheters and other needle workers are welcome! Monday, January14, at the Library. Drop in anytime between 6:30 pm and 8:30 pm. Future knitting nights will be scheduled for the remainder of the winter – stay tuned.

New Adult Fiction The Underneath by Melanie Finn; The Dinner List by Rebecca Serle; Fire and Blood by George RR Martin; Milkman by Anna Burns; Transcription by Kate Atkinson; Tony's Wife by Adriana Trigiani.

Adult Non-Fiction Oak – The Frame of Civilization by William Bryant Logan; Life in the Soil – A Guide for Naturalists and Gardeners by James B. Nardi; Learn Italian the Fast and Fun Way by Marcel Danesi; The Idiots Guide to Music Theory by Michael Miller; Vandana Shiva – Creative Civil Disobedience by Lionel Astruc; Food, Farming and Health and Who Really Feeds the World by Vandana Shiva; Imagine Forward – Courage, Creativity and t he Power of Change by Beth Comstock; Fasting and Feasting – The Life of Visionary Food Writer Patience Gray by Adam Federman.

Adult Audiobooks Almost Everything – Notes on Hope by Anne Lamott; When They Call You a Terrorist by Patrisse Khan-Cullors; Down the River Into the Sea by Walter Mosley; Kingdom of the Blind by Louise Penny.

Picture Books Picture books are being saved for the Annual Baby Brunch the last Sunday in January after which they will all be avaialbe for checkout.

Juvenile Fiction The Dork Diaries – Books 1 - 3 by Rachel Renee Russell; The Land of Stories – An Author's Odyssey by Chris Colfer; Children of Exile, Children of Refuge and Children of Jubilee by Margaret Peterson Haddix; Lumberjanes – The Good Egg by Mariko Tamaki; Dog Diaries – A Middle School Story by James Patterson.

Juvenile Non-Fiction The Brontes – Remarkable Children of the Moors and Their Everyday World by Mary Alice Haigh; Origami – Books One and Two by Florence Sakade.

Consumer Reports Online We now have a digital subscription to Consumer Reports. Please call or visit the Library for the username and password.

Huntington Library Playgroup andStory Time Fridays, 10 am – noon. Stories at 10:45 am. Everyone needs books. The playgroup aims to provide a welcoming, fun, and social environment for babies and toddlers with their caregivers. Join us for books, singing, rhyming, counting, and crafts.

Art Space at the Library The Library has beautiful gallery space for hanging all types of media, from unframed photographs to shadowboxes. Artists are welcome to sell their work and no percentage is taken by the Library. Please contact us with any questions.

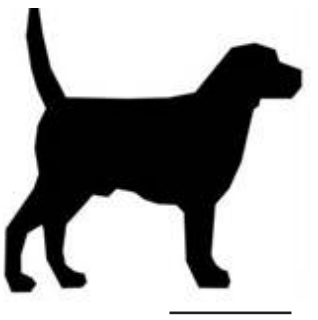
VOL Vermont Online Library is available to all Huntington residents with a valid library card. This service offers a wide array of electronic information databases on a wide variety of topics for all ages and interests.

Use the password "student" for the GALE database and for the "Heritage" databases your password is the barcode on your library card (homecard). Call or email for further assistance!

ListenUpVermont and Libby Ebooks and audiobooks are available online for your device with your library card at www.listenupvermont.org or meet.libbyapp.com Thousands of digital titles are supported through this website. All you need is a valid Huntington Library card. Ask a librarian if you have any questions.

Goodsearch and GoodShop As the holidays and shopping approaches, please consider shopping through GoodShop.com to both search and shop online. Each search is a penny and selected companies donate money for purchases through the site. Thank you!

There will be no Movie Night in January.



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TOWN OF HUNTINGTON

NOTICE OF DEVELOPMENT REVIEW BOARD

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The Huntington Development Review Board (DRB) will meet on January 15, 2019, at the Huntington Town Clerk's Office in Huntington Center to review the following application:

Request for Conditional Use Review - Mixed Use

Jedediah and Jennifer Randall, Maple Ridge Lane (off Bridge Street), Huntington, for a Conditional Use Review to build a house on a commercial property. Subject property (2.52 acres) is located east of the Lower Village (tax map 05-007.410) and is in the Village District (1-acre zoning).

—Heidi Racht, DRB Clerk, December 18, 2018

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Huntington Selectboard

Reported by Ruth Blodgett

Recent Huntington Selectboard Meetings have been focused on Capital Plan and General Fund budget planning. The Board has been meeting every week in order to hear budget requests from Town Department and Committee members for Fiscal year (FY 2019-2020).

Huntington Volunteer Fire Department Fire Chief Tate Jeffrey and Assistant Chief / Head of EMS Services Brian Valentine visited the Board on November 13 to discuss the Department's needs. The Fire Department budget includes money for a new air bottle filling station and for repairing (rather than replacing) the tanker truck. The First Response budget shows a 2.7% increase for Richmond Rescue.

Recreation Committee members Paul Stephens and Heidi Racht requested $1,250 to protect the Old Fire Station from further deterioration while the building's future is planned. Window and roof work would protect the structure against the elements, Racht and Stephens explained.

Huntington Public Library (HPL) Trustees Karen Gonnet, Heidi Racht, Lorrie Richland and Paula Kelley requested a 17.5% budget increase, to cover salary increases to bring substitute wages in line with the minimum wage increase and to reduce the Library's reliance on its Special Revenue account. The Selectbaord asked the Trustees to return to the Board on Novemeber 26 with a revised budget showing a smaller increase. Karen Gonnet returned to the Board on November 26 with a Library budget request, showing a 6.6% year over year increase. The Board told Gonnet it would like the Library to become more self-sustaining, referencing the work the Town Hall Committee has done to produce revenue.

Huntington Planning Commission (HPC) Chair Everett Marshall requested $2,000 for purchased services to cover the local match contribution for either a Municipal or Regional Planning grant for planning assistance. The increased complexity of regulations and Town Plan implementation creates the need for continued professional help, explained Marshall.

The November 19 Selectboard meeting began with an Executive Session for the purpose of considering the appointment or employment of a public officer. Any decision to hire or appoint the public officer would happen in an open meeting.

Town Reports Upon exiting the Executive session, the Board was visited by Town Auditors Lucinda Hill, Patty Bauman and Marilyn Hinsdale. A discussion on Town Report format ensued. Currently, Huntington mails every household a newsprint copy, with available archival spiral bound copies. The Board discussed keeping information in the newsprint copy to the bare minimum. Board member Roman Livak suggested, "Extraneous information could be in the archival copy only and charge for those, or else send a postcard telling voters to look on a PDF." Hill said producing the newsprint copy costs $1.25 each including mailing, and archival copies cost $6.57 each to print. Hill said 960 newsprint copies are printed. Board member Landel Cochran added, "A lot of people would appreciate a digital copy." Vice-Chair Nancy Mead continued, "It should be up on website before Town Meeting." Cochran asked to be the contact person on formatting for the website. Hill stated, "It is my understanding that if we change the distribution method for the Town Report, it has to be warned as an article at Town Meeting and approved."

Aaron Worthley, Chair of the Town Hall Committee (THC), came to answer questions about changes to the Town Hall budget. Changes to the Town chart of accounts in conjunction with the Building and Grounds Department, have resulted in changes to THC's tracking of expenses, Worthley shared. "All revenue now goes into the General Fund, and revenue above and beyond maintenance goes into the Reserve Fund," Worthley explained, "We have asked for one accommodation, that 10% of revenue goes back into the Special Revenue Fund." Board member Andrew Hendrickson responded, "One concern the Selectboard had was that by setting a fixed percentage, what would happen if revenues did not meet what is needed for expenses?" Town Administrator Barbara Elliott commented, "Ten percent seems low to me, we don't ask the Library to pay for its events." Worthley added, "We are still in a transition phase," added Worthley, clarifying that the Special Revenue Fund is for special projects or matching funds for grants as it continues to rehabilitate the building. The Board agreed to direct 10% of Town Hall usage revenue into its Special Revenue Fund.

Debbie Worthley from HERO (Huntington Elderly Resource Organization) reported that the group decided to put in a budget request to double last year's allocation of $600 to $1200. "We feel there is a need to provide services for seniors in Huntington," Worthley elaborated, "We haven't broken down the $1200, but there might be a conference we would want to send somebody to, for example." Worthley proposed the concept of a Village to Village network, an umbrella organization with people paying a membership fee to get services such as snow shoveling. Livak responded, "Having a handy person network would be a great thing." Barton praised the new energy of the committee, suggesting the group track how the money is being spent so the Board can look back next year.

Miranda Keir, Acting Chair of the Huntington Energy Committee, along with other members of the HEC, came to discuss their budget request along with the proposed Municipal Solar Project. The HEC requested level funding its Committee. Keir explained that last year's budget was just right to sponsor some events and HEC is prepared to hold some new events.

HEC hopes to move forward with a municipal rooftop solar project, yet needs to know the structural viability of the Town Garage, Fire Station, and Sand Shed. The cost of evaluating these buildings is beyond its budget. HEC contacted some engineers for estimates; an engineer's assessment could cost over $5,000. "The fire station and garage may need thousands of dollars of remediation to meet the requirements to support solar panels," HEC member Duncan Keir stated. "Because of the potential cost challenges with these two buildings, the project has changed a great deal." Barton asked, "I am curious, have [solar comapnies] been clear that engineering studies need to be complete before they will do anything?" HEC member Yves Gonnett replied, "[Solar companies] are happy to do this as part of the project, but it is better if we do it before hand." Barton stated, "I'm not sold on the Town paying for engineering studies, I don't know why a vendor cannot wrap this into the project." Gonnet, said he was,"willing to donate a couple hundred hours to make the project happen." Barton reacted, "I feel there is a professional world and a municipal world, I feel nervous about a committee taking on such a project." Barton suggested submitting a request for a proposal to the solar companies that includes an estimate for structural analysis. She proposed coming up with a list of towns that have gone through a similar process, " I like the idea of identifying vendors who have gone through this."

A motion to offer the Town Treasurer position for a recommended prorated salary of $25,000 with a starting higher date of December 10, 2018 and a 90-day probationary review passed. At the December 3 meeting, the Board announced that Andrea Ogilvie will be the new Town Treasurer. The Board acknowledged the service of retiring Town Treasurer Kathleen Clark. The Selectboard formally welcomed Ogilvie at its December 10 meeting.

During the Selectboard meeting December 3, the Board considered a driveway permit for 4340 Main Road. The application requested turning an access previously approved for commercial landscaping equipment be widened and used for residential as well as commercial use, and the currently shared driveway between the Aruzza and Wheeler property only be used for the Wheeler property. The driveway area is level, and level with the road. The motion to approve the driveway application for Michael Aruzza passed.

continued to page 16

Richmond Selectboard

Reported by Greg Elias

The Selectboard received an update on a mixed-use project that could help revitalize downtown Richmond. But while providing details about residential tenants, the developer remains vague about commercial occupants.

At its December 3 meeting, the Selectboard talked about the letter from Buttermilk LLC. The developer plans to convert the dilapidated century-old creamery on Bridge Street into at least two buildings that will house apartments on upper floors and businesses on lower levels.

The three-page letter notes that all the creamery structures have been torn down and the site cleanup has been completed. It says that the effort "took longer to achieve than anyone anticipated" and "cost nearly double than what was originally projected." The cleanup, which included removing hazardous materials from the buildings and surrounding ground, cost more than $1.1 million and lasted nearly two years.

Construction of the first building started after the cleanup was finished in July. The letter says the four-story structure will contain 18,800 square feet of space, with the top two floors housing 14 apartments and the bottom levels containing commercial tenants.

"We already have a list of 25 people interested in residential apartments," the letter says, asserting that the list shows "the need for additional housing in Richmond is clear and evident."

On the commercial side, the letter provided no specifics, saying only that "a few" businesses have expressed interest. It says that Buttermilk is carefully vetting businesses to ensure they "add vitality" to Richmond and the development itself.

Selectboard Chair Bard Hill said he'd spoken with Brendan O'Reilly, who along with Josi Kytle are Buttermilk's partners. O'Reilly told him a project manager, Colin Moffat, has been hired. Hill said some may know Moffat as a former coach at Cochran's Ski Area.

The hiring of a project manager will help speed up the pace of construction, Buttermilk's letter claims. The first tenants are anticipated to move in early next summer.

Board member Christy Witters noted that the letter says progress has stalled on a planned second building because of financing. The letter states that the second building has been placed on hold because banks are reluctant to lend money for it due to a glut of existing commercial space. Meanwhile, the opposite is true for residential rentals, for which the letter says vacancy rates are extraordinarily low.

Looking forward, Witters wondered if Buttermilk might ask the town to permit more residential development for the project. The town originally had zoned the parcel for commercial-only use, but then allowed the redevelopment effort to be split between residential and commercial uses.

"One of the arguments originally was that it's one of our last commercially developable parcels right in our downtown," Witters said. "But whatever we choose to do, I see the writing on the wall" that Buttermilk will request a higher proportion of residential development.

The letter says that Kytle and O'Reilly plan to meet with town officials in "early winter" to further discuss the project.

Hill noted some of the commercial space planned for the first building has already been shifted to the second building. He noted the problem all along was that the town wanted commercial development. He said the town should stick to its guns – not to mention the town plan and current zoning – if it believes strongly enough that more commercial tenants are needed at the project.

Hill later said if the town relents and allows still more apartments, one might ask if any commercial development will ever occur in Richmond.

Former Selectboard member Chris Granda said he was involved in much of the debate when the town eased land-use rules to encourage redevelopment of the creamery. But he said no cost-benefit analysis of commercial versus residential development at the site was done.

"I don't think we've ever gotten to the core of the question: Is it really better to encourage commercial or residential space in town?" Granda said. "But I would put forward that it's better to have successful space in town. If we encourage developers to build commercial space then they have difficulty renting, that's not really in anybody's interest."

Arneson said he received an update from Kytle just before the Selectboard meeting. She said the bottom two floors of the first building would be set aside for commercial tenants, with residential units on the top two floors. Previously, there had been some talk about the third level including commercial space.

Budget Update The Selectboard has continued to shape the municipal budget for the 2019-2020 fiscal year starting in July. The latest available draft of the $4 million spending plan, dated December 7, called for a 6.8 percent spending increase. That would require a five-cent property tax hike, boosting by $150 the annual bill for a $300,000 house.

The Selectboard had earlier set a target of increasing the tax rate by no more than 2.5 percent, roughly equal to a two-cent tax hike.

Typically, the originally budget proposal is cut as the Selectboard holds meetings and whittles proposals for new spending. But this year has been unusual. Instead of decreasing, spending in the latest draft, the third to date, is actually up from original proposal, which called for a five percent increase.

The budget path has been bumpy, likely in part because longtime Town Manager Geoffrey Urbanik stepped down in September, right before the process usually begins. Interim Town Manager Paul Bohne started the budget process before Arneson came on board in early November.

The Selectboard has so far heard from a few town departments and tweaked some line items. The departments that had the biggest spending increases in the latest budget draft were Administration, which jumps by 26 percent, and Planning and Zoning, up 19 percent.

Other departments sought more modest increases or even reduced spending. The Highway Department budget was up 4 percent, and Richmond Free Library's increased by 3 percent. Meanwhile, both the Fire Department and Police Department budgets fell 3 percent.

But numbers for individual departments and the overall budget are certain to change as the Selectboard continues to comb through the budget during December meetings. Arneson said in an email that he expects cuts from the latest draft.

Board members had previously scheduled a December 10 meeting to discuss only the budget in addition to their regular meeting the following week. They decided to add another meeting, possibly the final one to debate the budget, on December 19. Each session starts at 7 pm.

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- 4 pm Christmas Mass
- 6 pm Christmas Mass, Immaculate Heart of Mary, Williston (IHM)
- 9 pm Christmas Mass, IHM

December 25
- 8:30 am Christmas Mass
- 10:30 am Christmas Mass, IHM

January 1, 2019
- 9 am Mass
- 10:30 am Mass, IHM

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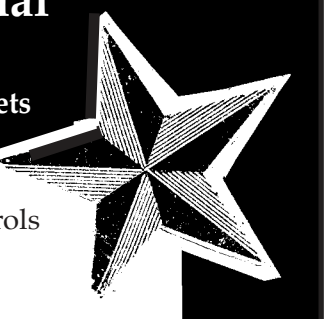

December 24
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- 8 pm Lessons & Carols
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December 30
10 am Worship Service & Carol Sing

January 8
10 am Celebration of Epiphany with Holy Communion

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MMMUSD Board

Reported by Diane Wester

School Board Meeting November 5, 2018

On this date, the MMMUSD School Board voted to close the Underhill Independent Elementary School for the 2019/2020 school year. The front portion of the building may become the Central Offices of MMMUSD/CESU, moving from the Richmond Town Hall into the front part of the building. It will also become (at least) a preschool center, and perhaps other community-oriented things, too. The families of the school population currently in UID can use school choice to go to any other elementary school that has room for them – but – coincidently, half the UID students live in Jericho and could attend Jericho Elementary School (JES), and half in Underhill where they could attend Underhill Central School (UCS).

The two-hour meeting of November 5 was principally devoted to the presentation of arguments, pro and con, by both the individual school board members, and, by members of the public present at the meeting. It was noted that although the majority of the Board was present – only a small portion of the public has attended the four community engagement meetings, therefore public comments may not represent the opinions of the majority of the community.

The two Huntington representatives at the meeting abstained from voting as Brewster-Pierce is not a member of the consolidated district.

Voting for the motion were: Chair Andrew Pond (B); Clerk Diane Kirson-Glitman (J); Edye Graning, Susan Lillich and Kurt Muller (J), Michael Marks and Cindy Preston (R).

Lillich noted that as a child psychologist working in schools "equity is improved when schools are larger." Glitman noted UID was not a small school, it was a "micro" school (88 students), but "the magic goes with the kids, wherever they are." Marks said the Board "asked the Superintendent to perform a study that delivered answers to these questions: (1) would "repurposing" this school benefit students; (2) would it result in enduring savings; (3) and was UID the correct school to "repurpose"?

"The hypothesis the superintendent developed has been thoroughly vetted and tested. ..the analysis has stood the test of time and criticism… Voting for this will result in better education for our students," Marks said. Cost savings would be used to try to close the achievement gap between lower and higher income students. Community member Chuck Lacy noted that as population in the area has risen, school enrollment has fallen (all across the Northeast). Families are having a fewer children. He noted other painful facility closures have been endured, with a favorable outcome: the closing of Jericho Central School, the building of MMUHS, and the changing boundaries delineating CHMS and BRMS. Two other community members spoke in support of the motion. Retired administrator Wayne Howe, whose expertise centered on the effects of school consolidation, strongly recommended the redistribution of students, especially to UCS. "The people of Underhill have the right to have kids in a powerful, viable school," he said. Racine (U) believes this is a good time for a fresh start for UCS, as the principal is retiring. Muller noted that having an infant care through pre-K program located in this area can make a strong community, and would be a good draw for new families.

Voting to delay the decision were: Vice Chair Kevin Campbell (U); Eric Gildemeister (U), Chip Noonan and Derek Miodownik (R), and Angelike Contis (J). In general, both the Board members and members of the public believed the vote/implementation could be put off a year. More and better communication was needed.

Campbell wanted to table the motion for a variety of reasons. If one were only looking at this as classroom capacity and cost savings then one should close two schools. "We have the capacity for all the students in the North End in one building," he said. "The other piece of this though is impact on the community." He would like all facilities examined with fresh eyes – not to have the process cut off. Contis noted that besides the loss of community, the costs and savings are too undefined. She wants to hear more from the public, and the UID staff. Noonan commented: What precedent do we want to set? How do we make sure everyone becomes involved in future decisions?"

The motion passed. The UID will be closed for the 2019/2020 school year and the facility's future use will be discussed and considered.

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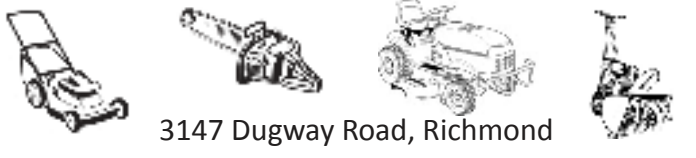

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Huntington School Report

Reported by Helen Keith

Merger "Ordered" for Huntington Elementary School District…a different kind of vote may be coming up soon.

On November 28, 2018 the State Board of Education (SBE) released its anticipated report called Final Report of Decisions and Order on Statewide School District Merger Decisions Pursuant to Act 46, Sections 8(b) and 10. This SBE report affirmed most of the Secretary of the Agency of Education's (AOE) written recommendations outlined in the Agency's June 1, 2018 Proposed Statewide Plan (reported in September Times Ink!) on school governance – consolidation - merger. The Board did affirm the Secretary's recommendation that Huntington Elementary School District merge with the Mount Mansfield Modified Union School District. This action, if taken, turns the MMMUUSD (Mount Mansfield Modified Unified Union School District) into an Act 46 "preferred" governance structure, a single Unified Union School District, making it its own Supervisory District. This preferred structure result is pending approval by vote of the MMMUUSD residents to accept Huntington into its consolidated governance structure.

A years' long process fueled by legislative action to address increased school costs, significant decreases in school enrollment, improved educational outcomes for high risk and other students, consolidation of governance structures and related efficiencies has resulted in many voluntary mergers over the past 8 years and those "forced" involuntary mergers "ordered" and described in the November 28th report. Efforts under Acts 153, 156, 46 and 49 has culminated in "a total of 206 districts in 185 towns form(ing) 50 new union school districts…for a net reduction of 156 school districts" (page 29 of November 28 SBE Final Report of Decisions and Order).

The Act 46 "preferred structure" (a supervisory district) and the potentially acceptable "alternative structure" (a supervisory union containing more than one school district) involved a process aiming to achieve the goals of consolidation. The attributes of the preferred and alternative structures outlined on page 5 of the Final Report of Decisions and Order.

This section of the Final Report of Decisions and Order is paraphrased here:

Preferred structure:

• unified Pre-K – 12 district

• serving more than 900 students

• its own supervisory district

Alternative structure:

• supervisory union with two or more member districts

• member districts consider themselves to be collectively responsible for the education of all prekindergarten through grade 12 students…

• the supervisory union … operates in a manner that maximizes efficiencies through economies of scale and through flexible financial management, transfer, and sharing of nonfinancial resources among the member districts

• the combined average daily membership… is not less than 900

• the supervisory union has the smallest number of member school districts practicable, achieved wherever possible by the merger of districts of similar operating and tuitioning patterns… (author emphasis.)

The decision of the State Board to back the Secretary's recommendation to require merger for Huntington is described on pages 14-15 of the Final Report of Decisions and Order and is quoted as follows:

The Mount Mansfield MUUSD (modified unified union school district) assumed full responsibility, on July 1, 2015 for the Pre-K-12 education of students residing in Bolton, Jericho, Richmond, Underhill and Buel's Gore, and for the grade 5-12 education of students residing in Huntington. The Huntington Elementary School District (HESD) remains an independent town district organized to provide for the Pre-K -4 education of its resident students.

The HESD did not submit a written Section 9 proposal (for an alternative structure) although its board members and others urged the Secretary to not recommend merger based on concerns described in the Secretary's (AOE) Proposal, at PP. 74-75. The Board agrees that the HESD and its community members did not make a compelling case sufficient to overcome the preferred governance structure presumption in Act 46 and did not assert that the merger is not "possible or "practicable" to assume full PreK-12 membership in the unified district. In addition, if the MUUSD voters approve Huntington's admission as a full PreK-12 member, then it will be possible to designate the unified district as a supervisory district, the Legislature's "preferred structure."

For these reasons, the reasons articulated in the Secretary's Proposed Plan for this district and as discussed at the Board's October 17, 2018 meeting leading up to its provisional decision for it, the Board: (i) finds that the Secretary's proposal satisfies and meets the requirements of Act 46, as amended, our Rules, and other applicable law, and (ii) approves the Secretary's proposal for this district.

Accordingly, the Board confirms the provisional decision for this district made at its October 17. 2018 meeting and approves the Secretary's proposal for it for the reasons stated at that meeting and as reflected in the Minutes.

Further on, in the 38-page report, is the final section containing the "Orders" to merge and realign districts and supervisory unions. Each of the 18 districts required to merge has the same template of language used depending on how groups of school districts were categorized in the Secretary's proposal. Huntington was categorized as one of 5 non-member elementary school districts ordered to be added to their existing Modified Unified Union School Districts, to result (pending vote of the MMMUUSD to accept Huntington) in the creation of a preferred structure/a single supervisory district.

The "Order" found on pages 35 and 36 of the Final Report of Decisions and Order states:

Pursuant to the authority and mandates in 2015 Acts and Resolves No. 46, Sec. 8 and Sec. 10, as amended, and the provisions of 16 V.S.A. ch. 11, be it resolved that as of the date of this Order, the State Board of Education hereby:

16) Designates the Huntington School District as a prekindergarten through grade 12 member of the Mount Mansfield Modified Unified Union School District provided that a majority of the voters of the Mount Mansfield Modified Union School District present and voting at an annual or special meeting warned for the purpose on or before July 1, 2019 vote to approve the addition of the Huntington School District a prekindergarten through grade 12 member pursuant to 16 V.S.A. &721, at which time the Mount Mansfield Modified Unified School District:

a) Shall be a unified union school district;

b) Shall provide for the prekindergarten through grade 12 education of students residing in the town of Huntington beginning on July 1, 2019 under the terms and conditions specified in the union district's voter-approved Articles of Agreement; and

continue to page 12

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Favorite Books of 2018

by Jane M. Vossler

Each year as the end of the year approaches, I look forward to hearing what people in our communities most enjoyed reading. This is my seventh annual favorite books article. I always find a number of books to add to my reading list for the coming year. For 2018 we have picture books, young adult books, non-fiction, and, of course, a lot fo fiction. I wish you a year of happy reading and hope you find some books here to love.

Steven Bower

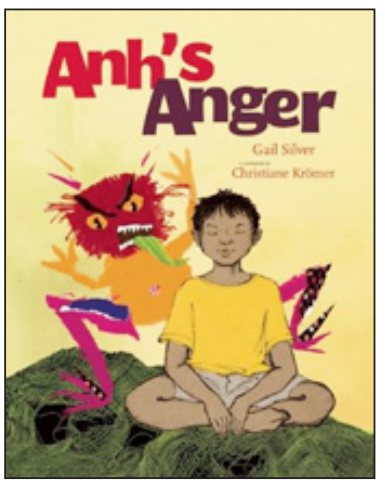
Sapiens: A Brief History of Humankind and **Homo Deus: A Brief History of Tomorrow** by Yuval Noah Harari

Bower wrote, "I absolutely loved these two books. They're some of the best non-fiction I've ever read. In the first, Harari presents a marvelous view of the history of our species, the seminal events and innovations that have defined us and our culture, what makes us human among animals, and our impact on the planet. The second is a level-headed view of what the future may hold, as technology takes an ever-greater hold on us, and as we face great challenges, in the context of our human desires and hubris. The books are intellectual but very accessible. I found the audio books to be excellent."

Laura Silverstein

Us Against You by Fredrik Backman

This book picks up where Backman's popular Beartown left off. Silverstein described the story as follows: "A small town reacts to the threat of losing their beloved hockey team. This threat influences the entire town from the town council, to the local hospital, seniors, bar regulars, and obviously the players, coaches and their families. The story weaves these different perspectives together to give a strong feeling of community and shows how we are all interrelated. I loved the multi-dimensional characters and the exploration of the concepts of hometown pride and loyalty."



Kimberly Ianelli

Anh's Anger by Gail Silver

Ianelli wrote to me about this children's book which had a direct impact on her life. "I love it so much because it has helped me show my four-year-old that anger is our friend and to notice it when it comes around. It has helped me in the same way in remaining calm when anger visits. I am very thankful to have found this book through his teachers."

Brenda Waters

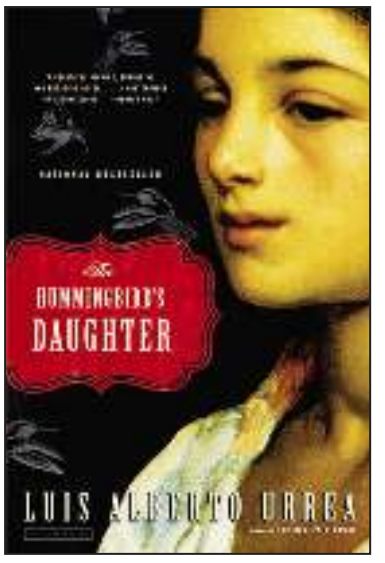
Melbourne by David Cecil

In the British TV series, Victoria, Lord Melbourne is an intriguing character who has a great influence on the young Victoria. Waters described the book as a "stunning and beautifully written biography about a former Prime Minister of England. His wife Caroline is fascinating: beguiling, beautiful, hysterical and living in a cloud of self-deception. It's a great book."

Joan Carson

Lincoln in the Bardo by George Saunders

Abraham Lincoln's beloved 11-year-old-son, Willie, died during the first year of the Civil War. Saunders bases his novel on this fact. "It was a quirky novel, to be sure," said Carson, "and it took me a few chapters to get into the rhythm of the narrative. What I liked about it was the unusual back and forth between the historical context of the story and the narrative in the "bardo." [an intermediate space between life and rebirth.] I also appreciated the mixture of humor in the midst of the tragedy of the death of Willie Lincoln. The stories of the different souls over the ages were sad, and funny and poignant; their physical manifestations were exaggerated by their life-and death-stories. In the end, I think, it was a book about giving as these characters in the bardo tried to help the youngster get to the place he belonged."



Jeannette Segale

The Hummingbird's Daughter by Luis Alberto Urrea

This story is set in 1889 in Mexico which is on the brink of civil war. A sixteen year old girl is the illegitimate but well—loved daughter of a wealthy and powerful man. When she dies and becomes a saint with the power to heal, she and her family face challenging trials. Amazon describes the book as an "epic mystical drama." Segale said, "Urrea brings the reader into the history, environment, food and people of Mexico. Written beautifully and with subtle humor sprinkled throughout."

Carol Adams

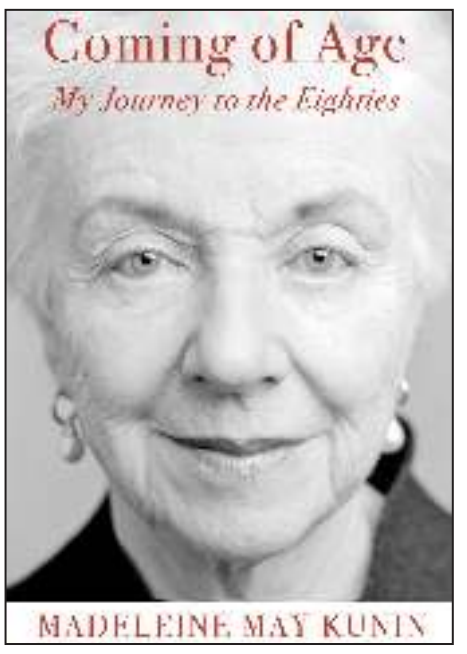
A Gentleman in Moscow by Amor Towles

Adams told me, "This was one of my favorite books of the year. I had never heard of this author before but started reading it because several people, including my daughter, recommended it. I was hooked after 30 pages. All the action takes place in one venue, the Metropol, a grand hotel where Count Rostov is under house arrest during and after the Russian Revolution back in the beginning of the 1900s. The characters are so uniquely pictured, the plot is low-keyed but intriguing, and the outcome, at least to me, was a surprise. It's a book that needs to be savored, slowly."

Martha Laing

Exit West by Mohsin Hamid

"One of my favorite books for 2018 is Exit West by Mohsin Hamid," wrote Laing. "Although the plots of his novels are always interesting, I'm most taken by his spare writing – every word counts. In this book, a young couple navigates a love affair against the backdrop of an unnamed, disintegrating war-torn city. Hamid's descriptions of how their daily lives are gradually affected by the rising violence is chillingly realistic. The couple's evolving relationship and varied experiences as refugees are equally well done, and the touch of magical realism just right."



Marijke Smith

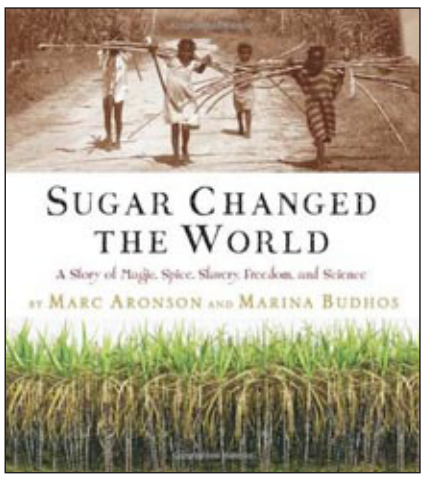
Coming of Age, My Journey to the Eighties by Madeleine Kunin.

Smith chose this memoir by Vermont's three-term governor who also served as US deputy secretary of education and ambassador to Switzerland. Smith said, "This is a very personal story about growing old, not about Madeleine's career. She writes honestly about her personal experience, first as she witnessed her own parents age and now as she herself is reaching her eighties."

Michael Chiarella

Oryx and Crake by Margaret Atwood

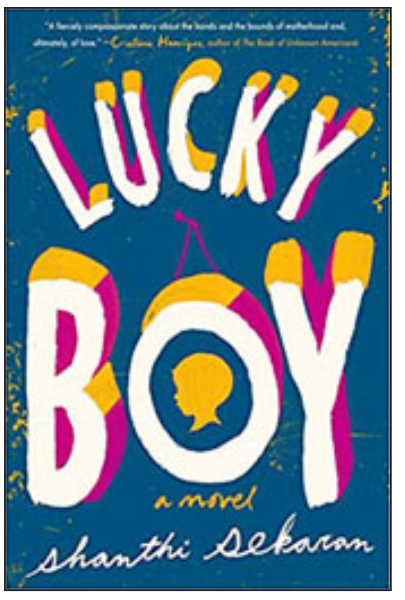
Chiarella said, "I've been reading more this year than in the past. My favorite book so far has been Oryx and Crake by Margaret Atwood. It's a dystopian tale where things go from bad to worse. There is a love story, genetic engineering, and catastrophic climate change. The best part is that it is the first book of a trilogy so there is much more after this one."



Michelle Carter

Sugar Changed the World, A Story of Magic, Spice, Slavery, Freedom and Science by Marc Aronson and Marina Budhos

Carter wrote, "This is a book I reread in 2018, and it's as timely today as when it was first published in 2010. It does far more than chronicle the history of sugar. It relates how the sugar industry changed the very fabric of society throughout the world. Even after years of slavery, a civil war, years of Jim Crow laws, and the Civil Rights Movement, the effects of sugar and the industry that developed to produce it, are still felt on American society. Filled with personal stories, drawings, photographs, maps, and diagrams, the story of sugar is told chronologically, so the reader can see how the industry developed and better understand the effects on people throughout the world. It is hard to believe that one plant can have had such an impact on the way society functions, but this book makes thecase that sugar did indeed change the world."



Rebecca Mueller

Lucky Boy by Shanthi Sekaran

The novel follows two women: young Solimar who has illegally crossed the U.S. border from Mexico and discovers that she is pregnant and Kavya Reddy, (daughter of Indian immigrants and a successful chef) who desperately wants a child but has not been able to carry one to term. Solimar finds employment as an undocumented maid for a well-to-do couple in Berkely, CA and gives birth to a boy, Ignacio. When Solimar is apprehended by ICE (Immigration and Customs Enforcement), her child, as a U.S. citizen, is turned over to foster care with Kavya who becomes attached to Ignacio and begins an adoption request. In the meantime, Solimar fights for the return of her son.

Sekaran's well-researched novel delves into the horrors an illegal immigrant faces trying to enter the United States (people—smuggling coyotes, drug smugglers, extortionists, hunger, thirst, exposure, violence), the difficulty in remaining undetected by the authorities, the exploitation of undocumented workers who do the work no American citizen wants to do, the unequal treatment of immigrants depending on country of origin, and the extensive human rights abuses of people held in ICE's profit-based private detention camps. At the same time, she beautifully explores the emotional depth of motherhood and the intense love that bonds mother and child. The writing is elegant, the story poignant, and the plot timely.

L.J. Kopf

Many: The Diversity of Life on Earth written by Nicola Davies and illustrated by Emily Sutton

"Nowadays, a lot of the reading I do is picture books for my granddaughter. Some very fine books are being created in that genre, but Many: The Diversity of Life on Earth, written by Nicola Davies and illustrated by Emily Sutton, is exceptional. Davies is a zoologist who has written other wonderful books for children. This one is personalized by a clipboard carrying a young girl observing a vast array of flora and fauna all over the world. Information is simply presented with additional facts layered into the narrative for further exploration.

Emily Sutton's brilliant watercolor illustrations are spectacular. Densely packed eco-systems are radiantly portrayed, vividly evoking the multiplicity of life on Earth. Sutton's energetically rendered drawings have a spirited essence that is absent from the CGI (computer generated imagery) type illustrations you find in so many contemporary children's books.

Of course a book that celebrates life on Earth has to make note of the human abuse of our environment. After a few pages depicting destruction and showing a chart of some extinct animals, Davies ends the book with the upbeat, 'Humans are part of the pattern, too, and we need to make sure it stays big, beautiful, and complicated.' "

Beth Sumner

Cloudstreet by Tim Winton

"This book was such a breath of fresh air for me," said Sumner. "I felt transported by the poetic descriptions of the Australian countryside, the unconventional characters and the language they used, and the engaging story line. Tim Winton portrays two families with honesty and understanding-- somehow managing to show each character's quirky personality without judgment or description. Reading this book lets you feel like you have visited Australia and experienced the psyche of the people there."

Zachary Mitchell

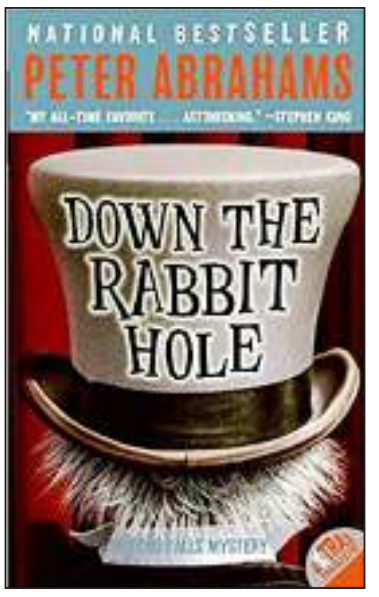
The Seventh Most Important Thing by Shelley Pearsall

Mitchell, a fifth grader at Camels Hump Middle School, wrote to me about his favorite book. "It's about a boy named Arthur Owens. At the beginning of the book Arthur throws a brick at an old mans head." Arthur gets sentenced to juvie, but "the old man decides that a better punishment would be for Arthur to work for him and collect junk out of trash cans to help him with an art project he's doing." The seven most important things are glass bottles, foil, cardboard, pieces of wood, lightbulbs, coffee cans, and mirrors. The book is inspired by folk artist James Hampton. One of the things Mitchell especially likes about the book is that "the project is in the Smithsonian's American Art Museum in Washington D.C. and you can visit it today!"

Kingston Cherry

Down the Rabbit Hole
by Peter Abrahams

This first book in the Echo Falls Series is fifth grader Kingston Cherry's pick for her favorite book. She explained to me that the book is about Ingrid, a middle school girl who loves to solve mysteries. Ingrid is trying to follow in the footsteps of her hero Sherlock Holmes, and as she pursues clues, she thinks



about lines in Holmes's books. Cherry said that Ingrid understands that a seemingly small thing can be an important detail to solve a crime. She said she chose this book because, "I like mysteries. And I like how Ingrid thinks she's found a clue and will pursue it for as long as ten chapters only to discover she's been following the wrong path." But, in the end, Ingrid figures it out and heads off in the right direction to solve the crime.

Wendy de Forest

Mama Lion Wins the Race written and illustrated by Jon Muth

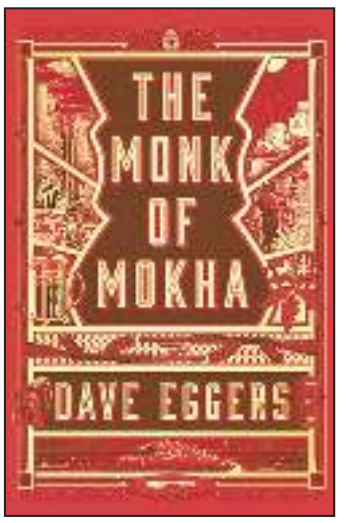
De Forest said, "Mama Lion Wins the Race was published in 2017, but it was one of my favorite picture books to recommend to young families this year. There is so much to like. First of all is the size. The book is large with colorful, whimsical water-colored illustrations that stretch right off the page, but with plenty of white space around the text to make reading easy. Every page deserves to be lingered over as the story unfolds in both word and image. I also love the story which tells of Mama Lion and Tigey on race car day. As the race progresses there is excitement and silliness which will keep a child on the edge of their seat, but adult readers will love sharing the observations that Mama Lion makes along the way and the perfect resolution for every one in the race at the end.

Larry Hills

The Monk of Mokha by Dave Eggers

Hills told me, "The Monk of Mokha by Dave Eggers follows a young Yemeni-American, Mokhtar Alkhanshali, as he pursues his dream of making the low-quality coffee from Yemen, where the magical beans were first discovered, into the world's best brew while lifting coffee farmers out of poverty. At the beginning, Moktar knows nothing about coffee growing, processing, or distribution and not a lot about the country his family came from, but despite all that—and his lack of money to invest in his own project—and the outbreak of a vicious war in Yemen, he does it. The beans he taught his Yemeni partners to produce is so fine that some of us are willing to pay $17 per cup for it, the most expensive brewed in America."

I admired Mokhtar's determination, resilience, and dedication to raising the quality of Yemeni farmers' lives as well as the quality of their coffee beans.



Debbie Worthley

Snow Child by Eowyn Ivey

"This is a simultaneously tragic and uplifting tale, set in the Alaskan wilderness, wrote Worthley. "Jack and Mabel have moved to Alaska as homesteaders in the 1920s to try and get on with their lives and away from the memory of their baby who died at birth. They are deeply unhappy due to their personal loss and now they face a harsh world. In the course of their

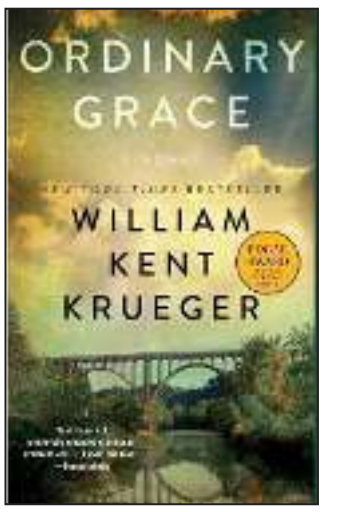
settling into their new world, a fantasy "snow child" emerges from the woods, apparently evolved from a snow child that Jack made out of snow. They name the snow child Faina as she keeps reappearing in the woods around their humble house, seemingly tantalizing them. Is she real? The author's description of her and the setting certainly make her seem real. Is she a miracle that has come into their lives as a result of their attempt to escape their personal loss? The story pulls you along as a believer and non-believer at the same time."

Leta Watkins

Ordinary Grace by William Kent Krueger

This stand alone novel is not one of Krueger's Cork O'Connor crime books for which he is famous.

Although I read this book earlier this year, the characters linger in my heart, as well as the bits of wisdom and spiritual truths sprinkled throughout. The story is told through the eyes of Frank Dunn, a 13-year-old boy, but told by him 40 years later in hindsight.



Frank grows up way too quickly this one summer in the '60s when there are three tragic deaths shaking his small town in Minnesota. Accident-Nature-Suicide-Murder. The boy and his sidekick younger brother are running wild and free, everywhere spying on adults trying to understand their behavior and conversation. They know too much but keep secrets about what is going on in this town.

Krueger masterfully gives us an understanding of the complexity of human nature through the experiences of Frank's father, the local minister. The story builds to a complex climax when the unexpected culprit of the murder of Frank's sister is finally revealed. The thought provoking sermon Frank's father gives at his own daughter's funeral shook me to the core, and I wanted to read and reread it several times. Although the subject of this work may be dark and dismal, there are bursts of humor and bright light given to us throughout.

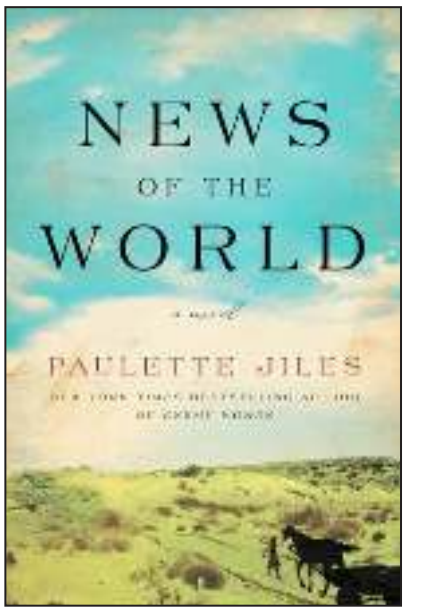
Jane Vossler (Me)

News of the World by Paulette Jiles

It's just after the Civil War in northern Texas. Captain Jefferson Kyle Kidd is an aging news reader who travels from town to town reading aloud his personal selections from a variety of newspapers to an audience who pay 10 cents each to attend. It's interesting to see what he chooses to read and why.

Johanna is a ten-year-old orphan who was kidnaped by the Kiowa and spent four years with them before being rescued by the U.S. army. Captain Kidd has accepted a fifty dollar gold piece to return her to her relatives in San Antonio. Together they travel 400 miles through a treacherous wilderness. Johanna has forgotten how to speak English and is angry at being torn away from the natives who are all she knows of family. She has no interest in being "civilized" and rebels every chance she gets. This novel proves rich and satisfying as the reader watches these two lonely people slowly learn to trust and care for each other as they fight off enemies together. The tenderness of their relationship captured my heart, and I could happily read this book again.

Happy Reading!



Richmond New Town Manager

by Heather Caldera

The Town of Richmond has a new Town Manager. Geoffrey Urbanik has moved on to work in Colchester and Josh Arneson stepped in. Familiar with Richmond for many years as a Bolton resident with children in Richmond childcare and schools, Arneson and his family are now in Richmond.

Arneson comes to the Town Manager position from his experience working at Bolton Valley Ski Resort and as a Selectboard member in Bolton.

Arneson began in November after a temporary Town Manager had been in that position. This time of year is a busy one, as the budget development process is in full swing. Arneson has been working on the budget, line by line, meeting the Selectboard members, and all the commissions to begin preparing the new budget.

The last Town Manager left a timeline of projects that were ongoing, and Arneson says that he appreciates the excellent staff and well versed board that have been working with him to make this transition as smooth as possible. Arneson reports his impression so far, is that Richmond has an active and involved community, which has been helpful to the Selectboard and Town Manager.

Becoming a Town Manager is a career shift for Arneson, one he says he, "has been interested in a long time." Arneson says that he is excited to get into the details and nuts and bolts of how the town works, "drilling down into the details in a way that a full-time job and part-time Board membership did not allow."

On top of all the budget work, there are some other urgent priorities being focused on. The Town is still searching for a new Police Chief, there will be a new town forest committee, and Arneson spoke of the recent report submitted by an engineering firm that the Town had hired to review improvement needs. The Selectboard has been briefed and decisions around action steps will be looked at by Boards, Committees and citizens.

The Town Manager would like to encourage interested citizens to become involved. Boards are always looking for members, and coming to a Town Meeting or Selectboard meeting to ask questions or make comments is important. If you cannot make a Board Meeting "come in to talk to us."

Arneson says,"Geoff had a great staff of people here, dedicated and knowledgeable, with deep understanding of the town and its policies. There is a lot of expertise in the building."

Huntington School

continued from page 9

c) Shall supplant the Huntington School District pursuant to 16 V.S.A. ch. 11 on July 1, 2019, except that the Huntington School District shall remain in existence after that date for no more than six months for the sole purpose of completing any audits or any other task that the unified union school district is legally unable to perform.

In the end, this reporter found irony in the conclusion section (page 29) where it states:

"Due to structural variations and geographic anomalies, some existing school districts cannot merge to form a unified governance structure unless they or their neighbors choose to change their current operating and tuitioning structures. Only the voters have the power to make those decisions, however. Such changes are outside the authority granted to the State Board in Act 46."

There is an informative map which shows each district and the type of action expected to take place based on the State Board of Education's Final Report of Decisions and Order of November 28, 2019.

There are several legal challenges underway, including the Huntington School Board's challenge and one from a statewide group of school districts resisting merger for legal, local governance, quality of education and community integrity reasons.

The proposed actions of the Huntington School Board, possible legal steps and actions related to producing a draft FY 20 budget, whether a merger occurs or not, are part of the agenda for the 12/11 meeting.

You can find the full PDF Final Report … as well as the map and a spread sheet of decisions at: https://education.vermont.gov/sites/aoe/files/documents/sbe-act46-final-report-order-statewide-school-district-merger-decisions.pdf

Map Data Spreadsheet: https://education.vermont.gov/documents/sbe-act-46-report-and-order-district-map-data

Map PDF: https://education.vermont.gov/sites/aoe/files/documents/sbe-act-46-report-and-order-district-map.pdf

A printed copy of the Final Report and Map are at Beaudry's Store. And, the latest issue of Seven Days (December 5-12, 2018) features a special report on Small Towns and Big Issues (including the impact of Act 46 in some communities) If one sees the relationship, one might also gain a great deal of information about rural communities and their survival in the face of the baby boom bust, loss of schools, closing of local stores, loss of farms and more of what it may take to keep communities healthy and vibrant.

The Huntington School Board, at its meeting on December 11, 2018, approved legal counsel filing all appropriate legal challenges to forced merger by the State Board of Education.

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Holiday Hazards for Your Pets

by the Vermont Veterinary Medical Association

Erin Forbes, DVM, Mountain View Animal Hospital

The holiday season has arrived and brings not only celebrations, presents, and decorations but also concerns for pet safety. There are many dangers to be aware of as you begin to celebrate this year. These includes specific types of plants, certain foods, and even decorations.

Chocolate is in great abundance during many holiday celebrations and is a well-known toxin. If ingested it can cause mild signs, such as vomiting and diarrhea, but can also cause more serious signs such as seizures and even death. The stronger the chocolate, the more serious the ingestion can be--eating baking cocoa is more serious than eating milk chocolate. Keep chocolate away from anywhere your pets may get it and call your veterinarian right away if your pet does eat some. They can generally help determine if the amount eaten will cause issues.

Grapes and raisins are used in many holiday recipes and if given to a pet can cause kidney failure and even death. Make sure to not feed your pet any holiday sweets with raisins or grapes in them and remind your guests they are toxic to pets. The specific toxin in grapes has not been identified yet so any ingestion is cause for concern.

Tinsel is a common decoration used on many a Christmas tree, but this shiny item can cause a problem if ingested, specifically in cats. The long thread type material looks like a toy to a cat and if the cat eats it, it can get stuck in the stomach or intestines, requiring emergency life- saving surgery.

Xylitol is a sugar alternative found in low-fat sweets, gums, peanut butter, and even recipes. Xylitol can cause an animal's blood sugar to drop which may make your pet have a seizure. It can also cause severe damage to the liver. Not all pets survive xylitol ingestion and those that do require intensive care and hospitalization.

There are many plants we see during the holidays that can cause issues with pets. Lillies are extremely toxic to cats and cause kidney failure, so keep those out of their reach. Holly and mistletoe can cause vomiting, diarrhea, abdominal pain, and in very rare cases, seizures and death. Poinsettias are actually not that toxic, despite the hype, and generally just cause mild GI upset. It is a good idea to keep plants in places where pets cannot get to them and chew them.

Some holiday hazards are overlooked, including open flames and electric cords. During the holiday season many people light multiple candles and put them in places pets, especially cats, can reach. If a pet comes into contact with an open flame fur can quickly set on fire, causing burns and potential lung damage. Consider keeping candles in places your pets cannot get to them or using decorative candle shades. Many people will also use decorative lights inside and outside their house, which means there will be electrical cords in many places. Puppies and kittens are curious and may chew on them, which can cause fluid accumulation in the lungs from electric shock. Keep wires taped down and use protective cases when possible.

These are just a few of the holiday hazards facing our pets this season. If you have any concerns or questions about your pets and the holidays, please contact your veterinarian. If your pet eats something and you are not sure if it is toxic call your veterinarian office or poison control right away.

The Vermont Veterinary Medical Association (VVMA), founded in 1898, is a professional organization of 370 veterinarians dedicated to compassionate animal care and quality medicine.

Night Tree to Perform

The multi-traditional music ensemble Night Tree will make an appearance as a part of the P.M. Sundays concert series on Sunday, January 13, at 4 pm, at Richmond Congregational Church.

Their instrumentation includes two fiddles, cello, accordion, saxophone, percussion and the occasional mandolin and viola that allows them to delve into music that is drawn from Irish, Classical, Swedish, Jazz, Klezmer and Afro-Cuban origins.

Tickets are $20 in advance and $23 day of show. Seniors (65+) and children 16 and under are $15. For more information about this concert and Valley Stage events: www.valleystage.net or contact Don Sheldon at 434-4563 or don@valleystage.net

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Preventing leaks:

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811 DigSafe MA ME NH RI VT

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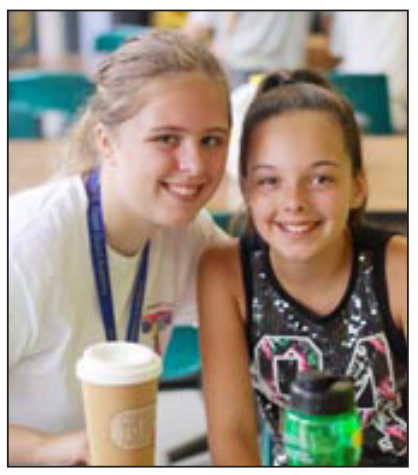
Personal Essay

A Person Who Makes a Difference in Our Community

For one month in the summer I do the same thing for sixteen days.

For those sixteen days I work at, in my opinion, the most amazing place of transformation in the world: Our Community Cares Camp. Every day it's the same thing; play with the kids, get breakfast at camp, do campfire, play some more, get lunch, then get them on the bus, clean up, and go home. While I would love to talk more about this amazing camp; that's not subject of this essay. I am writing about a person who has been a part of this camp for a few years now, and honestly helps brighten my day with her joyfulness, warm heart, and really great stories of her journey through life. That person is Cathy Laurita, also known as Kiki.

Kiki is one of the kindest and sweetest people you could ever meet. For a short little woman with short blonde hair and glasses, she has such a big heart. She is always willing to help out a friend. At camp she is known as our "foster grandparent", meaning when a camper needs a break, they go visit Kiki. Sometimes we even find ourselves in the situation that the kid doesn't really know why they are upset, they just are. Or sometimes we are in that situation where they know why they're upset, but as counselors we don't understand what there is to be upset about. Kiki has a way to approach the kids when they have their walls up and won't let anyone through. By that I mean, sometimes, they don't want our help getting out of their grumpy mood. Kiki gives them her undivided attention, even when she may have more than one little friend with her at one time. I wish I knew how she does all of this, but that remains a mystery. I have however seen the transformation in the camper's behavior after they had some Kiki time, and it's as clear as night and day. Think of this way: picture your kid is driving you insane, they're not listening to you, and their being an absolute little thorn in your side. Now think of them being the complete opposite of that, where they're happy, sweet, and isn't giving you attitude. Well that's what Kiki does. She takes are kids who are being those little thorns; and transforms them into the sweet kids that we know they are. I swear every time that happens all of the counselor's jaws drop to the floor. She also finds ways to help kids with broadening their social skills like helping them see the value in sharing. Kiki has taught me more about the value of sharing as I have watched her work her magic at camp.



Above, Kiki plays a fast hand of Go Fish with a camper. Below, Kaitlin Scherber and friend. Courtesy photos

Kiki helps the counselors relax as well as the campers. She's there to listen to us as we talk about some of the stress of job. Whether it's in her own home, or someplace else, Kiki is always there to listen. I remember one day in particular. I was near her house and I decided to stop in and say hi. For what was originally going to be a quick hello, ended up being a few hour session of me talking about some of the "job stresses" I was dealing with. Kiki was there and listened to my every word as I hashed out what was ultimately my breaking point. When I was finished talking she said to me; "You seem lighter now then when you first walked through the door." The truth is, I was. I was dealing with some stress that was eating me up inside, and she was a sounding board for me, and helped me get through something. I'm so grateful that she gave me a chance to breathe while also providing me with her advice. Something Kiki does is she provides advice on how to alleviate some of our stresses; even if it's just the friendly reminder to just breathe, something I think we can all admit that we need to remind ourselves sometimes. She looks out for all of us, and is always willing to lend an ear or a helping hand. Whether it's telling her about your day, or helping out with a camper, she's there. Without Kiki by our side, many of us would struggle and wouldn't be able to fly.

One thing that is mind boggling to me, is Kiki always says that she never knows what it is that she does at the camp; the answer to this is many things. To me Kiki is a saint. She is there when counselors and other staff members are stressed out and has a way of just relieving some of our tension by giving us a smile or a pat on the back. She has a way of approaching kids and other adults or teens and making us feel better about ourselves and our peers. She's an inspiration, and i'm honored to say she has inspired me to get an additional endorsement for special ed when I go to study elementary education at Castleton University.

Part of the reason to get the endorsement is: because it will guarantee me a job, I'm not going to lie I do like that part; but really by seeing how she makes a difference in these camper's lives by getting in their mindset better than the rest of us because we are watching other campers, it has made me realize that I don't want any kid I teach to feel lost in class, or to feel like they're alone and no one understands how to help them. For she has given me hope that kids who may be having a hard time with something, can have help from an adult to help them fly. You help these kids fly Kiki, something without you they may never be able to achieve. Not only that you have helped me learn how to fly too, and i'm so grateful for the inspiration you have become for me. Thank you Kiki, you make a difference.

(Kaitlin Scherber is a 2018 graduate of MMU. She was a camper, and intern, and has been a counselor for three years at Our Community Cares Camp. Catherine Laurita (Kiki) is the camper resource specialist – someone who can spend some quality time with campers who feel overwhelmed or who are having an off day. She adds a real richness to OCCC and is well loved by campers and staff.)

TALK ABOUT IT

It's never too early—or too late—to start the conversation about alcohol and other drugs with your kids.

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News from Area Churches

Richmond Congregational Church

Rev. Katelyn Macrae, 434-2053

The Challenge of Christmas Peace One hundred and four years ago this month, in December 1914, during the height of WWI, French and German soldiers along the Western Front put down their weapons, came out of their trenches, and celebrated a Christmas Truce. It was not an order that came down from on high – in fact the truce sadly ended when the generals found out and ordered the soldiers to go back to fighting. But how it started is quite amazing.

Across their differences, the soldiers recognized they were in an intractable situation. The truce started with breakfast weeks before. Leading up to Christmas Day, the late November was very cold and bitter and life in the muddy trenches was horrible. Rats attacked the food rations and the corpses. The soldiers were continually firing at each other across the No Man's Land. But they also had to eat. One side would stop firing long enough to eat their breakfast. The other side heard that the enemy had stopped firing, so they decided to as well. This pattern went on– sides pausing for something as common as sitting down and eating breakfast.

This pattern grew so that, by Christmas, there was an almost day long Christmas Truce. One side would raise a Chinese lantern as a sign of peace. Each side was able to venture out into No Man's Land to collect and bury their dead. And they were also able to celebrate. There are stories and pictures of soldiers sharing cigarettes and brandy and lighting candles on small tabletop Christmas Trees which the German Army had sent to all their units. There is even some soldier's letters that tell of informal football games and signing carols together. The soldiers recognized the humanness of their fellow soldier in the other trench.

I wonder what lesson there might be for us today in the story of the Christmas truce of 1914. There is so much that can divide us – culture, language, religion, national boundaries. But there is so much more that can unite us. As people on the ground, like those WWI soldiers, we ought to recognize and model humanity to all people this Christmas.

Throughout the Advent Season our church is creating a Welcome Inn for our Christmas Eve Services. The Welcome Inn in Bethlehem is a place where all will find welcome and rest. No one will be sent to the stable. It is important for us to model spaces of welcome and inclusion in a world that seems to thrive on division. So this Christmas, I invite you to think of the small ways that you can help recognize the common humanity of others – it might start with something as simple as breakfast!

Merry Christmas and a Happy New Year!!!

Sunday, December 23, 10 am: Love Sunday worship service and special offering for The Christmas Fund

December 24, 5 pm: Christmas Eve Family Candlelight Service

December 24, 8 pm: Christmas Eve Candlelight Service with Choir

Sunday, December 30, 10 am: Worship Service and Carol Sing

Sunday, January 6, 10 am: Epiphany Worship Service with Communion

Socks for COTS Tree Throughout December, our Deacons will be collecting new, warm winter socks for men, women, and children for COTS Homeless Shelter in Burlington. Please drop donations off during the week or on Sunday mornings.

Huntington Selectboard

continued from page 6

Ethan Mauer, Chittenden County Regional Director of Vermont Adult Learning (VAL) gave a presentation, after VAL's request to the Town for funding assistance. VAL is a GED testing site, and provides literacy and numeracy services as well as a very large English language-learning program, Mauer said. Its main office is located in Burlington. All services are offered for free. Historically, Mauer told the Board, VAL has not done a big appeal to towns, but its new executive director wanted to reach out. The money would be used for student transportation; the agency provides bus passes. Barton asked how Huntington would be served. "The demographic is 16-to-21-year olds," Mauer offered, "The numbers of those served from Huntington has varied. " (The Board later voted to not fund the request.)

The Board looked at the Internal review of Draft Professional Audit Documents. The Board considered questions to submit to the Professional Auditor from Fothergil, Segale and Valley CPAs prior to her visit at the December 17 meeting. Inquiries about the acceptable level for municipal debt service, and whether the Town needs a written deposit and investment policy were included.

Helen Keith came to discuss her written request for Board consideration of filming Selectboard Meetings. According to Keith, video filming the Huntington School Board meetings, "Has worked out very well for those who do not want to or cannot go to the evening meeting." North East Addison Television/Channel 16, (NEAT) does the filming for the Huntington School Board. Barton asked what the set up would be with the camera. Keith told Barton, "One camera in one spot." Huntington School Board Chair Paul Susen said having the meeting taped allowed him to review past meetings accurately. The filming cost per meeting adds up to over $2000 a year. NEAT has offered to film 2 meetings for free to see how it looks. Barton told Keith, "Money is a factor, we are looking to reduce the budget, not add. Also, folks are apprehensive to have frank discussions, and folks coming in to the meeting might feel self conscious." Susen responded, "The filming of the meetings has not been distracting." Barton concluded, "Could be presented as an article at Town Meeting, if not included in the budget." Barton said the Board would arrange to have the two free tapings.

Town Clerk Heidi Racht and Susen proposed Town Meeting be scheduled first on March 5, 2019 rather than after the Huntington School Board Meeting, as is currently planned. A forced merger will mean that from FY219-2020 onward, there will be no local school district. All Board members agreed to the switch, providing this is legal since the article to schedule the School Board meeting before Town Meeting on alternate years was approved by voters in 2014. (It will not be switched.)

The Board conducted a top to bottom review of the Caprital Plan and the General fund Budget at its December 10 meeting.

Road Foreman Yogi Alger clarified long-range plans for capping off roads with fabric within three years. The Board requested that Alger, Elliott and Ogilvie develop a Stormwater and Gravel Roads Capital Plan.

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Calendar of Events

FIRST & THIRD TUESDAY: Free car seat inspections, Richmond Rescue, 216 Railroad St., 9 am to noon. Call Mike Chiarella: 434-2394.

FRIDAYS: Volleyball during school year, CHMS, 7 pm to 9 pm. looking for new players, $10 per year. Just show up. Richmond McCauley, 434-3798.

3RD THURSDAY: Shelburne Vineyard Unfiltered Wine and Poetry Series, begins at 6 pm. Opportunity for poets and poetry lovers to gather to read and listen. All poets, genres and topics welcome. Wine available in the Tasting Room. Free, no reservations necessary. Information: shelburnevineyard.com or Shelburne Vineyard on Facebook, 985-8222.

1ST THURSDAY: Essex Art League meeting, 9 to 11, Essex Junction Congregational Church, Rt. 15. Business and social time, and features a guest artist presentation. Calendar: www.essexartleague.com

FIRST FRIDAY: Free yoga class. 7 pm to 8pm www.balanceyogavt.com

SUNDAYS: KarmaYoga class time has changed. 10:30 am to 11:30 am, Balance Yoga. $5 plus a non-perishable, non-expired item or two for Richmond Food Shelf (or $10 without food item). www.balanceyoga.com

SATURDAYS: Story Time, Phoenix Books, Burlington, 11 am, 191 Bank Street, downtown Burlington. Free. Information: www.phoenixbooks.biz or 448-3350

2ND TUESDAY: Champlain Valley Prostate Cancer Support Group, 6 pm to 8 pm, Hope Lodge, 237 East Ave, Burlington. Mary L. Guyette RN, MS, ACNS-BC, 802-274-4990

DECEMBER 23: Join Social Band singing a repertoire combining ancient and modern-day songs and carols to honor this season - rich with the contrasts of light and dark, outer cold and inner heat. Join us for this contemplative and celebratory evening of song. 3 pm, Richmond Free Library.

JANUARY 12: Addison County Sugarmakers Association's 2019 Addison County Maple Seminar, Middlebury Union High School, Middlebury. Information for this event, which features several workshop sessions and a trade show, may be found at www.addisoncountymaple.org.

JANUARY 19: 2019 Vermont Maple Conference. School for International Training Graduate Institute, Brattleboro. Co-sponsored by University of Vermont (UVM) Extension and the Vermont Maple Sugar Makers Association (VMSMA). $10 for VMSMA members, $40 for non-members and $5 for students. Lunch is available for an extra $15, or participants may bring their own. Several workshops in five tracks: maple production and innovation, maple business management, regulations and maple, sugarbush health and marketing and media. Online registration closes the Monday prior to each conference, and although walk-ins will be accepted, lunch is not guaranteed. To request a disability-related accommodation to participate: Amanda Voyer at (802) 858-9444 by Jan. 2. www.vermontmaple.org/maple-conferences.

JANUARY 26: 2019 Vermont Maple Conference, Lamoille Union Middle School, Hyde Park (736 VT Rte. 15). See January 19 for details.

Regular Meetings

SELECTBOARD:
Huntington: 1st & 3rd Mondays, 7 pm, Town Office (downstairs).

Richmond: 1st & 3rd Mondays, 6:30 pm, Town Center

SCHOOL BOARD:
Huntington: 2nd Tues, 6:30 pm, Brewster-Pierce School.

MMMUSD: 1st & 3rd Monday of the Month, 6:30 pm, Meetings will rotate amoung the MMMUSD schools. Check the website for specifics: www.cesu.k12.vt.us.

PLANNING COMMISSION
Huntington: 2nd & 4th Mon., 7 pm, Town Clerk's Office.

Richmond: 1st & 3rd Wed, 7 pm, Town Center

DEVELOPMENT REVIEW BOARD
Huntington: 2nd Tues., 7 pm, Town Office

Richmond: 2nd & 4th Wed., 7 pm, Town Center.

WATER & SEWER COMMISSION
Richmond: 1st Mon., Town Center

SCOUTS
Richmond: Cub Scout Pack 646 meets 7-8 pm, last Wednesday of the month, CHMS music room pit.

Huntington: Cub Scout Pack 645, Sundays, Brewster-Pierce School, Matt Plumer (chewiecbr@gmail.com).

CONSERVATION COMMISSION
Richmond: 2nd Tues, 7 pm, Town Ctr

Huntington: 2nd Thursday, 7 pm, Huntington Public Library.

RECREATION COMMITTEE
Richmond: 1st Tues, 7-9 pm, Town Center Mtg Room

Huntington: 1st Tues, even months, 7 pm, Town Clerk's Office.

RICHMOND TRAILS COMMITTEE
Richmond: 3rd Tues, 7 pm, Town Center Meeting Room

RICHMOND LAND TRUST First Thursday . Monitor Barn Annex. All are welcome. Dan Martin, (4231).

CSWD **Richmond Drop-Off Center**
Open all year Tuesday, 8-3:30; Thursday, 9:30-5; Saturday, 8-3:30. Located on Route 117 (80 Roger's Lane). 872-8111.

TOWN HALL COMMITTEE
Huntington: 4th Thursday, 7 pm, Huntington Town Hall.

LIBRARY
Richmond: Trustees, 1st Thursday in January, March, April, June, September & November, 6:30 pm. 434-3036.

Huntington: Library Board, 4th Tues, 6:30 pm, Huntington Public Library, 434-4583

HUNTINGTON ENERGY COMMITTEE
3rd Tues, 5:30 pm, Town Office (downstairs)

COMMUNITY GROUPS
Beacon Light Grange: For information, call Master Darceline Lewis-Wedge at 482-2532.

Hale and Hearty Seniors Club: 2nd Wed. Holy Rosary Parish Hall, 6 pm., Sept.-May.

HHCT (Huntington Historic and Community Trust): 1st Thurs, Huntington Public Library, 7 pm. All are welcome to attend.

Howl Women's Land Monthly Business Meeting, 2nd Sunday of each month. 10 am. All women welcome 434-3953.

Prostate Cancer Support Group: Meeting Location: Hope Lodge, 237 East Ave, Burlington, second Tues each month, 6 pm to 8 pm.General discussion and sharing among survivors and those beginning or rejoining the battle. Mary L. Guyette RN, MS, ACNS-BC. 802-274-4990.

Richmond Community Band (RCB) Richmond Community Band rehearsals 7 pm to 9 pm. Mondays at Camels Hump Middle School. All band instruments are sought. Info: 434 2972.

Huntington Playgroup Fridays, 10 am, newborn through preschool (with older siblings welcome) Residents from any town are welcome.

Learn Gardening Know-How

Do you like to garden, but want to know more? You can grow your knowledge of home horticulture by enrolling in the 2019 University of Vermont (UVM) Extension Master Gardener online course. Classes start January 18 and end on May 10.

Registration is now open for the 16-week non-credit course designed to enhance your knowledge of vegetable and flower gardening, sustainable landscaping, lawn care, insect and disease problems, composting, rain gardens and a host of related topics. You may either participate in interactive webinars with live Q & A sessions on consecutive Thursday nights from 6 pm -7 pm or watch the archived recordings. You will need basic computer skills as well as be willing to spend approximately four to six hours a week on course work, assignments and quizzes.

For information or to register: www.uvm.edu/mastergardener. The registration deadline is Jan. 16. Contact Beret Halverson at 656-1777 by Dec. 21 to request a disability-related accommodation if needed to participate.

Worship

Community Church of Huntington: Sunday morning Worship 9 am. Communion:1st Sunday. Senior Luncheon 3rd Tuesday (434-3155). Pastor Larry Detweiler (revdets@gmail.com or 989-2679).

Richmond Congregational Church, United Church of Christ: 20 Church Street., 434-2053. Sunday Worship with Sunday School, 10 am.

Our Lady of the Holy Rosary Roman Catholic Church: Religious Education Classes: Sat. 9-10:15 am, CHMS, Richmond. Sacrament of Reconciliation: Sat. 3:15 pm. Masses: Sat.4 pm,Sun.8:30 am.

Community Alliance Church: 190 Pond Road (overlooking CVU), Hinesburg. Sunday, 9 am, Sunday school for all ages, with adults and teen electives; Scott Mansfield, 482-2132, www.hinesburgcma.org

Jericho United Methodist Church: Rte. 15 in Jericho Corners. Sunday Worship and Church School 9 am winter and summer; Bible/Prayer Study Tues 7:30 pm. Rev. Kirk Thompson, 899-4288.

Jericho Congregational Church: on the green in Jericho Center. Pastor David Coons. Youth Pastor Glenn Carter. Sunday services: 8 am & 11am. Nursery care provided; Sunday school for all ages, 9:30 am. Fellowship, 10:30 am. Sunday Youth Group: 6:15 pm. 899-4911; www.jccvt.org

Good Shepherd Lutheran Church: 273 VT Rte 15 (near Browns Trace Rd) Jericho, 899-3932, Rev. Arnold Thomas, pastor. Worship Service: 9 am (nursery care provided), Sunday School & Bible Study: 10:30 am. www.goodshepherdjericho.org

Mount Mansfield Unitarian-Universalist Fellowship: 195 Vermont Route 15, Jericho, (the red barn across from Packard Road) 9:30 am services second and fourth Sunday (September to June). All are welcome.

Episcopal Gathering in the Jerusalem Schoolhouse (behind the Jerusalem Country Store, South Starksboro, Rte 17). Holy Communion Service 9:30 am first and thirds Sundays. Rev. Molly Bidwell, 453-5537.

Calvary Episcopal Church 370 Vermont Route 15,Underhill Flats. Worship service 9:30 am. Sunday morning Eucharist with supply priests or Morning Prayer at Calvary, followed by a coffee hour. Handicapped accessible. information: www.calvarychurchvt.weebly.com or 899-2326.

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Community Senior Center

Learn Something New in 2019, Part I

We often make New Year's resolutions to keep our bodies healthy. But what about keeping our minds active? Why not tap into your curiosity and find the satisfaction that comes from learning new things? Why not make a decision right now to learn something new in 2019? It could be a big something such as how to speak another language or play a musical instrument. Or it could be smaller such as to attend a one night class to learn how to cook Eritrean food. The possibilities are endless because we are lucky to live in an area where the opportunities for learning are boundless. Part 2 of this article will appear in the January Times Ink.

Here are some of the places to check dto discover what's available and to choose what you'd like to learn. Part 2 will appear soon.

1. What's happening at the Community Senior Center? Twenty programs each week are offered including art, French, bridge, pickle ball, travelogues, genealogy, memoir writing, reading plays aloud, a series on winter birds at Birds of Vermont Museum, and more. Go to cscvt.org and get on the weekly mailing list of activities and events.

2. MMU After Dark offers a small array of interesting courses. (mmuafterdark.com/)The winter session runs from January 7 to February 22. If you're interested in teaching, they are always looking for people to offer courses.

3. Interesting lectures are presented monthly at Brownell Library in Essex Jct. through Vermont Humanities Council's First Wednesdays program. On January 2, 2019 the program is American Modernism, an overview of American art from 1913 to 1949. Check out future programs at vermonthumanities.org/first-wednesdays/

4. Perhaps you're interested in learning more about the natural world. The Audubon Society (http://vt.audubon.org/events) and the Birds of Vermont Museum (birdsofvermont.org) each offer a variety of programs.

5. Check out programs at the local libraries. Maybe you'd like to join a book group. Richmond Free Library has two groups—one that discusses mysteries and a second that focuses on "mostly fiction." Huntington Public Library offers a book group, too. Also featured are two or three films each year on environmental themes. Richmond Free Library offers periodic programs and is currently offering Wild Nature Speaker Series. On January 6 , From Camels Hump to Patagonia: Who Saved the Parks Beloved by Millions? and on February 3 The Real Eastern Coyote will be featured.

Wishing you happy learning in 2019.

There is no limit to what you can learn.

—Jane Vossler

A Vermonter's Guide to Residential Solar

Edition Reflects Changes in Net Metering Rules

Since 2016, Vermonters interested in installing a residential solar photovoltaic (PV) system have relied on A Vermonter's Guide to Residential Solar, a free guidebook produced by the Clean Energy States Alliance and the Vermont Public Service Department. The guide was updated in the fall of 2018 to reflect changes in Vermont's net metering rules.

There are many ways to build and finance a solar PV system. A Vermonter's Guide to Residential Solar can help residents decide whether it makes sense for them to go solar and if so, how. The guide includes relevant information needed at different points during the decision making and installation process:

- Reasons Vermonters are choosing solar
- The physical components of a PV system
- Consumer needs, opportunities, and system design considerations
- Ways to finance a solar system
- Solar savings and incentives, including the federal tax credit, net metering, and Renewable Energy Certificates (RECs)
- Choosing a solar contractor and reviewing a solar contract
- Solar system permitting
- After a system is installed

Appendices cover questions to ask a solar contractor, a project checklist, a glossary, and other resources.

A Vermonter's Guide to Residential Solar is available as a pdf at https://publicservice.vermont.gov/sites/dps/files/documents/Renewable_Energy/Resources/Solar/consumerguidesolar_2018.pdf.

The original version of this guide, first published in 2016, was funded through the U.S. Department of Energy.

Governor's Institute Winter Weekend

The Governor's Institutes of Vermont (GIV) announces its annual Winter Weekend applications are now open. All Vermont high school students are eligible to attend. Students will explore their interests and passions from a list of ten different topics, all while having fun and meeting new and like-minded peers. Enrollment for all 9th-12th graders uns through January 15. Applications are considered on a rolling basis. Institutes fill up quickly, so students can gain an advantage by applying early. While attendance is limited to one weekend program per year, students should make a back-up selection in case their first choice is unavailable. To begin the application process: www.giv.org/apply

What's it all about? Students will be actively engaged in various topics during the two-day residential programs. Winter Weekend events will be held at Goddard College in Plainfield February 8-10 and February 22-24. Both programs start Friday evening and conclude Sunday afternoon. Arts and Humanities topics include: Digital Journalism and Ethics; Youth Leadership; Directing Theatre; Biological Illustration; Chaos Art; Songwriting Boot Camp; and Global Education and Youth Voice. STEM offerings include: Microcontrollers; Disaster Health andEpidemiology; and Neuroscience.

The programs are guaranteed to be affordable for all Vermont families. A sliding scale tuition model enables families to pay only what they are comfortable paying. In 2018, 86% of GIV attendees received tuition assistance. For more information concerning tuition and affordability, visit: www.giv.org/winterweekendtuition/.

The Governor's Institute of Vermont is an independent non-profit working in partnership with the Vermont Agency of Education, Vermont Department of Labor, VSAC, private donors, and all Vermont high schools. For more information, visit www.giv.org.

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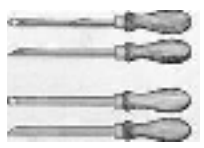

Daylilies

DAYLILIES Serenity Daylilies. Open Sundays, 11-5, when flag is out or by appointment during bloom season. Call 777-3624. Over 900 varieties this year! 2434 Huntington Road, Richmond. [10/18]

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If you would like to purchase space in the Service Directory or if your current listing expires soon (check the date at the end of your listing), write to the address for Classified Ads. Cost is $25 for 3 months, $40 for 6 months, $60 per year, .20/word for listings over 20 words. We reserve the right to edit for content, spelling and grammar.

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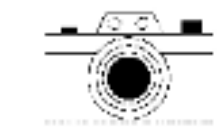

Photography

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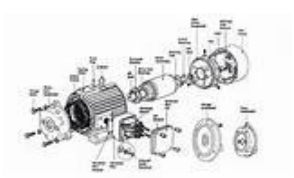

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Christmas Playlist

Contributed by Toni Basanta

This is a very special playlist with Christmas tunes that I played on Saturday, December 1, during the celebration of the 15th Anniversary of the Richmond Holiday Market, sponsored by the Western Slopes Business Association. This is my fourth participation in this beautiful celebration in my beloved hometown, and where I began hosting what has become a pleasurable duty with more than 80 episodes combining Local and International Music. As always, the possibility to play music in public is a privilege, and I am very proud of having this opportunity to support my TV CHANNEL and also to serenade the vendors and the audience: mmctv15.org or vimeo.com/mmctv

1) HAVE YOURSELF A MERRY LITTLE CHRISTMAS Knoxville Jazz Orchestra
2) HAPPY HOLIDAYS The Manhattan Transfer Vocal Quartet
3) CAROL OF THE BELLS Gordon Woodwin's Big Phat Band
4) CHRISTMAS MEDLEY Bette Middler and Johnny Mathis
5) WONDERFUL CHRISTMAS TIME Chicago with Dolly Parton
6) DECEMBER MAKES ME FEEL THIS WAY Saxophonist Dave Koz
7) JINGLE BELLS Michael Bubble and The Puppini Sisters
8) DON'T SAVE IT ALL FOR CHRISTMAS Celine Dion
9) SANTA CLAUS IS COMING TO TOWN Saxophonist Dave Koz
10) WARM LOVIN' CHRISTMASTIME Wilson Phillips
11) I SAW THREE SHIPS Chicago feat America
12) SANTA CLAUS IS COMING TO TOWN Wilson Phillips
13) MERRY CHRISTMAS DARLING Chicago featuring Bebe Winans
14) JOY (original)Wilson Phillips
15) EIGHT CANDLES (original)Saxophonist Dave Koz
16) THE CHRISTMAS SONG Wilson Phillips
17) THE PRAYER Celine Dion and Andrea Bocelli
18) COME UNTO ME Vocal Take 6
19) WINTER WONDERLAND Wilson Phillips
20) DECK THE HALLS WITH FUNK Violinist Edgar Gabriel
21) THE MERRY MEDLEY New York Voices
22) BOOGIE IN THE NEW YEAR Violinist Edgar Gabriel with drummer singer Ben Jammin Johnson
23) JOY TO THE WORLD Bebe & Cece Winans
24) JINGLE BELLS Violinist Edgar Gabriel
25) I LOVE YOU Bebe & Cece Winans
26) MY FAVORITE THINGS Yo-Yo Ma with Chris Botti
27) MY FAVORITE THINGS Al Jarreau with Kathleen Battle and Michael Brecker
28) HOLD ON TO YOU Singer Vlada with Take 6
29) I LIVE MY LIFE IN GROWING ORBITS Pianist Robert Benford Lepley featuring actress Meryl Streep (poetry recitation) and New York Voices *
30) I LIKE SUNRISE Nnenna Freelon & John Brown Big Band
31) I FIND YOU IN ALL THESE THINGS OF THE WORLD Meryl Streep
32) MAIS QUE NADA Al Jarreau
33) TAKE YOU THERE Guitarist Earl Klugh with pianist Eliane Elias and guitarist Chuck Loeb, arranged and conducted by Don Sebesky
34) FESTAS Caetano Veloso, Gilberto Gil and Eliane Elias
35) THE LITTLE DRUMMER BOYGordon Goodwin's Phat Big Band
36) THE LITTLE DRUMMER BOY Los Papines - A Family Rumba Quartet of singers and conga players
37) ALL ABOUT YOU Singer Vlada
38) THIS CHRISTMAS Singer Marilyn Scott Live
39) REJOICE ! Singer Vlada feat. Kirk Whalum (sax)*
40) MERRY CHRISTMAS BABY Singer Marilyn Scott Live !
41) CASCABEL (Jingle Bells) Hilario Duran (Cubanos en Toronto, Canada)
42) LOVE ON LAYAWAY Gloria Estefan
43) VENID ADOREMOS (O COME YE FAITHFUL) Hilario Duran (Cubanos en Toronto, Canada)
44) ALL WE NEED IS LOVE (Reggae / Christmas in Jamaica) The Big Yard Family feat. Shaggy
45) REGOCIJAD JESUS NACIO (Joy to the World) Hilario Duran (Cubanos en Toronto, Canada)
46) (Daily Double) JOY TO THE WORLD The Carol and the song by Three Dog Night
47) NOCHE SAGRADA (Oh Holy Night) Hilario Duran (Cubanos en Toronto, Canada)
48) SILENT NIGHT (Noche de paz) Pianist Andres Allen with El Coro Diminuto
49) YOU DON'T HAVE TO NE ON CHRISTMAS Vocal Boy Band NSYNC
50) CHOCOLATE AMBER Eight 02 - A Rock Jazz Fusion / Smooth Jazz Quartet from Vermont
51) CHRISTMAS IN CHICAGO Singer Marilyn Scott
52) PLEASE COME HOME FOR CHRISTMAS Singer Leslie Odom Jr.
53) BABY IT'S COLD OUTSIDE Singer Rita Coolidge
54) LOCO LATIN TOP (The Dreydl Song) The Michael Treni Big Band
55) CHRISTMAS TIME IS HERE Singer Marilyn Scott
56) GO TELL IT ON THE MOUNTAIN The Knoxville Jazz Orchestra
57) SLIPPIN' INTO CHRISTMAS Singer Marilyn Scott
58) DECK THE HALLS (Decoremos los salones / Contradanza) Pianist Andres Allen with El Coro Diminuto
59) SANTA BABY (smoothly) Singer Rita Coolidge
60) SANTA BABY Singer Typhanie Monique, Neal Alger & Friends
61) WHAT ARE YOU DOING ? Chicago in one of the most beautiful Christmas Songs ever !
62) EDELWEISS Singer Leslie Odom Jr. with his wife singer Nicolette Robinson
63) HARK THE HERALD ANGELS SING Singer Carrie Underwood
64) SILENT NIGHT Country music singer guitarist Brad Paisley
65) AVE MARIA Singer Leslie Odom Jr. with pianist Anastasia Victory
66) HAPPY CHRISTMAS (WAR IS OVER)Reo Speedwagon
67) FELIZ NAVIDAD Chicago with singer making an effort in Spanish, competing Jose Feliciano's endless-enduring HIT !
68) MIS DESEOS / FELIZ NAVIDAD Michael Buble and Thalia
69) DECEMBER MOON Violinist Edgar Gabriel
70) O COME YE FAITHFUL Luther Vandross with an all-star Mass Choir *****
71) CHRISTMAS TIME IS HERE Michael W. Smith & Friends feat. Vince Gill
72) WONDERFUL Singer Annie Lennox
73) MOONLIGHT IN VERMONT Saxophonist Bruce Abbott and The North Star Jazz Ensemble with The Hawthorne String Quartet (A very New England closing)*

Business Beat
by Gina Haddock

A Natural Way to Promote the Healing Process

Melanie Giangreco's journey into Reflexology began through her interest in the environment and how the environment can have an impact on the health of an individual. Giangreco grew up in Vermont and attended Mount Mansfield Union High. For a number of years, she worked for environmental nonprofit organizations and eventually moved to the West Coast where she decided to professionally pursue her interest in Reflexology. Giangreco was fascinated by how the hands, feet and ears are a microcosm of our bodies. She studied this wellness practice with a number of world renowned specialists, has completed more than 300 hours of professional training and has been a National Board Certified Reflexologist since October of this year. Although the West Coast is beautiful, she decided that there was no place like Vermont and so she returned to her home community. Giangreco's Reflexology practice is called **Mpath, LLC.** She has been practicing in Richmond for two years.

Above, outdoor reflexology. Left, hand, ear, foot - reflex points. Courtesy photos.

The basic premise behind Reflexology is that there are reflex points based on maps of the entire body that are superimposed on the feet, hands, and ears. As an example, pressure applied to a point on the foot corresponds to the neck and can actually help to release tension in the neck. While there is still much research going on about how Reflexology can bring about healing, the current, leading theory is that Reflexology works with the nervous system. It is believed that by stimulating nerve endings on the feet, hands, and ears, Reflexology assists the body in achieving and maintaining a more balanced and healthy state of being. It is a non-invasive technique that can be used in combination with other modalities.

While Giangreco is a strong proponent of other alternative paths to wellness such as massage and yoga, she noted that Reflexology was an exceptionally good practice for people dealing with an injured part of the body that was sensitive to touch. Because the path to healing comes from touching the reflex points on the feet, hands and ears, the healing can take place without actually touching the sensitive injured area. Many of Giangreco's clients have chronic pain or experienced an injury and have seen relief from this hands on healing practice. As an example, Giangreco explained to the Beat, how she has seen clients with bad back pain achieve a full stride of motion again after a reflexology session. Clients dealing with migraines, allergies, sinus problems and other health problems have also experienced relief. Reflexology can also be an excellent resource for stress reduction.

There have been a number of studies on the issue of pain and how it affects Americans. One study by the American Academy of Pain Medicine, reported that pain affects more Americans than diabetes, heart disease and cancer combined and in 2010 cost an estimated $560 to $635 billion in medical costs, disability days, lost wages and productivity. Another survey on pain issues reported that more than half of the survey respondents reported feeling that they had little or no control over their pain, almost two-thirds reported an impact on their overall enjoyment of life and more than three quarters reported feeling depressed. Clearly chronic pain is a public health issue as well as an individual health condition and it impacts family and work relationships. In its worst case, chronic pain can lead to drug abuse and addiction as we have seen with the opioid crisis. Safer options for pain management are needed to address this difficult condition.

What might a Reflexology session be like? The practice of Reflexology is a touch technique where the client is fully clothed, except for shoes and socks. The focus is on providing a nurturing touch on the ears, hands, and feet which, in turn, can help other parts of the body. In general it is a very relaxing experience. At the first session, Giangreco will do a health intake and review your health and wellness history together to develop the best plan. Sessions can be either for 60 minutes for $65 or 90 minutes for $90. During our interview, Giangreco demonstrated some of the techniques of Reflexology and we were able to experience first-hand some of the healing benefits and profound relaxation of this modality.

The technique of Reflexology can also be used for self-care. Giangreco will be teaching two Reflexology workshops at the Mountain Valley Lotus Massage and Reflexology in Waterbury. The first, on Wednesday, January 9, 5 pm to 7 pm will focus on relaxation and stress reduction. The cost is $20 and space is limited to eight participants. The second, on Saturday, January 27, from 9 am to noon, is sponsored by the World Reflexology Foundation, a nonprofit organization committed to bringing the healing techniques of Reflexology to everyone in the world through services and instruction. This is a free workshop with donations accepted to support the continued work of the World Reflexology Foundation. Melanie will also be teaching through the CVU Access program in Hinesburg. Reflexology for Runners and Reflexology for Changing Seasons will focus on self-care techniques. See the CVU Access spring listings for details when it arrives in your mailbox.

Mpath is committed to supporting our community and has given a percentage of profits to helping local nonprofits such as the Green Mountain Audubon Center. "This is my home community and I want to contribute to making this a healthier place," Giangreco told the Beat. The start of the New Year is a good time to make those resolutions to stay healthy and Reflexology could be a good option. Mpath also offers gift certificates in case you are looking for a unique and healthy gift to give a loved for the holidays.

Mpath is located at 65 Huntington Road, Suite 103, in Richmond. Appointments are available on Mondays and Fridays. Giangreco can be reached at (802) 265-0446 or Melanie@mpathwellbeing.com. Her website is www.mpathwellbeing.com

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All Things Human

by Demaris Tisdale, MSW

Family

"What the mother sings to the cradle goes all the way down to the coffin."

—Henry Ward Beecher (1887)

In a world of conflict and worry, many look forward to the holidays as a time when they can find comfort and security. They may find solace in the time they share with loved ones, both family and friends.

In New England and parts of the Midwest, a prevailing belief is that if you have family, you have everything. Emphasis is placed on family traditions and the gathering together of family members to share celebrations.

We know, however, that the ideal of family unity is often just that — an ideal. Painful losses and hurts predominate when people struggle with feelings of not belonging. The loss of a loved one, a mate, perhaps, can cause ongoing grief as memories of better times are recalled. And there are those who never had a family, or the benefits of a loving family that provided the warmth and nurturing that are necessary for healthy growth and development.

We humans are subjected to two opposing inclinations— one is the pull uniting the individual close to the family, while the other is to separate from the family. The tendency for families to be overly close is more common than the other way around. At the same time, it seems that the individual's tendency to separate is likely to be deficient.

Ties that bind individuals to their families are deeply rooted, and in spite of their archaic character, these ties likely still perform essential benefits. The result is families that don't encourage separation and individuation.

Certain patterns are often seen in family systems, and these patterns repeat. Loraine grew up in a home where her mother adored her brother. It is not surprising that when she had her own family she clearly favored her son over her daughter, just as her mother had. Her adoration was obvious to even casual observers, but Loraine always denied it, never able to see how her favoritism was harmful to both children. She was in competition with her daughter, just as she had experienced in her own childhood competitiveness with her brother.

Loraine's total devotion to her son was so strong that it essentially excluded all others, including her husband, resulting in a seriously dysfunctional family. The son grew up dependent, always needing money from his mother.

The unresolved issues of the past get passed from one generation to another as children learn by example and live what they see. They really have no choice but to model the behaviors and repeat the patterns.

Sometimes things are so bad and the deprivation is so great that the child searches for a new role model, and with any luck is able to find the support and guidance to engage in the psychological work to repair.

With good help she can chart her own healthy path in life, detaching from the unhealthy home and finding new opportunities with friends and a meaningful occupation.

Boomer Funk

Submitted by Scott Funk

After Christmas Passed

There are no Christmas carols about taking decorations off the tree or digging holiday lights out of the snow to pack them away. All the joyous memories of past celebrations are filled with the wonderful activities that end about half way through December 25th, just after Christmas dinner, when the last of the relatives have pulled out of the driveway and the kids have disappeared into their private corners.

Now, with no kids in the house and our relatives far away, it is a different routine. We clean up the living room, collecting and separating trash and recyclables, which doesn't take long (it used to look like a tornado had hit the place). Her presents are drifting toward shelves and dresser, mine are lined up on the stairs to go up to the bedroom (wearables) or my study (CDs and books).

We snuggle a bit on the coach surveying the scene, reminiscing about Christmas past and enjoying the fireplace, while the dog sniffs about for another present or treat. Then it is up to wash and dry the dishes, put away the leftovers, and maybe take the dog for a walk, depending on the weather. Then we go our separate ways.

My wife, Kelly, usually finds more food to put a way or dishes to wash and then does I know not what. I dump the clothes on the bed and head to my study with the rest. First order of business is to unsync all the Christmas music from my iPod and phone. Then I upload any CDs to iTunes and add them to my other devices. A Christmas day reading book is selected.

Soon the day will come to start putting away Christmas. In our house, we begin with the in-house decorations. Nowadays it is a sorting process. There is a storage box labeled house decorations and another labeled old house decorations. Into the latter box go decorations we agree need not come out again next year. Over time the "old" boxes have increased while the ones we will be putting out again diminish. Time was, the decorations filled every part of a 11-room Victorian. Now, it is enough to decorate the living and dining rooms, and sit a smattering of stuffed Christmas characters up the stairs and one each in the other rooms of our Colonial.

We don't take down the tree until it is on the verge of being a fire hazard. When it comes down, a similar process takes place. What do we what for next year versus what can we put away? This is necessitated by the smaller tree. It used to be 9½ feet high. Now, more like seven feet and an all indications are it will be getting shorter, as am I. Shorter tree, less room for ornaments. The first to go were the ones that appealed to children, but we haven't had kids in front of our tree in years. So, Looney Tunes characters and plastic Frosties have been replaced with a few lovely glass ornaments which are pleasing to our older selves, but not something one buys with small children, cats or puppies.

Now, putting away the holidays means more than just boxing things up until next year; it means setting things aside in an effort to keep Christmas manageable and meaningful for us today. There are still memories and cherished pieces, but now some are on the tree and others are in our hearts and boxed up in the cellar. Remembered by their absence like loved ones not joining us, but still a part of Christmas.

(Former Richmond resident Scott Funk writes and speaks around the state on issues of concern to retirees and their families. His Boomer Funk columns are available at www.VermontFunk.com, as are his blogs and archived Aging in Place columns.)