

THE Hardwick Gazette

INDEPENDENT LOCAL NEWS SINCE 1889

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Wednesday, January 25, 2023

Volume 134 Number 3

Board Discusses Rail Trail Maintenance, EV Chargers

by Gazette Staff

HARDWICK – At its January 19 regular meeting, the Hardwick Select Board discussed town issues ranging from the status of the Downtown Designation application to the upkeep of the Rail Trail and progress installing electric vehicle (EV) chargers in town.

Town Manager David Upson reported that the Downtown Designation application is complete and that representatives from town and the Downtown Partnership would attend a meeting with their

state counterparts in Montpelier. Two new high-efficiency hybrid hot water heaters were installed in the Public Safety Building and in the Memorial Building. The heaters were partially paid for by a grant from Hardwick Electric Department (HED), in partnership with Efficiency Vermont. Work has begun on a nitrogen generator system for the Memorial Building sprinkler system.

Upson also reported that, though the board authorized the town manager to purchase network hardware costing up

to \$14,000, the final estimate came in at just under \$15,000. The board voted to increase the approved amount to \$15,000. Board member Danny Hale asked if there has been any discussion about maintenance of Lamoille Valley Rail Trail (LVRT). Upson said that the Vermont Association of Snow Travelers (VAST) takes care of things in the winter, but that the LVRT plan indicates that it will not be the town's responsibility to take care of the trail.

The Hardwick Police Department (HPD) report was presented

by interim Police Chief Mike Henry. Henry indicated that the HPD has been receiving complaints about parking in handicapped spots. The state fine for this offense is \$306, while the town fine is significantly less, at just \$25. Henry recommended that the town increase its fine to \$50.

The Hardwick Electric Department (HED) report was given by General Manager Mike Sullivan. Sullivan said that the HED rate increase was expected to be implemented soon. Hale

See CHARGERS, 3



courtesy photo

Participants are outfitted with skis, poles and boots before the ski lessons sponsored by the Hardwick Trails Committee

Thirty Skiers Attend First Nordic Ski Lessons of the Season

by Helen Beattie, Community Journalist

HARDWICK – Thirty enthusiastic Hardwick area participants of all ages, individuals and families, streamed into the log cabin behind Hazen Union on Saturday morning and were outfitted in mostly new Nordic ski equipment. They were receiving their first ski lesson of the year, and for many, the first lesson in their lives.

The family-friendly beginner lessons were led by Emily Willems and Maxfield English, both teachers at Hazen Union and lifelong cross country skiing enthusiasts. Participants split into two groups depending on their experience with Nordic skiing. Instruction in both classic skiing (beginning at 9:15) and skate skiing (10:15) were offered.

Many participants decided to extend their equipment loan until Sunday afternoon, so that they could return to the trails and practice their new skills over the weekend, perhaps even venturing into the 10K of groomed wooded trails maintained by the Hardwick Trails volunteer crew.

The Hardwick Trails Committee will offer the same loan and lesson opportunity through-

See SKIERS, 2

Select Board Sets FY24 Budget

by Gazette Staff

WOLCOTT – At its January 18 regular meeting, the Wolcott Select Board discussed topics including the Schoolhouse Revitalization project, next year's town budget, and live-streaming town meeting.

Salvador Morales, planner with Lamoille County Planning Commission (LCPC), updated the board on recent activities on behalf of the Schoolhouse Revitalization Committee. The committee has been working on what will be required to rehabilitate the building. A request for proposal (RFP) was sent out seeking an architect to conduct a feasibility study on the condition of the building, conceptual designs, and preliminary costs. Three architectural firms replied and a site walk was conducted. SHKS, of Burlington, was selected as the contractor. Morales reviewed with the board a four-step proposal. The \$10,000 of approved funds will cover step one. Steps two through four would require an additional \$9,000, for which ARPA funds could be used. The board agreed to go forward with step one. The decision to go forward with

See BUDGET, 2



photo by Vanessa Fournier

Lakeview students Jasper Swank (left), Annabelle Putvain (center) and Bentley Eastman (right) enjoy sledding during the school's K-third grade recess.



courtesy photo

Haley Michaud of Craftsbury is the shop foreman for the HVAC program at the Green Mountain Tech Center in Hyde Park.

GMTCC's Haley Michaud is a Vermont Presidential Scholar

by Deb Lambert, Community Journalist

HYDE PARK – Haley Michaud is no stranger to competition. She started showing calves in Vermont 4-H Dairy Shows when she was eight years old, gaining the confidence, coordination, self-discipline, teamwork and, of course, skills in animal handling, first with the calves, then heifers and cows.

Now a senior at Green Mountain Tech, Michaud is in her second and final year in the Heating, Ventilation, and Air Conditioning (HVAC) program. In 2022, she took the gold medal at the SKillsUSA Vermont Conference, a contest in career-readiness and professional excellence in Career and Technical Education. She ranked seventh in the country at the national conference in Atlanta.

And on January 23, Michaud's academic accomplishments will be recognized at the statehouse as a 2023 Vermont Presidential Scholar in Career Technical Education. "Definitely this one is really cool to win," she says. "I like how people look at it for college applications."

Michaud attended the pre-tech program at Green Mountain Tech in her sophomore year. After exploring all 12 offerings, she landed with

See SCHOLAR, 4

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Budget

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with the remaining steps can be made after step one is completed about mid-March. The same architectural firm can be used without having to go through the RFP process again. The architect with SHKS will be invited to attend the March 15 select board meeting.

Morales stated that a municipal planning grant is under review. That grant would be for a site utility study addressing exterior issues at the old Schoolhouse. Morales noted that receiving these grants makes the town more competitive when applying for future grants covering other parts of the project. Board Chair Linda Martin reported that she has been working on the equipment purchase spreadsheet, computing payments and appropriations to develop a long-term plan.

Martin reported that she was informed that the Vermont Department of Corrections is closing the shop that produced road and 911 signs. Signs for the town-wide 911 sign project will have to be ordered elsewhere. Martin is waiting to see what vendor the State of Vermont will now use for signs.

On the topic of next year's budget, it was reported that the fund balance has been determined and the budget can now be finalized. The overall budget amount is \$1,708,300, which would represent an increase of 3.06% to taxpayers. Board vice chair Kurt Klein stated that in this environment and considering inflation, such an increase seems pretty reasonable.

The transfer station budget is

tight; income is close to expenses. Appropriations requests are the same as last year. The highway department budget is up 12% but the general budget is down 4%.

The road crew will put up signs on either side of the bridge on Gulf Road. The signs will indicate a one-lane bridge ahead and to go slow.

The board discussed Article 4 as it appears in the warning. Town voters will be asked if they wish to allow the select board to negotiate the purchase of the 0.34 acre parcel on Rte. 15 owned by Champlain Oil Company. The town is currently awaiting the results of a brownfield study. LCPC is working on that with the Environmental Protection Agency (EPA). It was noted that there are two positions open for library trustee. One is for a five-year term, and another is to complete a three-year term that is vacant. Dolan Patrick offered to live-stream and record the town meeting. Following discussion, the board agreed to allow the meeting to be live-streamed and recorded for later viewing. Although it will be live-streamed, town meeting will not be interactive, meaning only those physically present can speak or vote. Board members will give thought to what else they would like to see during town meeting. Further discussion will take place at the February 1 meeting.

Treasurer Belinda Clegg stated that nine Wolcott parcels are scheduled for tax sale on February 7. An individual needs to be appointed to represent the town at the sale. Usually that person is the treasurer. The board voted to appoint Clegg to represent the town at the upcoming tax sale.

Skiers

Continued From Page One

out the winter season, as long as weather permits (check the Hardwick Trails facebook page or web, hardwicktrails.com, for

potential cancellation information). Their goal is to encourage full use of the extensive ski inventory, allowing as many residents as possible to experience this winter sport, and the beauty of the trails.



courtesy photo
 Emily Willems introduced classic skiing basics at the first ski lessons of the season.



January 25 - January 31

Skida Back in Stock Hats & Accessories Made in Vermont		Winter Coats & Jackets Now on Sale Up to 30% Off	
College Inn Broths \$1.48 <small>32 oz.</small>	Food Club 12 Pk. Vegetables \$6.48 <small>174-183 oz.</small>	Looza Juices \$3.99 <small>33.8 oz.</small>	
Salada Tea \$2.99 <small>40-100 ct.</small>	Bigalow Tea \$2.79 <small>18-20 ct.</small>	Bear Naked Granola 2/\$7 <small>11-12 oz.</small>	
Kellogg's Apple Jacks or Froot Loops 2/\$6 <small>10.1 oz.</small>	Kellogg's Raisin Bran \$3.99 <small>14-16.6 oz.</small>	Dukes Mayonnaise \$5.79 <small>32 oz.</small>	
Food Club Peanut Butter \$1.59 <small>16 oz.</small>	Dole 4 Pk. Fruit Cups 2/\$5 <small>16 oz.</small>	Hunts Canned Tomatoes 2/\$3 <small>16 oz.</small>	
Cabot Mac & Cheese Dinners 2/\$3 <small>6.25 oz.</small>	Nabisco Chips Ahoy Cookies 2/\$6 <small>11.75-13 oz.</small>	Wasa Crisp Bread \$2.99 <small>4.9-9.7 oz.</small>	
Nabisco 8 Ct. Ritz Sandwich Crackers \$3.49 <small>10.8-11.4 oz.</small>	Scott 6 Roll Paper Towels \$5.99 <small>340.8 s.f.</small>	Kraft Cheese Singles \$3.99 <small>12 oz.</small>	
Newman's Thin Pizza \$6.49 <small>15.1-17 oz.</small>	Mrs. T Pierogies \$2.99 <small>16 oz.</small>	Food Club Steam Vegetables 99¢ <small>10 oz.</small>	

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POLICE REPORT

Hardwick Police Media Log

January 9: Directed Patrol, S. Main St.; Lost Property, Village; Citizen Dispute, Vt. Rte. 16; Vandalism, Belfry Rd.; Drugs, Vt. Rte. 14 S; Welfare Check, Maple St.; Suspicious Event, Dutton Road; Suspicious Event, Mill St.

January 11: Directed Patrol, S. Main St.; CO Alarm, Jenne Road; Suspicious Event, Dutton Road; Assault, Dimick Road; Fire, Bailey Farm Road; Traffic Stop, Thayer Drive.

January 12: Directed Patrol, S. Main St.; Fingerprints, High St.; Fingerprints, High St.; Parking Problem, S. Main St.; Search Warrant, High St.; Search Warrant, Vt. Rte. 14; Motor Vehicle Complaint, Vt Rte. 15/Vt Rte. 16; Assist – Agency, Vt. Rte. 16.

January 13: Suspicious Event, Mountainview Road; Suspicious Event, Mini Mart Drive; Juvenile Problem, S. Main St.; Fingerprints, High St.; Fingerprints, High St.; Assist – Agency, Stratton Road.

January 14: Welfare Check, Granite St.

January 15: Citizen Dispute, Vt. Rte. 16.

January 16: Search Warrant, Thayer Drive; Traffic Stop, Wolcott St.; Traffic Stop, Wolcott St.; Parking Problem, S. Main St.

January 17: Overdose, Spring St.; Traffic Stop, Wolcott St.; Suspicious Event, Brook St.; Traffic Stop, Wolcott St.; Fingerprints, High St.; Traffic Stop, Wolcott St.; Fingerprints, High St.; Traffic

Stop, S. Main St./Winter St.; Parking Problem, S. Main St.; DUI, Vt. Rte. 14 S.

January 18: Citizen Dispute, Granite St.; Directed Patrol, S. Main St.; Fingerprints, High St.; Traffic Stop, Wolcott St.; Traffic Stop, Vt. Rte. 15 W; Wanted Person, Vt. Rte. 14.

January 19: Directed Patrol, S. Main St.; Traffic Stop, Vt. Rte. 16/Vt. Rte. 15; Traffic Stop, Vt. Rte. 15; Traffic Stop, Vt. Rte. 14; Traffic Stop, Wolcott St.

January 20: Directed Patrol, S. Main St.; Suspicious Event, Lower Prospect St.; Fingerprints, High St.; Dead Body, Glenside Ave.; Traffic Stop, Wolcott St.; Traffic Stop, Wolcott St.; Traffic Stop, Mill St.; Traffic Stop, Vt. Rte. 15; Wanted Person, Hopkins Hill Road; DUI, Hopkins Hill Road; Wanted Person, Hopkins Hill Road; Fire, Vt. Rte. 15.

January 21: Motor Vehicle Complaint, Granite St.; Fingerprints, High St.; Traffic Stop, Lake Shore Road, Greensboro; Traffic Stop, Vt. Rte. 15 W; Snowmobile, Evergreen Manor Drive; Wanted Person, Vt. Rte. 14 S; Assist – Agency, Vt. Rte. 14; Traffic Stop, S. Main St.; Traffic Stop, Wolcott St./Union St.; Traffic Stop, Wolcott St.; Assist – Agency, High St.

January 22: Traffic Stop, Lower Cherry St.; Traffic Stop, Vt. Rte. 16; Traffic Stop, S. Main St.; Traffic Stop, Wolcott St./Rochester St.; Traffic Stop, Vt. Rte. 14; Traffic Stop, Wolcott St.; Traffic Stop, Mill St.

Vermont State Police Single Vehicle Crash

On January 22, at approximately 3:18 a.m. Troopers from the Royalton Barracks were called to a report of a single vehicle crash on I-89 South near Mile Marker 15. Upon arrival the operator, Kelsey M. McGovern, of Plainfield, showed signs of

impairment and was subsequently arrested for suspicion of DUI. She was brought back to the Royalton Barracks where she was processed for DUI and released with a citation to appear in court on February 7, at 8 a.m. to answer to the charge.

Hardwick Police

Arrest Warrants, Domestic Assault

On January 20 at approximately 6:15 p.m., HPD Officers Paul Barnard and Andrew Force located Danielle Lowe's vehicle at Jennifer Thoma's residence, which is located on Hopkins Hill Road in the town of Hardwick. Lowe was wanted on multiple arrest warrants. Officers from the Morristown Police Department and Stowe Police Department responded to assist in the search for Lowe.

While searching for Lowe, Kevin Fradette of Hardwick was located at the residence. Fradette was wanted on an arrest warrant out of Lamoille County. Fradette was taken into custody without incident and transported to Northeast Regional Correctional facility in St. Johnsbury.

On January 21 the Hardwick Police Department located Patrick Stacey, at M & M Beverage. He was arrested on two in-state warrants. Stacey was lodged at the Northeast Correctional Complex.

On January 11, Hardwick Police received a late report of a domestic assault that occurred on Dimick

Road in the town of Hardwick. The report came from DCF and involved a juvenile and step parent. Hardwick Police Department conducted a joint investigation with DCF. On January 17 Whitney Nattell, of Hardwick, was arrested for domestic assault. Mr. Nattell was released on a citation to appear in Caledonia Superior Court – Criminal Division on January 19 for the charge of domestic assault.

January 20 at 10:55 p.m., Kylee Bean, of Wolcott, was driving a 2019 Volkswagon Tiguan westbound on Vt. Rte. 15 in Hardwick when she lost control and struck guard railing along the west bound lane. Her car spun around and crossed the east bound lane backwards where it came to a stop. The car caught fire. Bean was able to exit her car uninjured as the car became engulfed in flames. Hardwick Fire Department responded in a short manner. The road surface was hard packed snow and glazed over with ice making it extremely slippery.

AWARE Report

HARDWICK – AWARE served 25 people from January 15 through January 22. AWARE is a nonprofit organization, established in 1984, dedicated to resolving the causes

and effects of domestic violence and sexual assault in the greater Hardwick area.

The 24-hour hotline is 802-472-6463.

Chargers

Continued From Page One

commented that he has seen that several other utilities are also seeking rate increases. Sullivan reported on HED's response to the storm of December 23, which caused outages for 2,200 people. The crew worked until 1:30 that Saturday morning and by the end of the day there were only 58 outages remaining. Power was restored to the final homes on Monday; the last houses to be re-connected were seasonal vacation homes. Sullivan noted that HED faces a requirement to generate 75% of its power from renewable portfolio by 2032. HED is currently at 63%, so it has 10 years to add the remaining 12%. On the financial side, Sullivan reported that revenues are 2.5% under budget while expenses are 5.2% over budget, underlining the need for a rate increase.

Board Vice Chair Ceilidh Galloy-Kane asked for an update on EV chargers. Sullivan reported that HED's charger is prepped and ready to go, but it must wait until their retaining wall is replaced.

HED will charge a break-even fee but must get approval because a fee (tariff) will be charged.

Rick Welcome and Bill Richardson with Lamoille Valley Ford attended the meeting to discuss the dealerships desire to acquire 0.4 acres partially owned by the town to create a parking lot with EV chargers. Ford is requiring its dealers to add additional chargers. The board agreed to explore the issue further and instructed the town manager to analyze the details.

The board voted to appoint Lucy Zendzian to the Hardwick Conservation Commission for the remainder of a three-year term expiring May 31, 2025, voted to approve the warning for the purchase of the gravel pit, and unanimously voted to have the current vendor perform the reappraisal. The current vendor was the only company to reply to the town's request for proposal.

Next, the board considered approving the final draft of the FY24 budget. The business manager presented a budget that calls for a 4.80% increase, for a total budget of \$3,736,029.

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OUR COMMUNITIES

Coaching Collaborative Meets Feb. 8

MORRISVILLE – All Lamoille Valley coaches and league and municipal leaders are welcome to join us for the next meeting of Healthy Lamoille Valley’s Lamoille Area Coaching Collaborative, February 8, from noon to 1 p.m., on Zoom, to check in and share ideas.

Topics being discussed will include: meeting the facilities needs of our community in collaboration, ways we can share resources, how we can support leagues and teams in transition, building consistency

in communities that don’t have a recreation department and/or sports teams, handling legal supplements and pain meds, checking in about the needs and strengths of town-league, website updates and spring registration.

Register in advance for this meeting and check out the resources that have been compiled to support youth sports leagues and volunteers on the Healthy Lamoille Valley website healthylamoillevalley.org.

Free Radon Test Kits Available Through NCHC

NORTHEAST KINGDOM – January is Radon Awareness Month. Northern Counties Health Care is distributing free radon test kits to residents of the NEK at primary care practices: Concord Health Center, Danville Health Center, Hardwick Area Health Center, Island Pond Health and Dental Center, and St. Johnsbury Community Health Center. Contact information to check on availability can be found at nchevt.org/locations-providers/

Radon can cause lung cancer and is a radioactive gas that has no

color, taste or smell. Radon enters homes through soil or water and can build up to high levels inside a home. Radon is the leading cause of lung cancer among people who do not smoke. If you smoke or used to smoke, your risk of getting lung cancer from radon is especially high. The Northeast Kingdom’s bedrock geology is associated with higher levels of radon, which means you could have high levels of radon in your home. Testing is the only way to know. Learn more about radon in homes at healthvermont.gov/radon.

Conference Features Talks by Hemp Experts

BURLINGTON – The fifth annual Vermont Industrial Hemp Conference promises a packed agenda with nationally recognized hemp experts and entrepreneurs speaking on a range of topics from production and regulatory updates to the future of the hemp foods industry.

The conference is planned for February 23, from 8:45 a.m. to 4:45 p.m., and will be offered virtually again this year. Registration is \$50 per person and is open until noon on February 21. Certified Crop Advisor continuing education credits are available.

The UVM Extension Northwest Crops and Soils Program and the Vermont Agency of Agriculture, Food and Markets are sponsoring the conference, which includes morning presentations by Chad Rosen, founder and CEO of Victory Hemp Foods in Carrollton, Kentucky, on the future of hemp foods and Reuben and Keanan Stone, hemp growers from Ontario, on their experiences growing hemp grain and fiber.

The morning agenda also includes talks on breeding new hemp grain and fiber cultivars and UVM research on economics and markets. In addition, participants will

learn about current U.S. Department of Agriculture Hemp Program hemp regulations.

The afternoon program includes two separate tracks. The fiber track will feature a presentation by Guy Carpenter, Bear Fiber Inc., on developing a hemp fiber enterprise along with talks on community supported linen, UVM fiber research and hemp fiber as an alternative to plastics, cotton, lumber and cement.

The flower track will cover the challenges of scaling in the hemp cannabinoid market and how weed management measures affect resinous hemp yield, quality and cannabinoid production. Other sessions in this track will provide updates on hemp trials at UVM and CBD fertility and cover crop management research trials in North Carolina.

Conference and registration details can be found at [//go.uvm.edu/2023industrialhempconference](http://go.uvm.edu/2023industrialhempconference). Or contact the University of Vermont (UVM) Event Services office to register by phone at (802) 656-5665, ext. 3. To request a disability-related accommodation, contact UVM Student Accessibility Services at (802) 656-7753.

Scholar

Continued From Page One

HVAC, believing it was the best fit for her. Her older brother attended the program for two years, as well, and that stirred her interest in learning more about the field.

Even though she had been warned away from attending Green Mountain Tech, she remains proud and confident with her choice, “I’ve achieved more in my last three years here than most high school students ever will.” She says that Green Mountain Tech “gives you a head start in whatever field you want to work in, and academically as well.” Michaud plans to attend Alfred State College in New York next fall.

When asked about entering the male-dominated HVAC field, she observes, “This is my second year in the program, also my second year being the only girl in the program. It gives you an aspect of what working in this career is going to be like. You’re going to get used to working with the guys in the trade. Hopefully it helps them learn that when they do see a female in the trade they’ll know that she can do the work as well as they can.”

And she’s sharp with a gun too. Last summer, her 4-H Vermont hunting/wild life skills team

placed fourth overall at the 4-H Shooting Sports National Championships in Grand Island, Neb.

Her years of experience in 4-H competitions also led to being selected for the 2022 National 4-H Dairy Conference this past fall. The 4-Hers were among 200 outstanding 4-H dairy members, ages 15-18, from more than 30 states and Canadian provinces selected to attend last year’s conference in Madison, Wis.

Perhaps, more important than the travel and the awards, she’s building connections between farming and her own future. “I didn’t realize how many places this field could take me when I first started, but now my main goal is to build my own HVAC business, specializing in the dairy industry.” Such a specialty includes servicing heating and refrigeration systems used in production and storage.

In the meantime, she’s working as the shop foreman in her Green Mountain Tech program. “I’m more prepared in the workforce,” she notes with a smile. “I get to make sure no one loses a hand or burns themselves.”

[Deb Lambert is the Community Outreach Coordinator at Green Mountain Technology and Career Center in Hyde Park.]

2024 Budget Increases 2.1%

WALDEN – The select board discussed the research that was done into a cab and chassis replacement purchase at their meeting on January 16. The first dealer feed-back indicated a wait time of 1-1/2 to 2 years.

The town clerk reported that the town report was lacking a select board report and the cemetery report. Judy Clifford had sent a cemetery report that day and the select board report was waiting for full board review.

The final Highway Budget for Fy2024 to be presented at town meeting has an increase of 0.1% or

\$502. The final General Budget for FY 2024 has an increase of 5.5% or \$17,751.00. This is a combined increase of 2.1% or \$18,253.00

Due to the recent prolonged power outage the board discussed an emergency generator purchase for the town garage. Everyone had an opinion and further discussion will occur. The problem is the inability to open the doors without power.

Present at the meeting were Robert Hatch, Brenda Huntoon, Randolph Wilson, and Deborah Messier in person and Elizabeth Wilkel and Judy Clifford via Zoom.

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OUR COMMUNITIES

Spring Gardening Workshops Begin Feb. 9

MARSHFIELD – The Jaquith Public Library will hold spring gardening workshops on the second Thursdays of the each month at 6:30 p.m. Workshops include: February 9, Growing Seeds; March 9, Growing Fruits and Berries; April 13, Growing Vegetables

and Herbs; and May 11, Growing Flowers.

The library is located at Old Schoolhouse Common, 122 School St., room 2. For information email jaquithpubliclibrary@gmail.com or call (802) 426-3581 or see jaquithpubliclibrary.org

Art and Author Night Feb. 10

MARSHFIELD – Art and Author Night will be held at the Jaquith Public Library on Friday, Feb. 10, from 6 to 8 p.m.

An invitational group art show opening is scheduled for 6 p.m., and at 7 p.m, Dan Chodorkoff will read from his new book, “Sugaring Down.” Susan Ritz, author of “A Dream to Die For” wrote, “With his vivid depictions of communal

life in Vermont and the radical underground in New York City, Chodorkoff has delivered a mythic tale of love, revolution and redemption”. Refreshments will be served.

The library is located at Old Schoolhouse Common, 122 School St., room 2. For information email jaquithpubliclibrary@gmail.com or call (802) 426-3581 or jaquithpubliclibrary.org

Winter Festival Feb. 18

MARSHFIELD – A Winter Festival will be held on Saturday, Feb. 18, (inclement weather date February 19) at the Jaquith Library, Old Schoolhouse Common. The festival will run from noon to 3 p.m., and all ages are welcome.

around the recreation trail, snowshoeing and sledding, free soup, bread, hot beverages and baked goods. From 1 to 2 p.m. Heidi Wilson will lead a group sing-a-long around the fire. Horse drawn sled rides free.

For information email jaquithpubliclibrary@gmail.com or call (802) 426-3581 or see jaquithpubliclibrary.org

There will be snow sculpting and painting, singing and music around the fire pit, storywalk



photo by Vanessa Fournier

This winter scene was taken from Center Road in Greensboro January 20, after a fresh snowfall during the day.

Paint and Sip on Jan. 28

ALBANY – On Saturday, Jan. 28, at 3 p.m., join local painter Connie Beaudry for a paint and sip (with tea and coffee) in the Albany Town Hall. All materials provided.

This program is for adults, it is free and space is limited.. Register

early by emailing albanypubliclibraryvt@gmail.com.

The library is located at 830 Main Street. Library hours are Mondays, 9 a.m. to 4 p.m., Wednesdays, 2 to 6 p.m., and Saturdays, 1 to 5 p.m.

I KNOW. . .

It's frustrating to see me like this . . .

You don't trust me anymore . . .

You're scared I'll die . . .

I could hurt or kill someone else . . .

You're ready to give up on me . . .

DID YOU KNOW. . .

This disease I have fights me back when I try to fight it. I'm scared too . . .

IF THIS WERE ANY OTHER DISEASE, WOULD YOU BE BY MY SIDE FIGHTING IT WITH ME?

I KNOW. . . YOU WOULD

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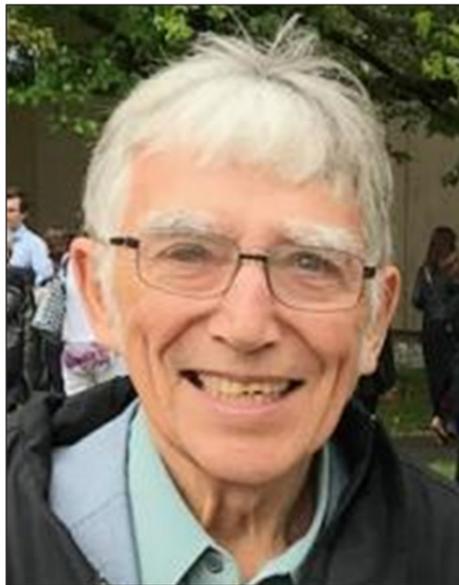
DR. M.H. (HU) SANGREE JR.

WATERBURY, Conn. – Diagnosed with pancreatic cancer in 2019, Hu Sangree died January 20. A memorial service will be scheduled in Greensboro next summer.

Named for his father, the Reverend Milton Huyett Sangree, living somewhat in the shadow of an older brother who also became a minister, and bearing a mouthful of a name, it was perhaps inevitable that the younger son would live a life of purpose, but do so on his own terms. Known to professional colleagues and patients as Dr. Sangree, Milton Huyett Sangree Jr. insisted that friends, new acquaintances and family members (including children and grandchildren) call him “Hu”.

Practicing as a gastroenterologist while the field was making advances in diagnostic devices and methods, Hu did take part in some of the important underlying research. But treating patients in the clinic was much more important to him. He never talked about his patients, but they talked about him. There were numerous occasions when family members would be button-holed by a friend who wanted to tell them what Dr. Sangree had done for them.

Hu was a lifelong enthusiastic tennis player. He played year-round, indoors and out: rain, shine, snow and dwindling light.



Dr. M.H. (Hu) Sangree Jr.

His tennis equipment included a squeegee, a rake, and a snow shovel. In his tennis bag he had a fold-out ruler to check the height of the net, a rule book to settle any on-court disputes, and extra racquets in case someone didn't have one.

It seemed that the game of tennis touched the cornerstones of his character. On the one hand there were clear rules and a somewhat formal culture of the sport. On the other hand, it was a game that anyone could play and encouraged mixing of people of different ages and walks of life.

For Hu, mixed doubles was the epitome of the game and could mean: men and women, young and old, skilled and not so-skilled.

Every summer he kept an active list of what tennis players or should-be players were in Greensboro and could organize a match with a few phone calls.

Hu was born August 7, 1933, in Barre, Vt., on his mother's summer vacation. He was proud of his Vermont birth certificate and returned almost every summer to the headwaters where he was spawned at Caspian Lake in Greensboro. Summers were spent there with children, grandchildren, a cat or two, and numerous water-loving golden retrievers.

Hu grew up in Kenmore, N.Y., and graduated from Haverford College in 1955. He then enrolled at Cornell University Medical College, receiving his M.D. degree in 1959. He completed an internship and residency in internal medicine at Bellevue Hospital and Memorial Sloan Kettering Hospital, followed by a fellowship in gastroenterology at Johns Hopkins University Hospital in 1962. He served during the Vietnam War in the Navy as a gastroenterologist at Portsmouth Naval Hospital in Portsmouth, Va.

After leaving the Navy, Hu became a clinical professor of gastroenterology at Yale New Haven Hospital and, when Yale established a new program in

gastroenterology at Waterbury Hospital, he moved to Watertown to become chief of gastroenterology there, a position he held until 1989 when he joined Drs. Joel Garsten and Albert Marano in private practice. He retired in 2000 and never looked back. He did not miss the business that medicine had become.

Hu leaves his wife of 67 years, Gail A. Sangree of Watertown and four children and their partners: Carl H. Sangree (Sarah Smith) of Summit, N.J.; Suzanne Sangree (Bruce Strong) of Baltimore, Md.; Michael H. Sangree (Ruth Romano) of Washington, Mass.; Sarah Sangree Gamble (Ron Beliveau) of Granby, Conn.; as well as 12 grandchildren: Benjamin, William, Charles, and Annabel Sangree; Nathaniel Colbert-Sangree and Colby Sangree; Elizabeth Sangree and her husband Alex Noel, Carl Sangree, and Eleanor Sangree; and Seth, Brielle, and Shelby Gamble. Additionally, he is survived by his sister Jenny of Craftsbury Common, Vt.

Hu also leaves an open slot on the court for anyone who wants to play.

Memorial donations may be made to Doctors Without Borders, 40 Rector Street, 16th floor, NY, NY 10006.

WEEKEND SERVICES

Hardwick
UNITED CHURCH OF HARDWICK. 216 South Main Street. 802-472-6800 for information. Sunday Service, 10 a.m. In person, Zoom or Livestreaming. Communion Service first Sunday of month. Rev. Dr. Evelyn Lavelli, pastor (parsonage 472-6353). Jean Hackett, Music Director. We are an Open and Affirming Congregation. All are welcome. Masks optional.

ST. JOHN THE BAPTIST EPISCOPAL CHURCH. 39 W. Church St., 802-472-5979. Office hours Wed. 9:30 a.m. - 2 p.m. All invited; all welcome. Sunday 10 a.m. Rite II Service with music. Coffee hour immediately following service.

ST. NORBERT CHURCH, a part of Mary Queen of All Saints Parish, S. Main St., PO Box 496, Hardwick, VT 05843; mary_queenofallsaints@comcast.net; 802-472-5544. Office Hours: Thurs. 10 a.m.-2 p.m. Saturday Vigil Mass - 4:00 p.m. and Sunday - 8:30 a.m. Confessions before Masses.

HARDWICK BIBLE BAPTIST CHURCH, 296 S. Main St. Pastor Perkins. Sunday Services: 9:30 a.m., 10:30 a.m. and 6:00 p.m.; Thursday 6:30 p.m. For transportation or information call 802-472-5294.

East Hardwick
FIRST CONGREGATIONAL CHURCH, (NACCC). Worship led by Jim Casavant, Interim Pastor, 11:00 a.m.
TOUCH OF GRACE ASSEMBLY OF GOD, corner of Rts. 15 and 16, E. Hardwick; Sunday a.m. worship, 10 a.m. (incl. 11:20 a.m. children's church); 9 a.m. adult Sunday School (Sept. thru June); Tues. evening Bible study (call to confirm); Wed. youth group, 5 p.m. dinner, 6 p.m. activity. Pastor Anthony Ford. Information: touchofgraceagvt@gmail.com

Greensboro
UNITED CHURCH OF CHRIST, 165 Wilson St. 802-533-2223. (Office hours: Tues. - Thurs. 10 a.m. - 3 p.m.) Weekly 10 a.m. Sunday Services. Also offered online. Communion Service first Sunday of the month. Rev. Dr. Ed Sunday-Winters, Pastor. Hal Parker, Music Director. Coffee hour following service. We are an Open & Affirming Congregation. All are welcome. Website: guccvt.org.

Greensboro Bend
GREENSBORO BEND UNITED METHODIST. Minister Kirk Thompson. Service of Worship and Praise 10 a.m. Fellowship after service. Information: 802-533-2637 or 802-533-2263.

ST. MICHAEL'S CHURCH, a part of Mary Queen of All Saints Parish, 802-472-5544. Mass - Sunday 10:30 a.m. Confessions before Mass.

Craftsbury
THE UNITED CHURCH OF CRAFTSBURY; an Open and Affirming Congregation; Affiliated with the United Church of Christ. Sunday services at 10 a.m. Handicap accessible. No matter who you are or where you are on your spiritual journey, you are welcome. Church Phone: 802-586-8028. Information: www.unitedchurchofcraftsbury.com. Find us on Facebook, or e-mail unitedchurchofcraftsbury@gmail.com.

OUR LADY OF FATIMA ROMAN CATHOLIC CHURCH, 21 Creek Road, Craftsbury. Our Lady of Fatima is part of Mary Queen of All Saints Parish in Hardwick. Please call 802-472-5544. email: Mary_queenofallsaints@comcast.net. Christmas Eve Mass, Dec. 24, 6:30 p.m.

EAST CRAFTSBURY PRESBYTERIAN CHURCH. 1773 East Craftsbury Rd., Craftsbury, VT 05856. Sunday Service, 11 a.m. (Handicapped accessible.) Bible Study at 10 a.m. Masks optional. Worship led by Rev. Dr. Lawrence Jones, Interim Pastor. Tel. 802-586-7707. Email: ecpcvt@gmail.com. Website: www.eastcraftsburypresbyterianchurch.org.

Albany
ALBANY METHODIST CHURCH. Route 14, Albany, Vt. Rev. Nathan Strong 802-754-2790. "Join us in getting to know Jesus and the life He gives." Sunday services: 10 a.m. Worship and Sunday School.

Calais-Woodbury
CALAIS-WOODBURY UNITED CHURCH, Worship and Sunday School, Rt. 14, South Woodbury Church, Sundays, 10:15 a.m. Communion Sunday, the first Sunday of the month. Church Phone: 802-232-1013. Information: 802-456-1557.

JAMES MELODINI

HARDWICK – James Melodini, 73, of Cabot passed away on January 20, in Hardwick.

James was born on January 4, 1950, in Harrisburg, Pa., to Americo and Jean Melodini. He graduated from Windham College in Putney.

James is survived by three siblings and three nieces. A memorial service will be

privately held in Pennsylvania.

The family wishes to gratefully acknowledge the care and comfort extended to James and his family by local friends including Sue Holmes of Hardwick.

Arrangements are with des Groseilliers Funeral Home. Online condolences and memories may be shared at dgfunerals.com.


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Events

Wednesday, January 25

MAGIC THE GATHERING & Crafts, 3 - 6 p.m., for ages 8-15. Families can stay for the Community Supper served at 6 p.m., Jaquith Public Library, 122 School St., Rm. 2, Marshfield. Information: (802) 426-3581, jaquithpubliclibrary.org.

Thursday, January 26

COMMUNITY DINNER, noon, United Church of Hardwick Dining Room. Take-out or Eat-in. Call Sharyn Salls at 802-472-6566 to reserve a meal. Hosted by United Church Missions Team and other volunteers. Donations are welcome. Volunteers are always welcome.

GAME NIGHT, Thursdays, 6 - 8 p.m., at the Village Restaurant, Hardwick. A weekly event (unless there is a home basketball game). Join the Civic Standard and your team. Lynn will offer a limited menu of burgers and appetizers. Hosted by Sarah Tewksbury, this is a first come, first serve event, with room for roughly 10 teams.

NORTHEAST KINGDOM YOUNG PROFESSIONALS NETWORK, social mixer, 5:30 p.m., Whirligig Brewing, 397 Railroad St., St. Johnsbury. Network and enjoy food and beverages. Information: facebook.com/NEKYoungProfessionals or nekypg@nekchamber.com. A project of the NEK Chamber of Commerce.

TAI CHI CLASSES, Thursday, United Church of Christ, 165 Wilson St., Greensboro. 10:30 - 11:30 a.m. Tai Chi for Health & Fall Prevention (no experience needed, including seated Tai Chi and remote options via Zoom). Information: Norma at (802) 472-8724, nspauld@gmail.com or Paul at (802) 441-4599, pfixx@pfixx.net. Sponsored by the Northeast Kingdom Council on Aging.

Friday, January 27

STORY TIME AND PLAYGROUP, for kids birth to age 5, Fridays, 10:30 a.m., Jaquith Public Library, 122 School St., Rm. 2, Marshfield. Information: 802-426-3581.

Saturday, January 28

FOREIGNERS JOURNEY, 7:30 p.m., The Barre Opera House. A tribute to the music of two legendary stadium rock bands. Information: (802) 476-8188 or barreoperahouse.org.

BAT ENTHUSIAST JERRY SCHNEIDER, presents a talk and slide show about bats, 2 p.m., Memorial Building, Hardwick. Refreshments will be served. Sponsored by the Hardwick Conservation Commission.

CONNIE'S COFFEE AND CANVAS, with painter Connie Beaudry

for a paint and sip (with tea and coffee), 3 p.m., Albany Town Hall. All materials provided. The program is for adults. Register by emailing albanypubliclibraryvt@gmail.com.

Tuesday, January 31

TAI CHI CLASSES, Tuesday, Hardwick Area Health Center, 4 Slapp Hill. 9:15 - 10:15 a.m., Qi-gong and Tai Chi Forms (some experience recommended). 10:30 - 11:30 a.m. Tai Chi for Health & Fall Prevention (no experience needed, including seated Tai Chi). Information: Norma at (802) 472-8724, nspauld@gmail.com or Paul at (802) 441-4599, pfixx@pfixx.net. Sponsored by the Northeast Kingdom Council on Aging.

Thursday, February 9

GARDENING WORKSHOP, 6:30 p.m., Growing Seeds, Jaquith Public Library, Old Schoolhouse Common, 122 School St., room 2. A new workshop held the second Thursday of the month through May 11. Information: email jaquithpubliclibrary@gmail.com, call (802) 426-3581 or see jaquithpubliclibrary.org.

Friday, February 10

ART AND AUTHOR NIGHT, 6 to 8 p.m., Jaquith Public Library, Old Schoolhouse Common, 122 School St., room 2. An invitational group art show opening at 6 p.m. and at 7 p.m. Dan Chodorkoff will read from his new book, "Sugaring Down." Information: email jaquithpubliclibrary@gmail.com, call (802) 426-3581 or see jaquithpubliclibrary.org.

Saturday, February 18

WINTER FESTIVAL, noon - 3 p.m., Jaquith Public Library, Old Schoolhouse Common, 122 School St., room 2. There will be snow sculpting and painting, singing and music around the fire pit, storywalk around the recreation trail, snowshoeing and sledding, free soup, bread, hot beverages and baked goods. From 1 to 2 p.m. Heidi Wilson will lead a group sing-a-long around the fire. Horse drawn sled rides free. Information: email jaquithpubliclibrary@gmail.com, call (802) 426-3581 or see jaquithpubliclibrary.org.

Exhibits

VICTORIA MATHEISEN: Recent oil paintings of the Northeast Kingdom and Beyond, Parker Pie Gallery, 161 County Rd., West Glover, through February 28.

THE CREATIVE WORLD OF DOT KIBBEE, Exhibit, at the Greensboro Free Library, through January 28. Information: Christine at exhibitions@ruralartsvt.org.

ROSS CONNELLY'S EXHIBIT: PROTEST, through February 10, Julian Scott Memorial Gallery, NVU-Johnson campus.



courtesy photo

"Encounter," acrylic on canvas, 7wx60h

Gallery presents Paintings by Cameron Davis

MONTPELIER—The Vermont Supreme Court Gallery presents its first official exhibition of 2023 titled "Poetic Ecologies," a curated collection of acrylic paintings created by artist, teacher and environmentalist Cameron (Cami) Davis of Charlotte.

Over the last seven years, these large-scale works were created with the intention to bring forth an ecological, scientific and spiritual narrative to reveal relationships that transform life. Davis's work is an immersive experience filled with ever-changing symbology. This exhibition will be on view from February 3 through March 31, with an opening reception for Montpelier Art Walk on February

3, from 4:30 p.m. to 7 p.m. Davis will offer public remarks at 6 p.m.

Cameron Davis is a painter and recently retired senior lecturer of 34 years with the University of Vermont's Department of Art and Art History. Davis taught drawing, painting, and perspectives on making. She was also a UVM Environmental Humanities Fellow and Environmental Program Affiliate where she taught and advised theses on art and ecology. Her paintings have been exhibited and acquired at public and private collections nationally.

For additional information, please contact State Curator David Schutz at (802) 279-5558 or david.schutz@vermont.gov

Teen Auditions Set for Lost Nation Theater Summer Production

MONTPELIER — Aspiring actors, singers and dancers, age 13 to 19 may audition for the teen ensemble and teen leading roles in Lost Nation Theater's July 2023 production of "The Prom," directed by Eric Love. In addition to full rehearsal process with the professional company, teens accepted into the summer intensive will receive a full week's boot camp training in all performance areas (acting, singing, dancing) as well as head-shot photo session.

The audition requires a fully

memorized song (no more than two total minutes), picture and resume. Be prepared to dance. The audition is by appointment: Saturday, February 4, from 3 p.m. to 7 p.m., and Sunday, February 5, 1 p.m. to 4 p.m. Please schedule ahead and video submissions are accepted.

Lost Nation Theater is located at 39 Main Street, City Hall, which is wheelchair accessible and assisted listening. For more information, call (802) 229-0492 or info@lostnationtheater.org, lostnationtheater.org/intense-camps/

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photo by Vanessa Fournier

The Halcyon Chorale was formed in June of 2022. Pictured performing during a concert at the Highland Center for the Arts January 22 are (left to right): Lucas Weiss, Alan Rowe, Alden Weiss, Marc Lamontagne, Mike Errickson, Micah Weiss, Carl Johnson, Sandra Sprecher, Elia Desjardins, Sarah Amos, Susanne Norwood, Emma Buhner, Elly Barksdale, Jennifer Mackenzie, Mavis MacNeil and Katie Tandy.



photo by Vanessa Fournier

Two local singers in the 16 member Halcyon Chorale are sopranos Mavis MacNeil (left) of Greensboro and Katie Tandy (right) of Hardwick. The choral group performed at the Highland Center for the Arts Sunday.

Halcyon Chorale Presents Program from Variety of Traditions

by David K. Rodgers

GREENSBORO – Last summer a new singing group came together in the St. Johnsbury area forming the Halcyon Chorale, with 16 members dedicated to presenting the best classical music repertoire. This past weekend they gave their initial concerts at the South Congregational Church in St. Johnsbury and the Highland Center for the Arts in Greensboro on Friday and Saturday afternoon respectively, to appreciative audiences.

The selection of pieces drew

from a wide variety of traditions and languages, from Russian, Latin, German, French, and Persian to English. The program notes were particularly excellent in their background information, translations and even visual illustrations. In addition, Lucas Weiss introduced each work with insightful commentaries.

The overarching theme of the concert was the contrast between dark and light, appropriate to the present winter season. The first piece was a Galacian chant from the Eastern Orthodox part of Europe (which includes Ukraine), entitled “An

Exapostilarion of Pasche,” which was something of a dirge in a slow tempo, the text focusing on the hope of eternal life embodied in the death and resurrection of Christ.

Sergie Rachmaninoff (1873-1943) wrote the next work, “Bogowditse Devo,” sung in Russian, celebrating Mary as the mother of the savior of mankind. Two soloists were featured in juxtaposition to the whole chorus.

The following three songs pictured the horrors of war. “Plorate Filii Israel” by Giacomo Carissimi (c. 1605-1674) was a lament in Latin for the sacrifice of the daughter of Jephite as related by the Book of Judges in the Old Testament, with a nice play of lower male voices with the higher female ones. Frances Poulenc (1899-1963) composed his “Un Soir de Neige” (“A Night of Snow”) in 1944 at the end of the brutal Nazi occupation of France, to poems of Paul Elward. We feel the intense suffering of people in the depths of winter without any source of heat in the four parts of the music, reinforced by dissonance and a reserved tempo. “La Bataille” by Clement Janequin (c. 1485-1558) nominally glorified war under King Francois I with its exaggeration but betrays a certain cynicism in his use of nonsense syllables in the second half of the text. The rondo structure of overlapping voices and some upbeat rhythms gave the singers many entertaining passages.

Following the intermission, the Halcyon Chorale presented “Earth Seen From Above” by Meredith Monk (b. 1942) from her opera “Atlas,” which is based on the life of Alexander David-Néel (1868-1969), an intrepid traveler who was one of the first persons to explore Tibet. The lights were turned off in the house and singers positioned themselves around the audience (in the second floor balcony in Greensboro), each with a lighted music holder, creating an ethereal effect. The vocalizations were more repeated, minimalist notes like “Om” or

“Um da um” in a non-linear development with some echoing of different sections of the chorus.

Heinrich Schutz (1585-1672) wrote “Selig Sind Die Toten” with masterful counterpoint in the Baroque style, to a text reinforcing the hope for a better afterlife in heaven. The “43rd Psalm” by Felix Mendelssohn Bartoldy (1809-1847) was a fervent plea to God for help in a difficult time, beautifully harmonized.

“Konus Kale” by Hamid Mardkhanjari (b. 1987) from Iran was a very poetic piece with rhythmic vitality in praise of the medlar fruit, but filled with the longing of someone who was probably in exile.

Jocelyn Hagen (b. 1980) based “I Saw Two Clouds at Morning” on an evocative poem by John Gardiner Brainard.

The last piece of the concert was a transcription for voices of the “Organ Fugue BWV578” by Johann Sebastian Bach (1685-1750) in the Swingle Singers’ version. Bach’s music often begs the question similar to that in juggling, namely what is the limit to how many balls (or themes) you can keep in the air at once (seven for juggling). Bach was the penultimate genius of musical complexity. The audiences then rose to a standing ovation.

As an encore, the chorus performed another piece by Jocelyn Hagen, “Love Light” from poems by e.e. Cummings and Hafiz, celebrating old long-lasting love.

The Halcyon Chorale has certainly developed in a period of barely half a year into a highly professional chorus, with fine, coordinated voices in a repertoire that is delightfully engaging. We certainly will look forward to future performances.

Two local singers are in the group. Katie Tandy is the co-owner of Birdsong Beer and Wine in Hardwick and Mavis MacNeil is chorus director of the middle and high schools at Hazen Union, as well as giving beginning guitar lessons and teaching music theory and composition.

SNOWLIGHTS

JANUARY 27 & 28 | 5:30 - 8 PM

Rejoice in winter's magic as art and light unite for a breathtaking celebration! Bask in a whimsical light display and boogie the night way the electrifying Latin dance band Mal Maiz. Delight in fire juggling, warm drinks, and dinner to eat fireside.

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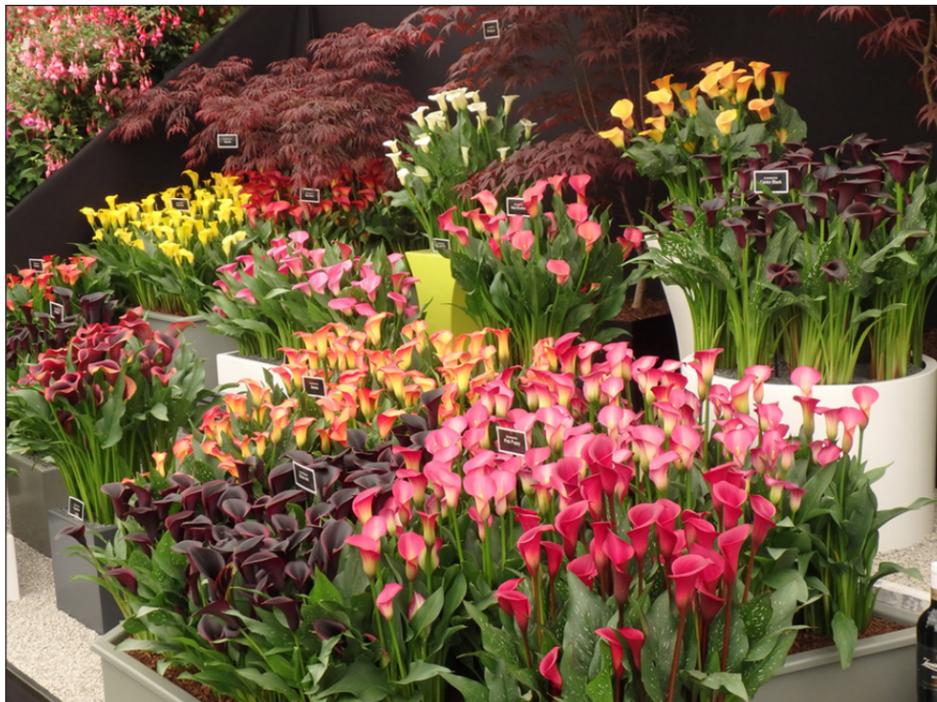
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IN THE GARDEN



Calla lilies at the Chelsea Flower Show in London.



Tulips at Vermont Flower Show.

courtesy photo

courtesy photo

The Spring Flower Shows Are Back

by Henry Homeyer

CORNISH FLAT, N.H. – The spring flower shows are always a contrast to the cold, icy days of winter. Bright flowers, garden paraphernalia and numerous workshops make these events fun, both for beginner and expert. Here is this year's offerings, starting with the first ones in February and going on until May.

The first show of the season in a specialty show: orchids. The N.H. Orchid Society is holding its annual get-together February 10 to 12 at the Courtyard Marriott in Nashua. This is the show for orchid lovers. There will be vendors of orchids from Ecuador, Taiwan and the USA. Members of the society will bring their orchids to compete and to strut their stuff. Admission is just \$10 or \$8 for seniors.

Next up is the Connecticut Flower and Garden Show February 23 to 26. This is a mammoth show with over three acres of displays.

As always, it is being held at the Connecticut Convention Center in Hartford, Conn. Tickets are \$20 at the door, or \$17 in advance. Kids 5 to 12 are \$5.

One of the greatest things about this show are the educational seminars. Here are a few workshops that interest me: "Good Bug, Bad Bug, Benign Bug". This is great for anyone who tends to squish any bug in the garden, even though most are not a problem. I assume there will be slides of insects we should recognize, but probably don't. Then there is one on organic lawn care, another called, "Shady Characters". I know garden writer Ellen Ecker Ogden of Vermont will do a nice slide presentation and talk about kitchen garden design and how to make your veggies look artful. She always does.

One of my favorite shows is always the Vermont Flower Show. It will take place this year March 3 to 5 at the Champlain Valley Expo Center in Essex Junction,

Vt. The theme this year is "Out of Hibernation! Spring Comes to the 100-Acre Wood," a tribute to Winnie the Pooh.

The main garden display is always a collaborative effort by members of the Vermont Nursery and Landscape Association. For three and a half days members of VNLA will work together to create a 15,000 square foot display using their own and donated materials. Other shows tend to have displays by professionals that are competing with each other, but not in Vermont: they work together.

There will be over 100 vendors and 35 workshops to attend over the three days of the event. In the past I have purchased seeds, seed potatoes, bulbs, books and garden tools. Tickets are \$25 or \$20 for seniors. Kids are \$7.

The Vermont show is a child-friendly event with a craft room open all day. Go online to see the schedule of events for kids. There will be a magician, marionettes and music. Be sure to attend this year: it only occurs every other year.

A bit farther afield there is the Philadelphia Flower Show. Last year they held it outdoors in May due to COVID concerns, but this year they are back inside the Pennsylvania Convention Center in downtown Philly March 4 to 12.

According to their publicity, "The PHS Philadelphia Flower Show is both the nation's largest and the world's longest-running horticultural event, featuring stunning displays by premier floral and landscape designers from around the globe. Started in 1829 by the Pennsylvania Horticultural Society, the show introduces diverse and sustainable plant varieties and garden and design concepts. In addition to acres of garden displays,

the flower show hosts esteemed competitions in horticulture and artistic floral arranging, gardening presentations and demonstrations, and special events."

I've been to the Philly show a couple of times and I am always amazed by the sheer size and diversity of the displays, vendors and workshops. It is best to go mid-week when crowds are smaller, and take two days, if you can, to see it all. Tickets are \$43.50 for adults and \$20 for kids.

A show I have yet to attend is the Capital Region Flower and Garden Show in Troy, N.Y., which will be held again this year at Hudson Valley Community College in Troy from March 24 to 26. According to their website, there will be 160 vendors and exhibitors and 8 to 10 workshops each day.

Then in May there is the New Hampshire Farm, Garden and Forest Expo being held this year at the Deerfield, N.H., fairgrounds on May 5 and 6. It is now in its 40th year and is the least commercial of all the shows. It is focused on sharing information.

Finally on May 23 to 27 there is the Chelsea Flower Show of the Royal Horticultural Society (RHS) in London, England. I've been, and the trip was well worth it. It's held outdoors and is truly wonderful.

If you plan to go to Chelsea, join the RHS to get better access times and pricing. Members get a discount of over \$10 per day, but prices still range from \$89 to \$46 depending on the day of the week. British women tend to dress up for this show and wear big colorful hats. The first two days are for members only, so it should be a bit less crowded.

The spring flower shows are fun and we deserve that after a long New England winter.



Bonsai on display at a past Connecticut Flower Show.

courtesy photo

THE OUTSIDE STORY

Hibernation: Winter Survival by Chilling Out

by Douglas Facey

BURLINGTON – Mammals and birds are endotherms, which means they generate their own body heat through relatively high metabolic rates. That high metabolism requires energy, which these animals garner from food. We typically think of endotherms as warm-blooded; however, some of them are not warm all of the time.

Most active birds and mammals maintain relatively high and stable body temperatures, often around 100 degrees. But they also lose heat to the surrounding environment, especially during the cold winter months. The heat loss is greater for small endotherms because they have a large surface area compared to their size, and although fur and feathers certainly help retain heat, there is a limit to how much insulation a small animal can carry. So how do they manage to make it through the winter?

Many animals rely on various forms of torpor: a physiological state of lowered metabolism that decreases body temperature. Heat loss partly depends on the temperature difference between an animal's body and the surrounding environment: the bigger the difference, the more quickly heat is lost. Therefore, decreasing body temperature reduces heat loss and saves energy, similar to us lowering the household thermostat at night.

Some animals, including many birds, use daily torpor, lowering body temperatures at night to conserve energy when they are not feeding. Hibernation is a more extreme form of torpor, but not all hibernators experience the same extent of decreased metabolism and body temperature. Bears, for example, show a relatively mild degree of hibernation; body temperature decreases by several degrees and they are a bit sluggish, but can become active and alert quickly, so do not disturb!

Some small mammals, such as chipmunks, exhibit a much more

extreme degree of hibernation characterized by dramatic reduction of metabolism and body temperature. To prepare for this, chipmunks consume more calories during the fall to increase body fat needed for insulation and energy. They also store food in their burrows. When days get shorter and cold weather sets in, hormonal changes drive chipmunks to spend more time in their burrows in periods of prolonged sleep and decreased metabolism, and they eventually curl into a ball and enter a state of deep hibernation.

During hibernation, a chipmunk's heartbeat has slowed from around 350 beats per minute to fewer than 10, breathing has decreased from around 60 breaths per minute to under 20, and body temperature has dropped from around 100 degrees to the mid 40s or even lower. This animal is certainly not "warm-blooded" throughout this hibernation period, and therefore does not lose much heat to the surrounding burrow. The burrow's temperature also remains higher than the above-ground temperatures, in part because it retains some of the heat lost by the chipmunk. Snow cover adds additional insulation from winter's frigid air temperatures.

Throughout the winter, the hibernating chipmunk experiences somewhat regular periods of arousal, during which it warms up and becomes active in its burrow. Warming is fueled by masses of specialized energy-rich cells often referred to as brown fat (or brown adipose tissue, BAT for short). BAT is often concentrated in the chest, and when activated warms critical organs such as the heart. Warmed blood is then pumped around the body, gradually warming the entire animal. Warming also relies partly on shivering, which generates heat through muscle contractions.

Once the chipmunk has warmed, it can move around its burrow, eat some of its stored food, void its bladder, and defecate. The



Hibernating Chipmunk

animal can then lower its metabolism and re-enter its hibernation state. A chipmunk will go through numerous cycles of cooling and rewarming throughout the winter hibernation period. Although periodic rewarming uses a lot of calories, fewer calories are used over the entire winter by hibernating than would be needed if the animal remained active. The duration of the hibernation period can depend on food availability: with shorter hibernation periods when food is abundant and longer hibernation when food is scarce.

One remaining mystery of hibernation is how hibernating animals remain inactive for so long without dramatic weakening of their muscles (atrophy), such as we see in humans requiring extended periods of bed-rest for medical reasons. Researchers continue to study this question. We have much to learn from our hibernating neighbors.

[Doug Facey is an emeritus professor of biology at Saint Michael's College and lives in Burlington. Illustration by Adelaide Murphy Tyrol.]

Woodsmoke by Julie Atwood



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IN THE GARDEN

Greening up Office Space Helps Alleviate Stress

by Deborah J. Benoit,
Extension Master Gardener,
University of Vermont

NORTH ADAMS, Mass. – Whether your office is in a traditional workspace or tucked away in a spare room at home, practicality rules and, above and beyond all else, your office is a place for productivity. That often means a computer, printer and related equipment, along with a lot of paper and hard surfaces. Adding something living and green just might help alleviate the tedium of hours at the keyboard and stress of looming deadlines.

Adding plants to your workspace can provide some of the same benefits as an escape to the garden, all without leaving your desk. Houseplants, or, in this case, office plants, can distract the senses and ease stress, especially during winter months when a visit to the park or garden for some green therapy isn't an option.

To successfully incorporate plants into an office setting, there are several things to consider. How much space can you devote to a plant or plants? What are the growing conditions in your office? What are the sources of light? Does the temperature fluctuate? And finally, how much time do you have to maintain your office plants?

Generally speaking, an office will have limited light sources, either few or no windows and artificial light. The climate may or may not include air conditioning, and conditions may be quite different on weekends if the office is closed.

The peace lily (*Spathiphyllum* spp.) will do well in an office envi-

ronment. It thrives in low light or bright, indirect light, but avoid direct sunlight. A weekly watering is best, but if you get sidetracked, it will let you know when it's thirsty. One look at its sad, drooping leaves will send you off for the watering can.

Prayer plant (*Maranta leuconeura*) with its patterned leaves adds more than just green to the office color scheme. It adds interest as its leaves fold up at night and relax during the daylight hours.

It prefers bright, indirect light, but avoid placing in a sunny window, which will cause the color to fade. Keep the soil moist (but not wet), and mist to increase humidity.

Rex begonia (*Begonia rex-cultorum*) is a great choice for the desktop. Foliage is the star, with many options for leaf color and texture. Rex begonias do fine in low light. Foliage can burn in direct sunlight. Allow the top of its soil to dry between waterings, and then water well.

Lucky bamboo (*Dracaena sanderiana*) is an easy-to-care-for plant that's tolerant of low level and artificial light. It prefers moist soil or can be grown in water alone.

If you're looking for a little drama, include a trailing vine such as golden pothos (*Epipremnum aureum*). Grow it in a hanging basket in bright, indirect light, keeping soil moist, but not soggy. Placed on a shelf, pothos will cascade in a green waterfall and, as it grows, the vines will happily drape along the top of a bookcase.

But what if you have absolutely nowhere to put a plant? Try an air plant (*Tillandsia* spp.). These



photo by Deborah J. Benoit
Incorporating houseplants, such as a prayer plant and golden pothos, into an office setting helps create a more pleasant work environment and reduce stress and elevate mood.

are unobtrusive plants, requiring no soil, not even a pot. They do need light (bright, indirect) and water (weekly by a thorough misting, more often in a very dry setting).

There are many plant possibilities for the office. For the small amount of time needed to care for them, they can bring a bit of the

natural world into the workplace, help reduce stress, elevate mood and simply make the office a more pleasant and attractive place to be.

Deborah J. Benoit is a UVM Extension Master Gardener from North Adams, Massachusetts, who is part of the Bennington County Chapter.

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Proposals should be received by the Town Clerk's Office by March 2, at 4 p.m. for opening at the March 8 Selectboard meeting.

We're alive and well in Greensboro!



Although we no longer have a location in Hardwick, we continue to cover the ten towns in our coverage area, in fact, our readership has increased.

Thanks to the high-speed digital connections in the Spark spaces in Greensboro, we continue to produce a weekly electronic newspaper. We are located in the Spark space in the Greensboro Town Hall and look forward to continue our 133-year coverage of your home town.

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YANKEE NOTEBOOK

Then I had a Brilliant Idea

by Willem Lange

EAST MONTPELIER – A few weeks ago my traveling companion, Bea, and I decided on a long holiday weekend together here in Vermont. There was little question in our minds that Thor, the god of weather, would interfere as usual. Still, the thought of a peaceful two days by the window watching the snow and (for her) getting away from meeting agendas and Zoom conferences would be a great little vacation.

Then I had a brilliant idea: Why not spend Saturday night in a different country? There is one – the second-largest in the world, in fact – just north of Vermont. And why not spend it at an elegant inn just north of the border, about two hours from Montpelier, where my wife and I used to go to celebrate occasions? I sent the URL address to Bea and got an enthusiastic response. So I tackled the web page (always a risky endeavor for a geezer with a wood-fired computer) and secured a room. I ignored as best I could the five dollar signs that accompanied its rating. It was what the hell, all will be well – I hoped.

But about a week ago I tripped over my ice creepers and fractured my right elbow. Surgery to put it back together and install hardware to keep it that way is scheduled two days from this writing. A splint and a large, firm wrapping keep it pretty well immobilized. I can drive, shop for groceries, take a shower (with a trash bag taped over my arm), and even tie my shoes. Still, it is a broken arm – the arm that I always use with my cane, and now can't; so walking on the inevitable ice would be more than usually problematic. The question naturally arose: Do we go to Quebec or cancel? In order to preserve the considerable deposit on the room, any cancellation had to be made no less than 48 hours before arrival time.

We decided to go for it. There was nothing I'd be doing there that I wouldn't be here. Less, in fact. No cooking or going out to eat. So on Saturday a little after noon we headed leisurely north on dry roads under gloomy skies and in a very short time passed the height of land to north-flowing rivers, struck Interstate 91, and passed the sign at the 45th parallel that inadvertently commemorates the famous blunders of the British surveying party tasked with marking it: The border station is about a half-mile beyond it.

Passports and a short, pleasant chat with the Canadian

border agent, and we were off on the short run to the well-marked exit for Manoir Hovey. An even shorter run and we were entering the parking lot, busy with arriving guests. A valet appeared, showed me where to leave my car, and assured me our bags and coats would be waiting in our room. Amazing! But it was only the first of an unbroken string of extraordinary accommodations we were about to experience. We descended a long set of outdoor stairs (the Manoir is busy building a new spa near its entrance), which I had to negotiate sideways. I gave my left hand to a valet at the bottom, who escorted me across the ice to the entrance.

Check-in was swift and in French (Bea speaks it), and Laure, the clerk, came out to show us to our room. Uh-oh. Up a set of stairs without a left-hand rail. I shook my head, and within seconds Laure had found us another room, in spite of the full house, this one on the main floor. (She also found us a 7:30 dinner reservation in a schedule that showed none) A gas-fired fireplace blazed brightly on the hearth of our new room, and French doors looked out on Lake Massawipi.

We had a drink in the library, where Bea got into a Scrabble game with a couple from Vermont. At our appointed time, we were escorted to our table by the window, where a waitress explained the menu and the sommelier showed up to ask us our pleasure. We deferred the decision until after we'd decided on dinner. She had duck breast, and I had lamb; so it was a lovely red. Dessert and decaf espresso for her, and gratefully back to our room.

Breakfast – more like brunch – was equally delightful. Our waitress asked me how I wanted my eggs. "Over easy," I said, "and I'll bet he can't keep the edges from browning." She smiled and said she'd mention it, and it was obvious, when they came, that she had.

At checkout, we simply left our bags and coats in our room. They reappeared, without our seeing how or when, neatly stowed in the back of the car – which magically waited right in front of the hotel door, instead of in the parking lot above. They'd seen me struggling the night before and brought it down.

"You know," Bea said as we drove out through the gates to the snowy roads of Quebec, "some places you go, they charge a lot and don't deliver. This one was incredible, worth every penny." I have a feeling we may be back in the spring when I again have two arms and the gardens are blossoming.

THE Hardwick Gazette Since 1889

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MEETING MEMO

Wednesday, February 1

• **Wolcott Select Board**, first Wednesday of month, 6 p.m.

Thursday, February 2

• **Hardwick Select Board**, first Thursday of month, 6 p.m.

Tuesday, February 7

• **Cabot Select Board**, first Tuesday of month, 7 p.m.

• **Craftsbury Select Board**, first Tuesday of month, 7 p.m.

Wednesday, February 8

• **Greensboro Select Board**, second Wednesday of month, 6:30 p.m.

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Cabot: cabotvt.us
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Craftsbury: townofcraftsbury.com
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Stannard: Stannard town clerk: (802) 533-2577, open Wed., 8-noon, townofstannard@myfairpoint.net
Walden: Walden town clerk: (802) 563-2220, fax: 802-563-3008, open Mon. - Wed., 9 a.m. to 4 p.m., Thurs., 9 a.m. - 5 p.m. waldenvt.gov. waldentc@pivot.net
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**TOWN OF BARRE - VACANCY ANNOUNCEMENT
ZONING ADMINISTRATOR & MUNICIPAL PLANNER**

The Town of Barre, Vt., is accepting resumes and applications for the position of Zoning Administrator and Municipal Planner. Minimum qualifications are high school diploma, demonstrated ability to work with the public, decision-making work experience, and strong written and verbal communication skills. Candidates with a bachelor's degree in a relevant discipline or prior municipal work experience, especially planning and zoning, are preferred. The successful candidate will enforce subdivision, zoning and related ordinances, work in compliance with State statutes, prepare Planning Commission and Development Review Board meeting agendas with accompanying informational notes, prepare and administer department budget, supervise clerical staff, and attend night meetings. The Z.A. & Municipal Planner also serves as the Town's E-911 coordinator, community development (grant) coordinator and staff liaison to the Housing Advisory Committee. Resumes must be submitted to the Town Manager, P.O. Box 116, Websterville, VT, 05678 or emailed to offices@barretown.org by 4:00 pm on Friday, February 10, 2023. Salary range is \$60,000 - \$70,000 depending on relevant experience. Excellent benefits provided.

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Important Annual Notice Regarding Herbicide Use in the Maintenance of Electric Utility Rights-of-Way

The Vermont Public Utility Commission has set forth rules under [PUC Rule 3.600](#) pertaining to the use of herbicides in the maintenance of electric utility rights-of-way (ROW). Each spring, herbicide applications may begin on or after April 1st. These rules afford you important rights and duties. Vermont electric utilities maintain electric line rights-of-way with several methods, including the selective use of herbicides on trees and brush. They also encourage low-growing shrubs and trees which will crowd tall-growing species and, thus, minimize the use of herbicides. Methods of herbicide applications may include stump, stem injection, basal, soil, and foliar. **Only electric utility rights-of-way that have tall-growing tree species with the potential of threatening the electric utility system are treated.**

If you reside on or own property in Vermont within 1000' of an electric utility right-of-way:

1. **Sign up to receive written notification** from your local electric utility of plans to apply herbicide on any ROW within 1000' of your property or the property where you reside. Check nearby poles for tags identifying the utility and/or pole number, complete the form below and submit it to your local electric utility by mail before February 15th, 2023 to be added to the notification list. If determined to be qualified, you will receive notification from the utility at least 30 days prior to scheduled herbicide application.
2. **You are responsible to make your local electric utility aware** of the location of any potentially affected water supply, and of any other environmentally sensitive area where herbicide application ought to be avoided.
3. **Watch and listen for public service announcements** in newspapers and radio ads noting upcoming herbicide applications.
4. **Check with your local electric utility** regarding the vegetation management cycle near your particular line.
5. **You have the right to request, in writing, that the utility refrain from applying herbicides in the process of clearing the right-of-way, and the utility may offer alternatives** such as herbicide stump treatment or herbicide stem injections.
6. **You have the right to refuse, in writing, the use of herbicides whatsoever** at no cost to you if the type of lines in the right-of-way are **distribution lines**, bringing electric service directly to individual customers.
7. **You have the right to refuse, in writing, the use of herbicides whatsoever** by paying a \$30 administration fee if the type of lines in the right-of-way are **transmission lines or sub-transmission lines**, bringing electricity to or between substations.

For more details, or to ask additional questions, please contact your local electric utility, or one of the following:

Vermont Electric Power Company (VELCO) 366 Pinnacle Ridge Rd. Rutland, VT 05701 Attn: Scott Carlson (802) 353-3584	Agency of Agriculture Public Health & Ag. Resource Mgmt 116 State St., Montpelier, VT 05602 1-802-828-2431	Department of Public Service Consumer Affairs & Public Information 112 State St., Montpelier, VT 05620 1-800-622-4496
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Based on the information above, if you believe you qualify to be notified in advance of pending herbicide applications in the rights-of-way, mail the request below to your local electric company before February 15th, 2023.

Resident/Property Owner Request to be Added to Herbicide Treatment Notification Mailing List				
Name	Town/City of Affected Property			
Street Address	Home Phone Number			
Town	Work Phone Number			
State	Zip Code	O.K. to use work number? (circle one)	Yes	No
Electric Utility Account Number		Best time to contact you		
Affected Property: Year-Round Residence Summer Residence Commercial Property Water Supply Organic Farm Land Other (Circle all that apply)				
Line/Pole Identification: Utility Initials Pole Numbers				

Please fill out this request completely to help us determine if you qualify for herbicide treatment notification.
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SPORTS



photo by Vanessa Fournier

Caitlyn Davison of Hazen Union aims for a shot at the basket assisted by teammate Haylie Michaud. In the play for Danville are Lauren Joncas (No. 15) and Laci Potter (right). Hazen defeated Danville 56-32.



photo by Vanessa Fournier

Hazen Union junior Sarah Collier runs for a loose ball as teammates Julia des-Groseilliers (No. 14) and Baylie Christensen (No. 5) follow the play. At right for Danville are Sloane Morse (No. 1), Laci Potter and Phoebe Crocker.

Ten Straight Wins as Lady Cats Sweep a Pair

by Ken Brown

RICHFORD – Hitting the road didn't slow down the Hazen Union girls' basketball team last week as they swept a pair of pivotal league games against Richford and Danville to improve to 10-1 on the season.

Junior guard Caitlyn Davison scored a game-high 17 points to lead Hazen to a hard-fought 49-41 road win over Richford last Wednesday. Senior Alexis Christensen drained a pair of three-pointers on her way to a 15 point night to give the Lady Cats a 28-19 advantage at the break that they would never relinquish. Freshman Julia des Groseilliers chipped in with six in the win. Sierra Derby led Richford with 16 points and Kyrielle added 12, including a pair of 3-pointers. The loss ended the Lady Falcons three-game winning streak as they fell to 6-4 on the season.

"I've got some girls with some bumps and bruises, but we are relatively healthy at this stage of the season and we need to continue fine tuning all aspects of our team," said head coach Randy Lumsden.

Davison continued to power the Lady Cat offense, pouring in 26 points to lead Hazen Union to a dominant 56-32 road win over Danville over the weekend. Christensen remained hot from the outside with 15 points to help Hazen break open a close game after the first quarter with a 38-4 over a 16 minute span. Tessa Luther chipped in with eight points in the win. Laci Potter led Danville with 13 points as they were swept in the season series and fell to 3-8.

"We definitely have some moments where we look like the team we are working so hard

to be, but we are still a work in progress and hopefully we are playing our best basketball in March," said Lumsden.

Lumsden has the Lady Cats rolling in his first year on the sidelines, winning 10 straight since dropping their season opener at Enosburg. They own the best record in Division III, but are still ranked second behind a stout Windsor team that has won seven straight. Hazen Union's girls' junior varsity team is also winning in dominant fashion and have some talented players that could be in Lady Cat uniforms sooner than later.

"The JV team has a talented group of girls that are hard working and determined and Alison Blaney is doing a great job with that team. She's got them practicing and playing hard and having fun doing it. This week our biggest concern is rebounding. It's been a focus for us all year. We have the physical ability to own the boards, we just need to commit to boxing out and going after aggressively to the ball," said Lumsden.

Hazen traveled to Winooski on Tuesday and will welcome Williamstown to the Cat Den on Thursday night.

KEN BROWN'S HIGH SCHOOL ROUNDUP

Craftsbury Bowlers Capture Second Straight Runner-up

BARRE – The Craftsbury Academy (CA) bowling team finished second overall in their fourth competition of the season at Twin City Lanes over the weekend.

The Chargers qualified second and squared off against tournament host Twinfield-Cabot in the opening round, who qualified third. CA swept the Trojans in the opening round, 124-78 and 144-83. Top seeded Essex was too much to handle in the championship round, sweeping the Chargers in a tight match, 162-145 and 171-149. The Chargers were led by homeschooler Jason Brown's high game of 191. Will Patnoe had another strong day as well for CA, with the senior's high game coming in at 180. CA is hosting their first competition

of the season this Saturday at Missisquoi Lanes. It is their Senior Day and the competition will start at 10 a.m.

Hall Third Overall for Hilltoppers

WILLISTON – Hazen Union's Lydia Hall helped lead the St. Johnsbury Academy (SJA) gymnastics team to a first place finish over South Burlington and Burlington-Colchester over the weekend at the Green Mountain Training Center, improving to 4-1 on the season.

Hall finished third in the overall competition, capturing a runner-up finish on the vault and third in the beam event. Hazen Union's Emily Mouller also competes with Hall on the Hilltoppers as independent gymnasts for head coach Beverly McCarthy. SJA's Lydia Ruggles took home first place honors in the overall and remained undefeated on the season.

SPORTS

Chargers Struggle with Challenging Schedule

by Ken Brown

CRAFTSBURY – The young Craftsbury Academy (CA) boys' basketball team struggled last week against the top teams in the Mountain league, dropping games to Blue Mountain, Danville, and Christ Covenant.

Evan Dennis hit a pair of threes on his way to a 23 point night to lead Blue Mountain to a convincing 83-27 road win over the Chargers last Tuesday. Kason Blood also connected from long range twice to chip in with 14 points and Ricky Fennimore added 12. Dylan Washer led CA with 12 points and Mark Gueboura chipped in with five in the loss. Blue Mountain improved to 6-2 on the season as they aim to defend their Division IV state title this coming March.

Andrew Joncas poured in a season-high 35 points to lead Danville to a dominant 88-37 home win over the Chargers last Thursday. Joncas scored 26 first-half points, connecting on five 3-pointers to lead the Bears to a commanding 55-14 lead at the break. Alijah Andrews added eight points and Christian Young and Anthony Raymond combined for 14 more as they improved to 6-3 on the season. Dylan Washer paced the Chargers with 18 points and freshman Landon Miller added 10 points of his own, including a pair from long range.

Nathan Mulligan pumped in 24 points to lead Christ Covenant to a hard fought 60-43 home win over CA over the weekend. Dylan Washer kept the Chargers within one after three quarters with a team-high 23 points. Miller continued his strong play with a season-high 14 and Sterling Blodgett added six in the loss.



photo by Vanessa Fournier
Craftsbury senior Dalton Gravel heads toward the basket past Anthoni Guinard of Danville during play at Danville January 19. In the back is Sterling Blodgett (No. 2) of Craftsbury. The Bears defeated the Chargers 88-37.

"It was a rough start to the game for us and they came out and jumped on us early. Unfortunately we lost Evan Lemare to a season-ending wrist injury, but the guys did a great job of rallying with a great third quarter.



photo by Vanessa Fournier
Landon Miller (center) of Craftsbury looks to pass around Danville's Anthony Raymond (left) during action January 19. Following the play (in back) is Craftsbury's Dalton Gravel. Danville won 88-37.

Turnovers and missed baskets finished us off down the stretch. The guys did a great job of rebounding and getting us second and third chance looks on multiple possessions. It was one of our better shooting nights from the perimeter and we'll look to continue to work on balancing out our scoring attack this week," said head coach Sean Ryan.

The schedule doesn't get any easier for the Chargers this week as division III Oxbow rolls into town on Wednesday, followed by a clash with Twinfield-Cabot on Friday.

Twinfield-Cabot Girls Build Momentum

by Ken Brown

MARSHFIELD – The Twinfield-Cabot girls' basketball team won back to back games last week versus Mid-Vermont Christian (MVCS) and BFA-Fairfax, before falling to Richford on the road to improve to 3-7 on the season.

Jorja Washburn buried a trio of 3-pointers on her way to an 18-point night to lead the Lady Trojans to a 45-24 home win over MVCS last Tuesday. Haylee North added six in the win as Twinfield-Cabot broke the game open with a 30 point second half. MVCS is a perennial Division IV contender, but fell to 2-5 on the season with the loss.

"At halftime we encouraged everyone to slow down and play within themselves and trust their teammates to run the offense. Jorja was very efficient and the girls did a good job of fighting back after a slow first half. We had a size advantage on them, but they were quick to the ball and they fought hard for everything. It was a great result after so many close losses, including a pair of them in overtime," said head coach David Conover.

Washburn kept her hot hand on Friday,

pouring in a career-high 22 points to lead Twinfield-Cabot to a 46-36 home win over BFA-Fairfax. Washburn earned All-Mountain League honorable mention honors last winter and is one of four seniors on Conover's young squad. Forest Skillman led the Lady Bullets with 10 points and Taylor Duquette chipped in with eight in the loss as they fell to 1-8 on the season.

Kyrielle Deuso scored a game-high 18 points to lead Richford to a 56-30 home win over the Lady Trojans over the weekend. Sierra Derby added nine points to help Richford build a 26-15 halftime advantage and they would never look back. Ginger Klarich led Twinfield-Cabot with eight points in the loss. The Lady Rockets improved to 6-4 on the season.

The Lady Trojans looked to build on their impressive week as they traveled to Stowe on Monday and remained on the road for a match-up with Northfield on Tuesday. Twinfield-Cabot currently holds the tenth ranking in the Division IV standings, but has an opportunity to gain ground on eighth-seeded Northfield, a team they beat 60-37 earlier this month.



photo by Vanessa Fournier
Twinfield-Cabot's Ginger Klarich (center) heads for the basket before being fouled by Danville's Kendall Hale (No. 14). In the back is Laci Potter (No. 3) of Danville and at right is Carley Mancini of Twinfield-Cabot on January 11. Danville outscored their hosts 39-35.

SPORTS



courtesy photo

The World Cup FIS races were held at the Lauberhorn in Wengen, Switzerland, where John Macy served as a USSA Team doctor.

Orthopedic Surgeon John Macy Serves at World Cup FIS Races

MORRISVILLE – John Macy, MD, orthopedic shoulder surgeon with Mansfield Orthopaedics, just returned from Lauberhorn in Wengen Switzerland, where he served as a USSA Team doctor covering the World Cup FIS races. “Lauberhorn, under the shadow of the Eiger, in the Bernese Alps, provides a spectacular and breathtaking backdrop,” said Dr. Macy. “It was a great week of races and no injuries to speak of,” he continued. Dr. Macy noted Europe, much like Vermont, has experienced limited snow so far this year.

Dr. Macy shared that US Olympic athletes, including local Vermonter Ryan Cochran-Seigle, who took home Silver in the Super G last year at the Olympics, was part of his group among many others. “I cannot begin to express the privilege it is to work with such a professional group of athletes.”

This year was Lauberhorn’s 93rd International FIS

Ski Cup Race. The Lauberhorn Downhill is the longest race in the FIS Ski World Cup circuit and one of the most attended winter sports events in the world.

“I am truly humbled to have been part of this race, and serving as a team doc,” Macy continued.

Dr. Macy has been covering World Ski Championships with the USSA for nearly 10 years. His ventures have taken him as near as events in the USA, and as far as Sweden, Norway, Canada and Austria. Last year, Dr. Macy served as the team physician during the 2022 Hahnenkamm Races in Austria for the US Ski Team.

Closer to home, Dr. Macy is with the Jay Peak Ski Patrol, a role he has served for more than 10 years. When not in the operating room, or clinic, Dr. Macy too enjoys being on the slopes and trails doing some down-hill and back country skiing.



courtesy photo

Dr. John Macy, a member of the Jay Peak Ski Patrol, recently served as a USSA Team doctor for the World Cup FIS Races.

SPORTS

Wildcats Get Back on Track in a Big Way

by Ken Brown

HARDWICK – The Hazen Union boys' basketball team rebounded from their first loss of the year in a big way last week with dominant wins over a pair of Division II opponents in Lyndon Institute (L.I.) and Harwood to improve to 9-1 on the season.

Senior big man Tyler Rivard poured in 21 points and ripped down 13 rebounds to power the Wildcats to an 87-46 home win over L.I. last Monday. Junior point guard Xavier Hill had his best offensive performance of the season for Hazen Union, scoring 20 points (four 3-pointers) and dishing out nine assists in the win. Senior Jadon Baker also drained a trio of threes on his way to a 16 point night to round out a balanced Hazen scoring attack. Austin Wheeler led the Vikings with 18 and Gavin Williams chipped in with 13 in the loss. It was the fourth time the Wildcat offense cracked the 80 point barrier this season after being held to a season-low 42 points at Thetford Academy last week. It was the first time back in the Cat Den for Viking's head coach Eli Appleton, who graduated from Hazen Union in 2013 and wore a Wildcat uniform. It is the first varsity head coaching job for Appleton, who had spent the last four years in a very successful North Country Falcon program.

Rivard continued his torrid pace on Friday night, dropping 25



photo by Vanessa Fournier

Hazen Union senior Tyler Rivard (center) aims for the basket while heavily guarded by Cole Hill (left) and Lewis Clapp (right) of Harwood. At left (in back) is Jadon Baker of Hazen. Rivard scored 25 points total and made 17 rebounds during that game. The Wildcats took the victory 63-43. Recently Rivard broke the Hazen Union School all time record by scoring 50 points in a single game.

points and 17 boards in a 63-43 home win over Harwood. Xavier Hill orchestrated the Wildcat offense at a high level once again, scoring 12 points, with five assists,

and five steals in the win. Sophomore Brendan Moodie connected from long range three times for 11 points and Lincoln Michaud was solid underneath with nine

rebounds on the night. Cole Hill led the Highlanders with 16 points, keeping his team within seven points at the break, but the Wildcat defense would stiffen the rest of the way. It bears repeating the kind of historical season that Rivard is having in his senior campaign at Hazen Union. Rivard already shattered the single-season rebound record last winter and did the same to the single game scoring record earlier this season with a 50 point explosion against Enosburg. Rivard is averaging nearly 24 points per game and pulling down 15 rebounds as he attempts to lead the Wildcats to back to back division III state titles.

"I think the loss to Thetford helped refocus this group a little bit this past week," said Hill. "Xavier is starting to play with a lot more confidence and Jadon is really starting to come on offensively for us at the right time. Gabe has been giving the team a huge lift night in and night out. Our rematch with Thetford this week is a game we are extremely motivated to play. They are playing great basketball right now and will be a big challenge for us that we embrace" added Hill.

Winooski continues to pace the division with an 8-0 unblemished record, with Hazen Union sitting at No. 2 at 9-1 and Thetford at No. 3 at 7-1. Hazen welcomes the third ranked Panthers to town on Wednesday night for a pivotal divisional rematch and will end their week with a road trip to U-32.

Trojans Drop Two on the Week to Top of League

by Ken Brown

VERGENNES – The Twinfield-Cabot boys' basketball team felt the full strength from the top of the rugged Mountain League last week as they fell to Vergennes and Blue Mountain, evening their record at 4-4 on the year.

Oakley Francis scored a game-high 29 points and pulled down nine rebounds to lead Vergennes to a 76-49 home win over the Trojans last Tuesday. Elijah Duprey added 17 points and five assists for the Commodores and Spencer Gebo added 12 in the win. Meles Gouge led Twinfield-Cabot with 13 in the loss. It was the fifth straight win for Vergennes as they moved into the top five of the Division III rankings.

"They are big and quick and

showed why they are one of the top teams in Division III. I'm really happy with the way the guys played and competed overall. We stayed right with them in the first half and it was still a ball game into the fourth before they wore us down. We showed some good signs of moving the ball, hitting our spaces, and running our offense the way we want to. We shot the ball really efficiently, but they killed us on the offensive glass and you just can't give a team like Vergennes that many extra possessions. We're not a huge team so we have to be more fundamentally sound boxing out for four quarters to be successful," said head coach Chris Hudson.

Evan Dennis dropped a career-high 36 points on the Trojans on Friday night, leading Blue Mountain to a 73-57 win at home.

The defending Division IV champs raced out to a 41-20 lead at the half behind a trio of three's from Dennis and 17 points from Ricky Fenimore. Meles Gouge helped Twinfield-Cabot cut into the lead the last two quarters with a team-high 13 points, but the hole was too deep. Freshman Sam McLane and Zepherin Hebert combined for 19 points and six 3-pointers to give the Trojans a spark down the stretch. Blue Mountain ran their winning streak to four games with the win, improving to 6-2 on the season.

"We basically lost that game in the first quarter. I loved the way the guys competed the last 24 minutes, but we need to figure out how to start quicker on the road. We were stagnant offensively and it bled into our defense and Dennis took advantage of it early. He's probably as

good as you are going to see in our division. Our second half was better and I really liked what I saw from some of our young guys as they are starting to step up with more varsity games under their belt. We have a big week ahead of us that will tell us a lot about our team. We are not that far off and we have the young talent here to be one of those last four teams standing at the end of the year. We need some guys to be more aggressive for us to get there and keep working at improving as a team and hopefully build some momentum down the stretch," said Hudson.

Twinfield-Cabot traveled to Stowe on Monday and will welcome crosstown rival Danville to town on Wednesday night. The Trojans will finish out the week on the road at Craftsury Academy on Friday.

SPORTS

SKI REPORT

BY ERIC HANSON

Craftsbury Middle School Skiers Looking Strong

CRAFTSBURY – The Craftsbury Academy (CA) middle school team jumped up a level to race with Junior varsity skiers. The race was a last minute opportunity for them as it was re-located from St. Johnsbury to Craftsbury. Oryon Hart, Stig Linck, Jenner Brooks, and Amelia Terrone are learning what it is like to be part of a team as they train and race together each week. Terrone showed her home course advantage and lots of time on skis winning in 12:48 ahead of Zoe Buhner from St. Johnsbury. Stella van der Linde (Burke town school) was third. Bjorn Peterson (Burlington H.S.) paced the JV boys for the win with CAs Oryon Hart, third (11:58), Jenner Brooks, fourth, and Stig Link, sixth.

On Friday, the U-32 sponsored race was also moved to Craftsbury because of low snow conditions. The CA varsity squad entered this wave start 5.5 km race consisting of three laps around Lemon's Haunt trail. Amelia Circosta (Hazen) 16:35 placed first followed by Meg Voison, second (Montpelier), and Anika Leahy, third (CA). Sage Grossi (Montpelier) and Leo Circosta (Hazen Union) played cat and mouse over the first two laps before Grossi pulled ahead on the final lap (14:41) finishing eight seconds ahead of Circosta. CAs Charlie Kehler was third (15:18), Cormac Leahy, fourth, Silas Hunt, seventh, Linden Stelma-Leonard



courtesy photo

Bjorn Westervelt (Stowe) takes gold in the 12.5 km pursuit at the World University Games in Lake Placid, N.Y.

29, Calvin Cacciamani 33. This was Calvin's first varsity race. The Montpelier boys won the team title with four skiers in the top eight.

Westervelt Wins Silver and Gold in Biathlon at World University Games

LAKE PLACID, N.Y. – Bjorn Westervelt (Stowe) who trained with the Craftsbury Ski Club and is now at UVM took some time off from school to compete at the World University Games held in Lake Placid. Athletes came from around the world to compete in skiing, skating, jumping, and curling events. In Bjorn's first race, the 10 km sprint, he hit 8/10 finishing (27:59) 8.3 seconds back from Bekenty Turlubekov (Kazakhstan) who

shot clean. Had Bjorn hit one more target he would have won gold. In the 12.5 km pursuit the next day where Bjorn started 8.3 seconds behind Bekenty, he used his skiing speed to catch him and keep everyone else behind winning the race in 35:38. He hit 16/20 targets. In a pursuit race, start times are determined by the time back from the winner in the sprint race; the first one across the finish line is the winner.

Finn Sweet, another Craftsbury Ski Club and Craftsbury Academy graduate, placed sixth in

the 10km classic race. To give you an idea of the international flare of the completion, the first five finishers were Ryo Hirose (Japan) winning in 24:37, second Mangus Boee (Norway), third Andreas Kirkeng (Norway), fourth Mikayel Mikayelyan (Armenia), and fifth Tomas Dufec (Czech Republic). Finn then hung on to finish seventh in the skate pursuit the next day even though he had the 17th fastest time of the day. At the beginning of the games he won a silver in the mixed relay team sprints with Renae Anderson (Bowdoin).



photo by Eric Hanson

Sit-skier Otis Loga from U-32, competes in the boys varsity race. Otis spent some time this past summer in Lake Placid, N.Y. learning about sit-ski technique from professional paralympic athletes.



photo by Eric Hanson

Calvin Cacciamani approaches the finish line in his first varsity race.

SPORTS CALENDAR

(Sport schedules are posted by athletic departments of area schools. Times and dates may change.)

Wednesday, Jan. 25

6 p.m., Craftsbury Academy Boys' Varsity Basketball vs. Oxbow at Craftsbury.
7 p.m., Hazen Union Boys' Varsity Basketball vs. Thetford at Hazen Union.

Thursday, Jan. 26

5 p.m., Twinfield-Cabot Middle School Girls' Basketball vs. Concord at Twinfield
6 p.m., Twinfield-Cabot Middle School Boys' Basketball vs. Concord at Twinfield.
7:30 p.m., Hazen Union Girls' Varsity Basketball vs. Williamstown at Hazen Union.
7:30 p.m., Twinfield-Cabot Varsity Girls' Basketball vs. Stowe at Twinfield.

Friday, Jan. 27

5:30 p.m., Twinfield-Cabot Grades 3-4 Girls' Basketball vs. Hardwick at Twinfield.
6 p.m., Craftsbury Academy Boys' Varsity Basketball vs. Twinfield at Craftsbury.
6:30 p.m., Twinfield-Cabot Grades 5-6 Boys' Basketball vs. Hardwick at Twinfield.
7 p.m., Hazen Union Boys' Varsity Basketball at U32.
7 p.m., Twinfield-Cabot Varsity Boys' Basketball at Craftsbury Academy.

Saturday, Jan. 28

9 a.m., Twinfield-Cabot Grades 3-4 Girls' Basketball at Montpelier.
10 a.m., Twinfield-Cabot Bowling at Missisquoi Lanes, Lowell, Craftsbury Open.
10 a.m., Craftsbury Academy Bowling at Missisquoi Lanes, Lowell, Craftsbury Open.
10 a.m., Twinfield-Cabot Grades 3-4 Boys' Basketball at Montpelier.
TBD, Twinfield-Cabot Grades 5-6 Girls' Basketball at Williamstown Tournament.
TBD, Twinfield-Cabot Grades 5-6 Boys' Basketball at Williamstown Tournament.

Tuesday, Jan. 31

6 p.m., Twinfield-Cabot Middle School Boys' Basketball vs. Rivendell at Twinfield.
7 p.m., Hazen Union Girls' Varsity Basketball vs. Twinfield, at Hazen Union.
7 p.m., Twinfield-Cabot Varsity Girls' Basketball at Hazen Union.

Wednesday, Feb. 1

5 p.m., Twinfield-Cabot Middle School Boys' Basketball vs. St.

Johnsbury School at Twinfield.
7 p.m., Craftsbury Academy Boys' Varsity Basketball at Oxbow.
7 p.m., Hazen Union Boys' Varsity Basketball at Spaulding.

Thursday, Feb. 2

5 p.m., Twinfield-Cabot Middle School Girls' Basketball at Mid-Vermont Christian.
5 p.m., Hazen Union Seventh-Grade Boys' and Girls' Basketball vs. Lamoille, at Hazen Union.
5:30 p.m., Twinfield-Cabot Grades 5-6 Girls' Basketball vs. Hardwick at Cabot.
6 p.m., Hazen Union Eighth-Grade Boys' and Girls' Basketball vs. Lamoille, at Hazen Union.
6:30 p.m., Twinfield-Cabot Grades 5-6 Boys' Basketball vs. Danville at Cabot.
7 p.m., Hazen Union Girls' Varsity Basketball at Blue Mountain.

Friday, Feb. 3

5 p.m., Hazen Union Seventh-Grade Boys' and Girls' Basketball vs. Crossett Brook, at Hazen Union.
5:30 p.m., Twinfield-Cabot Junior Varsity Boys' Basketball at Winooski.
5:30 p.m., Twinfield-Cabot Grade 3-4 Girls' Basketball at St. Johnsbury.
6 p.m., Hazen Union Eighth-Grade Boys' and Girls' Basketball vs. Crossett Brook, at Hazen Union.
7 p.m., Craftsbury Academy Boys' Varsity Basketball vs. Richford at Craftsbury.
7 p.m., Twinfield-Cabot Varsity Boys' Basketball at Winooski.

Saturday, Feb. 4

9 a.m., Twinfield-Cabot Grades 3-4 Boys' Basketball vs. Montpelier, at Twinfield.
10 a.m., Twinfield-Cabot Bowling at Sparetime, Colchester, Essex Open.
10 a.m., Twinfield-Cabot Grades 5-6 Girls' Basketball vs. Montpelier, at Twinfield.
11 a.m., Twinfield-Cabot Varsity Girls' Basketball vs. Mount Anthony at Twinfield.
Noon, Craftsbury Academy Bowling vs. Randolph, at Valley Bowl.

Monday, Feb. 6

5 p.m., Twinfield-Cabot Grade 5-6 Boys' Basketball vs. Lyndon at Twinfield.
5 p.m., Hazen Union Seventh-Grade Girls' Basketball at North Country.
5 p.m., Twinfield-Cabot Middle School Boys' Basketball at Oxbow.
6 p.m., Hazen Union Seventh-Grade Boys' Basketball at North Country.

6 p.m., Twinfield-Cabot Middle School Girls' Basketball at Oxbow.
6 p.m., Twinfield-Cabot Grade 5-6 Girls' Basketball vs. Lyndon at Twinfield.
7:15 p.m., Twinfield-Cabot Varsity Girls' Basketball vs. Proctor at Twinfield.

Tuesday, Feb. 7

4:30 p.m., Twinfield-Cabot Middle School Boys' Basketball vs. Stowe at Twinfield.
6 p.m., Twinfield-Cabot Junior Varsity Boys' Basketball vs. Stowe at Twinfield.
7 p.m., Hazen Union Girls' Varsity Basketball at Northfield.
7:30 p.m., Twinfield-Cabot Varsity Boys' Basketball vs. Stowe at Twinfield.

Wednesday, Feb. 8

5 p.m., Twinfield-Cabot Grades 3-4 Girls' Basketball vs. St. Johnsbury at Cabot.
6 p.m., Twinfield-Cabot Grades 3-4 Boys' Basketball vs. St. Johnsbury at Cabot.
7 p.m., Craftsbury Academy Boys' Varsity Basketball at Blue Mountain.
7 p.m., Hazen Union Boys' Varsity Basketball at Peoples.

Thursday, Feb. 9

5 p.m., Twinfield-Cabot Middle School Boys' Basketball at Danville.
6 p.m., Twinfield-Cabot Middle School Girls' Basketball at Danville.
7:30 p.m., Hazen Union Girls' Varsity Basketball vs. Stowe at Hazen Union.
7:30 p.m., Twinfield-Cabot Varsity Girls' Basketball at Danville.

Friday, Feb. 10

6 p.m., Craftsbury Academy Boys' Varsity Basketball vs. Danville at Craftsbury.
7:30 p.m., Hazen Union Boys' Varsity Basketball vs. Montpelier, at Hazen Union.

Saturday, Feb. 11

9 a.m., Twinfield-Cabot Bowling at Sparetime, Colchester, Burlington Open.

11 a.m., Hazen Union Girls' Varsity Basketball vs. Blue Mountain at Hazen Union.
Noon, Craftsbury Academy Bowling vs. White River Valley, at Valley Bowl.

Monday, Feb. 13

5 p.m., Hazen Union Eighth-Grade Girls' Basketball at North Country.
6 p.m., Craftsbury Academy Boys' Varsity Basketball vs. Trinity Baptist at Craftsbury (Senior Day).
5 p.m., Hazen Union Eighth-Grade Boys' Basketball at North Country.

Tuesday, Feb. 14

5:30 p.m., Dave Morse Classic at Hazen Union, Lamoille vs. Williamstown.
7 p.m., Dave Morse Classic at Hazen Union, Randolph vs. Hazen Union.
7:30 p.m., Hazen Union Girls' Varsity Basketball vs. Milton at Hazen Union. Senior Night.

Wednesday, Feb. 15

7:30 p.m., Hazen Union Boys' Varsity Basketball vs. Lamoille at Hazen Union.

Thursday, Feb. 16

6 p.m., Hazen Union Girls' Varsity Basketball at Craftsbury.

Friday, Feb. 17

7 p.m., Craftsbury Academy Boys' Varsity Basketball at Winooski.
7 p.m., Hazen Union Boys' Varsity Basketball at Lake Region.

Saturday, Feb. 18

10 a.m., Twinfield-Cabot Bowling vs. Craftsbury Academy, Twin City Lanes, Berlin, Craftsbury Open.

Monday, Feb. 20

6 p.m., Craftsbury Academy Boys' Varsity Basketball vs. Stowe at Craftsbury.
7 p.m., Hazen Union Boys' Varsity Basketball at Williamstown.

Thursday, Feb. 23

7 p.m., Craftsbury Academy Boys' Varsity Basketball at Fairfax.
7 p.m., Hazen Union Boys' Varsity Basketball vs. Randolph at Hazen Union (Senior Night).

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