

# the HINESBURG Record

DECEMBER 8, 2016

## Hinesburg Community Christmas Concert This Sunday

BY RUFUS PATRICK

This year the community Christmas Concert will be presented at 2 p.m. and 4:30 p.m., on Sunday, December 11 at St. Jude Church in Hinesburg. The earlier concert will be a little shorter and feature holiday songs and appearances of some favorite Christmas characters.

Both concerts will feature the South County Chorus and the Hinesburg Artist Series Orchestra, under the direction of Rufus Patrick, and will include the traditional audience/chorus sing-a-long. The concerts will feature selections from "Messiah," "The Nutcracker" and other traditional holiday favorites.

Our guest artists will be trumpeter Jim Boccia, and flutist Laurel Ann Maurer. Mr. Boccia was trained at the New England Conservatory and has performed



The community Christmas Concert will be on Sunday, December 11.

with the Vermont Symphony, The Concert Pops of Long Island, the Long Island Philharmonic, the New Hampshire Philharmonic, and the Vermont Symphony Brass Quintet.

Ms. Maurer began her musical studies in Seattle, Washington under the direction of Dorothy Bjarnason, where she was a

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## Project-Based Learning Isn't Just for Preschool

BY ANDREA SAMBROOK

The "spirit" of collaborative learning is alive and well between Annette's Preschool and CVU high school up on the hill in Hinesburg. It all began several weeks back with a tiny scroll, a map and a letter that were hand delivered to Andrea Sambrook, director of the preschool. While the letter came from Abbie Bowker, CVU art teacher, it was clear that the scroll included a message from the fairies at Fairy Wood, who lived in the woodlands on the high

school campus. The fairies invited the preschoolers to come to enjoy their ornate and unique fairy homes, tucked in clever and mysterious places in the wood (for a limited time only!)

Over three days, more than 70 children in total made the trip from the preschool, past the pond, through the cattail forest and into the Fairy Wood (an hour's journey round trip!) to try to catch a glimpse of a fairy at home. Passing the scroll from one class to the

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Preschool students examine a fairy home made by a CVU ceramics student.

## Advocate Turned Homesharer

BY HOMESHARE VERMONT STAFF

While still enjoying an active life in retirement, Julie and Stewart Pierson decided to try homesharing before they might actually need the services of a homesharer, or as Julie says, "as practice for later."

Julie's connection with HomeShare Vermont is deep, going back 17 years. After retiring from a fulfilling career in social work, she learned about HomeShare from a friend on the nonprofit's board. Julie soon joined the Board of Directors and went on to become a staff volunteer.

George King moved in with the Hinesburg couple in August. After his wife passed away three years ago, the retired engineer moved to Rhode Island to live with his son and his family. He soon reconnected with a high school friend who lives in Burlington. George began traveling back and forth to the Champlain Valley to hike, fly fish, and enjoy nature, and this year decided to move to Vermont.

George found out about HomeShare Vermont through an ad in *Seven Days*, and as the screening process began, the friends he listed as references contacted him to tell him how impressed they were with the thoroughness of the conversations with the HomeShare staff. "I'd be cautious if someone were moving in to

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Hinesburg's independent, non-profit community newspaper

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### Learning from Farmers

Page 14: Children learn all about running an apple orchard from Farmer Kim and Farmer John



### TaeKwon Do KICKS

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### Service Directory & Calendar of Events

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## BACK STORIES

of Hinesburg

### Local Yoga

Page 24: Find out what's cookin' on the Hinesburg yoga circuit. It's not what you think!

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## Deadlines for our next Issue: January 9, 2017

Please send your article as an attached file (Word document preferred; .jpg files for images) to: [news@hinesburgrecord.org](mailto:news@hinesburgrecord.org). Or call us at 482-2350.

You may also use the drop box at the Giroux home at 327 Charlotte Road to drop off hard copy articles and photographs.

Contact us at [ads@hinesburgrecord.org](mailto:ads@hinesburgrecord.org) for ads or call us at 482-2540.

### Deadlines for 2017 and 2018

Advertisement/News	Publication Date
January 12, 2017 .....	January 26, 2017
February 9 .....	February 23
March 9 .....	March 23
April 13 .....	April 27
May 11 .....	May 25
June 15 .....	June 29
August 10 .....	August 24
September 14 .....	September 28
October 12 .....	October 26
November 16 .....	November 30
January 25, 2018 .....	January 11, 2018

## Our Policies

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The Hinesburg Record Inc. is not responsible beyond the cost of advertising for any additions, deletions, or typographical errors that may occur.

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Letters and articles printed in The Hinesburg Record do not necessarily reflect the opinions of the staff. The staff reserves the right to reject copy or letters that are unsuitable for readers from a general audience. The staff will not accept Letters to the Editor that are unsigned.

## Subscriptions

One year subscriptions are available for a \$15 donation to The Hinesburg Record, Inc., PO Box 304, Hinesburg, Vermont 05461. Please print the name and address clearly.

## Volunteer Staff

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# Letters

## Letter Policy

**T**he Hinesburg Record welcomes letters from local residents and from others who are involved in issues that effect our town. The opinions expressed in the Letters to the Editor are those of the writers.

All letters must be signed. Addresses and phone numbers must also be provided for verification purposes. Addresses and phone numbers will not be published.

Letters should be brief. We do not have precise guidelines for length but reserve the right to edit based on available space. To the extent possible, letters should focus on local issues. Other forums exist for discussions of statewide, national and international issues.

With these cautions, please keep those letters rolling in. Send them via email to [news@hinesburgrecord.org](mailto:news@hinesburgrecord.org), mail them to The Hinesburg Record, P.O. Box 304 or to 327 Charlotte Road, Hinesburg, VT 05461, or deliver them to the Record drop box on Charlotte Road.

## Can One Farm Make a Difference?

To all the farmers out there: I know that you're sick and tired of people who aren't even in the agricultural business telling you what to do with your farm, how to run it, and making you change things without giving a thought as to

how that affects you personally. Although I can't assure you that I'm 100% sure of what I'm talking about, I can tell you that these changes are important.

I'm just a high school student, but because I am young, I'm the person that's growing up with the water quality that we create now. I want my children and grandchildren to be able to enjoy water of all kinds, swimming drinking, and I'm sure you do too. So although these regulations may seem too expensive or unrealistic, they are vital to the health of our water.

The main cause of water pollution in our lakes is a nutrient called phosphorus. Phosphorus has been an issue in Lake Champlain since the 1970s. It leads to the dreaded blue-green algae blooms that you may have encountered at the beach during the summer. Despite our best efforts, we haven't been able to kick this problem to the curb just yet.

As all the farmers out there know, the EPA has given new regulations for small farms to follow: install buffers, work on floodplain protection, livestock exclusion, and nutrient management (keep in mind this is just the tip of the iceberg!) to try and control the amount of phosphorus coming from farms. According to the Lake Champlain Basin program, 38% of phosphorus in Lake Champlain comes from agriculture.

However, jumping right into making these changes could do more harm than good, so don't jump just yet! Try making small changes first. For example, you could invest in a rain garden or rain barrel to help collect and control the water that is creating runoff from your

farm. Another example is in your farming practices. Before you put fertilizer or manure down, check the weather! If it rains directly after you put fertilizer or manure down, the rain washes it off the surface and it travels downhill until it reaches a tributary to the lake or Lake Champlain itself.

If you want to help solve the problem but don't have the resources, there's a program called the Environmental Quality Incentives Program that, according to the front page of their website, "provides financial and technical assistance to agricultural producers to plan and implement conservation practices that improve soil, water, plant, animal, air, and related natural resources on agricultural land and non-industrial private forestland." (For more information, visit [www.nrcs.usda.gov](http://www.nrcs.usda.gov)).

I know that I'm not a farmer, and therefore I'm surely just skimming the surface with this information. However, I do know that I don't want to continue to grow up in a world where I can't enjoy the water that has been put on this earth. We don't. As a Native American Proverb once said, "We do not inherit the Earth from our ancestors, we borrow it from our children."

Asha Ganguly Hickok

## State of the Fracked Gas Pipeline and Geprags Park

As anticipated, the Public Service Board granted an easement for the pipeline across Geprags Park. Over 200 Vermonters attended the October 20 nonviolent protest. Vermont Gas has agreed to drill under the park and they assert there will be "no impact." But we have already witnessed how drilling can and does go awry, as has occurred elsewhere along the route, spewing a lethal slurry of "inadvertent return" over the landscape.

Citizens are appealing the eminent domain case to the Supreme Court. We now wait to find out if the Court will allow construction to proceed even before the appeal is decided. That decision may come before this is published. Back in August, Vermont Gas was served with a "Notice of Probable Violation," alleging their failure to comply with minimal standards for safe construction in proximity to high voltage electric wires. This is a major concern because of induced voltage which can cause the pipes to conduct electricity, and therefore pose a risk to workers or anyone who contacts the pipes while above ground. The pipes are mostly buried now but the longer term risk from induced voltage is corrosion, the major cause of pipeline leaks and explosions.

For scintillating bedtime reading, see the Interstate Natural Gas Association of America report "Criteria for Pipelines Co-Existing with Electric Power Lines." This industry report notes, among factors, that colocation of pipelines with electric wires for distances greater than 5,000 meters (less than a mile), is a "high risk." Throughout Hinesburg and neighboring towns we are host to nearly 11 miles of co-located pipeline. Another factor that contributes to the risk is the amount of voltage carried in the over-

## Ad Coordinator Wanted!

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*the* **HINESBURG**  
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head wires. VELCO has clearly stated that they intend to expand in the future.

Vermont Gas was allowed to continue construction through Hinesburg and all along phase one of the project from June (when the inspector first noted probable violations) until now. VGS were granted three extensions, while apparently engaged in “extensive communications” with the Department of Public Service. On November 9 a “Memorandum of Understanding” between VGS and the Department of Public Service was released. That document refers to “extensive communications” (not public) and states that “both parties made specific compromises to come to agreements” (who knows?) They go on to “agree” that the MOU “fully resolves the notice of probable violation ... and any related potential violations that may have continued up to and including the date of this MOU.” In sum: with the complicity of our Department of Public Service, VGS has wiped its’ hands clean of any allegations, behind closed doors and with no public accountability.

We are now left to wonder if the pipeline through our town was constructed in compliance with even the most minimum safety standards. A coalition of Vermont organizations representing thousands of Vermonters filed a request to the federal Pipeline Hazardous Material Safety Administration, requesting that they step in and review the project.

The parallels between what is happening in Vermont, and the Standing Rock Sioux water protectors resistance to Dakota Access Pipeline are remarkable. Organizers here loaded a van full of tools and cold weather gear, and did a “send off” from Geprags on November 15. A small gesture of solidarity across the land.

*Rachel Smolker*

## Election Thanks

I want to sincerely thank the people of Hinesburg for your support in the election. Since becoming your Senator eight years ago, I’ve done my best to represent each Chittenden County community with the same enthusiasm as my own hometown. I bring the same enthusiasm today that I did when I was first sworn in. As always, please contact me at [timashe@burlingtontelecom.net](mailto:timashe@burlingtontelecom.net) with your thoughts, concerns, and suggestions.

*Tim Ashe, State Senator, Chittenden County*

# Town

## What’s New on Hinesburg Trails?

BY SUSAN RUSTEN, HINESBURG TRAILS COMMITTEE

If you are a frequent visitor to our town trails, you may have observed a few new features.



On the Russell Trail there is now a graveled road crossing the path coming uphill from the Buck Hill Road access. Never fear! There is not another big box store or development planned for this pasture. After asking a few questions, I learned about what is involved in raising grass-fed beef with methods designed to protect water quality and prevent soil erosion. James and Sara Donegan of Trillium Hill Farm had this cattle lane built for the purpose of moving their cattle and round bales of hay more easily.

Their cattle are grass fed, and, as such, need to be moved frequently around pastures when they have consumed the available grass. In the colder months the cattle are fed bales of hay in order to avoid a concentration of manure in one spot, the winter feed is moved to different areas. The manure gets spread by the livestock rather than by mechanical means in the springtime.

The Donegans received a grant from the Natural Resources Conservation Service to help fund construction of the cattle lane. It is gratifying to know how our local farms are working to address concerns about water quality.

Two new installations are now in place on the LaPlatte Headwaters Area Town Forest Trails. At the behest of the Hinesburg Land Trust, Ray Mainer constructed a kiosk for the Lewis Creek Road

*continued on page 4*

## GOVERNMENT CONTACTS

### US Senators

**Patrick Leahy**

(802) 863-2525, [leahy.senate.gov](mailto:leahy.senate.gov)

**Bernie Sanders**

(802) 862-0697, [sanders.senate.gov](mailto:sanders.senate.gov)

### US Congressman

**Peter Welch, D**

(802) 652-2450, [welch.house.gov](mailto:welch.house.gov)

### VT Senate

**Diane Snelling, R-Hinesburg**

482-4382, [dsnelling@leg.state.vt.us](mailto:dsnelling@leg.state.vt.us)

**David Zuckerman, P/D-Hinesburg**

598-1986, [dzuckerman@leg.state.vt.us](mailto:dzuckerman@leg.state.vt.us)

### Vermont House

**Bill Lippert, D-Hinesburg**

482-3528, [wlippert@leg.state.vt.us](mailto:wlippert@leg.state.vt.us)

**Mike Yantachka, D-Charlotte/Hinesburg**

425-3960, [myantachka@leg.state.vt.us](mailto:myantachka@leg.state.vt.us)

### Hinesburg Selectboard

**Michael Bissonette, chair**

482-2236, [mbissonette@hinesburg.org](mailto:mbissonette@hinesburg.org)

**Philip Pouech, vice chair**

482-2060, [ppouech@hinesburg.org](mailto:ppouech@hinesburg.org)

**Aaron Kimball**

482-7458, [akimball@hinesburg.org](mailto:akimball@hinesburg.org)

**Tom Ager**

482-5163, [tayer@hinesburg.org](mailto:tayer@hinesburg.org)

**Andrea Morgante**

482-5120, [amorgante@hinesburg.org](mailto:amorgante@hinesburg.org)

### Hinesburg Community School Board

**Keith Roberts, chair**, 482-2081

**Bill Baker, vice chair**, 989-313

**Kathy Beyer, clerk**, 482-4822

**Colleen MacKinnon, asst clerk** 482-3266

### CVU School Board

**Lia Cravedi**, 482-2060

**Ray Mainer**, 482-3134

### RECURRING MEETINGS AND EVENTS

Town Clerk Office Hours: Mon.-Fri. 8:00 a.m.-4:00 p.m., Town Hall. Missy Ross, Clerk/Treasurer, [mross@hinesburg.org](mailto:mross@hinesburg.org) 482-2281 ext. 223.

Town Administrator Office Hours: Mon.-Fri. 8:00 a.m.-4:00 p.m., other hours by appointment, Town Hall. Trevor Lashua, Town Administrator [tlashua@hinesburg.org](mailto:tlashua@hinesburg.org) 482-2281 ext. 221.

Town Planner Office Hours: Mon.-Fri. 8:00 a.m.-4:00 p.m., Town Hall, 482-3619. [hinesburgplanning@gmavt.net](mailto:hinesburgplanning@gmavt.net). Alex Weinhausen, Planner.

Zoning Administrator Office Hours: Mon.-Fri. 8:00 a.m.-4:00 p.m. Town Hall, 482-3619, E-mail, [hinesburgzoning@gmavt.net](mailto:hinesburgzoning@gmavt.net). Peter Erb, Administrator.

Assessor’s Office Hours: Tues. & Thurs. 9:00 a.m. to noon, other hours by appointment, Town Hall. Marie Gardner, Assessor 482-2281 ext. 228, [mgardner@hinesburg.org](mailto:mgardner@hinesburg.org).

Hinesburg Recreation Office – Jennifer McCuin, Recreation Coordinator Town Hall. 482-2281 ext. 230. Mon.-Thurs. 8:00 a.m.-3:00 p.m. [hinesburgrec@gmavt.net](mailto:hinesburgrec@gmavt.net)

Recycling & Trash Drop-Off Centers: Hinesburg: Beecher Hill Road at the Town Garage; Sat., 8:00 a.m.-3:30 p.m.; 482-4840. Wiliston, Redmond Road; Mon., Weds., Fri., & Sat. 8:00 a.m.-3:30 p.m.; 872-8111. South Burlington: Landfill Road (off Patchen Road), Mon., Tues., Thurs., & Sat. 8:00 a.m.-3:30 p.m., Fri. 9:30 a.m.-5:00 p.m., 872-8111. CSWD website: [cswd.net](http://cswd.net).

Environmental Depot: 1011 Airport Parkway, South Burlington. Weds., Thurs., Fri. 8:00 a.m.-2:00 p.m.; Sat. 8:00 a.m.-3:30 p.m. 863-0480.

Hinesburg Community Resource Center, Inc. Leave a message for Laura Hoopes at 802-373-2894. Rachel Kring (482-4667) is the contact for Friends of Families.

Hinesburg Food Shelf: Fri. 10:00 a.m.-12:00 noon. Tues. 5:30-7:30 p.m.

United States Post Office Hours: Window: Mon.-Fri. 8:00 a.m.-1:00 p.m. and 2:00-4:30 p.m., Sat. 8:00 a.m.-12:00 noon. Lobby & TriVendor: Mon.-Fri. 6:00 a.m.-6:00 p.m.

### WEB PAGES:

[hinesburgrecord.org](http://hinesburgrecord.org). The Hinesburg Record news, contact information, publication deadlines, submissions guidelines, town calendar.

HCS: [hcsvt.org](http://hcsvt.org). Viking newsletter, cafeteria menu, email addresses for staff, department and team web pages, calendar information etc.

CVU: [cvuhs.org](http://cvuhs.org). CVU activities and programs, sports schedule, and more.

CCL: [carpentercarse.org](http://carpentercarse.org). Library hours, services, and online resources.

Hinesburg Town: [hinesburg.org](http://hinesburg.org). Official Town of Hinesburg web site.

[hinesburgbusiness.com](http://hinesburgbusiness.com) – FREE. POST NOTICE OF JOB OPENINGS. POST RESUMES. Sponsored by HBPA.

[seewhy.info](http://seewhy.info): Official website Connecting Youth (CY), the Chittenden South community-based organization dedicated to creating a safe and healthy environment for young people.

[facebook.com/connectingyouth](https://facebook.com/connectingyouth). Connecting Youth (CY) Fan Page: for parents and teens to connect with others in the CY community!



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Hinesburg Food Shelf hours are:  
Tuesday nights 5:30 - 7:30  
Friday mornings 10:00 - 12:00



## ► Hinesburg Trails

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trailhead. Eventually this kiosk will post information regarding how this property came to be conserved. In addition, two large boulders polished by Kevin Donegan have been placed in the clearing near Gillespie Pond. These benches, dedicated to the memory of Louise Roomet, will eventually be engraved.



Hikers check out the new kiosk at the Lewis Creek Road trailhead at the LaPlatte Headwaters Town Forest Area Trails.

Louise had a history of involvement in historic preservation and land conservation activities, and was one of several Lewis Creek neighbors instrumental in the purchase of the 37-acre Gillespie property that lies in the Lewis Creek watershed. This parcel eventually transferred to the Hinesburg Land Trust. The annual Turkey Lane Turkey Trot raises funds for the HLT to support their conservation efforts as well as projects such as building and maintaining the trailhead parking area on Lewis Creek Road.

So if you haven't already noticed these changes, take the time to open your senses to the natural world that surrounds you and take to the trails as deer hunting season draws to a close. (Geprags Park is the only town trail system closed to hunters.)

Another topic of concern to our town



New stone benches dedicated to the memory of Louise Roomet, at the LaPlatte Headwaters Town Forest Area Trails.

trails committee is the case of the missing kiosk roof that was removed from Geprags Park a few months ago. Ray Mainer had left the roof near the parking area to be assembled later; however, when he returned, the roof was gone. Ray, who has crafted several kiosks for Hinesburg trailheads, generously donates a lot of time on these projects. Who made off with the roof and for what purpose? It would appear to be too small for a chicken house. If you can help solve this mystery, please get in touch with our chairperson, Lenore Budd at 482-4047.

## Hinesburg Community Resource Center has a New Coordinator

FROM HCRC PRESS RELEASE

The Board of Directors of the Hinesburg Community Resource Center (HCRC) are pleased to announce the hiring of a new coordinator. Effective immediately, Rachel Kring will be HCRC's new coordinator. Rachel can be reached at 482-4946. HCRC programs are: Food Shelf, Friends

of Family (Rachel will also be this program's coordinator), Emergency Funds, Medical Equipment Loan, Twice is Nice Thrift Store, and Hinesburg Rides. Each program still has a program coordinator, but Rachel will be the overall HCRC Coordinator. We would like to thank Laura Hoopes, our previous coordinator, for all her years of excellent service. Laura has moved on to a teaching position.

## Why Forestry?

BY J. ETHAN TAPPER, CHITTENDEN COUNTY FORESTER

For those of you who don't know me already, my name is Ethan Tapper, and I am the Chittenden County Forester for the Vermont Department of Forests, Parks and Recreation. Most people assume that my job requires me to be some kind of a combination of Paul Bunyan and Smokey the Bear. The truth is, while I do aspire to be as eminent a figure as either of those two, my job comes down to facilitating the relationship between people and forests in this small (about 400,000 acre) county. To understand why this is important, let's break the issue down into two questions: "why forestry?" and "why county foresters?"

### Why Forestry?

Forests support the growth of virtually all native forms of life in Vermont, they are staggeringly complex systems. We all know that forests grow trees, but they also grow an array of resources (lumber, firewood, and pulp for paper among other goods) that virtually all people use on a daily basis. The extraction and processing of these resources provide jobs for Vermonters and inject money into our state economy. The economic output from the harvest of timber also provides an incentive for landowners to keep their forested land intact which supports healthy ecosystems.

The niche that most foresters fit into in this important industry and this complex ecosystem, is in the extraction of these resources. Foresters are trained in the intricacies of forested ecosystems — how they work, and how to keep them healthy and productive. It is our job to figure out how to encourage the growth of healthy forests. This can be done by harvesting forest products while ensuring that the ecosystem left behind is healthy, beautiful, and productive for generations to come.

### Why County Foresters?

The office of County Forester was created in Vermont in 1941. This office was established to support responsible forestry in our state after more than a century of clearcutting and other destructive land management practices. At that time, Vermont was in the process of recovering and re-growing its native forest — which in the mid-1800s had been nearly 80% deforested—and establishing a new, more responsible land use ethic. Today, County Foresters' roles have expanded apace with our forests, which now cover just under 80% of our state.

We support the maintenance of healthy forested ecosystems and the practice of responsible, sustainable forest management, both in theory and in practice. Nested within these lofty objectives is our role as administrators of the Use Value Appraisal Program (often called "UVA" "Current Use" or "Land Use") in our counties. Our roles also support towns in their management of municipally-owned forest land. We provide education and outreach to the citizens of our counties, from non-landowners interested in sustainable land stewardship, to landowners who practice extensive forest management on large acreages. I visit with landowners on 1,000-acre forests and on half-acre lots, talking about trees, forests, and how to "do the right thing" with regards to the forest.

Perhaps now you have a better idea the role that foresters and County Foresters may already play in your lives. I look forward to meeting you all, and collaborating with you to see how we can keep the forests of Chittenden County as vibrant and beautiful as possible.

## The Return of the Giant Hogweed: A Tale of Invasive Plants

BY TYLER BROWN, BETH ROMAKER, ISAAC ESTEY, AND BEN CRAIG

Invasive plant species are a threat to the health and resiliency of forests across the nation. The LaPlatte Headwaters Town Forest, in Hinesburg, is showing signs of invasive plants

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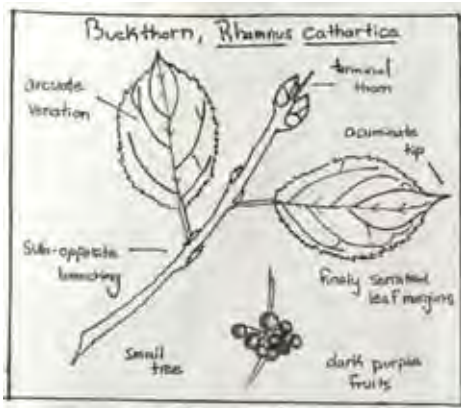
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I constantly tell landowners that forests don't need our management to be healthy. I follow this statement by saying how important the working landscape is to Vermont, culturally and economically. Foresters are the ones who strike the balance between the needs of people and the needs of our ecosys-

through various vectors on the property. Surrounding the headwaters of the LaPlatte River, this forest serves to protect the water body from siltation and pollution that would otherwise drain into the notoriously problematic Shelburne Bay.





*Buckthorn, an invasive plant.*

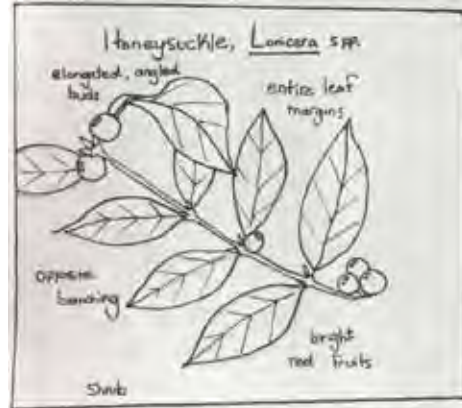
When invasive species outcompete native flora, the habitat quality for native wildlife and the overall ecosystem are degraded. Invasive species lower the biodiversity of landscapes and increase the likelihood of severe damage caused by natural disasters. The invasive species in the LaPlatte Headwaters include honeysuckle, buckthorn, barberry, poison parsnip, and reed canary grass.

A management plan produced for the town forest in 2009 briefly acknowledged the problem, and recommended further, more detailed planning options. In September, UVM's Environmental Problem Solving and Impact Assessment capstone class invited members of the local community to pitch environmental issues to students who would choose a worthy project to tackle. Our team, the Anti-Pervasive Invasives, picked this issue.

We are four undergraduate seniors from UVM, in the Rubenstein School. We have been working in accordance with Chittenden County forester, Ethan Tapper, and Pat Mainer of the Hinesburg Forest Committee. By December, we will produce a map showing locations and relative densities of invasive species across the 300 acre property, and produce a corresponding management plan that may be used to minimize the impact of invasives on the town forest in the future.

The aforementioned vectors that perpetuate the spread of invasives into the forest include walking trails, field edges, old logging trails, and areas of white pine blowdown that cause large sunny gaps, perfect for invasives, throughout the forest. In doing this work, it became clear to us that we are a small part of the solution to this problem. These invasive species began as ornamental plants, and though both Vermont and the U.S. has put them on grade A quarantine, they are often still seen in people's yards and on public lands.

In order to stop the problem at the root, we must recognize that it will take the collective effort of each individual landowner to eradicate invasives on their properties. Cutting back, digging up, shading out or



*Honeysuckle, an invasive plant.*

burning the identified invasives is a service to the landscape's ability to resist climate change and to prevent further pollution of Lake Champlain. Botanical drawings for the purpose of plant identification have been provided.

Data collection began in early September. Handheld GPS units were used to record invasive species, as well as their relative densities in specific locations. The information is currently being analyzed, and the findings of our project will help determine the optimal way to control the invasives. It will also help determine where in the forest attention is needed most. Our findings will be presented to the Hinesburg Town Forest Committee on December 8, at 7 p.m. in the Town Hall. If we each put in a small amount of effort, we can create large-scale change that ensures the health of the lands for which we care so deeply.

## CSWD

### In 2015, Every Person in Chittenden County Lost Over 160 Pounds

No, it wasn't a new extreme fad diet. That's the amount of banana peels, leftovers, and other compostable resources we lost to the landfill in 2015.

When food and food scraps wind up in the landfill, it can take decades for them to break down in that airless tomb. And when they break down (if they ever do), their inherent value is wasted.

In a commercial composting facility, it only takes a matter of days for them to transform into rich, nutrient-dense soil. At local farms, food scraps can feed pigs and chickens. And unwanted food from caterers and restaurants can be donated to food banks to feed people.

Food is a gift: nature literally sends it to us in its own compostable packaging. Talk about Yankee practicality!

During the holidays, we think of all we love — and all we've lost. This holiday season, we're looking at you, food waste.

## Go Easy on the Landfill: A Holiday Guide

During the holiday season, there's never enough time, there's always too much traffic, and the most convenient solutions usually turn out to be the most wasteful — leaving what's left of your New Year's resolutions in tatters.

Relax. You don't have to increase your landfill legacy while you're out running around getting ready for the holidays. Take a deeeep breath. Now let it out. You've got this.

### 1. Visit a food-waste-fightin' restaurant

Need to grab a bite while you're out? Use your patronage as a force of good! There are many restaurants and businesses that are fighting food waste by

*continued on page 6*

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## ► CSWD

*continued from page 5*

composting their food scraps. If you're already at a restaurant that isn't on this list, let them know we can help! View the list of restaurants at [tinyurl.com/CSWDrest](http://tinyurl.com/CSWDrest).

## 2. Throw an easy-peasy, waste-free dinner party.

Here's how:

Use reusable dinnerware. After all, the best gossip happens in the kitchen during communal dishwashing sessions.

If you use disposable plates, bowls, or cups, make sure they're recyclable or certified compostable, then follow the rules below.

### Follow these recycling rules:

- Utensils of any kind or material are NOT recyclable. Period.
- Used paper plates, bowls, and cups are NOT recyclable. Most paper plates and bowls, and all paper cups are coated with plastic, making them non-recyclable. Uncoated paper plates become soiled with food, which is a contaminant that also makes paper non-recyclable.
- Plastic plates, bowls, and cups are recyclable only if rinsed clean. That means NO stuck-on food.

### And these composting rules:

- Only uncoated paper plates and bowls are compostable.
- Paper cups, coated paper plates and bowls, and plastic food ware (including utensils) are compostable only if they or the package they come in states that they are "BPI Certified" or "ASTM certified for compostability."

- Have a plan for setting up separate containers for trash, recyclables, and compostables. If you go to all the trouble to use compostable products, and you don't have a place for people to put them, they (and your good intentions) will end up in the trash or, worse, mixed in with recyclables.

- Find out more about compostable products at the Green Mountain Compost compostable products web page: [tinyurl.com/GMCompost](http://tinyurl.com/GMCompost).

See? It's much easier to just use reusable dinnerware! If you don't have enough on hand, go buy some for very little money at a reuse store like the ReSource Household Goods shop in Burlington, Habitat for Humanity's ReStore in Williston, or Goodwill in Williston or South Burlington. Then donate them back when you're done! Find these and other reuse options on CSWD's reuse and donations web page.

## 3. Food scraps are a valuable resource — treat 'em that way!

When you're preparing your meals, simply toss the rinds, peels, fats, bones, coffee grounds, and even paper towels into a food scrap collection container (you can pick one up at no cost from CSWD, but any container with a tight lid will do). Easy-peasy tip: Line the bottom of the bucket with a scrap of newspaper or a paper towel to make dumping easier.

When you're done eating, scrape your plates into that same container.

The next time you're out running errands, bring along the container and dump it off at any CSWD Drop-Off Center or Green Mountain Compost in Williston.

## 4. Bone up on food storage ideas that can save you some real dough

Check out our page on Reducing Food Waste for a slew of helpful resources: [tinyurl.com/CSWDfoodwaste](http://tinyurl.com/CSWDfoodwaste). There's definitely something for everyone there!

# Food and Recycling Don't Mix

For a product or material to be recyclable, there needs to be someone out in the global commodities market who wants to buy that material and use it to manufacture new products.

Buyers let us know what types of material they want and what condition it has to be in for them to accept it — and none of them want food residue on the plastic, paper, or metal recyclables they buy.

### What you can do:

Empty and rinse plastic and metal cans, bottles, and tubs clean before putting them in your recycling bin. For sticky stuff like peanut butter, try letting them soak for a few minutes with hot water to loosen up the remains before a good rinse.

Keep paper or cardboard clean and dry. Any paper contaminated with food residue or grease stains is a big recycling no-no.

### Why it matters:

We use the money we make from selling recyclables to fund recycling programs. If we are paid less for our loads because of too much contamination, or if we have to pay to send food-contaminated recyclables to the landfill rather than to market, that's less funding for programs that serve you.

Plus, food contamination makes the job and working environment much harder for the 20-plus workers who sort your cans, bottles, jugs, and paper at our recycling facility.

Easy-rinse tip: If you have a hard-to-rinse jar of peanut butter, mayonnaise, etc., and you don't have a professional like Phoebe the dog around to take care of it, just fill the jar with rinse water from your dishes, let it sit in the sink for a few minutes, and you'll find it much easier to swish out that remaining food. Or tuck that jar into your dishwasher if you have room.

# Police

## Incidents

### Unconscious Person

On Friday, October 7, officers and Hinesburg First Response responded to North Rd. for a report of an unconscious male in a vehicle. Upon arrival, the male was conscious but lethargic but regained full consciousness. The male declined transport to UVM Medical Center. A witness reported that a backpack had been thrown into the woods by the driver prior to police arrival. The backpack was recovered and an investigation is continuing based on the contents.

### Agency Assist

On Saturday, October 8, an officer was called out for an Agency Assist from Williston PD on a runaway juvenile. While on that call, a report of a wrong way driver on I-89 was broadcast. The Williston officer came across a crash and while attempting rescue, his vehicle was stolen by the wrong way driver. The suspect seeing a Richmond officer, turned the cruiser around and was reported to be driving at an excess of 100 miles per hour when he drove back into the scene. This crash resulted in five fatalities and the Hinesburg officer was able to provide medical assistance.

### Family Fight

On Thursday, October 13, officers responded to Hillview Terrace in Triple L MHP for a reported family fight. Both parties were interviewed and no further police action was taken.

### Domestic Assault

On Wednesday October, 19, officers responded to Hillview Terrace in Triple L MHP for a domestic assault. The investigation determined that there was a physical assault and Brian A. Norris, age 57, of Hinesburg was arrested and transported to the station for processing. He was subsequently lodged at the Chittenden County Correctional Center.

### Criminal Trespass

On Thursday, October 20, the Hinesburg Police chief, sergeant, and two officers, as well as the Vermont State Police, Shelburne Police, and Chittenden County Sheriff's deputies were on scene when protesters left Geprags Park and marched up Shelburne Falls Rd. to occupy the Vermont Gas worksite across

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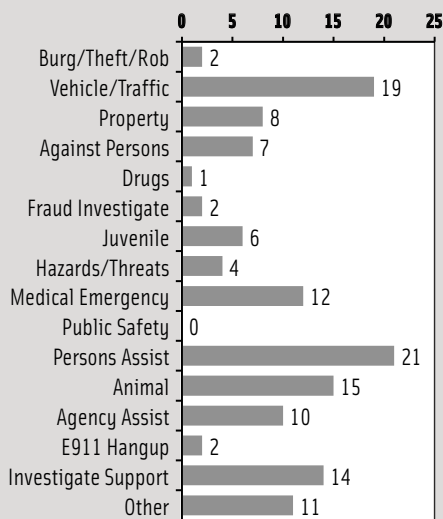
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### HPD INCIDENT COUNTS BY CATEGORY OCTOBER 2016



GRAPH DATA SUPPLIED BY DOUG OLUFSEN

from the park. The only arrests made were when six people refused to move from in front of employee's personal vehicles when the employees attempted to leave. It is believed that the protestors thought that these employees were decision makers for Vermont Gas and could decide to stop the pipeline. However as it turned out, they were just regular employees trying to leave when they could no longer do their job. The protestors arrested were:

- Marisa A. Shea, age 30, of Lowell MA.
- Erik J. Gillard, age 32, of Plainfield VT.
- Brittany Dunn, age 31, of Burlington VT
- Jane Palmer, age 62, of North Ferrisburgh VT.
- Alexander H. Prolman, age 25, of Burlington VT.
- Alexander S. Lundberg, age 32, of Burlington VT.

They were charged with unlawful trespass, disorderly conduct, and unlawful restraint.

### Driving Under the Influence of Alcohol

On Thursday, October 20, officers responded to a vehicle off the road on Silver St. at Lewis Creek. The vehicle was unoccupied and the operator located at his residence. It was determined that Peter White, age 43, of Hinesburg was under the influence of alcohol. He was arrested, taken to the station for processing and released on a citation.

### Theft

On Monday, October 31, an officer responded to a theft complaint in the parking lot of CVU high school. The complainant advised that someone had stolen the tailgate from his pickup truck. The case is still under investigation.

### Motor Vehicle Crash

On Tuesday, November 1, officers responded to a single vehicle crash on Shelburne Falls Road. The vehicle had been traveling eastbound when it went off the westbound side of the road colliding with a tree. The operator was transported to the hospital for injuries.

### Motor Vehicle Complaint

On Friday, November 4, an officer received a complaint of a vehicle traveling south on Route 116 leaking gasoline. The officer located the vehicle and conducted a traffic stop. The vehicle was leaking gasoline and was removed from operation until it could be repaired.

### Domestic Assault

On Saturday, November 5, officers responded to Bear Lane for the report of a family fight. When the officer arrived one of the parties involved had left the area. The officer met with the complainant and after further investigation Christopher J. Giroux, age 32, of Hinesburg was located in Starksboro and taken into custody. Giroux was charged with second-degree aggravated domestic assault and criminal DLS (driving with license suspended). He was subsequently lodged at the Chittenden County Correctional Center.

### Motor Vehicle Crash

On Tuesday, November 8, an officer responded to VT Rt. 116 by Hines Road for a vehicle that had hit a deer. Upon arrival it was determined that there were no injuries. The officer completed a report for property damage and attempted to locate the deer without success.

## Fire

HFD responded to 48 calls in October.

## WOKO Donates to HFD

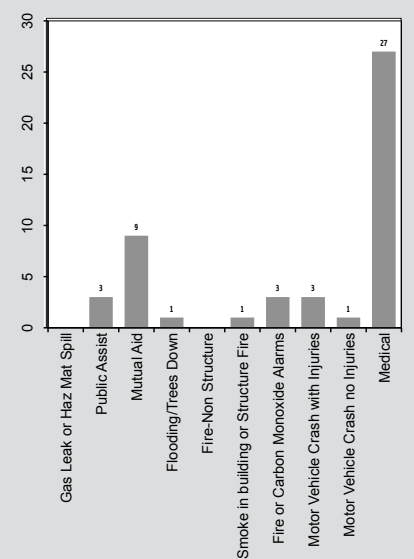
Country radio station WOKO held its annual golf tournament on September 11 at Cedar Knoll. Each year, WOKO donates some of the proceeds to a local organization. Since this year's tournament occurred on September 11, WOKO decided to donate to the Hinesburg Fire Association.



The Hinesburg Fire Association received a donation from radio station WOKO.

The Hinesburg Fire Association would like to thank WOKO and the golfers who came out for the day. The Association received a donation of just over \$1,500. WOKO has already committed to doing the event again next year.

### HFD INCIDENT COUNTS BY CATEGORY, OCT 2016



GRAPH DATA SUPPLIED BY ERIC SPIVACK

\* an example of a non-structure fire would be a telephone pole, car, or grass/brush fire.

## HFD Chosen as Software Test Site

Anyone who has been to the doctors and/or UVM Medical Center, knows that patient reporting has come a long way since the days of keeping file folders and charts. Doctors and nurses record everything in the computer. The advantage is that when we go from one department to another, our medical history is there immediately.

*continued on page 8*

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## ► HFD

*continued from page 7*

When HFD responds to a medical call, we complete a paper patient report. We pass the information and a copy of the report to the responding ambulance. Then the ambulance crew uses the report copy as part of their report to the hospital. After bringing the patient to the hospital, the ambulance crew chief then enters the report into Siren, a software reporting system which updates into UVM's computer system.

The Siren reporting system is preparing to unveil the next step in patient reporting, Elite. The Hinesburg Fire Department has been chosen as a test site for the software. As part of our patient reporting, we will be entering patient information into a database which can be immediately uploaded for review by the incoming ambulance and emergency room. In some cases, time and manpower allowing, this may occur right at the scene of the call.

Over the years, the Hinesburg Fire Department has been commended by the District and State Medical Director for being among the leaders in the state for placing the latest technology into use by first response agencies. We are pleased to have been chosen as a test site for the next advancement in patient reporting.

## Food Drive



*Food and donations were collected for the Hinesburg Food Shelf.*

The annual Hinesburg Police and Fire Departments food drive was held on November 5. Approximately 1,200 pounds of food and over \$200 donations were received and presented to the Hinesburg Food Shelf.

We would like to thank everyone for their donations.

## Safety Tips

It's the middle of November as I write this article. Yesterday, it was sunny, in the 60s and everyone was enjoying one more (last?) summer day. Today, the temps have dropped close to 30 degrees, and the snow is starting to accumulate.

As we get into the winter season, we

would like to remind everyone of a few safety tips.

When we changed the clocks, the batteries in your smoke and carbon monoxide (CO) detectors should have been changed. Detectors which are more than seven (7) years old (with a manufacture date prior to 2010), should be replaced.

If your alarms sound, and it is not the single chirp indicating low battery, call 911 and leave the building. CO is an odorless/colorless gas. Low-level exposure will eventually cause illness. Prolonged or high-level exposure could cause death. Do not wait to see if the detector will stop on its own, and please do not open doors and windows. Opening the doors and windows, to air out the building, makes it difficult for us to properly check the CO levels in the building, and find the cause of the leak.

Everyone likes to get into a warm car, but starting your car in the garage, especially when the garage is connected to your home, can be deadly. The exhaust and carbon dioxide have nowhere to go but into your residence.

Keep all appliance — e.g. dryer, furnace — exhaust vents free and clear of snow and ice. When the vents get blocked, the exhaust backs up in the pipe, eventually coming back into your home.

Backup generators should always be kept outside when running. When in use, make sure they are away from doors, windows, and vents so their exhaust does not come back into your home.

Never use a kerosene or gas heater in your home.

Take your time shoveling snow, especially when it is wet and heavy. Shoveling can be strenuous on your heart, and lead to chest pain and heart attacks.

## Halloween at the Fire Station

BY MARY JO BRACE

Monsters, ghost, pirates, and pretty princesses were once again prowling the streets of Hinesburg and enjoying the fun at the Fire Station on Halloween.

This year marks approximately the 25th year the Hinesburg Fire Department has hosted the annual Halloween Party which entertains roughly 500 children. The dimmed, spooky station was decorated with hanging mummies, spiders,



monsters, skulls, and even a coffin. Children enjoyed various games including scarecrow and pumpkin bean bag throws, a witch ring toss, and a basketball hoop. Food was plentiful with cider, punch, donuts, popcorn, and of course plenty of candy.

Farmall Drive and beyond was filled with numerous costumed children and adults roaming the streets "trick or treating" from one decorated house to the next smiling, laughing, and pretending to be someone else for the night.

Follow us on Facebook at Hinesburg-FireDepartment and be sure to visit our website [hinesburgfd.org](http://hinesburgfd.org).

## Santa Claus is Coming to Town

And he will be stopping by the Hinesburg Fire Station Saturday, December 17, 10 a.m.-2 p.m., to visit with boys and girls of all ages.

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# Business

## HBPA to Help with the Hinesburg Fireworks Fund

BY WALTER HAUSERMANN, HBPA

The Hinesburg Business and Professional Association (HBPA) is excited to announce their holiday mixer, taking place at the Hinesburgh Public House on December 15, from 6:30-8:30 p.m.

All community members are welcome. In addition to the opportunity to meet your local business owners and professionals, we hope you can join us and help support our community's Fourth of July fireworks. The Town of Hinesburg is in need of funding support for this beloved local tradition.

If you are unable to attend, or prefer to mail your donation, please make checks out to Town of Hinesburg, and mail them to HBPA, PO Box 77, Hinesburg, VT 05461.

The Hinesburg Business and Professional Association is proud to sponsor this wonderful event. Many thanks to the members who help make this happen.

If you're interested in joining the association, contact Walter at walterh@gmavt.net or walterh@allstate.com for information.

## Hinesburg's Newest Shop, Twice is Nice, Celebrates with Open House

BY JEAN ISHAM, HBPA

Twice is Nice, a thrift shop established in May of this year for the benefit of the Hinesburg Community Resource Center (HCRC) programs, celebrated with an open house on Saturday, November 19. The celebration included a raffle for gift certificates to the Hinesburg Public House, Aubuchon Hardware, and The Jack, LLC. Refreshments were served and shoppers were given 20% off the purchase of an item of clothing with the donation of a non-perishable food item for the Hinesburg Food Shelf. Kathleen Patten, the Lead representative for the shop presented a substantial check to Karla Munson, Chair of the HCRC Board. HCRC is a multi-program 501c(3) non-profit organization. It is the umbrella organization for the Hinesburg Food Shelf, Friends of Families, Hinesburg Rides, emergency funds, and a resource for lending medical equipment. Rachel Kring is the HCRC coordinator of these programs.

This open house was also an opportunity to thank many people. This included members of the HCRC Board for their service on the board and as volunteers: Karla Munson, Chair; Heather Purinton; Roberta Soll; Suzy Mead; Amy Sayre;



Kathleen Patten (on the right) presents the first check from the Twice is Nice shop to HCRC Board Chair Karla Munson.

GINNY ROBERTS; RICHARD PRITSKY; and BETH SENGLE; the many volunteers that contributed to outfitting the shop; the numerous volunteers that contribute to the day-to-day operation of the shop; and, most importantly, to the countless donors and shoppers from Hinesburg and surrounding communities. Twice is Nice was pleased to have over 100 customers and guests attend the open house.

The shop has one full-time employee, Crystal Whitcomb, who describes herself as the happiness ambassador. Crystal described her path to this employment. She discovered Vermont Works for Women when she found herself in a place of dissatisfaction with other work experiences. She had been searching for fulfillment and happiness within her career path. Vermont Works for Women helped Crystal to fine tune some of the skills she already had and to develop a better sense of self-worth and confidence. It was during this process that Crystal contacted Kathleen Patten and started aligning herself for a position with Twice is Nice. Crystal said "I now have an employer who cares about me personally and who sees me as a human being, not just as a money making tool or asset. I now have the opportunity to make a difference in the community I

live in, and working in this community allows me to have more time with my family. I now feel fulfilled in all of the aspects I had been searching for but that were lacking in other jobs." Crystal commented on the success of the shop noting that the old saying of it takes a village has taken on a whole new meaning for her. She said that it never ceases to amaze her what our own "village" has done and continues to do.

A special note of gratitude goes to Kathleen Patten for her concept and vision in creating the shop, her supervision, and her countless volunteer hours.

Twice is Nice accepts gently used women's clothing, accessories, and small non-electrical household goods. It is open Monday through Friday from 11 a.m. to 6 p.m. and Saturday from 10 a.m. to 4 p.m. For questions or inquiries, contact the Shop at 482-3500.

## TaeKwon Do KICKS Opens at the Wiggle Room

BY KELLIE THOMAS, OWNER OF TAEKWON DO KICKS

TaeKwon Do KICKS is happy to announce its new permanent location in Hinesburg at the Wiggle Room with



TaeKwon Do classes are now available at the Wiggle Room.

classes for preschool through adults starting November 30, accepting new students at any time. These students will be learning traditional TaeKwon Do along with self-defense while being eligible for promotional testings and tournaments. The instructor is Master Kellie Thomas, a 5th degree black belt with over 20 years of teaching experience who has been teaching in Hinesburg since the summer. Classes are on Wednesday, preschoolers are from 2-2:45 p.m. and family classes for ages 3-adult from 3:15-4:15 p.m. (kids can take the bus from the Hinesburg school directly to the Wiggle Room) or 5:15-6:15 p.m. The fee is \$40 a month and the first class is free to check it out. Please contact Master Thomas at either tkdkicks101@yahoo.com or call 802-377-0476 for more information.

**continued on page 10**

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## ► TaeKwon Do

*continued from page 9***TaeKwon Do Students Participate in Charity Break-a-Thon**

On Saturday, September 24, students of TaeKwon Do KICKS of Vergennes, Middlebury, Orwell, and Hinesburg celebrated their tenth birthday by participating in a major Break-A-Thon for Charities and raised a total of \$5,000. Ten charities were selected to support: Homeward Bound, WomenSafe, Addison County Special Olympics, Champlain Valley Agency on Aging, Middlebury Recreation Department, Camp Ta-Kum-Ta, Big Change Round Up, Charter House, Addison County Benefit Tractor Pull, and Derick Leroy Benoit Scholarship Fund. Each charity received \$500.

Students worked hard on breaking boards and asking for pledges. The Hinesburg students were Owen Cook, Reese and Trey Lindquist, and Theo Broussard.

This event also wouldn't have been capable without the help from our business sponsors. Lamell Lumber of Essex Junction and Goodro Lumber of Middle-



Owen Cook of Hinesburg participated in a charity Break-a-Thon.

bury donated boards. The following businesses donated \$100 each to help add to our total donation amount: The Lobby of Middlebury, Long Trail Physical Therapy of Middlebury, WowToyz of Vergennes, Vintage Fitness of Vergennes, Peak View Eye Care of Vergennes, Wales Flooring of Vergennes, and System Integrators of Bridport.

# Recreation

BY JENNIFER MCCUIN

Greetings from the Hinesburg Recreation Department! Youth basketball is gearing up for another season. Starting December 3, basketball will keep the HCS gymnasium humming with activity for the next two and a half months! The popular discounted Smugger's Notch lift tickets, rentals, and lessons return again on five different Sundays giving you an affordable option to ski and ride this winter ... think snow! There are discounted swim lessons where Hinesburg residents enjoy a member rate. There's adult pick-up basketball and volleyball. The Children's Choir returns for school-age students in January. Youngsters can also enjoy more arts and crafts with Chris Billis, and by making Wendy Frink's ever popular gingerbread houses. Another session of Literature and Arts classes, taught by Susan Lepple, rolls out in January. Enjoy the transition from fall to winter and enjoy the upcoming holidays.

**Youth Basketball**

The youth basketball program is for children in grades kindergarten through six and is held in the Hinesburg Community School gymnasium. Grades one and two will focus on skills and play in-house games on Saturdays. Grades three through six will have one mid-week practice and play home and away games within the greater Burlington area through CVRA (Champlain Valley Recreation Association) January 7 through February 11.

**Kindergarten:** Saturday 8–8:45 a.m.

**First and second grade boys and girls:** Saturday 9–10 a.m.

**Third and fourth grade boys:** Saturday 10–11:15 a.m. and Monday 6:30–8 p.m.

**Third and fourth grade girls:** Saturday 11:15 a.m. to 12:30 p.m. and Wednesday 6:30–8 p.m.

**Fifth and sixth grade boys:** Saturday 12:30–1:45 p.m. and Thursday 6:30–8 p.m.

**Fifth and sixth grade girls:** Saturday 1:45–3 p.m. and Tuesday 6:30–8 p.m.

**Dates:** December 3 to February 4 for kindergarten, first, and second grade. December 3 to February 11 for third through sixth grade.

**Family Playgroup**

**Wednesdays:** 10–11:30 a.m. Enjoy a family playgroup designed especially for children ages birth to five years and their adult companion. There are toys, activities, stories, songs, and healthy snacks. Start recreation early, connect with other parents in the community, and create childhood friendships. The schedule follows the school calendar. No registration is necessary. For information contact hinesburgplaygroup@gmail.com.

**Baby Playgroup at Nursery Space**

**Thursdays:** 10–11:30 a.m. The Baby Playgroup is for babies birth to 18 months old and their caregivers. Enjoy a big quilt and lots of age-appropriate toys. Similar to the Family Playgroup, you'll connect with other parents or caregivers. The schedule follows the school calendar. For information contact hinesburgplaygroup@gmail.com.

**Preschool Playgroup**

Fridays from 9–10:30 a.m. in the Preschool Room at Hinesburg Community School. Preschool Playgroup is offered to children ages 3 to 5 years old and their

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caregivers in the preschool classroom at Hinesburg Community School. You'll find open play, a snack, sensory activities, crafts, and circle time with stories and songs each week. The preschool classroom is a lovely space and is outfitted for pretend play, building, sensory play, games, small manipulatives, and all kinds of stuff preschoolers enjoy. Playgroups are free and open to attendees from any town, thanks to grant funding from Building Bright Futures and SCHIP. We welcome all caregivers (parents, grandparents, nannies, etc.) with their children and follow the school calendar and closings. Please contact Rachel Kring with questions at 482-4667.

All registration is now online at [hinesburgrec.com](http://hinesburgrec.com). For questions, please contact the Recreation Department at 482-2281 ext. 230 or e-mail Hinesburg Recreation Department at [hinesburgrec@gmavt.net](mailto:hinesburgrec@gmavt.net).

## Preschool Dance and Yoga with Miss Ashley

These 45-minute mixed dance and yoga classes allow preschoolers to enjoy music, movement, and stillness while learning basic ballet terms and steps alongside yoga poses. Focus is on positive self-image with coordination and rhythm introduced in creative and imaginative ways. These classes encourage children to recognize their own individuality and body mobility while hopefully developing a lifelong love for dance and yoga. Classes are drop-off but parents/caregivers are welcome to stay if they choose.

**Who:** Children 3–5 years old. **When:** Thursdays. Session 1: January 5 to February 9. Session 2: February 16 to March 30. No class on March 2. **Where:** Town Hall. **Time:** 8:45–9:30 a.m. **Cost:** \$60 per session.

## Gingerbread House Decorating with Wendy

Join everyone's favorite baker, Wendy Frink, and create one of her famous gingerbread houses! Homemade gingerbread, royal icing, and holiday decorations galore await your youngster. Get into the holiday spirit and create your own edible gingerbread home. Register early. This class fills quickly!

**Who:** Children kindergarten through eighth grade. **When:** Thursday, December 15. **Where:** Meet at Flex Space then walk to Hinesburg Nursery School. **Time:** 2:45–3:45 p.m. **Cost:** \$20. **Maximum:** 18 students

## Literature and the Arts with Susan Lepple

After continued success, Susan returns with her passion for children's literature

and the arts! Students and parents can count on high-quality literature being read aloud. Each week, there will be a new book to explore. Students will engage with literature through the arts. Art experiences may include fine art, movement, and music. This is an incredible opportunity for students to develop a love for literature and the arts.

**Who:** Children in first through fourth grade. **When:** Session 1: Wednesdays, January 4 to February 8 (6 classes). Session 2: Wednesdays, March 8 to April 12 (6 classes). **Where:** Meet in Flex Space, then proceed to Art Room. **Time:** 2:45–4:30 p.m. **Cost:** \$110

## Children's Choir

The Hinesburg Children's Choir returns, but with a new director! Stacy Chadwell is a vocalist, pianist, director, and piano technician from St. Louis. She has recently settled in Vermont following international work in opera, both as a director and performer. Her education includes undergraduate and graduate studies in voice performance at Truman State University, as well as Webster University's Opera Theatre program. She has worked in educational and professional theatre, international festivals, and has developed musical theatre camps for young artists. Currently, she coaches voice and is stage manager for the Flynn, in addition to directing Hinesburg Community School musicals. At the core of Stacy's practice is connection to the breath and empowering vocal expression. Sheet music, accompaniment, spectacular music education, fun, and a final performance open to family and friends are all included in this five-month course.

**Who:** Children in second through fourth grade. **When:** Tuesdays, January 10 through May 16. (17 classes, but there will be one cancellation factored in for illness/weather.) **Where:** Cindy Fay's Music Room. **Time:** 1:45–2:45 p.m. **Cost:** \$85.

## Adult Basketball

Adult pick-up basketball continues at the Hinesburg Community School gymnasium. Please register online so that we have a complete waiver and contact information for all updates. Please note that school functions have priority and that cancellations may occur.

**Where:** HCS Gymnasium. **Dates:**

Wednesdays for players under 30 years old. **Thursdays** for players age 30 and older. Gymnasium times run through May 31. **Time:** 8–9:30 p.m. **Cost:** FREE

Please note there are updates, schedule changes, and cancellations that are communicated by the adult pickup basketball coordinator, along with a mandatory completed waiver each year. All participants must register at [hinesburgrec.com](http://hinesburgrec.com).

## Coed Volleyball

Enjoy coed adult volleyball with plenty of games and opportunity. A minimum of intermediate skill level is appreciated, please. Kristi Johnson is the contact coordinator for this program and can be reached at 482-3366 or [kristijohnson@gmavt.net](mailto:kristijohnson@gmavt.net) for questions. But please register at [hinesburgrec.com](http://hinesburgrec.com) for updates, program information, cancellations, and for a completed waiver.

**Where:** CVU Gymnasium. **When:** Sundays, November 7 through April 16. **Time:** 6–8 p.m. **Cost:** FREE.

## Smuggs Discounted Lift Tickets on Sundays

Enjoy the long tradition of Hinesburg Recreation Department affordable skiing and riding at Smuggs! Receive deep

discounts for full-day lift tickets, ski or snowboard rentals, and lessons on five different Sundays this winter: January 29, February 5 and 12, and March 5 and 12.

**Adult** (19 years old and up) lift tickets are \$25, ski or snowboard rentals cost \$25, and group lessons cost \$25. **Youth** (6 through 18 years old) lift tickets cost \$20, ski or snowboard rentals, \$20, and group lessons (5 through 18 years old), \$20. **5-year-olds and younger** ski free.

Children must be at least 5 years old for a lesson with this program. Lessons occur 10 a.m.–12 p.m. Register and pay online at [hinesburgrec.com](http://hinesburgrec.com) by noon on Thursday for each Sunday. Complete a rental form and/or a waiver for a lesson. Forms are available at online registration, at the Hinesburg Recreation Department, on the website, or can be e-mailed to you.

Meet our group leader, Darcie Thorburn, between 8:30 a.m. and 9:30 a.m. at Bella Rigo Pizza in the Village Lodge building. Look for our "Hinesburg Recreation" sign. Sorry, no exceptions on pick-up time!

Please contact the Hinesburg Recreation Department at 482-2281 ext. 230 or at [hinesburgrec@gmavt.net](mailto:hinesburgrec@gmavt.net) with any questions.

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*Wednesdays	Integrative Yoga	8:30am	Charlotte
*Thursdays	Integrative Yoga	5:30pm	Hinesburg



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# Library

## Library Hours

**Monday and Saturday:** 10 a.m. to 3 p.m.

**Tuesday and Thursday:** 10 a.m. to 7 p.m.

**Wednesday and Friday:** 2 p.m. to 7 p.m.

**Phone:** 482-2878

**Address:** P. O. Box 127, 69 Ballards Corner Road, Hinesburg 05461

**Web Site:** carpentercarse.org

**E-mail:** carpentercarselib@gmavt.net

**HOLIDAY CLOSINGS:** December 24–26, and December 31.

## Outreach

On the third Friday of each month our library director visits a meal site for local seniors and lends large print books, magazines, audiobooks, music, and DVDs. Each meal site visit is a special time for making new friends, and sharing good food, conversation, and good books. The location of the meal site is Osborne Hall, adjacent to the United Church of Hinesburg's parking lot on Route 116.

## Trustee Meetings

Carpenter-Carse Board of Trustees meetings are held on the fourth Wednesday of each month unless otherwise warned. The December 14 meeting will be held at the home of Library Trustee, Marianna Holzer. All meetings are held at the library at 7 p.m. and are open to the public. Please call 343-3075 for more information.

## Children's Programs

### Wooly Bear Winter

BY ANNALISE WOOD, AGE 9

On November 5, Abbie Bowker came to the Carpenter-Carse Library to read her and her sister's book, *Wooly Bear Winter*. Her sister, Cam Sato wrote the poem to the book. Abbie Bowker grew up on a farm in Williston. Cam Sato now lives in Japan. After she read the book, we got to write and illustrate our own poems.

### Youngsters Storytime

Babies and kids ages 0-4 with their caregivers join Librarian Sara every Tuesday and Thursday from 9:30-10 a.m. at the library's community room for stories,

movement, songs, and snacks. Please note that there will be no storytime on December 27 or 29.

## Preschool Spanish Class

Is your little one hankering to learn some Español? Starting January 6 from 1:30–2:15 p.m. children ages 3–5 can join Ashley Williams-Wenschhof as she engages young learners in the Spanish language. The library will host the group for six consecutive Fridays, ending on February 10. Ashley will use music, art, movement, imaginative role play, and conversation to get young ones started on the basics. This is a free program but children must be pre-registered to attend. Get in touch with the library (room.ccl@gmail.com or 482-2878) to register your child. Class size is limited to ten.

## Lego Club

Come build with Lego blocks with your friends after school! Lego builders meet on Thursday afternoons from 3–4 p.m. at the Carpenter-Carse Library. The winter session starts February 2, and goes for five consecutive weeks (with a week off for February break). You may register your child for this session by calling the library, 482-2878, or emailing room.ccl@gmail.com. Children ages 5–10 are welcome, with or without an adult. Snacks are provided. This is a FREE program, but parents will be encouraged to donate their time or snacks to the club.

## Friday Afternoon Movie

Children and adults cozy into the community room for a movie and popcorn on Fridays, December 23 and January 27 at 3 p.m. All movies will be rated PG or G and admission is free. Movies will take place on the fourth Friday of every month. Children under the age of 10 must be accompanied by an adult. Call the library to ask what movie will be playing (482-2878).

## Family Fun Night

There will be no Family Fun Night at the library on Wednesday, December 14. Do join us at the library on Friday, January 11, for an evening of games, Legos, crafts, and more! From 5–6:30 p.m. the community room will be full of fun activities to keep the whole family busy. Pizza is available if you pre-register! Phone: 482-2878. Family Fun Nights are every second Wednesday of the month unless otherwise posted. Drop in, or stay for the duration.

## Adult Programs

### Book Discussion Group

Join avid readers for their next book discussion on Wednesday, December 14 at 6 p.m. We are meeting early to enjoy a pot-luck dinner! This month the discus-

sion will focus on three short stories: *Capers* by Edith Perlman, *The Ones Who Walk Away from Omelas* by Ursula LeGuin, and *The Blood Bay* by Annie Proulx. The January selection will be a novel by Mario Vargas Llosa *The Dream of the Celt*.

Meetings are held in readers' homes. For more information, including directions please call Deborah at 482-2714. Deborah will coordinate the pot luck for December's meeting. We can send you source information for the three stories.

## Hinesburg Community Writers' Group: The Craft of Writing

Local writers: get your literary juices flowing in the library's Community Room at our third Tuesday of the month Craft of Writing Night, Tuesday, December 20, 7–9 p.m. There will be creative writing prompts and stimulating discussions about the "hows" of writing, from style, to technique, to breaking through the dreaded block. Snacks will be provided. To submit a topic, or prompt suggestion, or for further details, email Laura Wisniewski at bhy@beecherhilllyoga.com. In the Community Room.

## Acquisitions

### Adult Fiction:

Backman, Fredrik, translator, Henning Koch, *Britt-Marie Was Here: A Novel*

Backman, Fredrik, ... *And Every Morning the Way Home Gets Longer and Longer: A Novel*

Chamberlin, Holly, *The Season of Us*

Chee, Alexander, *Edinburgh*

Child, Lee, *Night School*

Connelly, Michael, *The Wrong Side of Goodbye*

Grisham, John, *The Whistler*

Hilderbrand, Elin, *Winter Storms*

Hoffman, Alice, *Faithful*

Jin, Ha, *Boat Rocker*

Lamb, Cathy, *Henry's Sisters*

Moshfegh, Ottessa, *Eileen*

Preston and Child, *The Obsidian Chamber*

Rosenfelt, David, *Outfoxed: An Andy Carpenter Novel*

Sandford, John, *Escape Clause*

Smith, Martin Cruz, *The Girl from Venice* [audiobook]

Storey, Stephanie, *Oil and Marble: A Novel of Leonardo and Michelangelo*

Thien, Madeleine, *Do Not Say We Have Nothing: A Novel*

Thomas, Sherry, *A Study in Scarlet*

### Women

Tripp, Dawn, *Georgia: A Novel of Georgia O'Keefe*

## LARGE PRINT:

Box, C.J., *Shots Fired*

McHugh, Laura, *Arrowood*

O'Reilly, Bill and Martin Dugard, *Killing the Rising Sun*

Picoult, Jodi, *Small Great Things*

Springsteen, Bruce, *Born to Run*

## Adult Nonfiction:

Carlin, Peter Ames, *Homeward Bound: The Life of Paul Simon*

Collins, Billy, *The Rain in Portugal*

Egan, Kerry, *On Living*

Foer, Joshua; Dylan Thuras and Ella Morton; *Atlas Obscura: An Explorer's Guide to the World's Hidden Wonders*

Kaag, John, *American Philosophy: A Lovey Story* [audiobook]

Karr, Mary, *The Art of Memoir*

Macy, Beth, *Truevine: Twos Brothers, a Kidnapping and a Mother's Quest* [audiobook]

McVeigh, Chris, *The LEGO Christmas Ornament Book*

Moor, Robert, *On Trails*

Noah, Trevor, *Born a Crime*

Ohlson, Kristin, *The Soil Will Save Us: How Scientists, Farmers, and Foodies Are Healing the Soil to Save the Planet*

Oliver, Mary, *Upstream: Selected Essays*

Sanders, Bernie, *Our Revolution: A Future to Believe in*

Rick Steves' *Europe through the Back Door*

Rovelli, Carlo, translator Marion L. Rosenberg, *Anaximander*

White, Ronald C., *American Ulysses: A Life of Ulysses S. Grant*

**On order ~ new titles by:** Marie Benedict, Phil Collins, Janet Evanovich, Chris Smith, Shilpi Somaya Gowda, Tilar Mazzeo, Nora Roberts and Neil deGrasse Tyson.

## Your Library Catalog User ID is Changing!

Beginning in January 2017 the user ID that you use for the library catalog will match the Listen Up! Vermont (LUV) ID. A password will be required for both. The user id for both will be your 14-digit library card barcode that begins with 2H58. If you have already set up a password to access the library catalog, that will still be the password you will use to log into LUV and our catalog.

In fact, if you log into the library catalog, you will find that a search of LUV holdings occurs alongside your search results for our catalog holdings. Clicking on the link will take you the matching items in LUV. Beginning in 2017, you can select the LUV title to place a hold or check out an audiobook or e-book item, without having to log into LUV separately!

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# Education

## The Sustainability Hub at CVU — Looking Toward the Future

CVU COMMUNICATIONS COMMITTEE

In recent articles we have written about the goals of personalized learning plans (PLPs) for our students, and providing opportunities for students to immerse themselves in real-world challenges.

At a recent CVU School Board meeting, we were introduced to the Sustainability Hub, an initiative being piloted by environmental science teacher Dave Trevithick. Along with three enthusiastic students, Dave talked with passion about the importance of using the natural environment to engage students in school — specifically in the sciences — to solve real life problems.

### What the research says:

- 44% of students graduate from college in five years with \$37k of debt
- 65% of jobs for middle schoolers have not been created yet
- 96% of academic provosts believe students are prepared (for life after college), whereas only 11% of employers believe they are prepared

### What we can do to address these concerns?

Schools across the country are looking to the environment to engage their students. Researchers have seen positive outcomes, here are just a few:

1. In Portland, Oregon, 96% of students in schools with an environmental focus met or exceeded state standards com-

pared to 56% in a comparable school without that focus. In addition, students were found to be more creative.

2. Gallup researchers found that college graduates who had opportunities to apply classroom learning to internships, jobs, or ambitious projects were twice as likely to be engaged in work later in life.
3. In Hotchkiss, Colorado, behavioral referrals decreased from 540 to 50, and math scores increased.

4. In Little Rock, New Mexico, there was a decrease in negative behavior discipline after initiating an environmental focus. Students had 54% fewer incidents of negative behaviors.

### At CVU

#### The Vision — Equity:

- That students live science through experiential learning on site at CVU
- That students develop critical and creative thinking by asking and answering meaningful questions of their own such as, "How will climate change affect the varieties of fruits and vegetables grown in Vermont?"
- That all students interested in these topics have the access and resources needed to pursue sustainability education
- That all students have access to internships, community connections, and working experiences
- That all students see one another as having an equal impact on a global community

#### Some Pathways for achieving this vision:

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### As a Graduation Challenge

How do I create a disease resistant tomato? Can someone make a living as an organic farmer? What does organic really mean?

### As a Class

How does agriculture create place/culture? How does one market and profit from homegrown popcorn?

### As a Personalized Learning Plan

How are drones used for agricultural purposes? How does a local forester determine which trees are healthy?

### A Specific Example: Natural Resources Class

Part of this fall's Natural Resources Class

project focused on the environment from a variety of perspectives. This included creating a bike water pump, expanding CVU's Farm to Table gardens, stormwater designing, permaculture designing, an apple orchard, riparian buffer planting, Fire Pond fish surveying, conducting a wetlands designation study, performing a microinvertebrate survey, creating a stormwater 3D model, pressing and identifying wetland plants, and installing a rain barrel. And all of this was going on just next to the CVU building!

### Community Partnerships

Community Partnerships are also a large part of these efforts. Students are learning to work with teams of professionals, creating bonds between the school,

*continued on page 14*

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## ► CVU Sustainability Hub

*continued from page 13*

the students, and the community; and exposing the students to a new type of positive role model.

So far the program is working with Shelburne Farms, Lake Champlain Maritime Museum, U.S. Fish and Wildlife Services, Ahead of the Storm, Marone and McBrook, UVM's Environmental Problem Solving class, Jeff Abbey — local carpenter, ReSource, and Horsford Nursery. The program is also taking advantage of in-house talent.

### What is Next?

The big challenge is designing a Sustainability Hub — a greenhouse to be a hub of infrastructure and equitable access that focuses on the environment. This will allow CVU to meet their goals of:

1. Engaging students using a cohort model to focus on a common goal through personalized pursuits
2. To have a physical place that will model sustainable practices and mind-sets
3. To utilize an interactive design process
4. To tackle real-world problems in collaboration with community partners

We are very excited about the expanding

opportunities at CVU that allow our students to develop their skills and passions while in high school. We feel confident that initiatives such as the Sustainability Hub will address some of the challenges noted earlier. We believe our students will have a better understanding of who they are as learners and what life after high school will look like for them.

The Communications Committee on behalf of the CVU School Board thanks the work of administrators, teachers such as Dave Trevithick, and the students who took on the challenge of piloting this new program. In future articles, we hope to share information about other ways in which the school community plans to capitalize on the interests of all CVU learners.

## Hinesburg Nursery School Students Learn from Local Farmers

BY SARA ARMSTRONG DONEGAN,  
HNS PARENT VOLUNTEER

It was a busy autumn at the Hinesburg Nursery School. Students have been fo-



*HNS Students join Farmer James in the Delicata Squash Patch*

cused on topics of learning that include: harvest, apples, spiders and snakes, and The Day of the Dead. Two field trips were incorporated into the harvest and apple units. The first trip was to Trillium Hill Farm in Hinesburg, and the second was to Adam's Apple Orchard in Williston. At Trillium Hill Farm, children enjoyed a tractor-pulled wagon ride up to the garden where they harvested sweet potatoes and delicata squash. At Adam's Apple Orchard, each child picked a bag of apples, had another wagon ride, and learned all about running an apple orchard from Farmer Kim and Farmer John. Both were exciting and educational outings.

While the children continue their school year, parents will be getting ready for HNS's first fundraiser of the year. Mark your calendars for our Annual Waffle Breakfast and Silent Auction, on Saturday, February 11 from 8 a.m. to 12 p.m. at the Hinesburg Community School. Breakfast is served from 8–11 a.m. The Silent Auction is 8–10:30 a.m. with prizes such as weekend getaways, ski passes, museum memberships, hand-crafted items, restaurant certificates, fuel delivery, Vermont products, toys, and more! Kids activities will be held from 9 a.m.–12 p.m. and include Mike & the Big Blue Trunk, face painting by Hyperfocus, kids crafts, live music, and so much more! Admission is \$6 for adults, \$4 for kids ages 2–12, children under 2 are free. We hope to see you at this fantastic annual community event!

## Connecting Youth Mentoring Expands to CVU

FROM CONNECTING YOUTH  
PRESS RELEASE

Since the start of the new school year, Mentoring Coordinator, Amanda Payne, has been working hard to launch an expansion of the Connecting Youth (CY) Mentoring Program at CVU. When asked "why now?" CY Director, Christine Lloyd-Newberry responded that "CSSU [Chittenden South Supervisory Union]

## STONE WALL WORKSHOPS

### Winter 2017

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**FEBRUARY 11**  
**MARCH 4**  
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*Mentor pair Wendy Bratt and Ethan Karshagen enjoy the fall by playing a round of disc golf together.*

students have very limited access to formal mentoring services after eighth grade and those who want to continue beyond that point are frequently unable to maintain the relationship due to lack of existing programs or other supports." She continued, sharing, "With the long-standing success of our nationally recognized middle school program, it only makes sense for us to support those relationships through high school. We are so excited to see this program take off!"

In its first year, the program at CVU will work with already established mentoring pairs transitioning from middle to high school. In subsequent years they

will begin to identify new mentoring relationships for students already at the high school. Committed and caring adult volunteers will be paired with students from the high school to form intentional, supportive, and fun relationships by spending quality time together throughout the year. "Mentoring research is clear; youths with mentors are less likely to engage in high-risk behavior, are more likely to develop positive relationships with peers and adults, and to grow up to become productive and engaged members of their community" shared coordinator, Amanda Payne. Payne comes to CY with more than a de-

cade of experience facilitating and coordinating programs for youths and young adults worldwide. She has worked with youths of all ages from a variety of backgrounds, and is strongly committed to mentoring youths in the community.

Programs like these would not be possible without the gracious support of the community. In addition to all of its volunteers and supporters, CY would like to thank Mobius, Vermont's Mentoring Partnership; Vermont Children's Trust Foundation; and Shelburne Charlotte Hinesburg Interfaith Projects (SCHIPS) for their generous financial support of this program.

For more information about the CY mentoring program at CVU contact Amanda Payne at 522-0613, [apayne@cssu.org](mailto:apayne@cssu.org); or Christine Lloyd-Newberry, CY Director, at 383-1211, [cnewberry@cssu.org](mailto:cnewberry@cssu.org); or visit us online at [seewhy.info](http://seewhy.info).

## Young Writers Project

FROM PRESS RELEASE

### About the Project

Young Writers Project is an independent nonprofit based in Burlington that engages students to write; helps them improve; and connects them with authentic audiences in newspapers, before live audiences, and on the web sites:

[youngwritersproject.org](http://youngwritersproject.org), [vtdigger.org](http://vtdigger.org), [vpr.net](http://vpr.net), [medium.com](http://medium.com), [cowbird.com](http://cowbird.com) and more. Young Writers Project also publishes a digital magazine, *The Voice*, and an annual anthology of the best writing and photography. YWP is supported by this newspaper and foundations, businesses, and individuals who recognize the power and value of writing. If you would like to donate to YWP, please go to [youngwritersproject.org/support](http://youngwritersproject.org/support). Contact us: Young Writers Project, 47 Maple St., Suite 106, Burlington, VT 05401. Email: [sreid@youngwritersproject.org](mailto:sreid@youngwritersproject.org); (802) 324-9539.



### The Question

By Nathan Brown, Age 13, Hinesburg

Inside of each of us is a heart.

Inside of each of us is a life.

Inside of each of us is life.

Life bouncing around our ribcage like a boomerang.

Life jumping from vein to vein in our wrists.

Life just being there.

*continued on page 16*

*"Not a Hair Out of Place"*

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► Young Writers Project

*continued from page 15*

Then just one question: when?

When will the dark eclipse of death surround us, as it must?

When will life finally start?

When will my life begin?

I believe that when you each take a breath, when you each take a step, you are making a difference on this earth. By just being, you are changing the world.

But that is the easy way.

In life, you are given a chance to take a chance and be remembered — or stand in the background and be forgotten.

In life, that decision is one of the most important ones.

*Where I can hide*

**By Maddie Donaldson, Age 12, Monkton**

I don't want anything to change.

I wish I could play this day over and over.

I don't want to grow old and die.

I want to run in the woods.

I want to live every second twice before I do it one hundred times more.

I want to hear the music touching my soul.

I don't want to face reality.

I want to hide where it can't find me.

I don't want to leave this town.

I don't want to leave these people.

I don't want to wake up.

I don't want to move on.

I want to enjoy my time again.

I want time to stand still.

I want to live this forever.

I don't ever want it to stop.

*Ropes Course*

**By Cassandra Guillemette, Age 12, Hinesburg**

This was a big day. We were going to go on a big, high ropes course. I have always been afraid of big, high ropes courses, but I was going to face my fear this day.

A few hours later, we were at the ropes course. It looked scary, but I knew I could do it. They hooked me up and I was doing it. I couldn't back out; it was too late. I had to do it. There was sweat coming down my face, and my hands were all sweaty. I thought, I guess I have to do it! I felt like I was going to fall down.

Everyone from the ground said, "Good job! You are doing great!"

I said, "Thanks."

It was just me up there and I wasn't half-way done.

Twenty minutes later, I finished. I was glad I was touching the ground again.

Sports

Buccaneers State Champions – First Time in History!

FROM PRESS RELEASE

On November, the Buccaneers Youth Football team headed to Barre to face the Burlington Seahorses in the Northern Vermont Youth Football League (NVYFL) Division 1 State Championship Game.

The game was hard fought to the end, but the Buccaneers came out victorious with a final score of 19–18.

For Nick Michaud, this win had special meaning. In 2004, after playing JV football for CVU, he and his dad, Jay Michaud, realized the need for a football feeder program and started the CSSU Buccaneers. Jay Michaud became the Buccaneers first head coach. Fast forward 12 years later, where Nick is now a 7/8 head coach and has won the championship game.

Nick said, "My goal coming into my first season as head coach was to teach the fundamentals of football and try and win some games. Winning the championship shows the potential of this program and means so much to my family and I." Additionally, for Head Coach Chris Boffa, this was an emotional win because this was his son Seth's last season as a Buccaneer.

"This championship represents what it means to set a goal and believe you can do it. The kids focused on their preparation, believed they could be successful, executed and proved it on the field. A tremendous life lesson for each and every one of them! I have been coaching

HINESBURG BUSINESS AND PROFESSIONAL ASSOCIATION OFFERS FREE JOB SEARCH AND POSTING SERVICE

BY JEAN ISHAM, HBPA

The Hinesburg Business and Professional Association (HBPA) has added to its web site space for area businesses to post employment openings and for area residents to post requests and/or resumes when seeking jobs. The service is free of charge to members and non-members. The Association encourages area businesses and job seekers to use the site. Expanded usage will enhance the value of the site to the community.

To access this service simply go to the HBPA web site, hinesburgbusiness.com, and click on the appropriate option: Seek A Job; Post A Job; Search Resumes; Post Resume. We think you will find the application easy to use. If you do not have ready access to a computer, access may be available through your local library.

If you have any questions about this site or its use, contact Robert Stahl at bstahl2@gmail.com or at 482-3137.

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for eight years and have been a part of the board for six years. Saturday was my final game as a coach, but my belief in the program is strong, so I plan to continue to stay on the board and help.”

On November 10, the 125 Buccaneer players, coaches, parents, board members, and volunteers gathered to celebrate the season at the annual football banquet.

For pictures and more information on the Buccaneer program please head to our website [cssubuccaneers.org](http://cssubuccaneers.org)



The Buccaneers team hoists the championship trophy.



Buccaneers 7/8 Team with Head Coaches Chris Boffa and Nick Michaud, and Assistant Coaches Brian Anderson, Jim Tenda, and Matt Lehman.

# Organizations

## Hinesburg 4-H'ers Completed Another Busy 4-H Year.

BY CORINNA HOBBS, HINESBURG 4-H CLUB REPORTER

On Sunday, October 30, Chittenden County 4-H'ers met at the UVM campus for 2016's 4-H Achievement Night. Members from all over the county gave one minute speeches about project work they've done over the last year.

Hinesburg 4-H Club members received awards for Sheep and Community Service projects, as well as awards for state events and local club participation. Caroline Hobbs, Corinna Hobbs, and Cyrus



Hinesburg 4-H Club members (l-r) Corinna Hobbs, Tianna Bills, Zoe Bills, Luke Bills, and Cyrus Tyler at the UVM Dudley H. Davis Center receive hard-earned accolades after the end of the 2016 4-H year.

Tyler qualified for five-year membership awards. Zoe Bills, Tianna Bills, and Luke Bills each received an award for completing their first year.

We celebrated the night with games, a silent auction, and snacks that everyone

*continued on page 18*

# Calendar

### THURSDAY, DECEMBER 8

December 8 issue of The Hinesburg Record published

**7:00 p.m. - 8:30 p.m.** Town Forest Committee Meeting. Bottom level conference room in the Town Hall

### MONDAY, DECEMBER 12

**7:00 p.m. - 8:30 p.m.** Village Steering Committee Meeting. Hinesburg Town Hall. Contact George Dameron, Chair 482-3269

### TUESDAY, DECEMBER 13

**7:00 p.m. - 8:30 p.m.** Conservation Commission Meeting. 2nd floor, Town Hall

**7:00 p.m. - 8:30 p.m.** Recreation Committee Meeting. Hinesburg Town Hall

**7:30 p.m. - 9:00 p.m.** Land Trust Meeting. TBD. Interested parties should call Ann Brush at 482-5656 or email [annbrush@gmail.com](mailto:annbrush@gmail.com)

### WEDNESDAY, DECEMBER 14

**6:30 p.m. - 7:30 p.m.** Fire and Rescue/Heavy Rescue Training

**7:30 p.m. - 8:30 p.m.** Planning Commission. Hinesburg Town Hall

### MONDAY, DECEMBER 19

**7:00 p.m. - 8:30 p.m.** Selectboard Meeting. Town Hall

### TUESDAY, DECEMBER 20

**5:30 p.m. - 7:30 p.m.** CVSD Board Meeting. Hinesburg Community School

**6:30 p.m. - 8:00 p.m.** Business and Professional Association Meeting. Papa Nick's Restaurant. Contact HBPA President Walter Hausermann at 802-878-7144 or [walter@allstate.com](mailto:walter@allstate.com)

**7:00 p.m. - 8:30 p.m.** HCS Board Meeting. CVU

**7:30 p.m. - 8:30 p.m.** Development Review Board. Hinesburg Town Hall

### WEDNESDAY, DECEMBER 21

First day of Winter

**7:00 p.m. - 8:00 p.m.** Fire and Rescue/Business Meeting. Fire Station

**7:00 p.m. - 8:00 p.m.** Hinesburg Trails Committee Meeting. Hinesburg Town Hall lower level conference room, Lenore Budd, Chair

### THURSDAY, DECEMBER 22

**7:00 p.m. - 9:00 p.m.** Hinesburg Historical Society Meeting. Hinesburg Town Hall, lower level conference room

### SATURDAY, DECEMBER 24

Christmas Eve

### SUNDAY, DECEMBER 25

Christmas Day

First day of Hanukkah

### MONDAY, DECEMBER 26

Kwanzaa Begins

### TUESDAY, DECEMBER 27

**7:00 p.m. - 8:00 p.m.** Conservation Commission.

### WEDNESDAY, DECEMBER 28

**7:00 p.m. - 8:00 p.m.** Carpenter Carse Library Trustees Meeting. Carpenter Carse Library

**7:00 p.m. - 8:30 p.m.** Fire and Rescue/Fire Training

**7:30 p.m. - 9:00 p.m.** Planning Commission. Town Hall

### SATURDAY, DECEMBER 31

New Year's Eve

### SUNDAY, JANUARY 1

New Year's Day

### MONDAY, JANUARY 2

**4:30 p.m. - 5:30 p.m.** Lake Iroquois Recreation District meeting, Williston Town Hall. Public invited

**7:00 p.m. - 8:30 p.m.** Selectboard Meeting. Hinesburg Town Hall

**7:30 p.m. - 8:30 p.m.** Vermont Astronomical Society Meeting. UVM

### TUESDAY, JANUARY 3

**5:30 p.m. - 7:30 p.m.** CVSD Board Meeting. Shelburne Community School, 345 Harbor Rd, Shelburne, VT 05482, USA

**7:00 p.m. - 8:30 p.m.** Community Writers' Group. Carpenter-Carse Library, 69 Ballards Corner Rd, Hinesburg. Calling all local writers! Join us for our monthly Community WritersGroup! All genres are welcome. Get your literary juices flowing with creative writing prompts; network with other local word-smiths; and enjoy a fun, stimulating monthly workshop in the Carpenter-Carse Community Room. Snacks will be provided. To submit a piece of writing for others to review and enjoy before the group meets, email Laura Wisniewski at [bhy@beecherhillyoga.com](mailto:bhy@beecherhillyoga.com).

**7:30 p.m. - 8:30 p.m.** Development Review Board. Town Hall

### WEDNESDAY, JANUARY 4

**7:00 p.m. - 8:30 p.m.** Fire and Rescue/Medical Training. Hinesburg Fire Station

### MONDAY, JANUARY 9

**7:00 p.m. - 8:30 p.m.** Village Steering Committee Meeting. Hinesburg Town Hall. Contact George Dameron, Chair 482-3269

### TUESDAY, JANUARY 10

**7:00 p.m. - 8:30 p.m.** Conservation Commission Meeting. 2nd floor, Town Hall

**7:00 p.m. - 8:30 p.m.** Recreation Committee Meeting. Hinesburg Town Hall

**7:30 p.m. - 9:00 p.m.** Land Trust Meeting. TBD. Interested parties should call Ann Brush at 482-5656 or email [annbrush@gmail.com](mailto:annbrush@gmail.com)

### WEDNESDAY, JANUARY 11

**6:30 p.m. - 7:30 p.m.** Fire and Rescue/Heavy Rescue Training

**7:30 p.m. - 8:30 p.m.** Planning Commission. Hinesburg Town Hall

### THURSDAY, JANUARY 12

Advertising and News deadline for the January 26 issue of The Hinesburg Record

**7:00 p.m. - 8:30 p.m.** Town Forest Committee Meeting. Bottom level conference room in the Town Hall

### MONDAY, JANUARY 16

Martin Luther King, Jr. Day

**7:00 p.m. - 8:30 p.m.** Selectboard Meeting. Town Hall

### TUESDAY, JANUARY 17

**5:30 p.m. - 7:30 p.m.** CVSD Board Meeting. Williston Central School, 195 Central School Dr, Williston

**6:30 p.m. - 8:00 p.m.** Business and Professional Association Meeting. Papa Nick's Restaurant. Contact HBPA President Walter Hausermann at 802-878-7144 or [walter@allstate.com](mailto:walter@allstate.com)

**7:00 p.m. - 8:30 p.m.** HCS Board Meeting. CVU

**7:30 p.m. - 8:30 p.m.** Development Review Board. Hinesburg Town Hall

### WEDNESDAY, JANUARY 18

**7:00 p.m. - 8:00 p.m.** Fire and Rescue/Business Meeting. Fire Station

**7:00 p.m. - 8:00 p.m.** Hinesburg Trails Committee Meeting. Hinesburg Town Hall lower level conference room, Lenore Budd, Chair

### TUESDAY, JANUARY 24

**7:00 p.m. - 8:00 p.m.** Conservation Commission.

### WEDNESDAY, JANUARY 25

**7:00 p.m. - 8:00 p.m.** Carpenter Carse Library Trustees Meeting. Carpenter Carse Library

**7:00 p.m. - 8:30 p.m.** Fire and Rescue/Fire Training

**7:30 p.m. - 9:00 p.m.** Planning Commission. Town Hall

### THURSDAY, JANUARY 26

January 26 issue of The Hinesburg Record published

**7:00 p.m. - 9:00 p.m.** Hinesburg Historical Society Meeting. Hinesburg Town Hall, lower level conference room



## ► Hinesburg 4-H

*continued from page 17*

brought to share. Thank you, UVM Extension for another great year.

## Program Delivers Holiday Spirit to Local Seniors

FROM HOME INSTEAD SENIOR CARE PRESS RELEASE

The holidays are a time to celebrate the joy and warmth of the season with friends and family. In Shelburne, the local Home Instead Senior Care office is inviting the community to celebrate with area seniors who may be alone during the holiday season.

The Home Instead Senior Care office serving Chittenden and surrounding counties is helping to facilitate *Be a Santa to a Senior*, a community program that provides gifts and companionship to seniors who may be isolated from friends or family during the holiday season. The program is made possible through the generous support of local businesses, nonprofit organizations, retailers, numerous volunteers, and mem-

bers of the community.

"The holidays can be a troubling time for seniors. They may feel the absence or the distance of loved ones," said Tim Labeau, owner of the Shelburne Home Instead Senior Care office. "*Be a Santa to a Senior* provides a ray of hope for many seniors, and it means so much for them to know that people care and value them as members of our community."

The local Home Instead Senior Care office has partnered with numerous Burlington area businesses and volunteer organizations to help with gift collection and distribution.

"We are excited to have so many other organizations in the community supporting *Be a Santa to a Senior* again this year," said Labeau. "We are hoping to serve 1,200 seniors in need across four counties through this year's program, and we know it will be a meaningful experience for all who are involved."

Holiday shoppers are invited to participate in *Be a Santa to a Senior* by picking up a paper ornament at a participating Kinney Drugs location. Participating locations will display *Be a Santa to a Senior* trees from now to December 13, which will be hung with ornaments featuring seniors' first names and their desired gifts. Holiday shoppers can choose an ornament, buy the requested gift and return it back to the store with the ornament attached. There's no need to worry about wrapping — community volunteers and program partners will wrap and deliver the gifts to local seniors in time for the holidays.

"*Be a Santa to a Senior* provides a much-needed boost for seniors who may be isolated, not just through gifts, but through interaction and companionship," said Labeau. "We're so grateful to have a community that comes together to show our local seniors they are not alone during the holidays."

*Be a Santa to a Senior* trees can be found the following nearby Kinney Drugs store locations:

- 1654 Williston Road, South Burlington

- 308 Shelburne Road, Burlington
- 10212 Route 116, Hinesburg
- 82 Pearl Street, Essex Junction
- 84 Executive Drive, Shelburne

For more information about the program, visit [BeaSantatoaSenior.com](http://BeaSantatoaSenior.com) or call 860-4663.

## Audubon Vermont Events

FROM PRESS RELEASE

Both events below are at the Green Mountain Audubon Center, 255 Sherman Hollow Road, Huntington. For more information, go to [vt.audubon.org/events](http://vt.audubon.org/events).

### Forest Preschool Open House

Friday, January 13, 3-4 p.m.

Interested in Forest Preschool at the Green Mountain Audubon Center? Join Teacher-Naturalist Debbie Archer, Education Manager Jamie Montague, and AmeriCorps Member Emily Kaplita for a cup of hot cocoa around the fire. Hear what Forest Preschool is all about, see the place we call "Forest Camp," and get your questions answered! Preschoolers welcome! To get an insider's look at Forest Preschool, explore our blog: [greenmountainaudubon.wordpress.com](http://greenmountainaudubon.wordpress.com).

### Tricky Tracks

Thursday, January 19, 9-10:30 a.m.

Winter is a wonderful time to learn about the comings and goings of our furry and feathered neighbors. We'll discover how animals move through the snow then head outdoors in search of fresh tracks.

**Ages:** 3-5 with adult companion

**Fee:** Members \$8 adult-child pair, \$4/additional child. Non-members \$10 adult-child pair, \$4/additional child.

Pre-registration is required: 434-3068, or email [vermont@audubon.org](mailto:vermont@audubon.org).

## SCHIP Announces Fall Grant Awards

FROM PRESS RELEASE

SCHIP (Shelburne, Charlotte, Hinesburg Interfaith Projects) has announced its fall grant awards. Recent monies in the amount of \$9,700 were awarded to several non-profits in our towns who met the criteria of serving the people of our communities in a variety of ways.

Those recipients during this cycle included All Souls Interfaith Gathering, Charlotte Food Shelf, COTS (Committee on Temporary Shelter), CVU Home School Support Fund, Hinesburg Community School, Prevent Child Abuse Vermont, and St. Catherine of Siena.

These awards are made possible as a result SCHIP's mission to raise funds through the sale of donated, gently used clothing and household items, accessories, art, and collectibles at its resale shop in the distinctive yellow building on Route 7, next to the town offices. Since its inception, grants of over half a million dollars (\$617,895) have been awarded!

As a member of our communities, you too, are an intimate part of our mission. Come shop, donate, volunteer, and help us continue to meet our objectives for the future. For more information on grant recipients or the organization, please visit our website ([schipstreasure.org](http://schipstreasure.org)) or our Facebook page (SCHIP's Treasure Resale Shop) or call the shop for volunteer or donation inquiries at 985-3595.

Our participating faith communities are: All Souls Interfaith Gathering, Shelburne; Charlotte Congregational, UCC; Hinesburg United Church; Our Lady of Mt. Carmel Catholic Church, Charlotte; Shelburne United Methodist Church; St. Jude's Catholic Church, Hinesburg; St. Catherine of Siena Catholic Church, Shelburne; Trinity Episcopal Church, Shelburne; Vermont Zen Center, Shelburne.

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# Arts

## Social Band explores “Deep Midwinter” in Song

FROM PRESS RELEASE

**S**ocial Band presents a concert 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.

Deep Midwinter: Songs from Winter's Heart will be performed on the following dates: Saturday, December 17, 7:30 p.m. at Richmond Free Library and Sunday, December 18, 3 p.m. at Charlotte Congregational Church.

Social Band, Burlington's lively band of singers, presents its annual winter concert series unapologetically smack dab in the middle of the holiday hubbub. There is no better time to join in song than when we are collectively yearning for a time to be still, to listen, to sing, to reflect, and to celebrate.

Social Band tells the story of this beautiful, rich, yet stark season with beautiful carols you may have never heard, contemporary works by Vermont composers that spur the imagination and local pride, stirring songs from the American shape-note tradition, and joyful sing-alongs that allow each and every one of us to sing in community.

Social Band, weaves together poetry and song to create a sometimes thoughtful, sometimes joyful, sometimes irreverent hour of choral music. The group strives to draw upon the strengths of classical and folk traditions, and offers a performance that is both refined and a direct expression of feeling — feeding listeners' hearts and heads. Encouraging composition has been part of Social Band's mission from the outset, and much of its repertoire comes from Vermont composers — many of them members of the group. Social Band is directed by Amity Baker.

Admission is by suggested donation of \$15. Tickets are available at the door. All of our venues are wheelchair accessible. For more information, visit [socialband.org](http://socialband.org), find us on Facebook, or call 355-4216.



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# Health

## A Meditation for the Holidays

BY LAURA WISNIEWSKI, DIRECTOR OF BEECHER HILL YOGA

“If we are not happy, if we are not peaceful, we can't share peace and happiness with others, even those we love, those who live under the same roof. If we are peaceful, if we are happy, we can smile and blossom like a flower, and everyone in our family, our entire society, will benefit from our peace,” writes Zen Buddhist monk, Thich Nhat Hahn in his book *Being Peace*. Meditation is one way to become more peaceful.

**A**s the dark nights of December grow longer, we can use meditation to brighten our thoughts, feelings, spirits, and to offer light to our world. Try this daily meditation during the next few weeks and throughout the holidays. You can consider it a holiday gift to your family, friends, and neighbors.

- Find a quiet place if you can.
- Sit on a cushion on the floor, legs crossed. Or sit on a chair, feet flat on the floor.
- Keep your spine long and your front body and back body equally open.
- If you can, breathe in and out through your nose.
- You can close your eyes or let your focus be soft and downward.
- Slow down and smooth out your breath, so the rhythm of your breath becomes regular.
- As you breathe in, recite silently: breathing in, I receive light.
- As you breathe out, recite silently: breathing out, I send light into the world.
- If you can, visualize this light with every breath; imagine its color, its intensity, its texture ...
- Continue for as little as 10 breaths or as long as 10 minutes.
- Repeat daily.

Beecher Hill Yoga wishes you a full and peaceful holiday.

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# People

## Hinesburg Preschool Director to lead VAEYC Board

ANNETTE'S PRESCHOOL AND THE CLUBHOUSE PRESS RELEASE

**Andrea Sambrook** was elected President of the Vermont Association for the Education of Young Children (VAEYC) Board at the Annual Conference recently held at UVM. “It is a privilege to take on this important early childhood leadership role at a time when the state and national agendas are focused on the science of child development in the earliest years and its direct relationship to healthy adult outcomes,” Sambrook said.

VAEYC is the Vermont affiliate of the National Association for the Education of Young Children (NAEYC). Its mission is to enhance the quality of early childhood programs and professional practices, and to advocate for young children and their families so that they

may realize their full potential. “It's a critical time for early care and education both nationally in an election year, and statewide, as Vermont implements the Act 166 Public Pre-K mandate.” Act 166 was fully implemented starting in September 2016 and provides 10 hours of free, high-quality preschool education for every Vermont child aged 3–5.

VAEYC's work across the state is strong and varied. It can be seen through T.E.A.C.H. (Teacher Education and Compensation Helps) scholarships to support educators to obtain higher education degrees, mentoring support for centers to increase STARS ratings (a measure of quality) and NAEYC Accreditation, and to advocate for legislation that ensures families' access to affordable high-quality early education. Andrea is the owner and director of Annette's Preschool and The Clubhouse in Hinesburg.

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**Have news? 482-2350 or**  
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- **Store it right** cold air sinks in the fridge — perishables last longer on lower shelves.
- **Eating out?** Choose a food-waste-fighting restaurant! Find a list at [cswd.net](http://cswd.net).

Take a bite out of food waste!  
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**CSWD.NET**



# Commentary

## Fake News

BY BILL SCHUBART

I've tuned out the endless forensic analyses of how news media failed the electorate. In fact, other than having misread the political and cultural pulse of many Americans, I'm not sure the serious news organizations failed us at all. Many of us were just absent.

Watching a Trump supporter on the PBS Evening News say that she'd liked the idea of a woman in the White House until she learned from her sister's Facebook page that five people Hillary knew had recently been murdered, I was curious about the news item and found its source in an article in the *Guardian*.

The fake news story was generated by pay-per-click entrepreneurs in Denver.

They develop fake news they hope will go viral, making money on each click when their content is picked up. They cashed in handily on this fabricated news item, which did indeed go viral. Another such enterprise propagated the widely accepted fake news that Pope Francis endorsed Trump.

Entrepreneurship is alive and well around the globe. A cluster of teenage clickbait news fabricators practically minted money in the town of Veles, Macedonia, by generating endless pro-Trump fake news items.

According to the latest Pew Report on News Media, 44% of Americans get their news from Facebook. Fil Menczer, a professor at Indiana University, who studies fake news and Facebook, has written that, "You're being manipulated by the system (falling for fake news) and you

become the perpetrator because you share it with your friends who trust you and so the outbreak continues." The term used by propagandists is "useful idiots."

We associate good and bad news with our own sense of security and wellbeing. This creates a difficult choice. If we want to feel good all the time, we now inhabit a news universe where we can choose and share our own unverified news. Words creeping into daily use like "fact-free" and "truthiness" lend credence to this disturbing trend.

As a boy, I remember gathering around

the family TV to hear Walter Cronkite or Huntley-Brinkley tell us what was happening in the world. We trusted these voices. Sixty years later, they've been replaced by an infinite buffet of news choices with varying degrees of truth and comfort all protected by the first amendment.

Traditional, trustworthy news media did not fail us, we failed ourselves. Real news is still there, but we must care enough about our democracy to read it.

"Those who can make you believe absurdities can make you commit atrocities." – Voltaire, philosopher (1694-1778)

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## ► Project-Based Learning

*continued from page 1*

next, the Tree Frogs class looked extra hard to find a stone house with a flower on the roof, the Jaguar class looked for bridges and tiny fences, and the Toucans identified mushroom homes with polka dots and even a fairy house way up in a tree above their heads!



*A student from Annette's Preschool checks out a fairy home.*

These 15 fairy wonders were hand-made by the ceramics students at CVU who were eager to share their designs with others who would find them magical as well as beautiful, and to build in a community service component to their creative efforts. Thanks to this invitation, the preschoolers fortified their basic map reading skills, visual perception skills, early literacy skills through riddles and rhymes, and most especially self-regulation skills (being quiet and not touching the fairy's homes at the same time!) We truly hope that the fairies will invite us again next year ...



*A student from Annette's Preschool reads a map that shows how to get to the Fairy Wood.*

## ► Homesharer

*continued from page 1*

my home," said George. "I really appreciate the depth of the screening process."

Julie was confident George could be a good match for their first foray into homesharing. "I learned that George makes Thai food and I said, 'I want to meet him.'"

Part of the homesharing arrangement between the trio is that George cooks one meal per week. "It's a great arrangement," Stewart says. "George enjoys cooking and we don't like to cook."

One thing they have learned from the home sharing experience is everybody

wants their own space. "I learned early on that I wanted to be alone in the morning," said Stewart.

George added, "I'm just starting to figure out the level of space Julie and Stewart need. It's their home and I don't want to get in their way. I respect them tremendously."

"We are finding we have a lot in common," says Stewart. "We love classical music and we are just starting to talk about sailing." George enjoys the occasional living room chamber music concerts performed by Stewart and his friends. It's a win-win.



*Homesharers George King, and Julie and Stewart Pierson.*

## ► Community Concert

*continued from page 1*

member of the Seattle Youth Symphony and a recipient of awards from the Seattle Young Artists Festival. She continued her musical education in New York City, studying with Julius Baker, Jeanne Baxtresser, and Samuel Baron. Laurel is based in Barre, Vermont and enjoys her dual roles as performer and teacher. She is also the artistic director of Vermont Virtuosi.



*Guest artist: trumpeter Jim Boccia*

The concert is FREE with donations gratefully accepted. Also, please bring a non-perishable food item to donate to the Hinesburg Food Shelf. Thanks and hope to see you at one of the concerts!



*Guest artist: flutist Laurel Ann Maurer*

For more information go to the HAS website, [hinesburgartistsseries.org](http://hinesburgartistsseries.org), and check us out on Facebook.

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# Religion

## United Church of Hinesburg

*An Open, Welcoming, Affirming and Reconciling Church*

**Pastor:** Rev. Jared Hamilton

**Office Hours:** Monday to Thursday 8:30-11:30 a.m.

**Location:** 10580 Route 116

**Phone:** 482-3352

**Email:** unitedchurch@gmavt.net

**Address:** P.O. Box 39

**Website:** ucofh.org

**Sunday Worship Service:** 10:00 a.m.

**Christmas Services:**

Christmas Eve (Saturday, Dec. 24th)

5:00 p.m. Candlelight Family Service

7:00 p.m. Candlelight Special Music Service

10:00 p.m. Candlelight Service of Lessons & Carols with choir

Christmas Day (Sunday, December 25th)

10:00 a.m. Sunday Service with carols

**Choir practice:** 9:00 a.m. Sunday

**Sunday School:** Nursery and story time; Christian Education Kindergarten through 8th grade during academic p.m.

**Senior Meal Site:** Every Friday 11:00 a.m.- 1 p.m. (except first Friday) Osborne Parish House

**AA Gratitude Group:** every Monday 7:00 p.m., Osborne Parish House.

## Lighthouse Baptist Church

**Pastor:** Reverend Ed Hart

**Church Phone:** 482-2588

**Home Phone:** 482-2588

**Email:** lighthousevt@aim.com.

**Website:** LBCvt.homestead.com

**Location:** Hinesburg Village Center, 90 Mechanicsville Road

**Address:** P.O. Box 288

**Regular Services:**

Sunday Morning Worship: 10:30 a.m., Nursery provided.

**Sunday Evening Service:** 6:00 p.m.

**Wednesday:** 7:00 p.m. Bible Study and Prayer Meeting; Nursery provided.

## Saint Jude the Apostle Catholic Church

**Pastor:** Reverend David Cray, SSE

**Pastor's Residence:** 425-2253, dgcray@gmail.com

**Mailing Address:** 2894 Spear Street/P. O. Box 158, Charlotte, VT 05445

**Hinesburg Rectory:** 482-2290, Stjude@gmavt.net, P. O. Box 69, Hinesburg 05461, (10759 Route 116)

**Parish Secretary:** Marie Cookson, 434-4782, Rectory, 482-2290, marietcookson@aol.com

**Office Hours:** Mondays and Thursdays, 8:30 a.m. to 3:30 p.m..

**Parish Council Chair:** Allan Monniere 578-8572

**Finance Council Chair:** Doug Taff: 482-3066

**Buildings and Grounds Supervisor:** Buildings and Grounds Supervisor: Henry Moreno, 802-777-4169.

**Weekend Masses:**

Saturday, 4:30 p.m.; Sunday: 9:30 a.m., St. Jude Church, Hinesburg

Sunday: 8:00 a.m. and 11:00 a.m., Our Lady of Mount Carmel Church, Charlotte

**Weekday Masses:** Monday and Friday, 8:00 a.m., St. Jude Church

Tuesday, Thursday: 5:15 p.m. Our Lady of Mount Carmel Church

**Sacrament of Baptism:** Call the Pastor for appointment

**Sacrament of Reconciliation:** Saturdays at 4:00 p.m. at St. Jude Church and by appointment.

**Sacrament of Marriage:** Contact the Pastor at least six months in advance

**Communion at Home:** Call Parish Office, 482-2290

**Confirmation Coordinators:** Dan & Roxanne Smith, 453-3522

**Religious Education Coordinator:** Marie Cookson, 434-4782

**Religious Education (CCD):** Monday evenings from 6:30 p.m.-7:30 p.m. for grades K-8. Registration is required.



**The 9<sup>th</sup> and 10<sup>th</sup> grades (Confirmation Years) meet once a month.** This is a two-year program. Watch Sunday bulletins for dates and times.

Please call Marie at 482-2290 (Parish Office) or 434-4782 (home) for more information.

**Eucharistic Adoration:** Eucharistic Adoration is held the first Friday of each month following the 8:00 a.m. Mass at St. Jude.

**Food Shelf Weekend:** Every third Saturday and Sunday. Parishioners are asked to make an extra effort to bring non-perishable canned and dried food in weekly for the Hinesburg Food Shelf. Food Collection baskets are in the entry for your convenience.

**Senior Meals:** Will be served from noon to 2:00 p.m. on the second and fourth Tuesday of each month unless otherwise noted. Food will be prepared by Meals on Wheels. There will be cards, board games and door prizes. Cost is \$4.00 donation. Please call in advance so we have plenty of food on hand. For reservations call Ted Barrett at 453-3087 or Marie Cookson at 482-2290 (parish office) or 434-4782 (home). Caretakers are welcome. Hinesburg Rides will pick you up and bring you home at no charge. For more information, call the parish office at 482-2290.

## Community Alliance Church

**Pastor:** Scott Mansfield

**Phone:** 482-2132

**Email:** info@hinesburgcma.org

**Web:** hinesburgcma.org

**Address:** 190 Pond Road, Hinesburg (overlooking CVUHS soccer fields)

**Sunday Services:** 10:30 a.m. Children's programs, for nursery through elementary school ages.

**Middle School and High School Youth Group:** Meets from 5:00 p.m. to 7:00 p.m. on Sundays. This is a great time to meet new friends, hang out and talk real life.

**Weekday Life Groups:** Various times, days, and locations throughout the week.

For more information, please contact the church at 482-2132 or visit hinesburgcma.org.

## Williston Federated Church

United Church of Christ and United Methodist Church

*An Open and Affirming Reconciling Congregation*

**Address:** 44 North Williston Road, Williston VT 05495

**Phone:** 878-5792.

**Website:** steeple.org

**Lay Minister:** Charlie Magill

**Activities:** Junior and Senior High Youth Groups; Men's Bible Study; Women's Book Group; Junior, Senior and Contemporary Music Choirs; Friendship Suppers; opportunities for mission and outreach in the community, country, and world.

**Service:** Sundays 9:30 a.m., Nursery/Child care provided; Sunday School during the service for pre-K through high school; Coffee/Fellowship after service in Fellowship Hall.

## Trinity Episcopal Church

**Address:** 5171 Shelburne Rd., Shelburne, VT 05482

**Church phone:** 985-2269

**Church email:** info@trinityshelburne.org

**Website:** trinityshelburne.org

**Worship service:** Sunday morning at 8:00 a.m.

**Worship service and Sunday School:** Sunday morning at 10:30 a.m.

**Space for Grace program:** Sunday mornings 9:15 a.m.

## All Souls Interfaith Gathering Non-Denominational Service

**Pastor:** Rev. Mary Abele

**Phone:** 985-3819

**Mailing Address:** 371 Bostwick Farm Rd., Shelburne, VT 05482

**Services:**

**Sunday 9:00 a.m.:** Morning Meditation & Prayer

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Advertising and news deadline is January 12 for the next issue. Publication date is January 26. Call 482-2540 for more information. Material not received by deadline will be considered for next issue.



## ► Om Sweet Om

*continued from page 24*

agile and quick to recover from both illness and injury.” Ashley currently teaches classes to preschoolers and elementary students as well as a gentle yoga class to seniors.



Ashley Williams-Wenschhof leads yoga class outdoors

Other classes at Sweet Yoga are led by Ellen Talbert, a long-time Hinesburg resident. “Yoga is a welcoming practice, and my classes are all about feeling comfortable and peaceful” says Ellen.

For more information email Sweet-YogaHF@gmail.com.

**A Horse's Appetite?**

“Horses are a prey animal — other animals prey on horses. They live moment to moment and they have 340 degrees

of vision. They see and notice everything.” These are the words of Morgan Gundersen as she explains why a mindful and balanced position, practiced while riding, is noticed by the horse and improves the experience for both horse and rider.



Morgan Gundersen

Morgan has instructed at Livery Stables in Hinesburg for almost three years teaching “mindful riding,” primarily to riders age 7 to 14. Kids go to a grassy area to do yoga stretches and learn how to breathe and relax so that horses would be more approachable. Then the kids go on to ride horses. Core strength is important with riding, and standing yoga poses are very helpful, especially “chair pose.” “Heels down, toes up” describes a basic riding technique — the calves are stretched. It so happens that the “chair pose” requires focus on heels and toes in the exact same way.

“It’s a fun job and I love doing it” says Morgan. Who can blame her? Reach Morgan at [mindfulriding@gmail.com](mailto:mindfulriding@gmail.com) for more info.



Morgan Gundersen and students

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**MISSING DOG** in North Central Vermont since 8/3, “Lincoln”, a Red Heeler. Red and white, tail is black and

white striped. Male, 1.5 years old, 35 lbs. Collar with tags, microchipped. Please do not chase him and do not yell to him! Call 917-445-3924 if seen. \$50 reward for photo! Facebook.com/FindLincoln.

**PROTECT YOURSELF...**read **The Legal Rights of Women in Vermont** from the Vermont Commission on Women. Find it at [women.vermont.gov](http://women.vermont.gov) or call 800-881-1561.

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**Access CVU Yoga Chocolates!**

Several of Hinesburg's yoga teachers provide instruction through Access CVU at CVU High School nearly every night of the week. John McConnell, Jane Taylor, Laura Wisniewski, Nicole Dagesse, and Camille Kronk offer or have offered Prenatal Yoga and Pregnancy Self-Care; Vinyasa Yoga; Chair Yoga; Yoga & Creative Writing; and Yoga for Absolute, Total Beginners.



Camille Kronk

Camille Kronk's Wednesday afternoon class is well attended by CVU staff and members of the Hinesburg community. It is a class that seems to offer something for everyone. Some poses challenge and stretch you,

but you always have a choice to ease out into easy relaxed poses at any time.

What are Camille's top three things to know about yoga? “Breath, safe alignment and gentle practice, and chocolate!” she says. Obviously, Camille likes to enjoy yoga!

Recently, Camille became trained in “Y12SR” — the Yoga of 12-Step Recovery — from renowned Nikki Myers. Y12SR is a rich and powerful framework for integrating the wisdom of yoga and the practical tools of 12-step programs. Guided by its theme, “the issues live in the

tissues,” Y12SR meetings are now available all over country. The curriculum is quickly becoming a feature of addiction recovery treatment centers across the United States.

Camille is planning on developing a Y12SR class in January in Burlington.

Camille also teaches at Balance Yoga in Richmond, and at Burlington Yoga, where she earned her 200-hour yoga certificate.

For more information about Access CVU, please email [access@cssu.org](mailto:access@cssu.org) or call 802-482-7194.

**Is Yoga on Your Menu?**

The origins of yoga are a matter of debate. There is no consensus on its chronology or specific origin other than that yoga developed in ancient India. Suggested origins are the Indus Valley Civilization (3300–1900 BC) and pre-Vedic Eastern states of India, the Vedic period (1500–500 BC), and the śramaṇa movement.

While the experts debate the origins of yoga, you can determine its future right here in Hinesburg. Our community offers a rich and varied array of yoga options, all taught by dynamic, dedicated, and qualified yoga instructors. Look one up and have at it!

*Kevin Lewis, a dedicated yoga nut, helps publish the Hinesburg Record. He is still working on standing on his head.*

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# BACK STORIES of Hinesburg

## Om Sweet Om

BY KEVIN LEWIS

What do horse-back riding, long boarding, jail time, pregnancy, chocolates, creative writing, pre-school and 12 step recovery programs have in common? All can benefit from, or even be done during, yoga! The om symbol is still the unofficial logo of yoga but, even in our little town of Hinesburg, it comes in a variety of flavors.



om symbol

Laura began teaching yoga in 1976 at Tompkins County Jail in NY. "After class an inmate told me that when he did yoga, he felt free." Hearing that, I was all in as a yoga teacher.

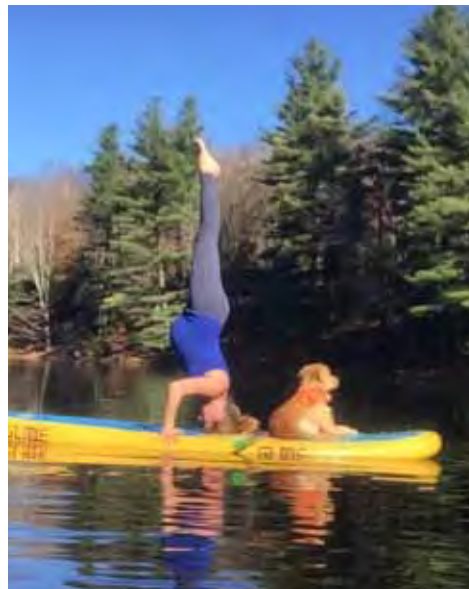
"Breath, body, and awareness" are the fundamental components of yoga, says Laura. Laura's classes have a healthy dose of lightness

and humor. Find out more at [BHY@beecherhillyoga.com](mailto:BHY@beecherhillyoga.com).

### Sweet Yoga

There is a warm little yoga studio at 90 Mechanicsville Road named Sweet Yoga. Lindsay Sweet Gardener opened Sweet Yoga almost 4 years ago, and has been teaching yoga in the area for about 15 years.

**"Saying you're not flexible enough to do yoga is like saying you're too dirty to take a shower."**



Lindsay Sweet Gardener on Gilmore Pond

Lindsay says "yoga is for everybody! The more inflexible and unhealthy (mentally or physically) you are, the more benefits you will get from a yoga practice, from the alleviation of back pain to relief from anxiety and depression."

Ashley Williams-Wenschhof also leads yoga classes at Sweet Yoga, having moved here from Rochester, NY, four years ago. Says Ashley, "I find that I'm simply more patient and my body more

*continued on page 23*



Sweet Yoga studio



Laura Wisniewski

### oMmm Good!

Laura Wisniewski introduced yoga to Hinesburg in 1995 with Beecher Hill Yoga and has been offering yoga to this community ever since. Beecher Hill Yoga's mobile studio offers classes at a variety of sites including Hinesburg's Masons Lodge, CVU ACCESS, and Charlotte Congregational Church. Laura also works with individuals who need a modified approach to yoga, or who want to deepen their yoga practice. "Our mission is to make the powerful benefits of yoga accessible to people from all backgrounds and at all levels of fitness and ability ... and to make it enjoyable," says Laura.

**"Yoga is even helpful with creative writing!" says Laura.**



### Do you need a ride?

Call SSTA: 878-1527 or  
Karla Munson: 482-2778  
Visit us at [HinesburgRides.org](http://HinesburgRides.org)  
A Hinesburg Community  
Resource Center Program

**Have an ad? 482-2540 or  
[ads@hinesburgrecord.org](mailto:ads@hinesburgrecord.org).**

## VOLUNTEER OPPORTUNITIES IN HINESBURG

### Make a Difference

Do you need volunteers for a Hinesburg event or non-profit organization? Send us the information and we'll publish it here. The posting could be for continuing commitments or one-time events. Send any requests to [news@hinesburgrecord.org](mailto:news@hinesburgrecord.org). Use "volunteer need" as a subject line. Supply a brief description of the duties, requirements and times needed and we will add it to this list.

### Mentoring

Make a difference in the life of a child. Become a mentor at HCS. No tutoring involved, just being a buddy to a child who would benefit from adult friendship. And only one hour a week during the school year. Contact Ginny Roberts at [groberts@cssu.org](mailto:groberts@cssu.org) or **482-6271** for more information.

### Meals on Wheels

Help out local area residents who cannot easily get out of their homes. Become a Meals on Wheels driver. Routes take anywhere from an hour to an hour-and-a-half depending on the day. You need not commit to a weekly schedule. Call Jane Gage at **482-6096** for more information.

### Visit a Senior

Hinesburg seniors need your help. Some seniors live alone with limited social contact and would love to share their gift of gab with you. Just an hour of your time can make a big difference in the life of one of the seniors in our town. CVAA is currently looking for volunteer visitors for two men in Hinesburg, one of whom would particularly enjoy a little male camaraderie. If you would be willing to help one of these seniors, contact Bev at **1-800-642-5119** for more information.

### Town Committees

Frequently there are openings on town committees. Here are some of the recent ones.

- Affordable Housing Committee
- Agency Request Review Committee
- Conservation Commission
- Energy Committee
- Recreation Commission
- Town Forest Committee
- Village Steering Committee

Check the town web site: [hinesburg.org](http://hinesburg.org) for the most current committee openings, descriptions and instructions on how to apply. For more information contact Renae Marshall **482-2281 x227** or [rmarshall@hinesburg.org](mailto:rmarshall@hinesburg.org).

### The Hinesburg Record

Help publish your community newspaper which is produced by volunteers who write, edit and lay it out each month. The Record needs people to write and edit copy, take photos, and help with distribution and mailing. One-time or occasional submission of articles is more than welcome.

If you are interested contact us at [news@hinesburgrecord.org](mailto:news@hinesburgrecord.org).



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