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MOUNTAIN GAZETTE

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Spirit and compassion touch lives year-around

Zachary Uerz - an inspiration to family and friends

Zach, Lori and Bob Uerz at the Rhodes Island Shore on vacation.
PHOTO CONTRIBUTED

Brenda Boutin
Mountain Gazette Staff

When Browns River Middle School Student Zachary Uerz and his dad, Bob, won a gold medal at the 2009 Special Olympics Vermont State Golf Championship there were smiles all around. The spirit of this young man shines through his father's eyes as he describes the tremendous relationship he has with his son.

Plattsburgh State's #1 Hockey Fan - that is how Bob describes his son Zach. "We've had season tickets for about ten years." He says. He goes on to explain about the day's trip, the crossing of Lake Champlain on the ice breaker ferry, and the warm reaction from those folks at the Field House who have grown to know and appreciate Zach over the years. As it turns out, one of the assistant managers of Plattsburgh's nationally- ranked Men's Hockey Team also has Down Syndrome. But the biggest smile radiates across his face when he imparts his last bit of information. "Zach loves the father-son day." It is obvious that Zach is not the only one.

"In addition, one of the assistant managers on the Plattsburgh State Hockey Team is a young man with Down Syndrome," he tells the listener, "and the coach says hi to Zach." But the biggest smile radiates across his face when he imparts his last bit of information. "Zach loves the father son day." It is obvious that Zach is not the only one.

Zach is Bob's third child. His parents knew that they were going to have a child with Down syndrome. The indications showed on an ultrasound.

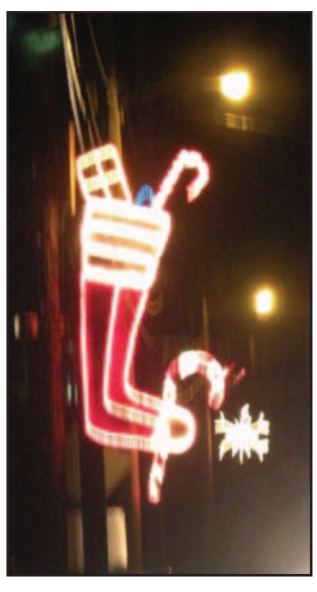
Learning early about Down Syndrome gave them time to prepare

Zach Uerz continued on page 12

Lights return to Cambridge and Jeffersonville

By Katherine Quimby Johnson
Special to the Mountain Gazette

After a five-year hiatus, holiday lighting has returned to the villages of Cambridge and Jeffersonville. How that came to be is a saga and a tribute to persistence.



Purchased in 2002 by the Smugglers' Notch Area Chamber of Commerce (SNACC), the lights decorated the main streets in each village for two years, using electricity supplied at no charge by CVPS. Then CVPS was no longer allowed to donate the power. The exact reason for that remains unclear. Ray Saloomey, chair of SNACC, says that it had something to do with a fine levied by the Vermont Public Service Board, but it may also have had to do with a petition by several towns into the "terms and conditions of street light services offered by Central Vermont Public Service Corporation,"

Lights continued on page 12

Cape Cod in 2007 Danielle (11), Dayle, Ann and Anna (13).
PHOTO CONTRIBUTED

Ann Pigeon – Thankful for the community spirit of Westford

By Phyl Newbeck
Special to the Mountain Gazette

Life was looking good for Ann and Dayle Pigeon of Westford. The childhood sweethearts had reconnected after years apart and married in 1994. In the year 2000, Dayle took a leap of faith and left his longtime job to start his own excavating business. Their daughter Anna was about to turn six, her sister Danielle was four, and the future looked bright.

Then one day, Dayle went out to the big, new barn he had built for his excavating equipment. It was far enough from the house that Ann couldn't hear anything and there was no phone, so when Dayle collapsed after suffering a brain aneurysm there was no way she could have known. As luck would have it, an old friend was passing by and found Dayle on the floor, near death. If the friend hadn't found him, he probably would have died right there.

Ann was overwhelmed by the sudden tragedy but even more overwhelmed by how her community pitched in. Ann was born in New Jersey, but Dayle's family had been in Westford for years and the community rallied around them. Dayle spent eight months in the hospital but during that time Ann was never alone. "The whole town came together to help me," she said. "It was unbelievable."

"I was in a haze," said Ann, "so I can't be sure I'm thanking everyone who helped out." The outpouring started with a fundraising dinner at the school, but it certainly didn't end there. Women from the community, even those that Ann didn't know well at all, would stop by with groceries and meals. To this day, the Town gives her an annual gift certificate for an area grocery store and sends gifts to her daughters. Leni Jorschick who was the Assistant Town Clerk, often stayed with the girls when Ann visited Dayle in the hospital. Donna Liberty of Liberty Fuel sat down to talk to her about fuel assistance and has been giving her a tank of oil every year since. One year Ann ran out of water and Dick Stygles came by to bring her a tank. Ann almost broke down, describing how Junior Drinkwine ("a little Santa Claus" she called him) plows her hilly driveway every year without accepting a dime in return. "I hate to ask for help," Ann said, "but I never have to ask. Whenever I have problems, people just materialize and help me. This is just a wonderful community."

Dayle continues to need round the clock care and cannot be left alone. He can't get up on his own and is not always lucid. Ann works three days a week and is able to do so thanks to the benefits she receives from the state which covers caregivers from the Visiting Nurses Association and Bayada nurses. Despite the fact that her husband of only six years became disabled at the age of 46, Ann refuses to wallow in self-pity. "I'm a very positive person," she said, "and our life is a normal happy life." Ann is thankful for everything that her friends and neighbors have done to help restore that normalcy. "This is such a close-knit community," she said. "I'm touched by everything that has been done for us."

Chittenden East school boards agree to study consolidation

By Ted Tedford
Special to the Mountain Gazette

The seven school boards in the Chittenden East Supervisory Union (CESU) have agreed to form a committee to explore whether it is feasible to consolidate all nine of the supervisory union's schools into one district.

The CESU executive committee wants to bring a single-district proposal to voters in the five towns at town meeting in 2011, according to Executive Committee chairman Robert Letovsky, who also is chairman of the Underhill I.D. School Board.

The seven school boards have been assessed a total of $15,000 by the CESU executive committee.

"The basis for this whole thing across Chittenden East is whether to consolidate or not to consolidate. We won't know unless we ask

Consolidation continued on page 10

People were amazing to us

Shea, TJ, and Rhiannon White celebrated Halloween like any other kids. TJ was making a good recovery, following emergency surgery in September.
PHOTO CONTRIBUTED

By Katherine Quimby Johnson
Special to the Mountain Gazette

One night in mid-September, four-year-old TJ White went to bed after a perfectly normal day of play with his older brother and younger sister. The next morning he woke up, "vomiting and writhing and screaming in pain," said TJ's father, Kevin. It was the beginning of what was to be a long ordeal for the family of five.

When the preschooler didn't improve, his parents took him to their pediatrician's office. A "stomach bug" was going around at the time, so that was the diagnosis. The Whites went back home. TJ's condition continued to deteriorate. He wanted water, he wanted to pee, but he couldn't keep anything down. By that evening, the fair-skinned boy's face was turning gray. As his mother, Talia, began to run a bath, in the hopes that warm water would ease the pain, TJ became incoherent. Whatever was going on, it was clearly not a "stomach bug." It was time to get help.

"It's the first time we've ever taken a child to the hospital," Talia said. "The only other times we've been to the hospital was to have a baby. We knew we'd be going sometime—our kids are active, so we expected a broken arm or leg someday."

Kevin drove TJ from their Cambridge home directly to the emergency room at Fletcher Allen Health Care. "The triage nurse took about 45 seconds to decide he needed to be seen," White said. TJ was not only severely dehydrated; TJ was acidotic, meaning that his blood ph was more acid than it should have been. "The staff at FAHC were professionals," Kevin said. "They started managing his fluids to get him hydrated and his ph normalized."

TJ White continued on page 16

Colleen, Eileen, Sadie Haupt and Smokie PHOTO CONTRIBUTED

Seeing Down Syndrome as a blessing

By Phyl Newbeck
Special to the Mountain Gazette

Eileen Haupt of Jericho didn't undergo the prenatal testing which would have shown that her daughter Sadie had Down Syndrome so she was unprepared for what to expect. She knew that having a child with special needs would entail extra work, but she has been pleasantly surprised at how easy the job has been. Sadie will turn eleven this December, and Haupt believes her daughter doesn't really pose more challenges than any other child.

Although many Down Syndrome children have other medical conditions, Sadie has not had any major health issues, aside from heart surgery when she was an infant. An annual check-up with a

Sadie Haupt continued on page 12

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Top-Left to right- Front row (kneeling): Wyatt Kitchen-Glodgett, Jayden Lepsic, Jackson Bressor, Ellis Farrell, Austin Kempl middle row: Vivien Farrell, Holly Stone, Jaya Puglise; back row: Carolyn Richards, Crystal Lanpher, Jessica Gandini, Toni Martin

Left below-Left to right- Hope Ferris, Julia Donlevy, Gabby Boyson, Macey Wissell

Missing from photo: Tracy and Emmalyn Zeppi, Nancy Cronin, Jim Gandini, Mary and Caroline McNamara, Sasha Hunt, Laurel Evans-Diffenderfer, Aspen Lavallee, Eliza Goldsworthy, Meghan Finn, Molly, Elizabeth and Heidi Walko, Sarah Glitman, Lily Porth, Tressia Allard, Adeline Connelly

Police Reports

On the morning of Sunday, November 29, 2009 the Vermont State Police responded to a **burglary complaint** located at Bob's Automotive, 99 Highlander Drive, Jeffersonville. The burglar(s) forced their way into the business and subsequently stole a handgun. This incident occurred between the hours of 12:00 midnight on Saturday, November 28 and 5:30 AM on Sunday, November 29, 2009. Anyone with information is asked to contact the State Police.

Friday, November 20, 2009 at about 7:30 PM, VSP Trooper Paul Ravelin reports that **Lewis Morris III**, 59, of Underhill, VT was cited for a second time for driving under the influence after he crashed his truck into a ditch on VT Rt. 2A in Williston, VT. Morris tested at more than three times the legal limit for blood alcohol content. Morris was lodged at the Chittenden Regional Correctional Facility in South Burlington, VT for lack of $500 bail, and was scheduled to appear in Vermont District Court in Burlington, VT on November 23, 2009.

Court Reports

October 7, 2009, **Laura Labounty**, 55, Huntington, VT charged with domestic assault in Colchester, VT on June 30, 2009; pleaded guilty; sentence deferred for six months.

October 7, 2009, **Stephen Larrabee**, 59, Jericho, VT, charged with DUI, first offense, in Essex, VT on July 20, 2009; pleaded guilty; fined $500, sentenced to 30 days, suspended, probation.

October 12, 2009, **Joseph Klemm Jr.,** 27, Westford, VT, charged with vehicle operation – license suspended in South Burlington, VT on January 8, 2009; pleaded guilty; sentenced to nine to 10 days, concurrent.

October 26, 2009, **Brian A. Tourville**, 55, Jericho, VT, charged with vehicle operation – license suspended in St. Albans, VT on November 13, 2008; pleaded guilty; sentenced to 17 to 18 days.

Underhill Jericho Fire Department

By Kitty Clark

EMERGENCY CALLS:

November 12, 6:58 PM Responded to the area of 431 Browns Trace in Jericho for an accident

November 13, EMS Assist

November 13, 11:23 AM Responded to 42 Maple Leaf Rd, Underhill for a fire alarm, due to cooking

November 13, 7:16 AM Responded to a woods fire off Corbett Rd on Mt. Mansfield, Underhill

November 16, EMS Assist

November 17, 4:34 PM Responded to Cooper Drive, Jericho to assist rescue

November 18, 5:38 AM Respond to the area of 656 VT RT 15, Underhill for a one vehicle roll over

November 18, EMS Assist

November 18, EMS Assist

November 18, 7:56 PM Assist Rescue on Cooper Drive, Jericho

November 19, EMS Assist

November 19, 11:56 AM Responded to Jolley's Store, 345 VT RT 15, Jericho, for a gas spill

November 24, 7:56 AM Responded to 95 Bolger Hill Rd, Jericho for a smoke alarm

November 25, EMS Assist

November 25, 5:36 PM Responded to a one vehicle accident near 501 Pleasant Valley, Underhill

November 25, 10:39 PM Assisted Rescue on Old Pump Rd, Jericho

November 26, 5:07 PM Responded Mutual Aid to Richmond on Jones Hill Rd.

November 26, 5:55 PM Responded to Chamberlin Woods, Underhill, report of a fire in woods, control burn

November 26, 8:09 PM Responded to a vehicle vs. deer near 212 VT RT 15, Jericho

November 28, 12:10 AM Responded to 25 Jericho Center Circle, Underhill, Carbon Monoxide Incident

SAFETY MESSAGE: PLEASE take time to check your smoke and carbon monoxide detectors to be sure they are working properly. Change the batteries twice a year and test them each month. Remember if your detectors are 10 years old, it is time to replace them. These detectors save lives.

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Shop locally.

Visit the shops owned by your friends and neighbors

The national debate echoes at home

By Sara Riley
Special to the Mountain Gazette

Health insurance. Most of us want it. Many of us have it as a benefit of employment or military service. Some don't have it offered though they work long and hard (at one or more jobs, or self-employment), and can't afford it on their own. In this economy, a lost job can mean lost insurance. In any economy, people without insurance may do without care until, perhaps, a condition becomes so acute that it drives them to the emergency room in crisis. The costs of that, both in dollars and human suffering, are high.

It seems hard, when all and each of the situations listed above exist for real people we know. Most of these situations are represented in my own family and friends and acquaintances, and maybe yours.

It seems hard, when we as taxpayers and as citizens and neighbors are faced with such contradictory pressures.

It seems hard, when one may be faced with keeping a job being restructured such that health insurance might go away – or become prohibitively expensive.

Reform of health care, or of health insurance, is a hot national issue with well-meaning people on all sides tossing accusations and statistics with abandon. Few if any people are juggling facts, as it does not seem to be knowable – at least to mere mortal humans like ourselves – just how the reality of today will be affected by the events of tomorrow to produce the facts of the future. Everyone has an opinion about what should be done, and the options run from universal-single-payer to leave-it-alone to entirely-free-market-not-connected-to-employment. No one really knows how any option now being debated eventually will be accepted (is Medicare a slippery slope to socialism, or is it a treasured and reliable benefit we all deserve?) and everyone's opinion seems more to track their overall political view, liberal or conservative, than anything else.

I don't pretend to know how it will turn out or what should be done, but for me the way to get my head around it is to look at our local issues in the larger context, and see what I think. So, here's the local angle I heard about last week.

The Chittenden East school district is in the midst of contract talks with the district support staff which, among other non-teacher but still essential positions, includes bus drivers.

Pressed by many taxpayers and by their own sense of responsibility, the district and the school board have to seek to contain and/or reduce costs where possible. Our neighbors on fixed incomes, our neighbors who have lost jobs or had hours/wages cut, are hard put to carry the tax burden, and schools are big-ticket items.

By the time this appears in print, the specific proposals noted below likely will have changed as negotiations continue, and these are proposals, not decisions; take them as discussion points rather than as facts. But here is what was being discussed last week around schedules, hours, benefits, qualifying for benefits, employee contribution, and pay raises, specifically for bus drivers.

There was a proposal to cut the late bus run – we used to call it the "activities bus" when it took MMU students home after sports or band practice – as a cost-cutting measure. This might not reduce staff but would cut the hours worked for at least some bus drivers, say from 35 hours per week to 32. A district employee has had to work 30 hours to qualify to be offered health insurance as a benefit; but now there is a proposal to raise that to 33 hours. In addition, the employee-paid portion of the family health insurance premium is proposed to go up from $1000 per year to $3000 per year.

In other words, a bus driver's hours could be cut to a point that no longer meets the minimum hours-per-week to qualify for the health insurance benefit, at which point the tripling of out-of-pocket expense doesn't matter. Even if a driver still meets the minimum number of hours, the $1.25/hour raise over three years being proposed for the new contract doesn't begin to cover the premium increase. The combination of factors amounts to a significant decrease in pay, however it's divvied up.

How you feel about all this may depend on where you are as a parent or grandparent or non-parent, on your tax bracket and income, on your position in the political/social red-blue scale, and on other factors.

To repeat, these are fluid proposals, not hammered-out contract terms on the table. The pressure to contain costs and keep taxes as low as possible is legitimate. It just seems an out-of-proportion way of distributing the benefit of tax relief and the burden of proposed cuts.

It just seems hard, to drop such a heavy rock on just a few of our neighbors.

On death and dying

By Suzanne Kusserow
Senior Guest Columnist

I didn't know how to title this essay. Somehow, "How to visit a dying person" seemed too blunt, and "So you're going to visit a dying person" seemed too flip. But both describe what I am attempting to write. I would not have written this essay if I were younger, untried in my own personal and professional lives. But I have been asked: "What do I do, what do I say?" I continually ask myself the same questions, since each day, each new experience is precious in its uniqueness and differences. So, it seems fitting to pass on some ideas from years of visiting in homes, both as a visiting nurse and as a Hospice nurse, and from deaths in my own family. I have accumulated enough to know that I know so little; therefore, I can't be 'preachy'. The subject is too solemn and tender for that.

So, here are some questions:

Do you visit at all?

Most of us in our culture do not stay with death, or even come close to those closing minutes. It occurs elsewhere and with others who are more skilled and less afraid since we have been a part of this moment before; this gives us some knowledge, but seldom keeps the pain from also entering us. We call it empathy.

So why visit?

This is not a cheery time; visiting with those expectations (that your cheer will make a difference) is, in reality, putting a burden on the dying person to respond as you 'decided'. The best accompaniment to pain medication is a plate of homemade cookies, presented by living, warm hands; nothing is as powerful as one person reaching out to another. You are not central, perhaps not even wanted as a personality to which the dying person feels obliged to react; it is the gesture of your visit that speaks beyond you.

On death and dying continued on page10

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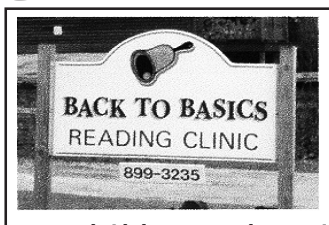

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The Mountain Gazette

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Letters Policy:

Letters: maximum 400 words*; one letter per writer, per calendar month.* **Must be signed for attribution**, *with writer's address and phone.*
Letters accepted by mail or email.

Art / Music/ Theater

ART

The Vermont Ski Museum is looking for **artwork submissions** for its 4th Annual Vermont Antique Nordic Ski Race, which will take place at the Trapp Family Lodge in Stowe on Sunday, January 10th, 2010.

The winner of the contest will have their artwork displayed on the event posters, t-shirts and promotional materials and will receive a 2-night stay in an Ultra Deluxe Room at the Mountain Road Resort in Stowe!

In celebration of the sport, the Museum presents a 2.5 km classic cross country ski race on vintage equipment and in vintage clothing. Racers must compete on wooden skis with three pin bindings and appropriate boots; vintage clothing is optional. Bamboo poles, wooden skis and leather boots will be available in various sizes but racers are encouraged to dig their old equipment out of the garage and bring it along. Equipment will be available to those who would like to experiment but not compete.

Deadline for submissions is December 15, 2010. You can email a high resolution digital image of your artwork (minimum of 4500 pixels on longest side) *to programs@vermontskimuseum.org* or mail your submission to Vermont Ski Museum, Poster Contest, PO Box 1511, Stowe, VT 05672.

Bryan Memorial Gallery presents "Hello, Dolly," a complementary doll event in conjunction with its current exhibition HELLO, DOLLY; HELLO, TEDDY. The presentation includes a lecture on the history of dolls given by Donna Toneatti at 1:00 PM, and a verbal doll appraisal by Mary VanBuren-Swasey for all guests bringing their dolls, 2:00 – 4:00 PM. Both events are free of charge and open to the public. Both speakers are members of the Green Mountain Doll Club.

Both events are held in conjunction with the gallery's current exhibition: *Hello, Dolly; Hello, Teddy* featuring over 250 dolls and teddy bears, ranging in age from 100 years to born yesterday. Light refreshments will be served.

Bryan Memorial Gallery is located at 180 Main Street, Jeffersonville, VT 05464, 802-644-5100, *www.bryangallery.org*. Gallery hours are 10:00 AM – 4:00 PM, Thursday – Sunday, and by appointment at any time.

CEIJA STOJKA exhibition November 21 – January 3, 2009, **West Branch Gallery**, Stowe. *A Holocausts Thank You to America*, called "Live- Dance- Paint." It's a traveling exhibition of works by Austrian Romani ("Gypsy) Holocaust survivor, painter, singer and writer Ceija Stojka. The show includes works about Stojka's life before, during, and after the war, as well as large floral paintings. I'm enclosing a press release to tell you more about it, and attaching images of two paintings (of many!) included in the show.

Mistletoe Art Fair at the Essex Shoppes and Cinema, Margaret M. Maffin and Valerie Ugro of Fairfax, and Caroline Brown of Westford plus Kathleen Berry Bergeron, Robert Brunelle, Kitty DiNicola of Jericho, Mary Pacifici or Underhill Center and Ken Tefft of Underhill are among 36 members of the Essex Art League participating in the Mistletoe Art Fair during the first three weekends of December. The fair will be held at the Essex Shoppes and Cinema (the fashion outlet mall) on Rte. 15 in Essex Center. The shop space for the fair is between Hannafords and Factory Brand Shoes. The hours will be Fridays 5:00 to 8:00 PM, Saturdays and Sundays 10:00 AM to 4:00 PM.

The Essex Art League is an association of over 100 artists from the greater Chitttenden County area who share their interests and expertise in fine art and photography and display their work throughout the year. Several members are full time artists while the majority are retired art and design professionals as well many others who have taken up art in retirement years. The artists will have originals, reproductions and other art products such as note cards available for sale. For more information call 862-3014 or visit *essexartleague.com*.

Several members of the **Essex Art league** will be exhibiting work through the months of November and December. These will all be original works with many being offered for sale. A Small Pictures Show will be held during November at the Burnham Library, Rte. 2A in Colchester. At the Fletcher Allen Health Care Center, 353 Blair Park in Williston, Monique Dewyea, Donna Owens, Ginny Baker, and Mary Pacifici will display their work. This exhibit will continue through December. Lynn Powers will display her pieces at the Essex Town Offices, 81 Main St., Essex Jct. This exhibit will continue throughout December as well. For more information call 862-3014 or visit *essexartleague.com* .

MUSIC/DANCE

Deborah Rawson Memorial Library presents Pete and Karen Sutherland, Sunday 2:00 PM, December 6. Pete and Karen carry their love of music from their lovely home in Monkton Vermont to the far corners of the United States and beyond. Through their travels they also bring home to us a wealth of knowledge and music that enriches the local music culture. Pete is known for his song-writing, from very touching to extremely funny songs, as much as for his mentoring of so many talented artists in our area and beyond; Karen for her song-writing, powerful voice and world music ex-

Teddy and Annie by Marilyn James on display at the Bryan Memorial Gallery in Jeffersonville. PHOTO CONTRIBUTED

change. We look forward to having them move us, educate us, make us laugh, intrigue us with the instruments they play and enhance our day by performing for us as part of the First Sunday series. Main Reading Room, Deborah Rawson Memorial Library, 8 River Road, Jericho. (802) 899-4662.

The **29th Annual Mid-Winter Madrigal Festival**, sponsored by the Vermont Chapter of the American Choral Director's Association, will be held December 11, at the North Avenue Alliance Church in Burlington. The popular day-long festival will present a public concert at 7:30 PM. Tickets will be available at the door. Ticket prices are: $8.00 adults; $6.00 students and senior citizens; and a family rate of three or more, $20.00. Thirteen Vermont high school vocal ensembles will each present two or three holiday and non-holiday songs. For further information call festival coordinator, Glory Reinstein at 857-7000, x1581

Tuesday, December 1

Chris Dorman with the Shanty Rats at 8:00 PM at the Langdon Street Café Montpelier. Contact *www.langdonstreetcafe.com*

Open Mic from 9:00 to 11:00 PM at Smuggler's Notch Inn in Jeffersonville. Contact 644-6765.

Thursday, December 3

Patrick Fitzsimmons at On the Rise Bakery in Richmond. Contact *www.ontherisebakery.net*

Friday, December 4

(12/4/09 through 12/6/09) 17th Vermont International Festival featuring non-stop multi-cultural music and dance including **Rakiya, Kinobe and Soul Beat Africa and others** at the Champlain Valley Exposition in Essex Junction. Presented by the Vermont Performing Arts League. Contact 863-6713, *VIF@vpal-us.org* or *www.vermontinternationalfestival.com*

Bluegrass Revisited from 7pm to 10pm at Irish Annie's Pub in Milton. Contact *allen.gratton@gmail.com*

Macedonian Music Workshop with **Dave Golber plus Colin Ferguson and Grant Smith** from 7pm to 9pm at North End Studio in Burlington. Contact Jeff Davis *jbdavis@gmavt.net* or 863-6713.

English Country Dance with **Judy Chaves, Val Medve** and friends (teachers) and **Aaron Marcus** from 7:30pm to 9:30pm at the Elley-Long Music Center in Colchester. Bring finger food snacks to share at the break. Contact www.peter.burrage.net/dance, *valandtom@myfairpoint.net* or 899-2378.

Art/Music/Theater continued on page 5

MOUNTAIN HIGH PIZZA PIE

Monday - Saturday
11:00 AM - 9:00 PM
Sunday 4:00 PM - 8:00 PM

899-3718

Route 15
Jeri-Hill Plaza • Jericho

21st Annual
Sancta Lucia Festival
Saturday, December 12
4:00pm & 6:30pm
Covenant Community Church,Route 15, Essex
$10 adults, $5 children (3-10 yrs)
Call 878-1750 for Reservations (required)
Sancta Lucia Pageant, Swedish Music & Dance
Fruit Soup, Swedish Meatballs w/Gravy
Cheese & Swedish Breads, Cookies & Beverages
Scandinavian Gift Shop

Saturday December 5 10:00 AM - 4:00 PM
Sunday December 6 NOON - 4:00 PM

CUT YOUR OWN TREE AT ROGERS MILWEST FARM

Turn north on Old Stage Road from RT 15 in Essex. After about 7 miles turn left on to Rogers Road. Look for signs.

A portion of the 12/5-6 proceeds benefit the Chittenden County 4-H Program

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"The nurse was very considerate and the doctor Listened, explained my injury and then treated me- giving me ownership of my recovery. The way I envision personal health care to be conducted" Myrna Locke, Hyde Park

"The care (level of) was met with a Family touch." Diane Kane Erwin, Morrisville

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Coming Events

Friday & Saturday, December 4 & 5

25th annual Holiday Fair, Lake Champlain Waldorf School**,** 802.985.2827; *www.lakechamplainwaldorfschool.org*. December 4, 6:30 to 9:00 PM**,** A European-style Craft and Gift Market featuring exquisite Waldorf toys and dolls, as well as over 40 Artisan vendors offering handcrafted gifts and goodies. Shop in a festive atmosphere with live music, latt's, and savory & sweet treats. Adults and older teens only. Shelburne campus directions: Harbor Road, turn right on Turtle Lane, proceed to the end of the dirt road. December 5, 10:00 AM to 3:00 PM. Fun for the whole family! Live music, gift making & activities for all ages, performances for young children, the *Crystal Cave of the Snow Queen,* Children's Angel Room Market, Pocket Lady, Musical Cake Game, Carnival games, Craft Making, delicious Cafe food and much more. Shelburne campus directions: Harbor Road, turn right on Turtle Lane, proceed to the end of the dirt road.

Friday, December 4

Macedonian Music Workshop for instrumentalists, North End Studio, 294 North Winooski Ave. (Suite 116B), 7:00 to 9:00 PM. $10 in advance or at the door. Participants are asked to prepare several tunes, ranging from simple melodies to challenging pieces. Rakiya's clarinetist, Dave Golber, will lead the workshop. For information and materials, contact Jeff Davis at *jbdavis@gmavt.net*

Saturday, December 5

Balkan Dance Party, North End Studio with all seven members of Rakiya, from 8:00 to 11:00 PM. No prior experience with Balkan or international folk dancing is required because Louise Brill will teach the dances. $8. For information, contact Ben Bergstein at *ben@vpal-us.org* or 802-233-3144.

16th Annual Winooski Scholarship Train show, Winooski Educational Center, 10:00 AM to 3:00 PM. The center is just south of Exit 16 on I-89 on Main Street. The show will feature operating layouts in a variety of gauges, books, videos, railroadiana, toy train dealers, a food concession, and displays. This annual event raises money for the Winooski Dollars for Scholars program. Adult admission is $5, Ages 6-12 pay $1.00 while children under 6 are FREE. The sophomore class will run a concession and a 50/50 raffle. This event is fun for young and old alike. Join us, contribute to scholarship, and have a great time. For information, call John J. Malcovsky at 862-7634 (H) or 655-2555 (W).

Locals Laura Subin and Liz Subin, in a dramatic reading from *The Kids Are All Right,* Phoenix Booksand Cafe, Essex Shoppes and Cinema, Essex, 7:00 PM. What's more, the coauthor of this exciting new memoir, Liz Welch, will perform right alongside them. This event is free and open to the public. For more information, please contact Michael DeSanto at 802-872-7111

CCS PTO Winter Craft Show, 9:00 AM to 4:00 PM at Charlotte Central School. Contact Kelli @ 985 2575 or *beadedexpressions802@yahoo.com* for more information.

Christmas Bazaar, St. Ann Church, 41 Main St., Milton. Decorated fresh balsam wreaths; homemade baked goods, doughnuts, pies, baked beans, and candies; handmade crafts; silent auction and raffle. A wide selection of items on our White Elephant Tables. Come enjoy lunch with a variety of homemade soups available!

Saturday & Sunday, December 5 & 6

First annual Ski/Ride and Skate Swap at Cambridge Elementary School, sponsored by Cambridge Rotary. Drop off your good-condition contemporary boards, skis, skates and accessories (no straight skis, please) at the school between 6:00 and 8:00 PM on Friday the 5. The sale will take place on Saturday from 8:00 AM – 5:00 PM, and Sunday from 8:00 AM to 2:00 PM in the lower level area of the school (cafeteria). Pickup of proceeds and unsold items will take place on Sunday after the sale between 2:00 and 3:00 PM. The Cambridge Area Rotary will retain 20% of the proceeds, which will directly benefit the Winter Wellness Days program for 4th-6th grades at Cambridge Elementary School. More information at *www.rotarycambridge.org/swap*

Sunday, December 6

Annual Jane Austen Birthday Tea, 2:00-5:00 PM. Fans of the author celebrate her 234th birthday with an English Afternoon Tea. Highlights include UVM Professor Philip Baruth giving his lecture, *Badly Done Indeed*. $15 general admission; $5 for students. Sponsored by the Vermont Chapter of the Jane Austen Society of North America (JASNA). Champlain College, Hauke Family Campus Center (375 Maple St.), Burlington, VT. For Reservations, call (802) 343-2294.

Country Breakfast sponsored by the Knights of Columbus Council #7810 of St. Thomas Church in Underhill Center from 8:00 AM to NOON in the church hall. The menu will include eggs, bacon, sausage, potatoes, pancakes, fruit, juice, and coffee. The cost is by donation. Proceeds from the breakfast will help support the church's food and fruit baskets given out at the holidays. For further information, please call the church rectory at 899-4632.

Jericho Center Christmas Tree Lighting a visit from Santa. The Jericho Center Library will host an Open House, from 3:00-5:00 PM, with holiday cookies, punch, music, children's crafts and stories read by local author, Tracey Campbell Pearson. This will be followed by an outdoor Christmas Carol sing-along. At 5:00 PM, Santa will be arriving by tractor and will turn on the lights on the giant Christmas tree in the Center Green. Everyone is invited to this very special annual holiday event!

Monday, December 7

Bestselling mystery author Louise Penny will read from and autographed her newest Inspector Gamache mystery, *The Brutal Telling,* at Phoenix Books and Cafe at the Essex Shoppes and Cinema, Essex, 7:00 PM. *The Brutal Telling* is a *New York Times* bestseller and an American Booksellers Association IndieNext Pick - and has earned glowing reviews from *Booklist*, *Publisher's Weekly*, and many other publications. This event is free and open to the public.

Friday, December 11

Cambridge Classic Chorale concert, Second Congregational Church in Jeffersonville, 7:00 PM. Admission is free, but donations to benefit the Cambridge Food Shelf will be gratefully accepted. Snow date December 18.

The Nutcracker, 2:00 and 7:00 PM at the Dibden Center for the Arts at Johnson State College in Johnson, Vermont. For tickets (802) 635-1476 or *http://www.jsc.vsc.edu/resources/138.html*

Sunday, December 13

Cambridge Classic Chorale concert, Second Congregational Church in Jeffersonville, 2:00 PM. Admission is free, but donations to benefit the Cambridge Food Shelf will be gratefully accepted. Refreshments to follow. Snow date December 20.

JP's North Horse Tack/Supply Auction, Essex Middle School, cafeteria, 60 Founders Road, Essex, 12:00 noon view items, Auction 1:00 -3:00 PM. Proceeds to benefit Starry Nights 4-H Club, Food available. Questions about JP's North call 1-800-237-4488 or *http://www.jpsnorth.net.*

Thursday, December 17

Colchester history with Inge Schaffer, Phoenix Books and Café, Essex Shoppes and Cinema, Essex, 6:30 PM. In her new book *Chronicles of Colchester*, Inge Schaefer, well known locally as the founder of the *Colchester Chronicle*, combines interviews, historical documents and personal research in this series of articles on Colchester's past. This event is free and open to the public. For more information, please contact Michael DeSanto at 802-872-7111.

Saturday & Sunday, December 19 & 20

The Nutcracker, Saturday 2:00 and 7:00 PM and Sunday 1:00 PM at the Flynn Center for the Performing Arts, Burlington, VT. For tickets (802) 86-Flynn or *http://www.flynntix.org/index.aspx.*

Thursday, December 24

Christmas Eve Candlelight Services, United Christian Assembly, 100 Raceway Road, Jericho. 6:00 PM. Everyone is welcome, mulled cider and cookies at 5:30 PM. For more information go to *www.ucavt.org* or call at 899-2949.

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Ongoing Events

ADULT ACTIVITIES

The **Essex Art League** holds monthly meetings at the First Congregational Church, 39 Main St., Essex Jct. For information, 862-3014.

Handbell ringers, Tuesday evenings, United Church of Underhill. All are welcome at rehearsals. Two ensembles; opportunity for small groups/shorter time periods. We ring a variety of music in a variety of settings and look forward to new faces joining us. Beginners welcome! Call Roger, 899-3106, for information.

The **Vermont French-Canadian Genealogical Society library** is now open every Tuesday from 3:00 to 9:30 PM (except for holidays). Our regular Saturday hours (every Saturday, except holidays, 10:00 AM to 4:00 PM) have resumed.
We offer Vermont and Canadian Catholic Parish records, Vermont Vital Records on Microfilm, Census records and other resources to assist with family history research. We also have Internet access for our members. Volunteers are available to assist individuals. Learn more about your ancestors, French and English. The library is located at the Dupont Building, Hegeman Ave. across from the VT State Police building in Fort Ethan Allen, Colchester. For more information or appointment call 862-8082, 878-8081, or go online at *www.vt-fcgs.org* or send an email to *mail@vt-fcgs.org* .

The Eagles Auxiliary #3210 holds bingo at the club house on Rt. 109 Friday nights. Doors open at 5:30 PM. Bingo starts at 7:00 PM. For more info contact Sally at 644-5377.

HEALTH EVENTS & GROUPS

Alzheimer's Support Group - Free educational support group series for families coping with a loved one with Alzheimer's disease and related dementias. This series gives caregivers the opportunity to better understand and develop strategies for the future. Held monthly at The Arbors at Shelburne. For more information and to register, contact Nicole Houston, Director of Family Services, The Arbors at Shelburne, 985-8600.

Overeaters Anonymous meets 6:00 – 7:00 PM Wednesdays at the Jericho United Methodist Church, VT Rt. 15, Jericho.

TOPS Chapter 145 Jeffersonville meets 6:15 PM on Thursdays at the Eagles Club, Route 109, Jeffersonville. Weigh-in 5:15–6:00 PM.

Healing Circle Breast Cancer Network, support group for women with breast cancer, meets first Tuesday of every month at 5:30 PM, Northwestern Medical Center, Conference Room #1. RSVP at 524-8479.

Franklin County Prostate Cancer Support Group, first Tuesday of each month, 5:15 - 7:00 PM, Northwestern Medical Center Conference Room #2, St. Albans. This support group offers men opportunities to educate themselves and each other; share and learn from each other's experiences; offer support to each other, a spouse or partner; and advocate early detection of prostate cancer. For information, Fern Mercure, 524-0719.

Statewide Quit Line, Telephone Smoking Cessation Counseling. Call 1-877-YES-QUIT (1-877-937-7848). Free.

Alcoholics Anonymous Meeting, "Keep It Simple" group meets Mondays, Wednesdays, and Fridays, 8:00 – 9:00 PM and Saturdays, 6:30 – 7:30 PM at the United Church of Underhill, Underhill Flats.

Pilates Classes: New Wednesday class beginning at MMU at 6:45 PM. Late afternoon classes open to the public offered at Mt. Mansfield UHS, Browns River Middle School, and Underhill ID School. Evening classes at Dakini Studio in Underhill. Check website for new classes in Jeffersonville. For schedule information contact Lisa Timbers at 899-4191 or visit *http://dakinistudio.wordpress.com*

KIDS

Underhill Playgroup, kids ages 0-5 with their caregivers are always welcome to join us Fridays from 9:30 - 11:00 AM at Underhill Central School for playtime, crafts, stories, songs and fun! For

Ongoing Events continued on page 8

Art/Music/Thearer continued from page 4

Mark Struhsacker at 8:00 PM at Stone Grill in Morrisville.

Shillelagh Safari Radio Show with **Edward Burke** from 5pm to 8pm on WWPV 88.7 FM 'The Mike' at St. Michael's College in Colchester. Celtic, folk, world and variety. Contact *www.wwpv.org*

Irish Folk Music at 7:00 PM at the Pub Nextdoor in Montreal. Every Friday. Contact *www.belfastandi.com* and 514-909-9508.

(12/4/09 through 12/6/09) 17th Vermont International Festival featuring non-stop multi-cultural music and dance including **Rakiya, Kinobe and Soul Beat Africa and others** at the Champlain Valley Exposition in Essex Junction. Presented by the Vermont Performing Arts League. Contact 863-6713, *VIF@vpal-us.org* or *www.vermontinternationalfestival.com*

Balkan Dance Party with **Louise Brill** (teacher) and **Rakiya (Colin Ferguson, Dave Golber and Grant Smith)** from 8:00 to 11:00 PM at North End Studio in Burlington. Contact 233-3144, 863-6713 or *ben@vpal-us.org*

Hey Mama CD Release Concert at Nectar's in Burlington

Gordon Stone & Aram Bedrosian from 10:00 PM to 1:00 AM at Muddy Waters in Burlington. Contact *www.gordonstone.com*

Acoustic music session from 1:00 to 4:00 PM at the Foothills Bakery in Fairfax. Contact *mrksustc@together.net*

Sunday, December 6

(12/4/09 through 12/6/09) 17th Vermont International Festival featuring non-stop multi-cultural music and dance including **Rakiya, Kinobe and Soul Beat Africa and others** at the Champlain Valley Exposition in Essex Junction. Presented by the Vermont Performing Arts League. Contact 863-6713, VIF@vpal-us.org or www.vermontinternationalfestival.com

The Bosnian Lilies at 1:30 PM at the Vermont International Festival at the Champlain Valley Exposition in Essex Junction.

Pete and Karen Sutherland at 2:00 PM in the Main Reading Room at the Deborah Rawson Memorial Library in Jericho. Part of the First Sunday Series. Contact 802-899-4962.

Irish Session hosted by Allen and Jamie from 3:00 to 6:00 PM at the Bee's Knees in Morrisville. Last Sundays. Contact *www.thebeesknees-vt.com* or *jamiegreenman@yahoo.com*

Drum Circle from 7:00 to 9:00 PM (6:00 PM potluck) at River Arts in Morrisville. Every Sunday. Contact Jessica Lawson 888-3934.

Friday, December 11

House Top (Anna Patton, Erica Morse, Naomi Morse and Peter Siegel) at 8:00 PM at North End Studio in Burlington. Contact 863-6713 or *http://vpal.typepad.com*

Saturday,December 12

Deep Midwinter: Songs from Winter's Heart' concert and CD release featuring **Social Band** at 7:30 PM at the Richmond Free Library. Contact *www.socialband.org*

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• the GREAT "old standards."
• Holiday Party Options
• WI FI
Woodburner`s Special through 12/15
Wine on Wed. 1/2 price
Wine Bar opens at 2:00 PM
Route 108, Smugglers' Notch, Jeffersonville
www.threemountainlodge.com

HEALTH

Catamount Center for Psychological and Counseling Services welcomes Dr. Lisa Stephen

The clinicians at the Catamount Center for Psychological, Counseling, and Consulting Services are pleased to announce the addition of Dr. Lisa Stephen to their clinical practice. Lisa Stephen is a Licensed Psychologist-Doctorate with over 20 years of experience working with children, adolescents, adults, families and couples. "Dr. Stephen brings skills and interests that will only add to our reputation as one of the premier group practices in the area." notes Dr. Steve Lewis, one of the founders of the practice.

Along with Dr. Lewis, Dr. Stephen joins Barbara Lewis, M.S., Katie Kelley, M.Ed., and Scott Earisman, M.A. in a counseling service that offers a broad array of outpatient mental health and substance abuse treatment and consultation for children, adolescents, adults, couples, families, and schools. "We are an affiliation of independent mental health practitioners committed to providing attentive, compassionate and professional care to our clients." states Dr. Stephen. "I'm honored to join these professionals."

Dr. Stephen works collaboratively with her clients to clarify their goals and to help them to identify the ways in which they can make meaningful and lasting changes in their lives. She also provides consultation, workshops, and clinical supervision. Her particular areas of interest include: gender issues, trauma, giftedness, grief, emotional regulation, anxiety, establishing autonomy within connection in relationships, identity development, self esteem, and interpersonal skills.

Dr. Stephen joins an established practice of experienced clinicians. Among these is Katie Kelley, a Licensed Clinical Mental Health Counselor (LCMHC) and former guidance counselor in the Essex Town schools. She works with children, teens, adults and couples. Katie teaches people about their innate mental health and how to access their own wisdom to create solutions for themselves. She helps people learn how to heal their relationships with themselves and others. Katie helps people in areas of self-esteem, anxiety/depression, health/body issues, relationships, and career/life goals. Katie worked within Essex Town schools for 27 years, and has been in private practice for 20 years.

Barbara Lewis, LCMHC and Licensed Alcohol and Drug Counselor (LADC), has been providing services in the mental health and substance abuse field since 1979. She provides individual, marriage and couples counseling for adults. Her areas of interest include treatment for anxiety and stress, marriage counseling, relationship and couples issues, parenting concerns, communication skills, alcohol and drug concerns, and depression.

Scott Earisman, LCMHC, LADC, and certified in clinical hypnosis, has been in private practice since 2001. His focus has been on providing compassionate treatment based on individual client needs and beliefs, and can help with depression, anxiety, Post-Traumatic Stress Disorder (PTSD), substance abuse, and relationship difficulties. Scott offers clients a committed guide for therapy, and sees older teens, adults, and couples, and facilitates several therapy groups. Using hypnotic techniques, he also offers chronic pain management and help with lifestyle changes.

Steve Lewis, a Licensed Psychologist-Doctorate, has a general outpatient practice in clinical psychology, and has worked extensively with all age populations, providing individual, couples, parent, and family therapy services. He has a clinical specialty in child and adolescent psychology, providing assessment, consultation and treatment services. His special interests include social development, ADHD and other issues involving attention, parent training, and the neurodevelopmental abilities that are fundamental to effective learning. Dr. Lewis has created a program of comprehensive training services that are designed to support children in strengthening underlying cognitive skills that enhance learning and general functioning.

Catamount Center is also celebrating its first anniversary as a group practice and has grown to serve as a standard for excellent mental health services in the Williston/Essex community. The Center is easy to find in its conveniently located office suite on the ground level of the Evergreen Family Health Building at the corner of James Brown Drive and Park Avenue in Williston. Please call 878-0550 for further information or go to *www.catamountcenter.com*.

The Obesity Epidemic

By Mary Kintner, D.C.

The End of Overeating by David Kessler, M.D. is an interesting new book about the obesity epidemic—how it got started and some recommendations individuals can follow to reverse the trend toward obesity. Kessler is a Harvard trained Medical Doctor and former Food and Drug commissioner. He is the man who went after the tobacco industry for making its product more addictive without regard to the resulting negative health consequences. Kessler maintains that the same thing has happened with the food industry.

The first part of the book describes the disturbing trend toward obesity that began about thirty years ago. Kessler notes that while food is now more available, served in larger portions, and that we eat out more, we should not *crave* as much food as we do. He found that the food industry studies what will make us want more. (Reaping the food industry more profits…) Sugar, fat and salt are ingredients the food industry uses to make us crave larger portions. All have an ability to increase consumption and fat and sugar together are more powerful stimulants to overeating than either is alone. Besides fat, sugar, and salt, increasing their concentration and the overall size of portions, the wide variety of processed foods available will cause people to eat more. The industry also knows that emotions play a role and thereby market "happiness and pleasure" when you eat their food. Psychology is also heavily employed so even the atmosphere and décor is manipulated to enhance desire for their product.. According to Kessler, the food industry manipulates the public with a formula of: cue (example- remembrance), plus urge, plus reward (example- pleasure), cause habit.

In part two, Kessler describes how the food industry has "engineered" food to be more desirable and habit forming. We eat 63% more fat than we did 30 years ago. Our need to actually chew food has been manipulated so we can consume more of it before we realize we are full. Many processed foods have been fried, sugared, salted once at the factory and then again, prior to being served. Sometimes fat and sugar have been added two or more times before it is eaten! This complexity adds desirability. The food industry also knows that processing food makes it more attractive to more people. Chemical flavorings enhance appeal and are cheaper than "real" flavorings, too. Kessler maintains the food industry has systematically created and encourages addiction to unhealthy processed foods.

In part three, Kessler calls these manipulated foods hyperpalatible. Hyperpalatible foods along with cues created by the industry lead to "conditioned hypereating." Conditioned because people have been trained (manipulated) to have an automatic response to these foods and hyper because the eating response is excessive. People who are hypereaters are twice as likely to be overweight or obese than those who do not hypereat.

In part four, Kessler gives advice for treatment of conditioned hypereating. First, be aware of how vulnerable we are to the cues and the foods that cause us to succumb. (Remember, these foods were designed to "hook us.") Second, engage in a competing activity—for example, it is difficult to eat in the shower! Third, realize that temptation will always exist; prepare yourself with a reminder about why you don't want that cookie, French fry etc. Fourth, enlist your support system of loved ones; you can't let them down. Remember we need conscious control over our automatic response to successfully avoid over consumption.

The last section, titled "Food Rehab," recognizes we each have our own preferences and weaknesses.

Kessler discusses proper planning, portion control and the necessity of choosing satisfying foods. He offers suggestions on how to blunt cues for overeating, dealing with urges and incorporating exercise into your day to minimize the addiction to hyperpalatible foods. Kessler also recommends learning to savor foods and allow occasional indulgences. He calls this harm reduction.

David Kessler's book, *The End of Overeating* is a worthwhile, fascinating and readable book. Anyone interested in being healthy and the right weight, despite a food industry's efforts for profits without regard for negative health consequences, should read this book.

Mary H. Kintner, chiropractor and
yoga instructor practicing in Jericho, VT

OBITUARIES

Ronald G. Sperry Jr., 63, died Monday, Nov. 23, 2009, Huntington, VT, in Fletcher Allen Healthcare, Burlington. Born in Burlington, July 8, 1946, he was the son of the late Ronald G. Sperry Sr. and Amelia (Acebo) Sperry. After graduating from Middlebury Union High School in 1964, Ron joined the Vermont Army National Guard and served with the 131st Engineers in Vietnam from 1968-1969. Upon his return, Ron worked Broughton IBA from 1972 until the mid 1980's. He also owned Valley Garage in Shoreham, and worked at G and S Coach, where he enjoyed taking the Vermont Expo's Baseball Team to their away games. Ron was a member of Middlebury VFW, Post #7823 and Vergennes American Legion, Post 14. Mr. Sperry grew up in Cornwall, and lived in Shoreham, until he moved to Huntington in 1997. Ron leaves his wife, Marilyn (Johnston) Hinsdale of Huntington, VT; three daughters, Rhonda J. Nichols and Beauzetta L. Sperry, both of New Ispswich, N.H. and Paula C. Sperry of Burlington, VT; a stepdaughter, Elizabeth A. Edquid of Colorado Springs, Colo.; three stepsons, Nathan W. Greer of York, Maine, Benjamin W. Greer of Estes Park, Colo. and Jeffrey W. Hinsdale of Hinesburg, VT; a sister, Deborah Walters of Clarksville, Iowa; and seven grandchildren. Friends may call Thursday, December 3, 2009, from 7:00 to 9:00 PM at Sanderson-Ducharme Funeral Home, 117 South Main Street, Middlebury, VT. Funeral services will be conducted at 11:00 AM Friday, December 4, 2009 at the Vermont Veteran's Memorial Cemetery Chapel, Randolph, VT, followed by military honors and burial. The family suggests that memorial donations be made to the cancer charity of one's choice. Arrangements are under the direction of Sanderson Ducharme Funeral Home, Middlebury. *www.sandersonfuneralservice.com.*

ENGAGEMENTS

DAYVIE-LAWTON

Robert and Diane Dayvie of Cambridge, VT announce the engagement of their daughter, Morgan Dayvie, to Jason Lawton, son of Dean and Connie Lawton of Jericho, VT. A summer wedding is planned.

MCFAUL-BARUP

Jack McFaul of Sarasota, FL and Susan McFaul of Foothill Ranch, CA announce the engagement of their daughter, Christine McFaul, to Nick Barup, son of Tim Barup of Bolton, VT and Joanne Barup of Cambridge, VT. The couple plans to marry on June 26, 2010.

Betsy Greene receives awards

Jericho resident and Extension associate Professor **Elizabeth "Betsy" Greene** of the University of Vermont was recently honored with two awards from *eXtension*, a program within the National Cooperative Extension Service. Greene received the *Community of Practice Individual Achievement Award* in recognition of her service as vice-chairwoman and chairwoman of the group and for her roles as contributor, mentor, and collaborator. The second award, *2009 Outstanding Community of Practice Award*, was presented for Greene's team's (HorseQuest) efforts in innovation and leadership in mentoring others and for creating online information for new and experienced members of the national equine industry.

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Libraries

DEBORAH RAWSON MEMORIAL LIBRARY, UNDERHILL

Art for December is artwork by Joan MacKenzie of Pika Works. In the display case look for small inviting works by Kristen.

Music Sunday is December 6 at 2:00 PM. Pete and Karen Sutherland will be performing.

Game night for adults is Wednesday, December 9 at 6:30 PM. We are looking for Mah Jong players! If you know how to play and have a set please consider coming and sharing with people that would like to learn. We also have card games, board games and active games!

The mystery group will meet Tuesday, December 15 at 7:00 PM. We will be discussing Ruth Rendell's book *From Doon to death*. Please join us for a lively evening!

The Board of Trustees will meet Thursday, December 17 at 7:00 PM. If you are interested in running for a seat on the board one position from Jericho and one from Underhill will be up for election. See the town clerk for a petition to run.

The library will be closed December 24, 25, and 26. Our regular hours will resume on Sunday, December 27 from 1:00-4:00 PM.

Our library cards expire at the end of December. Please stop by anytime during the month to update to a new color card. Just bring your old card with you as we are reusing the barcodes.

The December silent auction item is a collage of snowflake photographs by Stu Hall. Bids will be taken until December 17 at 8:00 PM. This would make a wonderful present! Stop by the library to see the collage and bid.

Remember when you are using a book bag, water bottles in with books cause damage. The library has had several books returned that have been ruined by liquids. As items are returned they are checked for damage. You will be billed for any items that are damaged while checked out to you.

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

JERICHO TOWN LIBRARY, JERICHO CENTER

Monday, November 30 from 6:00-7:30 PM, If you like to Write? Come check out the writer's club for adults. This is a free program open to the public (can register but not necessary). For more information call the library at 899-4686.

The Jericho Town Library will host its annual open house on Sunday, December 6, from 3:00-5:00 PM to celebrate the season. The library will be open to the public. Children can gather to listen to Tracey Campbell Pearson read and join in a craft. Music and refreshments including the "famous" punch will be provided. The lighting of the tree by the Jericho Center Preservation Association on the Village Green will follow with Santa making an appearance by tractor. Everyone is invited to stop in for the fun!

Story time including craft and snack is held every Wednesday upstairs at 10:00 AM.

Come share the joy of books, songs, and finger plays! A special thanks goes to Elizabeth Bernstein for continuing to read and Jean Yungfleisch for her wonderful guitar music!

Upcoming *themes*:

Wednesday, December 2, 10:00 AM – Numbers

Wednesday, December 9, 10:00 AM – Angels

Wednesday, December, 10:00 AM – Reindeer/Deers

If anyone wants to volunteer to be a part of the catalog automation trouble shooting correction project which includes computer and non-computer tasks. So, if you have even an extra hour or two please consider helping. For more information call the library at 899-4686.

High School students needing to fulfill community service please volunteer at the library when your schedule permits. Your help is really appreciated. Call or stop by!

The Board of Trustees meets regularly the first Thursday of the month at 7:00 PM at the library. The public is welcome so join us at our upcoming meetings on December 3 and January 7. The hours for the Jericho Town Library on the Green are Monday and Friday 1:00-5:00 PM, Wednesday 10:00 AM-12:00 PM and 2:00-6:00 PM, Saturday 10:00 AM-1:00 PM. For more information call 899-4686 or email us at *Jerichotownlibrary@gmail.com* .

WESTFORD TOWN LIBRARY

Upcoming Events:

Thursday, December 3, 11:00 AM: Storytime. Stories and activities for preschoolers. Theme: Construction.

Friday, December 4, 6:00-8:00 PM: Westford Knitters. All needle-crafters welcome on the first Friday of the month. Contact: Lynn Finn at 878-9639 *or knittylynnie@gmail.com.*

Wednesday, December 9, 6:00-7:00 PM: Book Discussion: Year of Wonders by Geraldine Brooks.

Thursday, December 10, 11:00 AM: Storytime. Stories and activities for preschoolers. Theme: Giving and Sharing.

Friday, December 11, 6:00 PM: Strategy and Board Games for Teens & Adults . Hosted by Matt Taylor.

Wednesday, December 16, 6:00-7:00 PM: R.E.A.D. with JR. Hey 1st, 2nd and 3rd graders.....JR the newfie, a Delta and therapy dog, wants YOU to read to him! NO preregistration necessary; signed parent permission slip required. Call for details.

Thursday, December 17, 11 AM: Storytime. Stories and activities for preschoolers. Theme: Cold Places.

Friday, December 19, 6:30 PM. Women's Game Night. Join this fun and welcoming group for food, laughter and board games! Contact Becky Roy for more info (879-9511).

December 24, 25, 31, and January 1 : Closed. Happy Holidays!!

Beginning Thursday, January 7, 6:45-8:30 PM. Vermont Earth Institute's A Sense of Place Discussion Course. "Living in Place" means knowing the uniqueness of the place where you live, consciously trying to satisfy your needs and to find your pleasures in that place, and working to assure its long-term health and vitality for future generations. The group will meet January 7, 14, 21, 28, Feburary 4, 11, and 18. Co-sponsored by the Westford Conservation Commission and the Library. Call the Library at 878-5639 to register. Books may be purchased for $25 (checks to Vermont Earth Institute) although the library will have one non-circulating copy available.

Fill One Shelf...Empty Another! For each non-perishable item donated at the library for the Westford Food Shelf, donors will receive one book, of their choosing, from the book sale shelf by the library's front door.

What's Your Library Worth to You? Whether you check out a lot of books or just a couple of DVDs, it is interesting to see how much money the library saves you each month. Log on to this site and see how much your library is work to you: www.maine.gov/msl/services/calculator.htm. Surprised? Consider donating to our fundraising appeal.

The Food Shelf and the Library are vital community resources. Thank you for supporting both!

New Additions to the Collection: Adult Fiction: *The White Queen* (Gregory), *To Try Men's Souls* (Gingrich), *Knit the Season* (Jacobs), *Last Night in Twisted River* (Irving), *The Sookie Stackhouse Series* (Harris), *Under the Dome* (King), *Wrecker* (Cussler). Adult Nonfiction: *The Mom & Pop Store: How the Unsung Heroes of the American Economy Are Surviving and Thriving* (Spector), *Highest Duty: My Search for What Really Matters* (Sullenberger), *The Backyard Homestead* (Madigan), *SuperFreakonomics* (Levitt), *What the Dog Saw* (Gladwell). Juvenile Fiction: *Fancy Nancy See Stars* (O'Connor), *Night Catch* (Ehrmantraut). DVD: *Up*.

The library is open Wednesday 1:00-7:00 PM, Thursday 10:00 AM-6:00 PM, Friday 12:00-6:00 PM and Saturday 10:00 AM-2:00 PM. Free WiFi is available during these hours. We also have three public access computers plus a computer dedicated to our online catalog. You can access our online catalog from home through our website. We can be reached at 878-5639, *westford_pl@vals.state.vt.us*, and *www.westford.lib.vt.us*.

Richmond News

Richmond Obituaries

Frances E. "Fran' Fitzgerald, 65, Richmond, died in Fletcher Allen Healthcare on Friday, November 13, 2009, following many years of failing health. She was born in Malone N.Y. on August 7, 1944, the daughter of the late Lloyd H. and Alice M. (Gardner) Fairburn. She graduated from Burlington High School, Burlington, VT. Fran had been employed by Twin Town and Crossway Motors in Montpelier, VT as service manager for many years. She had also been the manager of the parts department for P.J. Auto Village until her retirement due to failing health. Fran was an avid Red Sox fan, a voracious reader and an excellent cook. She was a faithful member of the Church of Jesus Christ Of Latter Day Saints in South Burlington. Fran is survived by her devoted sister, Norma Pelkey of Williston, VT, her nephew Steven Morgan and his wife Donna of Winooski, VT and many dear friends. The family wishes to thank Dr. James Hebert and Joe Haddock as well as Barrett Grimm for their devotion and exceptional care that Fran and her family received during these difficult years. You are truly very special people. Visiting hours were on Friday, November 20, 2009 at 12:00 PM with a funeral service to follow at 1:00 PM in Gifford Funeral Home, 22 Depot St., Richmond, VT. Burial will be in Ft. Ethan Allen Cemetery, Colchester. In lieu of flowers, memorial gifts may be made to The Humane Society of Chittenden County, 142 Kindness Court, South Burlington,VT 05403. Arrangements are in care of Gifford Funeral Home, Richmond, VT.

Court Report

October 7, 2009, **Caryn L. Halvorsen**, 49, Richmond, VT, charged with DUI, first offense, in Williston, VT on August 7, 2009; pleaded guilty; fined $400.

October 14, 2009, **Matthew Keoslan**, 19, Richmond, VT, charged with alcohol – minor possession in Richmond on July 13, 2009; pleaded guilty; sentence deferred for one year; charged with false information to law enforcement officer in Richmond on July 13, 2009; pleaded guilty; sentence deferred for one year.

October 21, 2009, **Silas Wells**, 19, Richmond, VT, charged with vehicle operation without owner consent in Richmond on June 24, 2007; pleaded guilty; sentence deferred for three months.

Police Report

After an investigation by Richmond police, **Peter Chaplin**, 25, Richmond, VT was arrested and charged with petty larceny and possession of stolen property, Richmond Police Officer Sarah Messier reported. The property stolen, in September of this year, was a digital camera from the home of one of Chaplin's friends. Chaplin was jailed at Chittenden Regional Correctional Facility for violating probation stemming from an earlier charge of assault in Richmond.

Letters to the Editor

Thanks for Caregivers

To the Editor,

It is fitting that in November when we celebrate Thanksgiving, President Obama has proclaimed *National Family Caregivers Month.* These are people for whom we all have reason to be thankful. Whether caring for a parent, relative, or child, these caregivers selflessly devote their time and energy to the well-being of our friends, neighbors and family. They insure that our loved ones are comfortable and safe.

Every day, family caregivers assist loved ones with tasks ranging from personal care and homemaking, to transportation and financial assistance. As the foundation of our long-term care system, these individuals give thousands of Vermonters the peace of mind and security that only family can provide.

And let us not forget professional caregivers – those direct care workers called, Personal Care Attendant (PCA), Licensed Nursing Assistant (LNA), Support Professional or any other name, who make an invaluable contribution to a better quality of life and quality of care for our friends and neighbors.

As we sit down for our Thanksgiving turkey, or if we know a family or professional caregiver, we should all say a word of thanks for their gracious, loving care.

Susan Gordon, Caregiver Initiative Director
Community of Vermont Elders, Montpelier

Gap commercial a concern

To the Editor,

There's a new Gap holiday jingle that says, "You 86 the rules, you do what feels just right / Happy do whatever you Hanukkah, and to all a cheery night." As a mother of 3 daughters (9, 12, and 17) I am disappointed in that Gap would tell young people to "86 the rules." My oldest watched the new commercial and expressed her concern that Gap was telling her to "86 the rules, do what feels right". This outcome of this message is anything but feel good, since it says anarchy, lawlessness, teen pregnancy, substance abuse and general contempt for all that is right is A OK! Until the Gap changes this appalling messaging, I am disinclined to spend my Christmas gift money at the Gap and would encourage others to not patronize a company that obviously lacks any respect for life-promoting Christmas values.

Heather M. Sheppard,
Cambridge

Dolls on display at the Bryan Memorial Gallery in Jeffersonville.

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BROWNS RIVER MIDDLE SCHOOL NEWS

Members of the Browns River Middle School Community Building Buffet Committee wanted to write this update as a way of communicating our first and second trimester hard work and progress.

Our committee assignment was to design and implement ways to foster a positive community. Our success indicators included:

- Increased community involvement
- Improved staff morale
- Increased parent involvement
- Increased connection (Parents to school and staff to students)

What follows are the action steps we've taken to ensure success.

Our Hero's Trail school wide assembly on Monday, November 16 was a special moment for our students and staff. Captain Richard Phillips shared with our community his thoughts on heroes as well as author, T.A. Barron of the *Hero's Trail*. Mr. Barron reminded students to stay in touch with their passions and look for ways to unite what they loved with the larger world. In addition, students also had the pleasure of hearing Captain Richard Phillips discuss his heroes and the importance of perseverance and dedication. Our student documentary, *Dream Big*, created by Jack Colelli, Brad Adair, and Sean Springer, can be found on our school website.

On Thursday, November 19, the Browns River Performing Arts presented two student-directed plays. *The Board* was directed by Sunniva Dutcher and *Way, Way Off Broadway* directed by Sam Lewis. The BRMS spring musical will be *The Wizard of OZ*. Audition workshops will be held on December 2, 3, and 9 from 2:45-4:20 PM. Ask Mr. Dave Tisdell for more information.

Congratulations to David Brandt for winning the school bee. He knew the winning answer to...The Sulu Sea separates Malaysia from what island country? Philippines. Great job to finalist, Nick Cook and semi-finalists, Wylie Picotte, Derek Charland, Bob Milne, Jake Greenough, Billy Bruce, Toby Marx-Dunn, and Jamie Carlson in our school wide competition.

Great job to our 65 writers who participated in the National Novel Writing Month. Several students, staff, and parents took on the challenge of writing a novel in 30 days. Many Browns River writers have achieved their 10,000 word count goal. For the month of November, our writers were involved in a number of events: Write-A-Thon, Write-In sessions, fun Turkey Trot and December 1 celebration. Thank you to the Phoenix Bookstore and Happy Trails store for their support.

The Art and Science of Wind Energy come together in the BRMS Engineering Club! Teachers, Willie Lee and Suzanne McDevitt and community volunteer/parent, Mike Babbitt are facilitating teams of students Francesca Frost, Colleen Wyatt, Allison Babbitt, Alexandra Cameron, Jonah Vita, Cole Sauve, Bob Milne, Max Gildemeister, Justin Haenel, Chris Wandeloski, Carter Kittell, Jack Leach, Jack Colelli, Nash Krywka, and Nils Meisterling who are building kinetic wind sculptures that are functional and artistic. These young engineers have worked hard on collaborating and creating an amazing project. We wish them the best in their competition against other middle schools and high schools on December 5 at the UVM 2009 TASC/Aiken Challenge.

Library Time for Parents is open to all BRMS parents who want to share and talk about books we have read and enjoyed. Books, coffee, tea, and a whole lot of fun on December 10 from 7:15-7:45 AM.

Mix it up at lunch day on November 10 took place to encourage kids and staff to sit with someone new to foster new friendships. On November 13, 35% of our 5th grade parents came to our cafe to have breakfast with their children.

Thank you for your continued support.

Poker Hill School children Shaina Keough, Naia Surks, TJ White, Aidan Johnston, Gus Gautsch, Lily Bosley, Will Erickson, Cierra Maeder, and Ivy Baker deliver Thanksgiving fixing bags to the Jericho Underhill Food Shelf. PHOTO CONTRIBUTED

POKER HILL SCHOOL NEWS

Please don't forget to join us and local children's book author Tracey Campbell Pearson at Phoenix Books in the Lang Farm Shopping Center in Essex on Saturday, December 5! Tracey will be there from 10:00 am to noon for a reading and signing. The Jericho author is best known for her whimsical books *Bob*, *Where Does Joe Go*, and the award-winning *The Moon*. Her latest book, *My Brother Bert*, will also be available. Poker Hill School is holding their annual book fair all week, from December 1 through December 7 at Phoenix Books. When you stop by the store and make a purchase, let them know it's for Poker Hill School and Phoenix Books will graciously donate 20% of the proceeds to the school's important scholarship fund. Support the school and get some holiday shopping done!

In other news, on November 18 the children of Poker Hill School collected food for the Jericho Underhill Food Shelf. The children created fixing bags to accompany the Thanksgiving turkeys donated by the Lions Club. They also brought lots of groceries to help their neighbors. Poker Hill School wishes everyone in the community a safe and happy holiday season!

CCRPC directs $250,000 to towns for energy upgrades

Chittenden County Regional Planning Commission has been awarded $250,000 from the Federal Department of Energy's Energy Efficiency and Conservation Block Grant (EECBG) program as a result of the American Recovery and Reinvestment Act. CCRPC has decided to share its good fortune. CCRPC has created a Chittenden County Regional Energy Grant program to make these funds accessible to cities, towns and non-profit organizations in the County for projects promoting renewable energy and energy efficiency.

Grant applications for this Regional Energy Grant are requested for projects that benefit our communities through a cooperative focus on energy efficiency, conservation, or generation by renewable sources and meet the eligible activities as stated by the Department of Energy. Multi-municipal and regional proposals are encouraged.

"We are excited to be able to bring this opportunity to our communities to increase energy efficiency and develop renewable energy sources," said Charlie Baker, CCRPC's Executive Director.

All grants must meet both EECBG eligibility as well as CCRPC's application review criteria and are due Friday, January 15, 2010. Details about the Chittenden County Regional Energy Grant are available at CCRPC's website *www.ccrpcvt.org/energygrant* . Background Information is available at the US Department of Energy's website. Questions can also be directed to Samantha Tilton, CCRPC Staff Planner at *stilton@ccrpcvt.org* .

Ongoing events continued from page 5

additional information or questions, please contact Heather Lebeis at 899-4415 or *Underhillplaygroup@yahoo.com* .

Jericho Playgroup, Monday mornings 9:30 -11:00 AM at the Jericho Community Center. Starting September 14, following the school calendar. For children from birth to age 5, with a caregiver. Please contact Mariah with any questions at *jerichoplaygroup@hotmail.com* or 899-1750.

Bolton Family Play Night, in the Smilie School gym, usually the first and third Fridays, 6:00 – 7:30 PM. Free. Mostly unstructured play with the school's equipment. Contact Tim Grover, 434-4180.

Kids' Yoga, 3-5 years & 6 years and up. Toddler tumbling and new moms' groups. The Well, 644-6700.

SENIORS

Jeri-Hill XYZ Seniors meet at the Town Hall in Underhill Center on the first and third Wednesday of each month. All seniors are welcome! Dinners are served at 11:30 AM. For information, please call Bette Workman, 899-4446, Loreen Teer, 899-1363 or Doug Keith 899-2582.

Westford Senior lunches – Join Westford Seniors for lunch at the Red Brick Meeting House on the Common the second Monday of each month. Lunch is served at 12:00 noon with a short meeting or presentation following. Call 878-7405 or 879-7382 for information or for a ride.

SPORTS ACTIVITIES

Adult coed volleyball in Westford, 8:00 – 10:00 PM, Mondays, Westford Elementary School gym. Fun, casual volleyball. $2 at the door. Call coordinators Jon and Tammy Brown, 872-8333, for information.

Bolton Men's Basketball, Tuesdays, 7:00 – 9:00 PM, Smilie School Gym. For adults and young adults age 16 and up. Contact Bill Newton, 434-3348.

Pilates Classes offered at Jericho Community Center, Underhill ID School, Mount Mansfield UHS, Cambridge Elementary School and at Dakini Studio in Underhill. Please call Lisa Timbers for more information. 899-4191. *dakinistudio.wordpress.com* .

SUPPORT GROUPS

Alzheimer's support group, third Wednesday, 9:30 – 11:30 AM, The Arbors, 687 Harbor Rd., Shelburne. Free education for individuals and families in the early stages of Alzheimer's disease and related dementias. For information and to register, contact Nicole Houston, 985-8600.

Approach Autism With Advocacy, Recovery & Education (AAWARE) in the Lamoille Valley, third Sunday, 3:00 – 5:00 PM, Second Congregational Church of Jeffersonville Community Room, Jeffersonville. Special topics, guest speakers, resource information; playroom for kids, fenced side yard for outdoor play. For information, Terry Holden, 644-2759 (Jeffersonville) or Tina Karl, 888-3430 (Hyde Park.)

Veterans Job Networking, Wednesdays, 9:30 – 11:00 AM, VFW Post, Essex Jct.; 1:00 – 2:30 PM, American Legion Post, St. Albans.

Eating Disorders Parental Support Group, third Wednesday, 7:00 – 9:00 PM, Covenant Community Church, VT Rt. 15, Essex Center. For parents of children with or at risk of anorexia or bulimia. We focus on being a resource and providing reference points for old and new ED parents. For information, Peter, 899-2554.

TOWN GOVERNMENT AND ORGANIZATIONS

Cambridge Area Rotary meets on the first Thursday of the month, rotating to local restaurants, 7:00 – 8:00 AM. For information, call Anita Lotto, 793-0856, or Chuck Hogan, 644-8134.

Tim Nulty, Jericho Selectboard member, at the Village Cup, first and third Wednesdays, 8:00 – 9:00 AM, and at the Flour Shop, second and fourth Wednesdays, 8:00 – 9:00 AM.

Westford Fire Department, Mondays, 7:00 PM, at the fire station next to the Town Garage. Volunteer for firefighting, dispatching, radio communications, computer operations, grant writing, equipment maintenance, fire police, education, and much more. For information, email John Quinn, *jquinninvt@aol.com* .

Jericho-Underhill Water District meets first Monday of each month at the United Church of Underhill, Underhill Flats, 7:00 PM. For information, call 899-4076 or 899-3810.

Jericho Historical Society, second Thursday, 7:30 PM, Old Red Mill, Jericho.

Jericho Underhill Park District Board meeting, first and third Wednesdays, 7:00 PM, Deborah Rawson Memorial Library project room, Jericho. Residents of Jericho and Underhill always welcome. 899-2693 for information.

THRIFT SHOPS AND FOOD SHELVES

The **Heavenly Cents Thrift Shop**, located just east of the Five Corners in Essex Jct. on Rte 15, has a great many ideas for Christmas decorating or gift giving. The hours are from 10:00 a.m. to 3:00 p.m. on Tues. and Wed., 4:00 p.m. to 8:00 p.m. on Thurs., and from 10:00 a.m. to 2:00 p.m. on Saturday, Dec. 21. Please check us out.

Westford Food Shelf, open on the third Saturday of every month, 8:00 – 10:30 AM, United Church of Westford. All are welcome! Fresh produce, meat, and non-food items available.

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Red Cedar students glean produce for local food shelves

Students at the Red Cedar School in Bristol participated in a service project this fall that contributed produce to local food shelves and raised money for the school's scholarship fund. Three area farms opened their fields to the students to glean vegetables as the fall harvest was winding down. The students gleaned potatoes, broccoli, spinach, chard, carrots, and radishes at *New Leaf Organics* in Bristol, *Elmer Farm* in Middlebury, and *The Last Resort Farm* in Monkton. The produce was delivered to the *Addison County Emergency Food Shelf* in Middlebury and to the *John Graham Emergency Shelter* in Vergennes.

Efforts are growing nationwide to focus attention on the value of gleaning—the gathering of edible crops that would otherwise be left in the field—for providing fresh produce to community food shelves. The Red Cedar project was assisted by Addison County's gleaning coordinator, Corinne Almquist.

Red Cedar families created a three-way benefit for this project by getting pledges from relatives and friends for the project. Through the pledges, the school raised $3,000 for its scholarship fund. All students joined in the gleaning as a community service project. The students picked 366 pounds of vegetables. "It was fun to dig in the dirt, get my hands dirty, and help people that are hungry and need food," stated Charlie Myers, a 5th grader from Jericho. "We are going to do it again next year and glean more!"

For more information about local gleaning projects, contact Corinne Almquist at 377-1435 or *corinne.almquist@gmail.com* . For more information about Red Cedar School, contact 453-5213 or *www.redcedarschool.org* .

Red Ceader student work to glean leftover vegetables from local farmers fields. PHOTO CONTRIBUTED

Chittenden East Community Partnership to meet

The next meeting is scheduled for Wednesday, December 9 from 6:00 -8:00 PM at MMU.

The Partnership is working on bylaws and a new mission statement.

Come and join in the discussion and learn how the partnership can help you understand the substance abuse problems facinf the school district.

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Sports

MMU Girls Basketball bottle drive

The MMU Girls Basketball team is sponsoring a *Bottle Drop Drive* during the months of December and January to benefit their team. Please drop all redeemable bottles and cans in the clearly marked and decorated bottle drive box in the back of MMU by the bus maintenance garage.

MMU Girls Soccer 2009

The MMU Girls Varsity Soccer Team finished the 2009 season with a quarter-final loss to #1 ranked Burr and Burton on October 31. The Cougars finished the season with an 8-6-2 record and a #8 Division 1 Tournament seed.

The Cougars play-off run began with a 2-0 win over #9 ranked NCU with goals by sophomore Kyra Raftery, assisted by junior Rachel McDevitt, and senior Casey Garrapy, assisted by junior Danielle Allendorf. Senior goalkeeper Beatrix Hassler posted her 7th season shut-out in the first round win.

The Cougars then travelled to Burr and Burton where they ran in to a tough #1 seeded team. BandB opened the game with 2 quick goals in the first half where the intense wind was a factor for both teams. MMU pressed hard in the opening minutes of the second half but could not get the momentum turned. BandB scored their 3rd goal on a counter that left Cougars just trying to hang on for the rest of the 80 minutes.

At the end of the season awards banquet at the Old Yankee the following team honors were announced:

2009 Division 1 Vermont All-State Team: Seniors Nicole Mendelson and Katie Buxton

2009 All Metro League Team: Nicole Mendelson and Katie Buxton. Honorable Mention Hayley Maynes, 11, and Beatrix Hassler, 12.

2009 Most Valuable Player Offense: Rachel McDevitt, 11

2009 Most Valuable Player Defense: Hayley Maynes, 11

2009 Most Improved Award: Lindsay Kilday, 12

2009 Coach's Award: Samantha Bissonette, 12

The Cougar Soccer Ball Award Abby Cole, 12

2010 Captain: Hailey Davis, 11

Assist Leaders: Juniors Danielle Allendorf and Sophomore Kyra Raftery

Leading Scorers: Juniors Halley Fisher and Sophomore Kyra Raftery

Twin State Try-Out Invitees: Seniors Mendelson, Buxton, Hassler and Danielle Williams

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On death and dying continued from page 3

What can I do?

In our society we have a need to "do something." Resolve that there is no *doing* in this visit. And who asked you to do anything? Yourself? And how do you define nothing? By our own centrality? By our nervousness? Remember to drop the "I" when you visit. Drop the energies and the bustle of activities. I remember one woman's response to a new Hospice nurse: "She's too efficient and cheery; she can hide herself from me that way."

Can you be comfortable with silence? Can you go along with not talking?

Very few of us can. But the dying person must be allowed to take the lead, and that may mean sitting in silence. I have learned to count to myself after I have made a comment... slowly... one, two, three... so that I do not force the choice of conversation. Sometimes there is a reply; often not. I remember sitting with a neighbor while the wife took a break. The sun was setting across the hills, and the golden light spread into his room, on his bed where he was barely visible under the quilts. We sat without words, my hand resting on his arm, and watched the light fade into twilight. It was a scene he had seen so many times, and knew he must leave. There was nothing that could have been said, and we abided within that immense solidity of nature.

How can words be helpful?

When they are asked for; when they are slow, ordered, low in tone; can be grasped even when the words may not be understood. The center will be honored; a presence can be transferred in few words, and by our firm societal belief that "no one should die alone."

What are you forgetting?

There is a caregiver who spends hours with the dying person; she is intensely and personally involved; she is tired, worried, and probably needs you to listen. Listening is the most important gift you can give.

Years ago, I wrote a poem as an emotional release after a long vigil with an old lady, who taught me a great deal about love:

Today
I am up and going
Out to get the morning paper.
Night has laid a thin skin
Of snow on the road.

Last night
I held Anna as she died.
I don't think she knew it,
But I gathered
The small bones
And loose dry skin,
And rocked us both
To the edge of death.

But today
I am up and going,
Breathing deeply
Of cold and mist and snow.
Prints of fox going home
Through last night's silence.
We know, the miracle
It is: to be alive.

Consolidation continued from page 1

the voters," Letovsky said. "Unless you put the question in front of the voters, you will never know."

Consolidating Vermont's more than 280 school districts into a far smaller number has been batted around for several years. The idea has been gaining impetus, with the present education commissioner, Armando Vilesaca, and his predecessor, Richard Cate, pressing the issue.

Vileseca supports a State Board of Education decision to study a merger of the Essex School District with the Chittenden Central Supervisory Union. The Board ordered the study completed quickly and could force consolidation when it meets again December 15.

Voters in Essex Town, Essex Junction and Westford turned down a similar consolidation plan two years ago by a 2 to 1 margin.

If it is forced to consolidate, Chittenden Central will become one of the largest school supervisory unions in the state. Chittenden Central Supervisory Union with schools in Westford and Essex Junction, including Essex High School, has about 3,200 students. The Essex (Town) School District has a student population of around 1,284.

There are about 3,000 students in CESU, with nearly 1,000 at Mount Mansfield Union High School.

Letovsky said this week Vileseca is taking a more active role concerning consolidation. "Although CESU has not yet been mentioned specifically any group should decide on their own terms rather than wait for it to be done for them. That might be a one-size-fits-all template," he said. "It is far better for us to do it by ourselves than have it done for us."

Letovsky said consolidation may not result in much cost-savings. "The impact on education would be far greater." For instance, he said, if CESU became one school district and five years from now enrollment was down in some of the smaller elementary school buildings, a unified board could move Grade 5 from the two middle schools into the elementary schools. He also said a unified board could shift a teacher from one school to another if a teacher staff reduction is necessary without going through the entire hiring process.

Two school board chairpersons commented on their boards' decision to support a consolidation study. "We had no concerns about studying consolidating the districts," said Jon Milazzo, chair of the Richmond School Board. "This phase is just a study." Milazzo said his board "is interested in getting a better grasp of things" concerning consolidation.

The Huntington School Board agreed by consensus to the study, said Rebecca Golden, board chairwoman. Although she said 80 to 90 percent of consolidation efforts have failed around the state, "circumstances have changed sufficiently." She said the Legislature may actually force districts to consolidate. "The feeling is that maybe the momentum has changed and it could pass," she said.

Letovsky said that now all the school districts have agreed to the study, it could begin in the spring. The CESU executive committee most likely will sign a contract for the study with the Vermont School Boards Association. That group did the beginning phase of the I.D, Jericho and Underhill Central consolidation study at a cost of $4,000. That study ended two years ago when the I.D. School Board pulled out.

Representation on a 15-member committee set up to shepherd the study was determined by the size of each school, Letovsky said. Each of the present seven school districts will have at least one board member. Of the other eight members, each board will determine how many will be from the public. Because the Mount Mansfield Union High School District is the largest, it will have six representatives and Jericho and Richmond will have two each.

Here is how the $15,000 was assessed to the individual school boards in Chittenden East: Bolton, $412; Huntington, $624; Jericho, $1,329; MMU, $9,998; Richmond, $1,415; Underhill Central, $702; Underhill I.D., $530. (The actual total from this is $15,002.)

Keep your holiday spirit out of the landfill

Between Thanksgiving and the end of the year, an extra 1 million tons of trash end up in landfills across the country. Here's how you can keep your holiday spirit out of the trash can:

— **Use recyclable or reusable wrapping paper.** Unfortunately, we cannot recycle wrapping paper printed with metallic inks or made of plastic. The best choice is to use something that can be reused, such as a bandanna, a tea towel, a reusable cloth shopping bag ... the possibilities are endless. If you choose to use paper, complete the recycling loop by making that choice recycled paper!

— **Use recyclable, reusable, or biodegradable wrapping accessories.** Ribbons and bows are big no-nos. They're made of plastic and cannot be recycled. Instead, tie on an ornament, a small decoration, or something biodegradable such as pine cones.

— **Say NO! to artificial Christmas trees.** Here's why:

1. The average artificial tree lasts 6 to 9 years but will remain in a landfill for centuries.

2. Think a real tree poses a greater fire hazard? Think again. Artificial trees are made with polyvinyl chloride, which often uses lead as a stabilizer, making it toxic to inhale if there is a fire. Lead dust can be harmful to children.

3. Every acre of Christmas trees produces enough daily oxygen for 18 people. There are about 500,000 acres of Christmas trees growing in the U.S. Because of their hardiness, trees are usually planted where few other plants can grow, increasing soil stability and providing a refuge for wildlife.

4. North American Christmas tree farms employ more than 100,000 people; 80% of artificial trees worldwide are manufactured in China.

5. The most sustainable options: Buy your tree from a local grower or purchase a potted tree and plant it in your yard after the holidays.

— **Remember: "The best things in life aren't things."** Instead of giving an object, give an experience, such as a trail riding jaunt, skateboard lessons, movie tickets, a promise to fill time together doing something you know your recipient loves to do. (A wink and a nod to Art Buckwald for the opening quote.)

— **Regift!** Don't toss that lava lamp or that sparkling new fondue pot, even though you already have one of each in your collection. Save it for someone who will appreciate it! If you can't think of an upcoming birthday or other celebration where you can pass it on, bring it to a local charity, the ReStore (formerly ReCycle North), or a ReUse Zone at a CSWD Drop-Off Center and someone else will be glad to make use of it.

— **Give the gift of fun & beauty.** Pop one of these Terra Fuela planting kits in a stocking for a guaranteed smile. It's a Ben & Jerry's pint tub filled with rich potting soil from Intervale Compost Products (ICP) and "Big Smile" dwarf sunflower seeds, ready and waiting to add some color to your winter. Available at Gardener's Supply and High Mowing Organic Seeds. Call Intervale Compost Products at 660-4949 for other locations, or stop by and pick up a case of 24!

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Bring your Christmas tree to CSWD's Yule Fuel program

After the holidays, your Christmas tree can continue to light up the night or take the brrrrr out of the air when you participate in CSWD's Yule Fuel program. All Christmas trees brought to CSWD facilities will be chipped up and used as fuel to generate electricity and heat right here in Chittenden County. All you have to do is this:

— Remove all tinsel, garland, ornaments, lights, and stands until all that's left is the tree itself.

— If you put your tree in a plastic bag to reduce the number of needles you trail into your car, be sure to remove the tree from the bag before putting it in the Yule Fuel pile.

— Bring your tree to any of the following locations (it's free!): CSWD Drop-Off Centers (all except Burlington and Hinesburg locations

Essex - 218 Colchester Rd. (Tue 9:30-5; Wed-Sat 8-3:30)**Milton** - 36 Landfill Rd. (off Rt. 7, west of Bombardier Rd.; Mon 9:30-5; Fri & Sat 8-3:30)

Richmond - 80 Rogers Ln. (off River Rd./ Rt. 117; Tue 8-3:30; Thur 9:30-5; Sat 8-3:30)

South Burlington - 87 Landfill Rd. (off Patchen Rd.; Mon, Tue, Thur & Sat 8-3:30; Fri 9:30-5)

Williston - 1492 Redmond Rd. (Mon, Wed, Fri & Sat 8-3:30)

McNeil Wood & Yard Waste Depot - Intervale Road, Burlington (Tue-Friday 8-12, Sat 8-4)

LIMITS: 3-tree limit at participating Drop-Off Centers; unlimited quantities may be brought to the Williston Drop-Off Center through January, and McNeil all year round.

CVAA Senior Meals

The Champlain Valley Agency on Aging offers an ongoing series of special meals for groups of seniors at a variety of restaurants in the area. The schedule is listed below. All seniors are welcome to join the group and enjoy lunch with neighbors and friends. Participating seniors must be at least 60 years old, or the spouse of someone at least 60 years old. Suggested donation for meals is $3 at Covenant Church and United Church; for meals at other sites, $5. Transportation may be available if needed. Reservations are required for these meals and may be arranged ahead of time by calling 865-0360.

Thursday, December 3 – Bridge Street Café, 10:30 check in, 11:00 AM lunch. Beef stew.

Friday, December 4 – Hinesburg mealsite, 11:30 AM.

Monday, December 7 – Covenant Church, Essex Ctr., 12:00 noon. Beef stew, spinach, biscuit, ice cream.

Tuesday, December 8 – Pizza Hut, Susie Wilson road, Essex, 10:30 AM check in, 11:00 AM lunch. All you can eat buffet.

Wednesday, December 9 – Colonial Room, Essex Jct. Educational Center, 11:15 AM check in, 12:00 noon lunch. Turkey dinner

Thursday, December 10 – Dutch Mill, Shelburne Road, Shelburne, 10:30 AM check in, 11:00 AM lunch. Chicken breast dinner.

Friday, December 11 – Holiday Party, Sheraton So. Burlington, 10:00 AM – 2:00 PM. Entertainment by Sergio. *Tickets required, please see Pat Pike.*

Monday, December 14 – Covenant Church, Essex Ctr., 12:00 noon. Shepherd pie, Corn/no gravy, peas and carrots, whole wheat roll, fruit yogurt.

Tuesday, December 15 – Libby's Diner, Colchester, 1:30 PM check in, 2:00 PM lunch. Turkey dinner.

Wednesday, December 16 – JP's Diner and Deli, Essex, 10:30 check in, 11:00 AM lunch. Roast pork dinner.

Thursday, December 17 – Holiday Inn, Harper Room, 11:00 AM check in, 11:30 AM lunch. Turkey buffet.

In addition, CVAA-sponsored meals for seniors are offered on an ongoing basis at the following establishments. Tickets must be presented before ordering. For details about the special ticket program, call 865-0360.

A.J.'s Kitchen, 85 Main St., Essex Jct. – open menu; tickets limited. Sunday-Tuesday, 5:00 AM – 2:00 PM, and Wednesday-Saturday, 5:00 AM – 8:00 PM.

Bridge Street Café, Richmond – breakfast, lunch, or dinner (ordered before 5:30 PM) Monday-Thursday. Regular menu excluding shrimp, steak, and some specials.

Dutch Mill, Shelburne Rd., Shelburne – Tuesday-Sunday, 7:30 AM – 2:00 PM.

Old Yankee, 4A Jericho East, Jericho. Meals Wednesday-Sunday, 3:00 – 5:00 PM. Order off senior menu.

Pizza Putt, Airport Parkway, So. Burlington – lunch or dinner, seven days a week. Choice of spaghetti with marinara sauce or baked ziti with tomato sauce and cheese, salad, garlic bread or roll, soda, coffee, or milk.

Ponderosa, Williston – lunch buffet, 11:00 AM – 4:00 PM, Monday-Friday. Tickets are limited.

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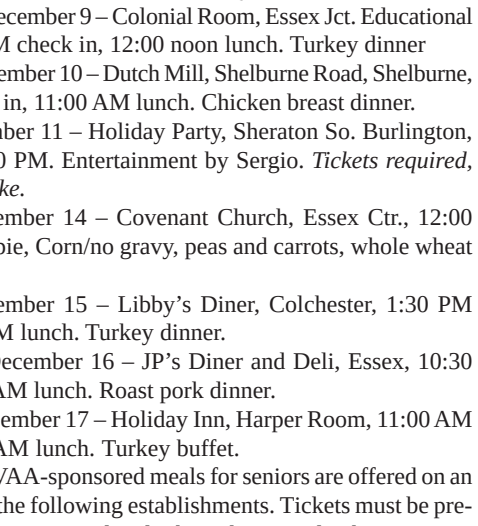

Place an ad!
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Recipes by Marian Tobin

Brussels sprouts with bacon

1 lb Brussels sprouts
¼ lb. bacon
½ cup finely chopped onion
2-3 tablespoons butter
Salt and pepper to taste

Trim and wash sprouts. Steam or blanch until barely tender. Cook bacon until crisp. Drain bacon bits; discard all but 2 tablespoons fat. Add onion; cook until wilted and lightly browned. Add Brussels sprouts and reheat adding 2-3 tablespoons butter if desired. Add bacon toss together and season to taste.

Westford Senior luncheons

The last Senior Luncheon of 2009 will be held on Monday, December 14 at 12:00 noon in the Red Brick Meeting House on the Westford Common. This gathering will be a festive one with a cookie exchange and music provided by Roland Pigeon and Friends. Please bring 3-4 dozen cookies, on a plate or tray for the exchange and a container in which to bring the new cookies home. We will also be accepting non-perishable items for the Westford Food shelf. Our luncheons will resume in March 2010. Thanks to John Doane and Pat Haller for their *Button Up Your Homes* presentation at the November meeting. Please call 879-7382 for information. If attending, no need to RSVP. All are welcome.

Visit a Senior neighbor during the holiday season. *Remember you're next in line.*

Red Cedar School
Kindergarten – 9th Grade Founded in 1989 Bristol, VT 453-5213

Informational Meeting
Monday, December 7th at 6:30 p.m.

Small interactive classes · Engaging and challenging academics
Hands-on learning · Critical thinking · Culture of respect · Student voice
Environmental program · Arts · Community projects
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Bus service to Chittenden County

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Mountain Gazette Publication & Deadline Dates 2010

The Mountain Gazette publishes on the 1st and 3rd Thursday of each month (except January). The deadline for receiving copy is Thursday, a week before publication, at noon. The advertising deadline is Thursday, a week before publication at 5:00 PM.

PUBLICATION DATE: Thursday,		DEADLINE DATE: *THURSDAY,*	
January	21	January	14
February	4	January	28
February	18	February	11
March	4	February	25
March	18	March	11
April	1	March	25
April	15	April	8
May	6	April	29
May	20	May	13
June	3	May	27
June	17	June	10
July	1	June	24
July	15	July	8 (3 wks. to next paper)
August	5	July	29
August	19	August	12
September	2	August	26
September	16	September	9 (3 wks. to next paper)
October	7	September	30
October	21	October	14
November	4	October	28
November	18	November	11
December	2	November	24 – the day before Thanksgiving!
December	16	December	9

For more information, please contact
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Thank You

Zach Uerz continued from page 1

themselves, their family, and friends. "We were able to educate ourselves." Bob states.

Zach was six months old when he underwent open heart surgery to literally construct a four chamber heart.. "That was a very scary time for us," Uerz remembers, "They had to stop his heart to make the repairs." Zach's heart had only two chambers instead of four without the correction Zach's life expectancy would have been about 10 years.

Before coming to Vermont in late 1997, the Uerzs lived in Connecticut where Bob worked for the American Lung Association.

When Bob was asked to head up the American Lung Association in Vermont, he and wife Lori did some investigating and found that the special education services to be superior in Vermont. They chose Jericho for some of the same reasons.

Today Zach is a vibrant 14 year old who enjoys school, music, video games, computer, and friends. "It is amazing to me," says his Dad, "He walks down the halls in school and so many kids "reach back when Zach reaches out." This is truly an indication of how outgoing and interactive Zach is with his peers.

Zach is in eighth grade and is fully integrated into the regular classroom with modified educational expectations for his learning.. Uerz says. "We hold our school system to a high standard."

Zach loves to play soccer, basketball and golf. He and his dad participate in Special Olympics Golf.

"Zach, his Mom and I take our 100 pound golden retriever, Dakota, on walks at Mills Riverside Park," Bob smiles knowing what comes next, "Folks will either smile and say hi or perhaps they will be a bit guarded." But he proudly tells how Zach smiles and asks to pet their dog. Before long everyone is smiling.

Thanksgiving morning brought a wonderful surprise to the Uerz, they woke up late, a rarity at their house, to find Zach curled up in bed reading. "It was great to see him enjoying recreational reading," Dad comments. Zach enjoys Scooby Doo chapter books.

Bob has two older children and a new grandchild: Elizabeth, 25, Benjamin, 28, and wife Sarah and a grand-daughter Leah. The Uerz older children live in Connecticut. Zach is so excited to be an uncle.

"We have put some energy into thinking about Zach's future." Their goal is for Zach to be able to live an independent life. "I know of special needs people who live in their own apartments and carry on in their lives." But this is always a concern especially with his siblings living in Connecticut.

There are still some misconceptions about Down Sydrome but today more people are able to see the wonderful possibilities.

Through organizations like the Vermont Family Network., Bob says that Lori has been contacted by parents that have recently learned that they will have a child with Down Syndrome or face the surprise learning their newborn has Down Sydrome. "We have also had a number of medical students from the University of Vermont College of Medicine in our home for dinner to discuss the challenges and wonderful opportunities that face families with children with special needs.. But as Bob says, all seem to have the same concerns. What does life hold for my child? How am I going to cope?

Zach in his Plattsburgh State jersey

"Zach amazes me every day and is an inspiration to me." Bob states. "He has given me the courage to step out and start my own business. Lori and I have somewhat changed positions. She now works full-time for the Vermont Department of Health and I run my own management & fundraising consulting business out of my home office in Jericho after a twenty-five year career in the not-for-profit sector in New York, Connecticut, and Vermont with the American Lung Association."

The Uerzs are advocates for their son in all aspects of his life.

Bob is also very proud of Lori and her commitment to the Jericho community. He shares about her participation in Green Up at Mills Riverside Park and at Browns River Middle School as well as her two terms of service to the town on the Jericho Elementary school board advocating for a better education for all Jericho's children..

According to an article posted on the Mayo Clinic website, "Down syndrome is the most common genetic cause of severe learning disabilities in children, occurring in one in every 700 to 800 infants. Down syndrome varies in severity, so developmental problems range from moderate to serious. Increased understanding of Down syndrome and early interventions make a big difference in the lives of both children and adults with Down syndrome.

"The human egg cells and sperm cells have 23 chromosomes. The rest of your cells normally contain 23 pairs of chromosomes — one from your father and one from your mother. Kids with Down syndrome usually have three copies of chromosome 21 — called trisomy 21 — instead of two copies. This is a genetic disorder that causes lifelong mental retardation, developmental delays and other problems.

"Children with Down syndrome have a distinct facial appearance though not all children with Down syndrome have the same features. Infants born with Down syndrome may be of average size, but typically they grow slowly and remain shorter than other children of similar age. Children with Down syndrome also have some degree of mental retardation, most often in the moderate range.

"Life spans have increased dramatically for people with Down syndrome. In 1929, a baby born with Down syndrome often didn't live to age 10. Today, someone with Down syndrome can expect to live to 50 and beyond, depending on the severity of his or her health problems. Life span continues to increase because of early interventions and better care.

"Screening for Down syndrome is offered as a routine part of prenatal care. A mother's age has traditionally been a factor in the decision to screen for Down syndrome. But now, the American College of Obstetricians and Gynecologists recommends offering various screening tests for Down syndrome to all pregnant women, regardless of age. Your health care provider can help you weigh the pros and cons of these tests for you.

"In general, children with Down syndrome usually meet developmental milestones, but it may take them longer than it does a child without Down syndrome. For example, children with Down syndrome may take twice as long to sit, crawl, walk or talk. However, early intervention programs, started as soon as possible, may give kids with Down syndrome the best chance of success.

"There's no way to prevent Down syndrome. However, if you're at high risk of having a child with Down syndrome or you already have one child with Down syndrome, you may wish to consult a genetic counselor before becoming pregnant.

"A genetic counselor can help you understand your chances of having a child with Down syndrome. He or she can also explain the prenatal tests you will be offered and help you figure out the pros and cons of testing for you.

When you learn your child has Down syndrome, you may experience a gamut of emotions, including anger, fear, worry, sorrow and guilt. You may not know what to expect, and you may worry about your ability to care for a baby with a disability. The best antidote for fear and worry is information and support. Prepare yourself: Find a team of trusted professional, seek out other families who are dealing with the same issues and don't believe misinformation about Down syndrome."

Sadie Haupt continued from page 1

Burlington cardiologist has shown no cardiac abnormalities since then. Sadie does have some slight hearing loss which can be a problem in crowd situations such as a classroom, but her major challenge is that her speech is sometimes difficult to understand. Haupt said she and the family are generally "tuned in" to Sadie's speech patterns, but sometimes they are stumped at which point Sadie either spells out the first letter of the word she is trying to say or draws a picture.

Sadie at the Special Olympics

Haupt said the biggest challenge for Sadie is making friends. There haven't been problems with bullying or children being cruel; it's simply that not that many children are patient enough to slow down and try to understand her. Sadie attended two years of kindergarten and then 1st and 2nd grade in the EEE program (Early Essential Education) at Jericho Elementary School before Haupt decided to home school her, together with her older sister Colleen. To ensure that Sadie gets to practice her socialization skills, the two girls get together with other home school groups. "Friendship is still challenging," said Haupt. "The other kids aren't mean, but they tend to ignore her."

Haupt makes sure that Sadie takes part in a wide variety of activities. She attends ballet and theater class, takes swimming lessons and belongs to 4H. She took part in the Champlain Adaptive Mounted Program (Champ) in South Hero, learning to horseback ride. In 2009, she competed in the Special Olympics, winning a gold medal for soccer skills. Haupt said Sadie is capable of reading, spelling, putting words in alphabetical order, telling time, counting money and performing other basic math skills. The key is to use more visual methods of teaching.

Children with Down Syndrome have a delayed time table for life's milestones. Most children learn to walk at thirteen months, but Sadie only managed at twenty-six. "You get used to the time lag and it's more exciting when they do learn," said Haupt, noting that Sadie is a very determined child. "She works very hard when she wants to do something," she said. Since Down Syndrome includes physical limitations, there are some family activities that have to be tailored to Sadie's level. One thing the family can do together is bicycle since Sadie has an attachment that fits on the back of her father's bicycle, allowing them to pedal together on the Stowe and Burlington bike paths. Down Syndrome also limits Sadie's endurance to some degree, but she makes it clear to the rest of the family when she has had enough and they are more than willing to turn back. Children with Down Syndrome also have a tendency to put on weight so Haupt makes doubly sure that her family has a healthy diet.

Haupt hasn't made a decision on whether or not either of her daughters will return to school. She may send Sadie to Browns River Middle School after she is satisfied that her daughter has mastered some important skills. Colleen will probably attend Mount Mansfield Union High School, although Haupt stressed that she is taking each year at a time. Haupt admits that she worries a little bit about the future. It is too early to know what Sadie will be capable of so Haupt cannot speculate as to whether she will be able to live in a group home or not. "I'd feel more comfortable if she lives with us," she said. "It's hard to know what her skills will be, but she does have an independent streak."

One thing that Sadie has done for Haupt is to energize her politically. Haupt is actively involved in the Right to Life movement and the Vermont Family Network. She provides support for parents who have given birth to a Down Syndrome child and works with medical school students to help sensitize them to the issue. She also took part in the March for Life in Washington D.C. with a group of families under the banner "Keep Infants with Down Syndrome" or KIDS, a group that she plans to incorporate as a non-profit. Her goal is to raise awareness of the joys of raising a special needs child.

"Honestly, I don't feel too challenged," said Haupt. "I feel fortunate. Sadie is a blessing." Haupt noted that everyone wants to have a healthy child, but she believes that Down Syndrome isn't that difficult to deal with. "It's an unfortunate name," she said. Haupt believes that working with Sadie has made her more sensitive to people with disabilities; she is more comfortable going out of her way to meet those with mental challenges. Haupt would like others to take the time to get out of their comfort zone and get to know people like her daughter. "She's a lot of fun and has a great sense of humor and has added a lot to our family," she said.

"You want your children to be healthy," Haupt said, "but this is a positive experience, not a negative one. If you had asked me beforehand, I would have thought it would be awful, but it's the total opposite. I try to get more people aware that this isn't a negative thing. This has enriched my life."

Lights continued from page 1

filed in August 2005, or it may have had something to do with the refund the Public Service Board ordered CVPS to pay in March 2005.

Whatever the reason, in January 2005, the holiday lights were removed from the poles and placed in storage in the basement of the Cambridge Town Clerk's office. There they remained while Ray Saloomey, chair of SNACC and owner of Madonna Auto Repair, worked diligently to bring them back. Saloomey contacted local politicians to no avail. "The people at CVPS were the only people who were helpful to me in the whole process," Saloomey stated, citing CVPS Senior Energy Consultant Bob Morey by name.

Finally, in late September 2008, in Docket 7085, the Vermont Public Service Board found that "CVPS will offer unmetered, tariffed, unbundled municipal street lighting service to any town in the CVPS territory." That service applied to holiday lighting as well as to standard street lighting. However, Saloomey said, the ruling came down too late for SNACC to be able to pull together the resources to bring the lights back last year.

There were issues to work out—the lights had been moved from the old Town Clerk's Office on Main Street to the new Town Office on Church Street. At some point, they had been separated from the fixtures that attached them to the poles, and those fixtures had gone missing. New fixtures had to be acquired. In addition, CVPS would no longer donate the power, so some source of funding would have to be found.

In the end, it was a joint effort. The Chamber funded the fixtures—the outlets, weather shields, and photo electric cells that would switch the lights on and off at dusk and dawn. The Town of Cambridge covered the cost of installation. The Villages of Cambridge and Jeffersonville will pay for the electricity, which will run for 90 days and will be included in the bills for street lighting.

The Chamber will also maintain the lights. Some of the lights suffered damage over the years they were in storage, damage that did not become obvious until they were installed and in use. "If a light is missing," Saloomey says, "that's because it's being repaired." After five years, residents of Cambridge and Jeffersonville welcome the lights that are there.

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The Mountain Gazette will take a break after the December 17 publication. The next paper will arrive on January 21, 2010. Plan your ads and articles accordingly.

Email: *mtgazette@earthlink.net* or call 802-453-6354.

Vermont Commons School book fair at Barnes and Noble December 13

Vermont Commons School has teamed up with Barnes and Noble this holiday season for a benefit book fair. Just use the special voucher number (10049930) on Sunday, December 13 to make purchases in their Dorset Street store, and Barnes and Noble will donate a percentage of the sale to the Vermont Commons School Trips Abroad Program. Qualifying purchases include new books, calendars, music, movies, coffee, toys and more!

"It's a win-win situation for everyone," says Cynthia Cagle, parent of a VCS student and an organizer of the fundraiser. "Barnes and Noble has added an incentive to holiday shopping and Vermont Commons students will raise funds for their Trips Abroad Program." VCS students will be at the store all day Sunday, December 13 staffing a gift wrap station and offering entertainment and activities in the B&N performance space. "We plan to have students reading poetry, playing music, and reading stories to kids while their parents shop," notes Vivien Enriquez, a VCS junior from Burlington. "We may even show slides of previous international trips and offer basic lessons in Spanish and Chinese if people are interested." International travel is a key element of the VCS experience.

Vermont Commons is committed to experiential education, moving students out of the classroom and into the world. Two trips are planned for the summer of 2010: a 5-week trip to Spain and a 3-week trip to China. The goal of these two trips is to immerse students in the language and culture of each country, expand their world view, and help students better understand their role as global citizens.

The trips will be led by Mandarin Chinese instructor Zhenyan Li, a native of the Sichuan Province in China, and Spanish instructor Jordan Romm, who has lived and traveled extensively throughout Spain. About twenty students will go on these trips, many of whom have never traveled outside North America.

NOTE: Shoppers who miss the in-store promotion on December 13th from 10am – 9pm can still support VCS Trips Abroad by shopping online December 14-18 and using the voucher number (10049930) at B&N's online store: *bn.com/mybookfair*. Anyone wishing to support the VCS trips abroad program can also make a donation online at *www.vermontcommons.org/trips* .

About Vermont Commons School: Vermont Commons School is an independent day school for students in grades 7 – 12. The school offers a rigorous, college-preparatory curriculum that includes a focus on community service and experiential education. Vermont Commons School students experience a unique blend of academics and global emersion, master fundamental academic disciplines grasp the profound interdependence of the natural and human systems they inhabit, and graduate with the values, knowledge, skills and commitment necessary to become ethical and engaged ecological citizens. For more information, please visit *www.vermontcommons.org.*

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HELP WANTED

Two positions on the Board of Trustees for the Deborah Rawson Memorial Library are available for candidates. One from Underhill, one from Jericho. Please contact your Town Clerk if interested in running for election.

LEGAL NOTICES

NOTICE OF PUBLIC MEETING
Town of Underhill Development Review Board (DRB)
Site Visit and Hearing
Saturday, December 19, 2009 at 9:00 AM (site visit)
Monday, January 4, 2009 at 6:30 PM (hearing)
Hearing to be Held
at the Underhill Town Hall, Underhill Center, VT

The DRB will conduct a public site visit as part of the 2-lot subdivision application of William and Lynn MacDonough for property they own at 42 Krug Road (KR042) in Underhill, VT. This property is located in the Rural Residential zoning district. The site visit will begin at 9:00 AM at 42 Krug Road. The hearing will take place on Monday, January 4, 2009 at 6:30 PM.

A copy of this application and additional information may be obtained at the Underhill Town Hall. Comments and questions may be addressed to: Zoning Administrator, P.O. Box 32 Underhill Center, VT 05490 or to *underhillzoning@comcast.net.*

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LEGAL NOTICES

TOWN OF JERICHO –

The **Town of Jericho** will hold a Local Concerns Meeting on **Monday, December 14 , 2009 at 6:30** in the Mount Mansfield Union High School Auditorium to discuss pedestrian and bicycle travel to MMU and the possibility of creating a pedestrian/bike connection between MMU and Jericho Center. For more information contact Seth Jensen, Jericho Town Planner, at 899-2287 ext. 104 or *sjensen@jerichovt.gov.*

TOWN OF UNDERHILL
DECEMBER 2009 MEETING ANNOUNCEMENTS
ALL MEETINGS ARE HELD AT THE UNDERHILL TOWN HALL UNLESS OTHERWISE NOTED

SELECTBOARD MEETINGS
Thursday, December 10, 2009 at 5:00PM
Monday, December 21, 2009 at 6:00 PM

TOWN OF UNDERHILL SELECTBOARD
NOTICE OF PUBLIC HEARING
Wednesday, December 2, 2009
and Thursday, December 3, 2009

The Underhill Selectboard hereby provides notice of public hearings to be held pursuant to 24 VSA §§4384 and 4444 for the purpose of hearing public comments concerning the proposed 2009 Town Plan Amendment. Public hearings are scheduled for Wednesday, December 2, 2009 and Thursday, December 3, 2009. Both hearings will begin at 7:00 PM upstairs in the Underhill Town Hall at 12 Pleasant Valley Road in Underhill, VT. The purpose of the Plan amendment is to ensure compliance with the Vermont Planning and Development Act (Title 24 Chapter 117) and to encourage the appropriate development of lands in Underhill VT so as to meet the planning goals as outlined in 24 VSA §4302 et seq. The proposed Plan amendment shall apply in all areas of the Town of Underhill.

Listing of Chapter Headings of Proposed Plan Amendment:
Chapter 1: Natural Resources
Chapter 2: Land Use
Chapter 3: Services
Chapter 4: Infrastructure
Chapter 5: Transportation
Chapter 6: Housing
Chapter 7: Economic Development
Chapter 8: Energy
Chapter 9: Recreation

Hard copies and copies on disc of the full text of the proposed 2009 Town Plan as Amended are available at the Underhill Town Hall located at 12 Pleasant Valley Road in Underhill, VT and electronically at the Town of Underhill website: *www.underhillvt.gov.*

TOWN OF UNDERHILL SELECTBOARD
NOTICE OF PUBLIC HEARING
Thursday, December 3, 2009

The Underhill Selectboard shall hold a public hearing on December 3, 2009 immediately upon adjournment of the Town Plan public hearing on the same date to hear public comment on the Capital Improvement Plan and Budget. This hearing will be held pursuant to 24 V.S.A. §4443.

PLANNING COMMISSION
Wednesday, December 2, 2009 at 6:30 PM
Wednesday, December 16 at 6:30 PM

CONSERVATION COMMISSION (Downstairs)
Monday, December 14, 2009 at 7:00 PM

ENERGY COMMITTEE
Tuesday December 1, 2009 at 7:00 PM Town Hall Kitchen

TRAILS COMMITTEE (Downstairs)
Tuesday, December 1, 2009 at 7:00 PM

TOWN OF UNDERHILL DEVELOPMENT REVIEW BOARD (DRB) MEETING
Monday, December 7, 2009 at 6:00 PM
To be Held at the Underhill Town Hall, Underhill Center, VT

The Development Review Board will meet for the purposes of conducting a work session to discuss the proposed Draft Unified Bylaw. No hearings are scheduled for this evening.

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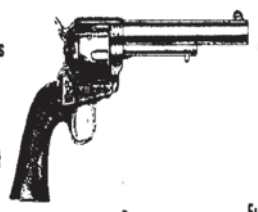

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TJ White continued from page 1

It took at CT scan of the bowel to reveal the problem. The contrast dye simply stopped moving, indicating a blockage. TJ had intussusceptions. His, however, was not the straightforward sliding of one section of bowel through the lumen of another section. Instead, TJ had a small hernia in the tissue that keeps internal organs in place. A section of small intestine and another section of large intestine had found their way through that space and then the blood supply had been choked off. Without blood, tissue dies. The danger than becomes gangrene. "He only had another few hours," Kevin said.

Kenneth Sartorelli, a pediatric surgeon, performed a double resection, removing three feet of small intestine and one foot of large. TJ then went off to pediatric intensive care and, after a few days there, was on to the regular pediatric unit of the hospital.

While TJ was the focus of attention during this time, the Whites have two other children, second grader Shea and two-year-old Rhiannon. Kevin's father came to stay with them, while Talia took an emergency leave from her job as a special educator at Mount Mansfield Union. Still, there were challenges.

That's when, Talia said, "We found out what an incredible community this is. People were amazing to us." The parents of Poker Hill School, where TJ goes to preschool, provided three weeks' worth of multi-course meals. The students at the school sent TJ cards and books.

The Whites did not expect this sort of support. "We're really private people," Kevin said, "so I guess we always felt like we were on the periphery." Instead, they discovered that people they knew from their time working at Smugglers' Notch Resort, Talia's coworkers at MMU, and the parents and staff at Cambridge Elementary, were reaching out in various ways to help the Whites get through this crisis. "We didn't realize how connected our connections were," Talia said.

TJ is now far along the road to full recovery. He cheerfully showed this reporter the scar on his slender belly, a thin pink line that appears to skip his belly button. Although he now must avoid lactose, his diet is otherwise unrestricted and he has put on two of the four pounds he lost in surgery. While Thanksgiving may have offered TJ the opportunity to add more weight, for his parents, this year the true meaning of the holiday was heartfelt.

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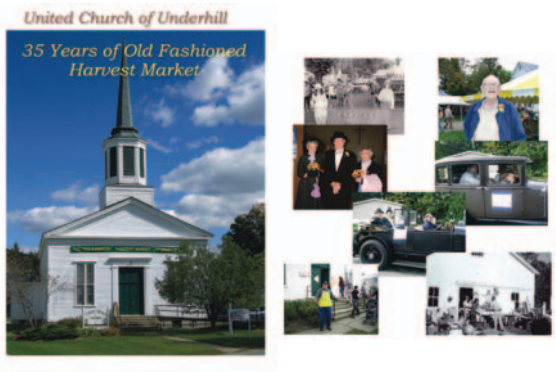

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