

CORRECTION

Due to an error in the Mountain Gazette, the information in the February 2, 2017 St. Thomas article should have read: *We had been contacted by Pierre Donze who is a plasterer by trade and had gone to St. Thomas as a child.* We apologize for the mistake. **Brenda Boutin, Publisher**

Underhill Select Board race

By Phyl Newbeck
Special to the Mountain Gazette

Cliff Peterson has made the decision not to run for reelection to the Underhill Select Board. Two women – Patricia Sabalis and Stacey Turkos – are vying for the opportunity to take his seat. The last woman to sit on the Underhill Select Board was State Representative Margaret Hummel, who served three terms from 1992-2001.

Stacey Turkos is a life-long resident of Underhill unless you count her college years. She was born and raised on Stevensville Road and recently bought a house with her significant other on Irish Settlement Road. Last June, Turkos went to her first Select Board meeting and her interest was piqued. She attended a few more meetings over the summer but in September she began going regularly, and by mid-October she had decided to run for Peterson's open seat.

Turkos spent years working in guest services for Smugglers' Notch and currently does support services work for the state of Vermont, but she says she looks forward to spending evenings at Town Hall. "I get excited about going to the meetings," she said. "It's something I've become passionate about and when I come home, I can't stop talking about it." Turkos is interested in many areas but one where she hopes she can make a difference is taxes. "There are several opportunities that the town has not taken," she said. "We aren't applying for federal and state funding grants and I feel that if we were to take those opportunities, there would be less of a tax burden and we could still get the job done."

Turkos appreciates the community feeling of Underhill and the fact that there are so many recreational opportunities. She loves downhill skiing and fishing and relishes the fact that she can ski and snowshoe just outside her back door. She believes that over the years, Underhill has done a lot to help foster strong community bonds. "The coop came to be because of that sense of community," she said. "The Historical Society has done community events and great work at the schoolhouse. Just look at the pictures of the 250th anniversary that show so many people who have lived here all their lives."

One area where Turkos would like to see improvement is in Underhill's roads. "We need to have a plan in place for how to tackle our roads," she said. "We need a five, ten or 15-year plan. Something we can stick to and not just patch holes and regrade but get the job done." Turkos wonders if it would be possible to turn Pleasant Valley Road into a state road since it gets so much out-of-state traffic.

Patricia Sabalis has lived in Underhill for more than 25 years. "My husband and I decided to move to northern Vermont because we liked to ski and be outdoors," she said. "We visited a couple of towns in and around Chittenden County and we were disappointed until we drove down River Road into Underhill."

In September of 2015, Sabalis retired from her practice as a litigator and counselor in labor and employment law, a job which often involved assisting municipalities with human resource issues. She is a proponent of mediation as a way to resolve conflicts and she serves as a mediator in the Early Neutral Evaluation program in Vermont federal court. She is also an acting judge in Small Claims Court in Lamoille and Chittenden Counties and since October of 2015 she has been an Underhill Justice of the Peace, serving on the Board of Abatement and the Board of Civil Authority.

When Sabalis first moved to Underhill she spent four years on the Conservation Committee, but had to give it up because her job was too time consuming. She also worked with former representative Margaret Hummel on the bridge that bears Hummel's name. "People have asked me to run for Select Board over the years," she said, "and now I feel like I have the time and energy."

Sabalis believes she would be able to bring her human resource experience and attention to detail to the Underhill Select Board. She recognizes that her litigation experience may also be helpful, but wishes that was not the case. "There are no winners in litigation," she said. Sabalis has served on the board of directors of the Burlington area YMCA and is in her ninth year on the board of directors for VPT, where she chairs the governance committee. She believes this volunteer work provides her with financial experience as well as knowledge of open meeting laws. "I think I'm good at marshalling all the facts before coming to a conclusion," she said. Sabalis said she would also like to help determine if there are grants or other funding available to ease the tax burden on residents of Underhill.

Sabalis agrees with Turkos that Underhill has made efforts to be a strong community, citing the 250th anniversary and the annual Harvest Market as examples. She particularly likes the fact that the Harvest Market pulls together the two geographically-separated parts of the town. "I'd like to see more of that coming together," she said.

Sabalis is concerned with the increasingly contentious public discourse in town, pointing to disagreements regarding changing the speed limit on River Road as an example. "The posts on Front Porch Forum were unnecessarily mean and some of the discussion at public hearings was out of hand," she said.

Turkos realizes she can't please everybody but working at Smugglers' Notch she learned how to deal with angry guests and defuse situations, so she believes she will be able to help people who disagree with her find common ground. "I feel like this is someplace where I can make a difference," she said. "I grew up in this town and two years ago my parents sold my childhood home, so I went and introduced myself to the new people and now I babysit for them. It's that kind of community feel that drives me

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BRMS students and teachers take the plunge for Special Olympics



Browns River Middle School students raise money for Special Olympics for the thirteenth year. Story and photos page 6.

PHOTO CONTRIBUTED



Women's march closed the streets in Montpelier.

AERIAL PHOTOS BY GRAHAM SWANEY

A liberal silver lining

Commentary by Graham Swaney

(We asked Graham Swaney to write about the women's march in Montpelier, which he attended, from his perspective as a young person, a new voter, about what part the march plays in the political process. Here is his commentary. – Editor)

For a young liberal this year's election results were hard to accept. Bernie was not the Democratic nominee, Congress went further right, and Hillary lost the presidency to Donald Trump. Losing the presidential election is always upsetting. Yet, something about Donald Trump's ascension to the White House has provoked a particularly strong reaction among liberals. I believe the immense frustration over his election boils down to two points.

First, it is difficult not to mourn the loss of the momentum and hopefulness the Democratic campaigns generated. The Bernie Sanders campaign inspired many people from around the country to re-engage with the democratic process, and it was thrilling to have so many new liberal ideas on the table in a meaningful way. On election day it felt like a lot of this energy was lost. Not just that but democracy seemed to sour towards the end. Dialogue gave way to sign stealing and nasty online posts; it was then that the division of the election felt most palpable.

More importantly however, Trump runs against liberal thinking in a way that no other candidate did. As a liberal, I believe that I am capable of accepting differences of opinion; that is how democracy works. I may not agree that closing borders to refugees is in the

Silver lining continued on page 6

Route 36 bus in jeopardy

By Phyl Newbeck
Special to the Mountain Gazette

In October of 2014, residents of Jericho, Underhill and Cambridge were excited to have a new way to get to their jobs in Burlington, but today the Route 36 bus which services those communities is in danger of being discontinued. The bus runs four times a day starting in Jeffersonville with stops in Cambridge, Underhill, and Jericho as well as Essex Center. The schedule is geared to day-shift commuters, allowing people to travel to jobs at Fort Ethan Allen, St. Michael's College, and various locations in Burlington while leaving their cars at home or at park-and-ride facilities.

Initial funding for the route came from the state's Circ Alternatives Fund and the federal Congestion Mitigation Air Quality program. Cambridge, Underhill, and Jericho were asked to put aside \$3000 into an escrow fund each year for the first three years and then contribute approximately \$14,000 annually. Bus riders pay \$2 per ride, although those who only travel between Essex and Burlington pay \$1.

David Armstrong of Green Mountain Transit (GMT), which was formerly known as the Chittenden County Transportation Authority, made presentations to the Select Boards in Jericho, Underhill, and Cambridge regarding the route, which is also known as the Jeffersonville Commuter. Armstrong noted that ridership has been declining for all of GMT's routes, which he believes is due to the reduction in fuel oil prices. For FY '14 which had only nine months of ridership, there were 8193 riders on the Jeffersonville Commuter. That number rose to 12,764 for FY '15 and dropped to 10,795 in FY '16. There were 4298 riders for the first half of FY '17. GMT expected 70 people per day but ridership is down to an average of 33. Nevertheless, those numbers exceed the state's acceptable level of service and cost per passenger.

A breakdown of ridership conducted over a two-week period in December showed that 36% identified themselves as being from Cambridge, 30% from Underhill, 18% from Jericho, and 11% from Essex. In FY '16, 659 riders boarded at the Underhill Park and Ride (which is at the boundary of Jericho and Underhill), 602 at North Woods Joinery in Cambridge, 461 at the intersection of Cambridge and North Main Streets, 328 at the Jeffersonville Post Office, and 292 at the Jericho Post Office. Another 196 got on at the

Bus Route continued on page 2



Jericho Town Clerk Jessica Alexander shows a mounted copy of the 1920 Women's Checklist. The original checklists, professionally preserved after their discovery, are in the foreground.

PHOTO CONTRIBUTED

Jericho Town Clerk discovers 1920 checklist for Town's first women voters

By Sonja Schuyler, Jericho

Jericho Town Clerk Jessica Alexander was going through boxes of old papers when she discovered a folded checklist for the 1920 Primary Election that had only women's names on it.

The list was for the September 14th Primary Election. Looking at the election date, she realized that this was a list of the first women to vote in Jericho. The list appears to be a carbon copy of a typed list. The Checklist for the men in town was printed and had additions hand-written on it.

Realizing the significance of this document, Jessica took it to document preservation specialists, Kofile Technologies, for restoration. After the list was preserved, she had it photographed and framed by Jons Darkroom and Frame Shop of Essex Junction. The photograph copy now hangs in the Town Offices, and the preserved document is held with the historical town records in the town vault.

This checklist provides a look at how the women of Jericho stepped up after ratification of the 19th Amendment on August 18, 1920. The checklist of men had 295 names and the checklist of

Checklist continued on page 2

COMING EVENTS



Coyote that came in for a look at a trail camera.

PHOTO BY DECLAN MCCABE

A Field Guide to February

From the Vermont Center for Ecostudies

This month, wildlife and the rest of us here in New England will cross a threshold - arbitrary yet not insignificant: 10 hours of daylight. You can sense it when you head out in the morning: Black-capped Chickadees and Northern Cardinals are among birds breaking out into song, and Downy and Hairy woodpeckers are starting to drum. Even though we've got lots more winter ahead, change is coming. So *here's a Field Guide to February* to help get your hopes up, no matter what that groundhog predicted.

Cold weather, hot birds: Some of the notable birds seen around Vermont during the past few weeks. Bohemian Waxwings have joined Cedar Waxwings feeding on wild fruit and ornamental trees, even in our cities. We're also seeing more Snow Bunting flocks whirling across the fields and a few Pine Grosbeaks feeding on crab apples along city streets.

Vultures soaring and blackbirds singing? It happens in February, and it is a sure sign of the spring to come. Migratory birds begin to return this month. Although they're hardly long-distance migrants, Turkey Vultures are among the first northbound birds we see in northern New England each February. Not far behind are Red-winged Blackbirds. Add your sightings to *Vermont eBird* (<http://ebird.org/content/vt/>), a project of the *Vermont Atlas of Life*.

The howl of winter: Eastern coyote breeding season peaks now - around the middle of February. The howl of coyotes can usually be heard on winter nights, especially during mating season. They usually begin breeding at two years of age and may mate for life. The gestation period is approximately nine weeks, with an average litter of six pups. The Eastern Coyote is an opportunistic omnivore. It is both a predator and a scavenger, with a widely varied diet. They'll eat small rodents, plants, fruit, deer, snowshoe hare, cottontail rabbits, insects, birds, and even a woodchuck.

Add your sightings to iNaturalist Vermont (www.inaturalist.org/projects/vermont-atlas-of-life) and see where others have seen or heard them too.

Visit the Vermont Center for Ecostudies online at <http://vtcostudies.org>.

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intersection of VT Rts. 15 and 128 in Essex, 136 at Essex Outlets and 51 at Susie Wilson Road. For the first half of FY '17, the North Woods stop had the most riders, followed by the Underhill Park and Ride, Jeffersonville Post Office, Jericho Post Office, Route 15/128 and Cambridge/North Main.

The three towns are not in agreement on how to proceed and each has used their escrow account differently. Jericho is willing to continue paying for the bus, Cambridge wants their voters to decide, and Underhill has made the determination to cease participation in the Jeffersonville Commuter for FY '18.

In FY '17, the Jericho Select Board used \$6000 from their escrow account and paid an additional \$8000 to GMT. They will use the remaining \$3000 for FY '18 and pay \$11,000. Those funds have been allocated in the budget, which will be voted on at Town Meeting. Select Board Chair Catherine McMains reaffirmed the Select Board's commitment to the commuter bus. "With the new governor committed to having 90% of the state's energy from renewable resources by 2050, it is important in the long run to keep the bus available, as one way to decrease energy needs is to reduce individual vehicle miles traveled. If service is discontinued now, it is highly unlikely that it would be resumed anytime in the near future unless Jericho became a full member of GMT. That does come at a higher cost, but would provide more access to the route system."

Underhill used the full \$9000 in their escrow account for FY '17 and elected to contribute \$5000 for an additional year of ridership but they have chosen not to provide funding for FY '18, believing that doing so would create a \$10/per person subsidy for each rider. They felt that their contribution to GMT was effectively subsidizing other towns, in particular Jericho which has a greater population base than Underhill. In addition, they believe that Jericho residents are being counted as Underhill residents when they use the Underhill Park and Ride. Underhill Select Board members also suggested that it might make sense to tie the amount of money requested to the population of each town, although they recognized that some Cambridge riders come from towns beyond Cambridge. After some discussion about having the \$14,000 for FY '18 as an Australian ballot item on Town Meeting Day, a decision was made to discontinue funding the bus.

In contrast to Jericho, Underhill, and GMT, Cambridge's fiscal year is a calendar year so this year's Town Meeting will address the FY '17 budget. The town has \$12,000 in their escrow fund so the Select Board will be asking voters if they are willing to chip in an additional \$2000 for continued service. Select Board member Larry Wyckoff said the board supports this proposal and hopes town voters will do the same. "We fully support the concept of mass transportation," he said, "but with gas prices dropping, ridership is down." Wyckoff believes GMT has not done an adequate job of promoting bus service and hopes they will improve in that area. "We support it and think it's a good idea," Wyckoff said of the route, "but I don't know where we'll be next year."

It is unclear what will happen if Underhill is the only town that declines to continue funding the bus for FY '18. Green Mountain Transit indicated that there were too many variables to speculate on a contingency plan at this time.

Thursday, February 16

Brilliant Imperfection: Grappling with Cure, 6:30 PM, Phoenix Books Burlington, 191 Bank St., Burlington. In *Brilliant Imperfection*, Eli Clare uses memoir, history, and critical analysis to explore cure - the deeply held belief that body-minds considered broken need to be fixed. Eli Clare is a poet, essayist, activist, and the author of *Exile and Pride*. He speaks regularly at conferences, community events, and colleges across the United States and Canada about disability, queer and trans identities, and social justice. Tickets \$3 per person include a coupon for \$5 off the featured book. Coupons expire at closing the evening of the event. Seating is limited. Information: www.phoenixbooks.biz or 448-3350.

Friday, February 17

1st Annual Brew HaHa, 6:00 PM, River Arts, 74 Pleasant St., Morrisville. A special night of comedy with a delicious selection of local beer and pizza on the side! For information including admission, www.RiverArtsVT.org.

Friday-Saturday, February 17-18

I Love Libraries Book Sale, 5:30 - 8:30 PM Friday, 9:00 AM - 3:00 PM Saturday, Richmond Free Library, 201 Bridge St., Richmond. Large selection of fiction and nonfiction books, music, DVDs, audio books - for all ages, especially youth books. Live local music; raffle; baked items. Information: 802-434-3036.

Saturday, February 18

The Great Backyard Bird Count, 10:00 AM - 3:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Drop by the Museum to find out more about the GBBC! Learn how to get started, warm up in our comfortable viewing window chairs, get help identifying a bird, have fun! For general information about the Bird Count, <http://gbbc.birdcount.org/>. For information including admission for non-members (members free), 802-434-2167 or museum@birdsofvermont.org.

Saturday Storytime, 11:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic, or a staff favorite. We might even take audience requests! Free. Information: www.phoenixbooks.biz or 448-3350.

If I Knew What I Know Now: DNA Testing, 10:30 AM - 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. Patti Malone has spent 2+ years using the results from FamilyTreeDNA and AncestryDNA to research her family tree and find genetic cousins. How has she done it? What's involved? Would she do it the same way after all the work, time and energy she's invested? Join us for an entertaining and informative look at the world of genetic genealogy. All classes \$5; parking and entrance are across from the State Police Building. For information: www.vtgenlib.org or 802-310-9285.

Whole Book Approach Storytime, 11:00 AM, Phoenix Books Essex, 21 Essex Way, Essex. The stories we read with children are important. Join children's literature scholar and author Megan Dowd Lambert as she uses the Whole Book Approach to shake up storytime and get kids talking about what they see. Megan developed this approach in conjunction with the Eric Carle Museum of Picture Book Art in Amherst, MA. She'll feature her own picture books, *A Crow of His Own* and *Real Sisters Pretend*, as well as others that speak to themes of community, family, and inclusion. Free. For all ages. For information, www.phoenixbooks.biz or 872-7111.

Tuesday, February 21

Learn the Signs of Heart Dangers! 6:30 - 8:00 PM, Underhill Central School, Underhill Center. In this community education class, Dan Manz from Essex Rescue will be on hand to teach "compression only CPR" and cover other aspects of care for someone who is choking, possibly having a heart attack, or a stroke. Please RSVP to team.ucs@cesuvt.org. Co-sponsored by Underhill Central School and TEAM UCS (the school's PTO).

Wednesday, February 22

Arc of Justice, 7:00 PM, Deborah Rawson Memorial Library, Jericho. Jericho resident Bob Robbins hosts a screening of this powerful short documentary. This 20-minute film tells the story of a Georgia farming community and their struggle to gain control of their land and lives through the creation of a community land trust - the nation's first. Discussion following the screening will highlight how this model originating in the civil rights era continues into the present in our area.

Painted Word Poetry Series with John Hennessey, 6:00 PM, Fleming Museum, UVM, Burlington. Hennessey is the author of two collections, *Coney Island Pilgrims* and *Bridge and Tunnel*.

Checklist continued from page 1

women had 136 names. Eighty percent of the women voted in the primary election and 76% of the men voted in that election. While I was at the Town Office Jessica suggested looking at the town records around that date. Two women took the Freeman's Oath at a meeting of the Board of Civil Authority on September 4, only seventeen days after ratification. On September 11, the Board of Civil Authority recorded giving the oath to a long list of voters, most of whom were women.

It's clear that the addition of women to the checklist had to be a last minute effort. The list is only typed and the school district designations, which appear on the men's list, are absent. Unfortunately, the ratification came too late for these women to vote in the Presidential Primary in May 1920, when the Calvin Coolidge won the local vote for Presidential candidate. The list for the November election showed men and women separately on one list. This practice continued into the 1950s.

Does your Town have the 1920 Primary Election checklist? Wouldn't it be great if these lists of the first women voters could be located and collected for the 100th anniversary of women's suffrage in 2020!

Underhill continued from page 1

towards this. This is a way I can show my passion for the town and help people and take their ideas and run with them."

"We need to figure out a way to have meetings and fora where we allow people the opportunity to speak without jeering or interruption," Sabalis said. "I love this town and think it has some challenges and would like to try to be a moderating voice, particularly when we have some contentious hearings. I'm willing to make that commitment."

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on Facebook at

<https://www.facebook.com/MountainGazetteofVermont/>

and his poems have appeared in many journals and anthologies, including *Best American Poetry 2013*, *The Believer*, *Poetry*, *Fulcrum*, *Harvard Review*, *The New Republic*, *The Poetry Review (UK)*, and the *Poetry Ireland Review*. Regular admission; free to museum members and UVM students, staff, and faculty.

Thursday, February 23

Underhill Select Board Candidates' Forum, 6:30 PM, Deborah Rawson Memorial Library, River Rd., Jericho. Meet Meet Pat Sabalis and Stacie Turkos, the only announced candidates. The event will be an informal gathering at which the two will be able to make a brief statement and answer your questions. Light refreshments will be served.

Saturday, February 25

Saturday Storytime, 11:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic, or a staff favorite. We might even take audience requests! Free. Information: www.phoenixbooks.biz or 448-3350.

Winooski's History and Heritage, 10:30 AM - 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. Discover how Winooski was founded, who first settled here, and why its citizens moved to establish a separate municipality. Peruse photos from the era and hear stories from Winooski's French Canadian and Irish past from Anastasia Pratt. All classes \$5; parking and entrance are across from the State Police Building. For information: www.vtgenlib.org or 802-310-9285.

Whole Book Approach Storytime, 11:00 AM, Phoenix Books Essex, 21 Essex Way, Essex. The stories we read with children are important. Join children's literature scholar and author Megan Dowd Lambert as she uses the Whole Book Approach to shake up storytime and get kids talking about what they see. Megan developed this approach in conjunction with the Eric Carle Museum of Picture Book Art in Amherst, MA. She'll feature her own picture books, *A Crow of His Own* and *Real Sisters Pretend*, as well as others that speak to themes of community, family, and inclusion. Free. For all ages. For information, www.phoenixbooks.biz or 872-7111.

Wednesday, March 1

Conversations that Change How We Live and Die, 7:00 PM, Brownell Library, Essex Junction. Dartmouth professor and memoirist Irene Kacandes draws our attention to passages from great literature and nonfiction that can help launch or deepen conversations about living and dying. Part of the VT Humanities Council's First Wednesdays program. Free and open to the public.

Saturday, March 4

Saturday Storytime, 11:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic, or a staff favorite. We might even take audience requests! Free. Information: www.phoenixbooks.biz or 448-3350.

Whole Book Approach Storytime, 11:00 AM, Phoenix Books Essex, 21 Essex Way, Essex. The stories we read with children are important. Join children's literature scholar and author Megan Dowd Lambert as she uses the Whole Book Approach to shake up storytime and get kids talking about what they see. Megan developed this approach in conjunction with the Eric Carle Museum of Picture Book Art in Amherst, MA. She'll feature her own picture books, *A Crow of His Own* and *Real Sisters Pretend*, as well as others that speak to themes of community, family, and inclusion. Free. For all ages. For information, www.phoenixbooks.biz or 872-7111.

Thursday, March 9

Bastard Republics: A Journey Through the Frozen Conflict Zones of the Former Soviet Union, 4:00 - 5:00 PM, Stearns Performance Space, Johnson State College, Johnson. JSC associate professor of writing and literature Tyrone Shaw will present a slideshow on the cultural and political landscape of three post-Soviet nations that arose after the Soviet Union disintegrated. Free and open to the public. Information: www.jsc.edu/news-events/events/faculty-lecture-series.

COMMUNITY COLUMN

Slow the flow of nosebleeds

By Lewis First, MD

Chief of Pediatrics, UVM Children's Hospital

With Valentine's Day here, parents have been seeing red - not just in their children's valentines, but from the blood that can come from their child's nose when they have a nosebleed. Hmm, "the clot thickens" so to speak, so let me provide some information on this topic.

Nosebleeds are probably as common as the common cold and are usually caused by nasal passages being exposed to dry air during the winter season, or by recurrent colds and allergies. All of these factors contribute to making the inside lining of the nose quite raw, cracked, and crusted, allowing blood vessels to come to the surface of the nasal lining and leading to bleeding.

Most nosebleeds can easily be managed at home. If one occurs, first stay calm and reassure your child that the bleeding will stop. Then simply apply direct pressure to the soft part of the nose with the child sitting up and their head leaning forward so they are less apt to swallow the blood. Don't release that pressure until ten minutes have elapsed. A cold compress or ice pack to the nose can also speed up stoppage of the bleeding. Following applying pressure to the nose, it is not a good idea to blow the nose or it will disturb the new clot that has successfully formed.

How can you prevent nosebleeds from occurring? Humidifying the air in your home will help, as will applying Vaseline to the inside of the nose to keep the lining moist and prevent dryness and irritation. Picking the nose will also not improve the situation, so remember to keep fingernails short if your children do pick. Remind your child they can pick their friends, but they should not pick their nose or their friend's nose.

When should you worry about a nosebleed?

- When the bleeding is occurring through both nostrils
- When the bleeding continues for over fifteen minutes
- When bleeding appears heavy and is accompanied by dizziness or weakness or is the result of a fall or blow to the head
- When prolonged bleeding also occurs from other areas like the gums or from a cut elsewhere
- When nosebleeds happen a few times a week

When any of the above happen, contact your child's health care professional, who will want to examine your child's nose and, if necessary, perform some additional tests.

Hopefully tips like this will stop up any concerns you have and prevent you from seeing red the next time you are worried about your child's nose bleeds.

HEALTH NEWS

UVM medical group honors research, education faculty

The Faculty Practice Division of the University of Vermont (UVM) Medical Group recently honored ten faculty members at the UVM Medical Center and Robert Larner, M.D. College of Medicine at UVM. The faculty members received awards for their exceptional teaching and research efforts.

“These awards seek to recognize and encourage the critically important work our members go beyond providing excellent patient care,” said Claude Deschamps, president and CEO of the UVM Medical Group. “The value of having an academic medical center is rooted in the expertise our physicians develop through research and scholarly activities. This expertise provides direct benefits to our patients and impacts the education of medical students, residents, fellows, and other physician colleagues.”

Each education research grant awarded by the UVM Medical Group provides \$25,000 for two years of study related to scholarly pursuit. One grant is funded by the UHC Trust; a second has been funded for 2016 by the UVM Medical Group. Associate Professor of ObGyn Stephanie Mann, MD and Professor of General Internal Medicine Mark Levine, MD were awarded a grant to study how a GME-supported targeted curriculum can directly impact patient outcomes as residents learn the skills necessary to provide safe, high-quality, patient-centered care. Their long-term goal is to design and implement a GM-supported population health curriculum. Professor of Medicine-Pulmonary Critical Care Laurie Leclair, MD and Family Medicine Physician at Hudson Headwaters Health Network in Northern New York Colleen Queen, MD were awarded a grant to study if longitudinal incorporation of medical students into primary care practice will improve targeted patient care quality outcomes and satisfaction.

Professor Laurie Leclair is a Jericho resident.

Each of the two individual awards carries a \$1500 cash award and a \$6000 block grant related to educational efforts. The GME Teacher of the Year award went to Judith Lewis, MD, an associate professor and director of the Psychiatry residency program. She was recognized for her openness to new ways of teaching and her continual search for ways to improve resident education. The CME Teacher of the Year award was a tie between Anya Koutras, MD and Patricia O’Brien, MD. Dr. Koutras is an associate professor in Family Medicine who has taught medical students and residents for over 20 years. Among her accomplishments are increasing attendance to the Family Medicine Review Conference by 34% since she began directing it in 2010 and becoming the course director for the Annual Update on Women’s Health Conference in 2015. Dr. O’Brien is an Assistant Professor and Clinical Scholar in Medicine-Hematology/Oncology. She started the Women’s Health and Cancer Conference nineteen years ago and since then it has grown into a yearly educational forum for patients and providers where Dr. O’Brien acts as the lecturer and MC.

The UVM Medical Group also makes two awards to investigators. The Junior Investigator of the Year award was a tie between Alissa Thomas, MD and Michael LaMantia, MD. This is Dr. Thomas’s first year as an Assistant Professor in Neurological Science, following a fellowship here in Neuro-Oncology. In her time here, she has opened two new clinical trials, worked on three studies, and had four original peer-reviewed research articles published with two more accepted and in press. Dr. LaMantia is an Associate Professor in Primary Care and Internal Medicine and joined UVM this summer as the section head of Geriatrics. He currently has 29 publications, one of which was selected by the American Geriatric Society (AGS) as one of the 20 top influential papers in Geriatrics from 2000-2015. The Senior Investigator of the Year award was presented to Anne Dixon, MA, BM, BCh. In addition to being a Professor in Pulmonary and Critical Care Medicine, Dr. Dixon is the director of clinical research at the Vermont Lung Cancer and focuses her research on asthma. She has a stellar national and international reputation in the field of asthma, holding membership on NIH study sections, review panels, and the VA Merit review panel.

Research and education grants were created to help align the academic missions of the hospital and the College and to enhance multidisciplinary and multi-departmental work. Each of the two research grants provides \$50,000 for two years for projects that include junior and senior faculty from more than one department and link to infrastructural strengths at our institutions. Assistant Professor of Family Medicine Amanda Kolb, MD was awarded a grant to hold a controlled trial on treatment of low back pain at five UVM Family Medicine clinics and our Urgent Care center. About 4000 patients with a diagnosis of non-specific low back pain are seen at our Family Medicine sites, and this study could change the standard of care and improve patient outcomes. Assistant Professor of Pathology and Laboratory Medicine Michelle Yang and Associate Professor of Medicine-Gastroenterology Richard Zubarik were awarded a grant to research a way to diagnose pancreatic ductal adenocarcinoma (PDAC) early using specific biomarkers.

LETTER TO THE EDITOR

Food Shelf thanks residents

Dear Essex, Jericho and Underhill Residents,
Thank you for your generosity throughout the year. Your donations of food, time, and money helped to feed almost 200 individuals in 60 families per month in 2016, providing meat, eggs, butter, cheese, fresh produce, baked goods, canned foods, other staples, and personal care items. If you donated through a local church, school, scout troop, business, farm, farmer’s market, or supermarket, those items came to the Food Shelf.

Our local Food Shelf is a project of the Essex-Jericho-Underhill Ecumenical Ministry and is held at Good Shepherd Church on VT Rt. 15 in Jericho. Distribution will take place from 9:00 – 11:00 AM on these upcoming Saturdays: February 18, March 18, and April 8. It will then continue on the third Saturday of each month for the rest of 2017.

Many people and organizations have worked to keep the food shelf going and growing for over 34 years. Without your generosity and that of many volunteers, we would not be able to serve those in need in our communities. If you are interested in finding out more, please contact Forrest Cochran, 802-578-6691 or forrestc@vermontkw.com or <http://ejfoodshelf.wixsite.com>.

Thank you for your continued generosity.

Sincerely,

EJU Ecumenical Ministry Advisory Board Members

Stowe Charities funds infusion suites for Copley Hospital

The 2016 Stowe Wine & Food Classic again provided a celebration of good food, exquisite wines, and refreshing craft beer, thanks to the hard work of Stowe Charities, Inc. The Stowe-based not-for-profit organization has donated \$12,500, a portion of the proceeds raised by the event, to Copley Hospital to outfit two new chemotherapy/infusion rooms that will be built later this year in the hospital’s Center for Outpatient Services. The gift enables the hospital to outfit each private room with a special reclining chair, infusion pump and IV pole, television, and comfortable seating for family and friends.

Art Mathisen, CEO of Copley Hospital explains that the hospital is expanding their infusion service later this year, building two new infusion suites for a total of four, to meet community need. Patients receiving infusions often occupy these rooms for several hours, so comfort and privacy is very important. While receiving treatment, patients and family members have access to a kitchenette for beverages and snacks; the hospital’s cafeteria provides a full meal if patients are there during a mealtime.

“Stowe Charities continues to be supportive of Copley and we are grateful for their commitment to coordinating an event that celebrates good food and drink as a means to help our community,” says Mathisen. Past gifts have helped purchase medical equipment, including a gamma camera and cardiac monitors, and helped ensure care is available to everyone in need by supporting Copley’s Charitable Care Program. “Their support has helped save lives and is greatly appreciated.”

Stowe Charities named Copley Hospital and Camp TaKumTa as the beneficiaries of the 2016 Stowe Wine and Food Classic. The three-day event was held in August at Spruce Peak at Stowe and included “Brews, Blues & Food Truck Crews” featuring Kat Wright and the Indomitable Soul Band; “Stowe Classic’s Taste of Vermont,” and its renowned “Grand Tasting.”

Copley Hospital is greater Lamoille County’s non-profit community hospital and one of the area’s largest employers. For the past five years, Copley has been recognized as a HealthStrong Hospital, an award of excellence based on a comprehensive measurement metrics including quality, outcomes, patient perspective, affordability, and efficiency. Copley offers 24-hour emergency services, a family-friendly birthing center, and excellent inpatient and outpatient care with a number of specialists, including cardiology, general surgery, The Women’s Center (obstetrics/gynecology), Mansfield Orthopaedics, rehabilitation services and urology on its campus in Morrisville. Visit www.copleyvt.org or call 802-888-8888 for more information.

Is your spine in line?

By Mary H. Kintner, D.C., RN

Spine In Line/Feel Fine was a joke line in chiropractic school. But there is truth in the comment; it is the basic premise of chiropractic.

Just as your car has an ideal alignment, so does your body. The central nervous system is composed of the brain and the spinal cord. The vertebral column and cranium (a.k.a. skull) is the avenue through which information leaves and is received by the central nervous system. This is why chiropractors adjust the spine and cranium. By improving alignment of these articulations, we can optimize function, comfort, and health.

Many things influence how your body is aligned. Posture is important. In my yoga class, each class we review ideal alignment in “Mountain” Pose (a.k.a. *Tadasana*). Optimal alignment begins with the feet. Weight should be evenly balanced between right and left, front and back. Knees should be slightly bent, not locked. Pelvis should be tucked under (imagine having a heavy dragon tail) and centered over knees and feet. The trunk should be elongated, shoulders should be relaxed and centered over the pelvis, knees, and feet. Finally, the head should be balanced on top with chin parallel to the floor. Maintaining proper alignment in posture allows the body to move in the ways it was designed. This also is the most efficient, therefore conserving energy.

Poor ergonomics also affect alignment. Be aware of your workspace. Information on proper set up for work space is readily available (you can contact me if you want). Remember to bend and lift properly: knees bent and weight held close to body, and twist with the whole body turning, not just your upper half.

Sometimes, despite how well you behave, you may have a slip or an injury. It is important to get this resolved as quickly as possible. Injuries are easier to treat early on, before their pattern gets established and becomes detrimental.

Even without injury the body can become misaligned. This is why chiropractors often suggest periodic visits. It is the same as the dentist who does not wait until you have gum erosion or a cavity to suggest a visit.

So be well, take optimal care of yourself, and think alignment!

Mary H. Kintner, D.C., RN, is a chiropractor and nutritional consultant practicing in Jericho

Dartmouth prof shares literature illuminating life/death issues



Dartmouth professor Irene Kacandes will share passages from great literature that provide insight into how we live and die in a talk at Brownell Library in Essex Junction on Wednesday, March 1 at 7:00 PM. Her talk *Conversations That Change How We Live and Die, part of the VT Humanities Council’s First Wednesdays lecture series, is free and open to the public. As a way of helping deepen conversations about living and dying, Kacandes will delve into literature such as Thomas Hardy’s Tess of the D’Urbervilles, Rainer Maria Rilke’s The Notebooks of Malte Laurids Brigge, Thomas Mann’s The Magic Mountain, and Paul Kalithini’s When Breath Becomes Air. Kacandes is Professor of German Studies and Comparative Literature at Dartmouth College. She is author of Daddy’s War: Greek American Stories and Talk Fiction: Literature and the Talk Explosion. She has degrees from Harvard University and has studied at the Free University in Berlin, Germany and at the Aristotle University in Thessaloniki, Greece.*

PHOTO CONTRIBUTED



Stowe Charities Inc. conveyed a gift to Copley Hospital (Morrisville) – a portion of the proceeds from the 2016 Stowe Wine & Food Classic. The donation of \$12,500 is dedicated to outfitting two new chemotherapy/infusion suites in Copley’s Center for Outpatient Services. Camp TaKumTa was also a beneficiary of the event. Pictured outside the Spruce Peak Pavilion, where the event was held, are (from left): Camp TaKumTa Executive Director Hattie Johnson, Stowe Charities’ Greg Paus and Tony Campos, Copley Hospital CEO Art Mathisen, and Spruce Peak VP Sam Gaines.

PHOTO CONTRIBUTED



Mountain High Pizza Pie

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Friday
11:00 AM - 9:00 PM
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Must be signed for attribution with writer’s address and phone number.

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Area Worship Services

JERICO CONGREGATIONAL CHURCH

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899-4911; officejcc@comcast.net; www.jccvt.org

MOUNT MANSFIELD UNITARIAN UNIVERSALIST FELLOWSHIP

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

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[email: office@stthomasvt.com](mailto:office@stthomasvt.com), Website: www.stthomasvt.com

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www.unitedchurchofunderhill.com
Worship and Sunday School 10:30 AM
Local and Global Mission and Service Outreach Opportunities for families, men, women and youth Streaming audio sermons:
www.becauseyoumay.com

Health workshops sponsored by Northwestern Medical Center

Movement for Parkinson's Disease, Friday, February 17, 10:00 – 11:15 AM, Homestead at Pillsbury Manor. Offered for people with Parkinson's disease and their care partners, this dance class is designed to engage participants' minds and bodies through many styles of dance while exploring stretching, muscle strengthening, postural stability, and rhythm through instruction and energizing music. The class is offered in a relaxed social environment that emphasizes enjoyment, fun, and creativity, with an eye towards connecting with the community. Taught by M. Sara McMahon, MA, FlynnArts faculty member, who has been involved in the research, teaching, and performing of movement/dance for over 35 years. She has extensive training in the Dance for PD® method. No dance experience required. No charge, donation appreciated. Free; to register, contact 802-881-9673, saramcm28@gmail.com, or patricia_rugg18@comcast.net.

Diabetes and You, Mondays, February 13-March 13, 10:00 AM – 12:00 PM, NMC, Cobblestone Building Suite 202. Join us at this self-management educational series for people with diabetes and their families, proven to help people improve control of this disease. Learn how to keep diabetes from controlling your life and improve your blood sugar control to feel better and delay or prevent complications. Pre-registration required, contact Deborah Robertson, 514-1031. NMC will bill your insurance for the course fee. Scholarships available, no one will be turned away for lack of ability to pay.

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

Prenatal Fitness, Wednesdays, 5:30 – 6:30 PM, NMC Wellness & Fitness Room. Free prenatal exercise sessions to strengthen and prepare you for a successful birthing experience. Join other moms as we lead you through a customized routine designed to make you feel energized and confident. Please consult a physician before beginning this exercise program. Stephanie Freedom, AFAA. Pre-registration required; contact Stephanie, 802-288-1141 or stephanie.freedom@gmail.com to register or for more information. Free to Northwestern OB/GYN patients.

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

VT Quit Partners Fresh Start tobacco cessation class, Wednesdays, 11:00 AM – 12:00 PM, NMC, Grand Isle Room. Join others for this series to help you successfully quit smoking. Sessions include: understanding why you have an addiction and how to quit; mastering the first few days, mastering obstacles; and staying quit and enjoying it forever. When you are ready to quit, the tools and support can make all the difference. We can provide you with what you need to be successful! As a Vermont resident, you can get free patches, gum, and lozenges. Pre-registration required, call Chari, 524-8480. Free.

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

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Dr. Mary H. Kintner

Email:
DrMaryDC@comcast.net
www.JerichoChiro.com

Healing Circle Cancer Support Group. A self-help cancer support group for women of all ages and lifestyles who have cancer. At our monthly meetings, we share information, offer each other support and comfort, and learn new things from speakers. We extend an invitation to any woman who has cancer, whether you are newly diagnosed or a long term survivor. Held the first Tuesday (March 7) of every month, 4:30 – 5:00 PM socializing, 5:00 – 6:30 PM meeting, NMC Conference Franklin Room. Please call 802-524-8479 with any questions or to RSVP (not required). Free.

Have you lost a loved one to suicide? If yes, please consider attending a free, confidential group that meets monthly in St. Albans. Everyone in the group, including its facilitators, has had someone close to them take their life and knows how devastating that experience can be. You can just come and listen to others share what they are going through and how they are coping or you can share your own story. The choice is always yours to do what feels best to you. Second Thursday of every month, 6:00 – 7:30 PM. For more information on dates, times and location or to answer any questions you may have call Tony at 802-393-6503.

Chronic Disease Support Group Workshops, Healthier Living Workshop – held at various locations and dates. Are you or someone you know living with a chronic health condition? Then this workshop is for you! Learn to feel better by learning how to deal with frustration, fatigue, and pain, manage symptoms and medications, and improve strength and flexibility. Each session is 2½ hours once a week, for six weeks. Pre-registration required; contact Deb Robertson, 524-1031 or drobotson@nmcinc.org. Free.

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

Shadows Of The Moon Autism Support Group – for 1:1 phone support, please call Cheryl, 802-868-3658, or Laura, 802-849-2817.

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

Parkinson's Support Group – open to those with Parkinson's and their caregivers, including family and loved ones. Monthly meetings can provide an open forum to share experience with others who are coping with the disease, gaining education, and support. Second Tuesday of each month, 10:00 – 11:30 AM, Pillsbury Senior Community, 3 Harborview Dr., St. Albans. Wheelchair accessible. Free; pre-registration not required; for information, contact Pat, 802-524-5520 or Judy, 815-895-2312.

Breastfeeding and You, Friday, February 17, 12:00 – 1:30 PM, VT Dept. of Health, St. Albans District Office, Federal St., St.

VOLUNTEER OPPORTUNITIES

By Sue Alenick, United Way Volunteer Columnist
Make volunteering your New Year's Resolution! United Way of Northwest Vermont's mobile-friendly Volunteer Connection search platform connects you to hundreds of volunteer needs with local nonprofits. Search by age, date, county, or interest; find nonprofits by causes that are important to you. Now volunteers have even more ways to stay connected to community needs. Go to www.unitedwaynwvt.galaxydigital.com or contact us at volctr@unitedwaynwvt.org or 860-1677.

OUTREACH & ADMIN SUPPORT – Let's Grow Kids is looking for Community Education and Outreach Support volunteers to help with a variety of training and field outreach activities. Tasks include assisting with advertising, scheduling and data entry for training initiatives, preparing training materials, training design and delivery, scheduling community outreach activities, researching tabling opportunities at fairs and festivals, etc. Administrative support volunteers are also needed to assist the Office Manager and other staff by preparing packets for training events, entering petition data, direct mailings, and more. Contact Elizabeth Waring, 448-4409 or elizabeth@letsgrowkids.org.

BLOOD DRIVES – American Red Cross Blood Services is in need of volunteers to fill a number of important roles: Registration Volunteers welcome donors, track and organize donor lists, answer questions, etc. Flexible two- to three-hour shifts. Canteen Volunteers welcome donors to the canteen, serve refreshments, and alert staff if a donor is not feeling well. Two- to four-hour shifts during center hours. Reception Volunteers answer the phone and greet donors. Two- or three-hour shifts. Interview and background check required for all volunteers. Contact Alice Drislane, 497-6807 or alice.drislane@rescross.org.

COOKS AND BAKERS NEEDED – A number of local

Agencies are in need of volunteers to prepare and serve meals and snacks to residents and clients:

• **Burlington Dismas House** – Individuals and groups to prepare an evening meal once a month for up to 10 residents, a staff member, and the volunteer(s). Prepared meals can be brought to the house or purchased groceries can be prepared in the house kitchen. Contact Sue Drolette, 655-0300 or sue@dismasofvermont.org.

• **Martha's Kitchen (St. Albans)** – Volunteers help with prepping, cooking, serving, and cleaning weekday meals and midday meals on weekends. Contact Bob Begley, 343-5411 or Marthas802@yahoo.com.

• **Ronald McDonald House (Burlington)** – Use your cooking or baking skills to make cookies, prepare a dessert, or plan and prepare a dinner for guest families. Dinner should serve 12-15 people. Bring ingredients and work in their large, well-equipped kitchen. Contact Deanna Cameron, 862-4943 or Deanna@rmhcv.org.

• **Steps to End Domestic Violence** – Bring a prepared meal to a drop-off location to serve 15 Burlington shelter residents and help nurture those fleeing domestic abuse. To sign up, click on this link: <http://signup.com/go/YDZ1MW>. For info, contact Kim Jordan, 658-3131, Ext. 1081 or kimj@stepsvt.org.

• **ANEW PLACE** – Provide a meal for guests and help meet the needs of the city's homeless at this Burlington shelter. Volunteer individuals and families can share the meal with guests and learn of their experiences. To sign up for a meal go to <http://anewplacevt.org/meals/>. Contact Hannah Anderson, 862-9879 or hannah@anewplacevt.org.

• **Salvation Army** – Individuals or groups can prepare and serve a dinner meal to about 120 people, 5:00 – 6:00 PM, Monday-Saturday at the Friendly Kitchen in Burlington. Contact Patti Murray, 864-6991 or patti@use.salvationarmy.org.

NEWS BRIEFS

Underhill Select Board candidates' forum

The Underhill Historical Society and the Deborah Rawson Memorial Library are co-hosting a forum to give Underhill residents the opportunity to meet the two candidates for the Underhill Select Board. The forum will be on Thursday, February 23 at 6:30 PM at the library. Meet Pat Sabalis and Stacie Turkos, the only announced candidates. The event will be an informal gathering at which the two will be able to make a brief statement and answer your questions. Light refreshments will be served.

The election will be held on Town Meeting Day, Tuesday, March 7.

VT elementary choral festival to be held at Mount Mansfield UHS

Come celebrate *Music in Our Schools Month* on Friday, March 10 in the auditorium at Mount Mansfield Union High School, Jericho to hear elementary choral music sung by fourth and fifth grade students from all around Vermont. Doors open at 5:00 PM for the 5:30 PM concert, featuring Scott Paulson – Island Time Steel Drum. Tickets will be sold at the door: \$5 for students and senior citizens,

\$7 for adults, and \$15 per family. Sponsored by the Vermont Music Educators Association.

2017 applications requested for the Richmond Farmers Market

The Richmond Farmers Market is now requesting vendor applications for the 2017 market season. Interested vendors may apply online at <http://richmondfarmersmarketvt.org>. Saturday, April 1 is the first-consideration deadline for vendor applications.

The goal of Richmond Farmers Market is to provide fresh, local food and products plus fun entertainment – good for you, good for the community, good for the environment! You'll find family-friendly dining options and our vendors make it easy for you to create your own wonderful meals by offering fresh, healthy ingredients to take home in addition to unique, hand-crafted products that make great gifts.

The Market offers entertainment for everyone, with weekly music and fun activities for children, as well as a lively social event right in our local community. The Richmond Farmers Market takes place on Friday afternoons at Volunteers Green in Richmond from June through mid-October.

Please visit <http://richmondfarmersmarketvt.org> for more info.

LIBRARY NEWS

DEBORAH RAWSON MEMORIAL LIBRARY UNDERHILL

The library is open on Sundays from 1:00 – 4:00 PM. Stop in for an afternoon of library enjoyment. And on the first Sunday of each month, we offer our music programs, offering a range of musical venues.

Legislative Update – Thursday, February 16, 6:30 PM. George Till and Trevor Squirrel will be here to provide legislative information and answers to your questions. Please feel free to drop in and meet up with your representatives.

Movie Night – Friday, February 17, 6:30 PM. We will watch and discuss the 2016 Oscar-nominated film that tells the story of Richard and Mildred Loving, an interracial couple, whose challenge of their arrest for their marriage led to a legal battle that would end at the U.S. Supreme Court. We're happy to welcome Phyl Newbeck, a Jericho-based free-lance writer, who wrote *Virginia Hasn't Always Been For Lovers: Interracial Marriage Bans and the Case of Richard and Mildred Loving*. Join us to watch this powerful film, and take the opportunity to talk with Phyl about her experience in researching the book.

Vermont Storyteller Bill Torrey – Sunday, February 19, 1:30 PM. Bill Torrey is a sixth-generation Vermonter who worked forty years in the woods and recently began a new career as a writer and oral storyteller. He has won four NPR Moth Story Slams and has performed at the Flynn Theater, the Vermont Folk Life Center, Middlebury College, and the Vermont State House. His first book *The Ta Ta Weenie Club* was released by Green Writers Press this fall. The book has the endorsement of Tom Bodett, Willem Lange, and Bill Schubart. Come hear his presentation, *Stories from Behind the Barn*. Please note that this rollicking event may be rated PG.

Mah Jongg, Monday, February 20 at 1:00 PM. Whether you have never played before, would like to sharpen your skills, or just join a bunch of folks ready for a fun time, please join us as we explore the ancient Chinese tile game of winds, dragons and number tiles. If you like card games, you'll probably love Mah Jongg!

The Mystery Book Group's next meeting is Tuesday, February 21, 7:00 PM to discuss *Hush* by Kate White. Please join us!

Wednesday, February 22, 7:00 PM. *Arc of Justice* traces the remarkable journey of New Communities, Inc. (NCI) in southwest Georgia, a story of racial justice, community organizing, and perseverance in the face of enormous obstacles. Join Jericho resident Bob Robbins for a screening of this 20-minute documentary and a presentation of the origins of the community land trust movement and how its history continues in our area.

Oscar Party! Saturday, February 25, 7:00 PM. We're going Hollywood and we want you to join us! We'll have trivia, contests, and prizes. Dress up (as a movie character or a movie star) and enjoy some bubbly and tasty hors d'oeuvres. Brush up on your movie knowledge, as there will be trivia about movies old and new. Complete a ballot with your predictions as to who'll be making the speeches on the following night at the Academy Awards. So join us on the red carpet for an evening of Hollywood, right here in Vermont.

Current Events Conversation, Tuesday, February 28, 6:30 PM. Is there something happening in the news that you would like the opportunity to discuss with others? Consider coming to our new program in which we'll offer a non-partisan forum and try to take the long view on news topics, as opposed to the 24-hour news cycle and the Twitterverse. Possible topics include global warming, the current drug epidemic, and racial issues in the United States, but we are open to ideas from you. We plan to meet in the fireplace room, talk, and enjoy a cup of coffee. Feel free to join us whether you are up-to-date on current events, or would like to become more so.

FOR CHILDREN AND FAMILIES

StoryHour, Wednesday and Thursday, February 22 and 23, at 10:30 AM. This week's theme: Friends! Drop in for stories, songs, projects, and a nutritious snack! No registration required.

StoryHour with Beth London, formerly of Poker Hill School, Fridays, February 17 and 24 at 11:00 AM. Beth will be offering music and story hour for children and their families. No registration required.

Babytime! Tuesday, February 21, 11:00 AM – 12:00 PM. Introduce your littlest ones (infants and babies up to 18 months) to the wonders of language with nursery rhymes, songs, fingerplays, and board books. This is a great time for parents and childcare providers to connect, chat, and share ideas with each other. Older siblings welcome. No registration required.

Crafternoon! Tuesday, February 21, 2:45 – 3:45 PM. We have craft supplies for you! You can learn how to make your own stamps or use a wide assortment of craft supplies to create whatever inspires you! Join us after school. This program is designed for children in elementary school and middle school. Children under the age of 8 need to be accompanied by a caregiver. Please call to register 899-4962.

Movie and Popcorn Afternoon! Join us after school at 2:45 PM to watch *Finding Dory*! We will provide popcorn and lemonade just after the movie starts. This movie was rated PG. No registration needed.

Buddy Dubai will be back at DRML on Saturday, February 25, 12:00 – 2:00 PM. Families are welcome to come on by and sing with Buddy Dubai! No registration required.

Wednesday, March 1, 1:00 – 2:00 PM. Read to Nella the Dog! Beth Wilkins of Therapy Dogs of Vermont will bring her Cavalier King Charles Spaniel, Nella. You can sign up for a time to read a book to Nella; you can choose a book here or bring your favorite book from home. Please call to register for a time slot, 899-4962.

Thursday, March 2, 1:00 PM: Movie and Popcorn Afternoon – Join us to watch *Kubo and the Two Strings*! We will provide popcorn and lemonade just after the movie starts. This movie was rated PG. No registration needed.

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

COMMUNITY PROGRAMS & EVENTS AT JTL
YOUTH PROGRAMMING AT JTL

Little One & Me Circle Time (ages 0-5): Wednesday, February 15, 10:30 – 11:30 AM. Join storyteller and musician Katie Coons for this dynamic interactive hour of movement, song, play, rhyming games, craft, and snack.

Dungeons & Dragons: Wednesdays, 4:30 – 6:30 PM. Players ages 10 and up. No experience necessary but a commitment to the group is needed in order to follow the on-going story line.

All library programs are free and open to the public.

NEWS FROM THE JTL BOARD OF DIRECTORS

Board meetings are held the second Monday of every month at 7:15 PM at Jericho Town Library. Everyone is welcome to attend.

For more information on programs and library services, please visit our website at www.jerichotownlibraryvt.org or give us a call at 899-4686.

VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE

Story Hour and Crafts with LN, every Thursday, 10:00 – 11:00 AM. Come hear stories from a gifted and talented storyteller, and she does a craft with kids!

Weekly Crafting Circle, Mondays, 5:00 – 7:00 PM. Come and enjoy fiber and fabric with craft novices, as well as folks who have enjoyed handwork arts for their lifetimes! Have a project you're already working on? Bring it in and share your expertise and enthusiasm.

The Return of the Beekeeper – Saturday, February 18, 3:00 – 5:00 PM. Underhill beekeeper Paul Yanus will speak on his love for bees, and share his expertise about basic beekeeping. Handouts will be provided. For people who are serious about beginning the journey of having bees. For questions, contact thevarnum@gmail.com.

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

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

WESTFORD PUBLIC LIBRARY

Early Literacy Storytime for birth to preschool age children is every Thursday, 11:00 AM. No registration needed. Several stories around a theme, and a theme-based craft. All ages and levels of attention are encouraged to come. Don't worry if they fidget – they are still getting a lot out of it! January 19: Birthdays. January 26: Dragons/Chinese New Year.

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

RICHMOND LIBRARY

The annual "I Love Libraries" Book Sale will be held at the Richmond Free Library on Friday, February 17, 5:30 – 8:30 PM and Saturday, February 18, 9:00 AM – 3:00 PM (with \$5 bag sale from 2:00 – 3:00 PM). Come and shop from a fantastic selection of quality books (fiction and non-fiction) and media (music, DVDs, audio books) for all ages, and a particularly extensive selection of great youth books this year. Enjoy live local music, try your chance at great raffle prizes, and treat yourself to a delicious baked item. Raffle prizes include restaurant gift cards, T-shirts, local business gift cards, and more! The sale is organized by the Friends of the Richmond Free Library and helps to make many of the library's great programs and acquisitions possible. Questions? Call 434-3036 and ask for Rebecca or Wendy.

Knit Night, Wednesdays, 6:30 – 8:00 PM. Bring your knitting project and join other knitters in the Mezzanine Lounge. Don't knit?

Then bring your tatting, crochet, embroidery, needlepoint, quilting, or whatever is keeping your hands busy!

Lego Club: Come join other Lego enthusiasts. We have lots of Legos to build with and our collection is growing thanks to donations from the community. Lego Club is appropriate for youth age 5-10. No registration is required, just come play on Wednesdays from 3:00 – 4:00 PM.

Early Bird Math is an interactive math literacy story time for young children and their caregivers. Through books, songs and games, children are exposed to numbers, counting, shapes, measurements, and many other early math concepts, and will enjoy a chance to play with their peers. Join Wendy in the Community Room on Fridays at 11:00 AM.

Browse www.rfl.kohavt.org to discover new audiobooks, movies, and books for all ages! The catalog will also search downloadable ebook and audiobook titles from ListenUp Vermont.

Richmond Free Library, 201 Bridge St., P.O. Box 997, Richmond, VT 05477; 434-3036; 434-3223 (fax); www.richmondfreelibraryvt.org.

Open Monday and Wednesday, 10:00 AM – 8:00 PM, Tuesday and Thursday, 1:00 – 6:00 PM; Friday, 10:00 AM – 6:00 PM; Saturday, 10:00 AM – 2:00 PM.

FAIRFAX COMMUNITY LIBRARY

All events are free unless noted. Pre-registration encouraged. Call or email libraryprograms@fwsu.org.

Wednesday, February 15, 3:15 – 4:15 PM: READ to a DOG. Kids ages 5-10 can read a book of their choice to a fuzzy, friendly dog. Call to reserve a 15-minute slot.

Thursday, February 16, 3:15 – 4:30 PM: Chess Club continues for those registered.

Thursday, February 16,

7:00 – 8:00 PM: French for Adult Beginners. Join Alana Torraca for conversational French lessons for beginners this winter/spring. Classes begin February 2 and will run every other Thursday through April 20. Cost is \$35 (\$5/class). Ages 18+.

Tuesdays, February 21, 28, 9:30 – 10:30 AM: Preschool Story Hour. February 21: Ice Skating. February 28: Librarian's Favorites. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for story hour.

Thursday, February 16, 6:15 – 8:00 PM: Parenting Workshop Series. Scott Noyes presents: Positive Discipline – That Works! An energetic workshop on teaching children how to behave rather than reinforcing inappropriate behaviors, including ideas for handling meltdowns and other challenging situations. Please register. Free on-site child care is available.

Saturday, February 18, 9:00 AM – 12:00 PM: Chess Tournament. Open to grades K-8, including homeschool students. Pre-registration recommended, with additional registration available the day of at 8:45 AM. There will be three rounds of chess with trophies and medals awarded for each age division at the end. Parent volunteers for supervision of play are also needed.

Monday, February 20, 3:00 – 4:00 PM: Lab Girls. This new club empowers young women to explore science through hands-on experiments and activities. For grades 6-12. This month we will have a special guest showing us how to suture a banana, and sharing about her experience in the medical field. Must register.

Wednesday, February 22, 3:00 – 4:00 PM: STEM club: Kids age 6+ will build spool cars to explore potential energy. Must pre-register.

Thursday, February 23, 6:15 – 8:00 PM: Parent Workshop Series. Scott Noyes presents Parent-Child Interactions & Self-Esteem: Good, Better, Best. This workshop includes how we talk with children, the difference between praise and encouragement, how to avoid self-defeating patterns, responsibility and independence, and looking into a day in the life of a child.

Saturday, February 25, 11:00 AM – 12:00 PM: Farm to School Community Connections and Seed Swap. Big things are happening on the hill behind the school! Learn about what our youth are working on and how we can get involved. Plus, bring seeds for a swap with other local growers and increase the diversity of your garden this year.

The library has nine pairs of snowshoes in all different sizes that you can check out for up to four days at a time this winter.

Just a reminder: For the safety of our staff and patrons, the library will likely be closed when there is severe winter weather. If in doubt, we urge you to call ahead and see if we are open. If you get the answering machine during normal open hours, we are likely closed. You can also check our Facebook page for announcements.

The library is open Monday and Wednesday 8:30 AM – 5:30 PM, Tuesday and Thursday 8:30 AM – 8:00 PM, Friday 8:30 AM – 3:15 PM, Saturday 9:00 AM – 1:00 PM.

For up-to-date info about programs, visit our website: www.fairfaxvtlibrary.org, where you can also find a link to the interactive Google calendar.

Library news continued on page 6

[HEALTHY CHOICES]

Make one good choice today. Then do it again tomorrow.

Healthy choices add up to healthier living



Check out LiveWellLamoille.com for tips, resources, and encouragement.

The LiveWellLamoille blog is a collaborative effort with community leaders and social service agencies.



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SCHOOL NEWS

BRMS students and teachers take the Plunge



In 2004, a few students and a teacher, Bryant Pless, jumped into Lake Champlain to help raise funds for Special Olympics of Vermont. Over \$150,000 has been raised by Browns River Middle School (BRMS) students and staff members over the years to support local athletes with intellectual disabilities.

Bryant Pless said, "It is gratifying to know our students understand how to give back to our Vermont community." This year, over 76 students and staff members at Browns River Middle School participated in the Penguin Plunge on Saturday, February 4. They raised \$18,292 for the Vermont Special Olympics and took the plunge into Lake Champlain with teachers Jeff Warren, Bryant Pless, and Mac Sullivan leading the way. Jeff Warren commented, "The positive energy and joy on Saturday at the waterfront was just amazing!"

Eighth grade student and four-time participant Elizabeth Gembczynski said, "It gives me a chance to do something crazy and raise money for a great cause." Students in January and February helped fundraise for the Vermont Special Olympics programs like Mount Mansfield Union High School's Unified Sports.

"I am so proud of the BRMS school community for supporting the Special Olympics of Vermont for the past 13 years," said BRMS principal Kevin Hamilton. "This is a BRMS tradition that Bryant Pless began many years ago that connects our students to the entire Vermont community. It was a beautiful February day to plunge into Lake Champlain!"



Silver lining continued from page 1

country's best interest. I might not agree that we should cut funding from parenthood. I might not agree that we should spend thousands of dollars deporting illegal immigrants; but I like to think that I would have the civility to accept a difference of opinion with my president on these issues.

However, Donald Trump's approach to these issues, at least in my mind, is not acceptable. His comments about Muslims, Mexicans, and women have changed the nature of the debate. Calling Mexicans rapists turned the immigration debate into a racial issue. Proposing to ban people based on religion brought Islamophobia into a security debate. Furthermore, Trump's comments about women raise serious questions about what standards this country will set for gender equality in the future, and I haven't even started on his treatment of the press.

From a liberal perspective Trump has moved from being a debater to a divider. For someone who is "not P.C." maybe these comments can be ignored as locker room talk. Maybe it's true that the media has amplified his less diplomatic moments. Yet for a liberal, Trump has provoked a gut reaction that cannot be choked back. His policies and his demeanor run against the very grain of what we imagine as our ideal America. Trump's views counter our own so strongly it feels a bit like our 65,845,000 votes have not been heard. This was the catalyst for the rallies that swept the nation



Women's March 2016 brought more people to Montpelier than expected. Interstate access to Montpelier was closed because of the congestion.

AERIAL PHOTOS BY GRAHAM SWANEY

on the second day of his presidency.

This attitude was reflected in the march in Montpelier. In the face of a Trump presidency, we were prepared to take a stand for the values we believe are threatened by him, and with 15,000+ in attendance, the rally was unprecedented. While the march centered on women's issues it brought everything from immigration, to race relations, to climate change to the fore. The speakers were powerful and included several local high school students, Sue Minter, and even a surprise visit from Bernie Sanders! It was clear from the signs and the passion of the crowd that the issues on the table struck close to home. The rally successfully recaptured some of the energy that had been lost during the election, and restored hope in the fight over issues we care about.

In all, the rally was a silver lining. We still lost the election, but we feel more secure in that we had the chance to raise our voices and perhaps even be heard. I do not begrudge Trump his victory, nor his supporters the right to push a conservative agenda. I support compromise wherever possible. It was not a protest that we attended, it was a rally. However, our message was clear: democracy requires acknowledgement of everyone even if you have a mandate, and most importantly it has been made clear that if Trump crosses the line between debate and division we are prepared to stand up for our values.

Library news continued from page 5

DOROTHY ALLING MEMORIAL LIBRARY WILLISTON

All events free. Children 8 and younger must be accompanied by an adult while at the library.

Count Me In! Preschool Math Night: Wednesday, February 15, 6:00 – 7:00 PM. Introduction to hands-on activities that families can use in everyday life. Open to any parent or caregiver and their preschool child. Pre-register. Co-sponsored with Williston School District and Williston-Richmond Rotary Club.

Read to a Cat: Tuesday, February 21, 3:30 – 4:30 PM. Bring a book and read to Van Gogh, a certified therapy cat with "Love on a Leash" Foundation. Pre-register for individual reading sessions. All ages welcome.

Preschool Story Time: Tuesdays, 10:30 AM. Includes a simple craft activity. February 21: At the Beach. All ages.

Preschool Yoga with Danielle: Friday, February 24, 10:30 AM. Simple yoga poses, stories, and songs for children birth to age 5 and their caregivers.

Preschool Music: Mondays, 11:00 AM with Peter Alsen; and Thursdays, 10:30 AM with Marcie Hernandez. (Except Monday, February 20: library closed). Up to age 5 with a caregiver. No pre-registration. Limit one session per week per family.

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

Drop-In LEGO Day: Tuesday, February 28, 10:30 AM – 12:00 PM. All ages.

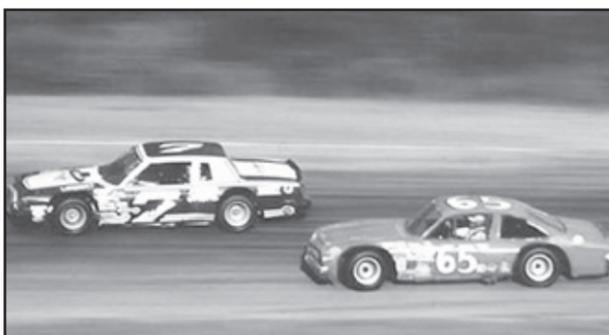
Dorothy Alling Memorial Library, 21 Library Lane, Williston. 802-878-4918, www.williston.lib.vt.us.

BROWNELL MEMORIAL LIBRARY, ESSEX JCT.

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

HISTORY NEWS

VT Humanities funds History of Auto Racing exhibit in Milton



Vermont Humanities has awarded the Milton Historical Society and Museum a \$1000 grant for the project *The History of Racing in Milton*. It's one of ten projects that recently received awards from VT Humanities.

The project will capture the car racing frenzy in Milton from 1955-1987 at Catamount Stadium, which paralleled the historic rise of NASCAR nationwide. It will include a three-month series of talks, panel discussions, oral history opportunities, and exhibits of racing memorabilia.

The VT Humanities grants program supports nonprofit organizations that conduct humanities-related projects. In 2016, it awarded \$40,000 to twenty-one Vermont organizations.

VT Humanities is now accepting Letters of Intent for projects that start after May 15. For information is available online at <https://www.vermonthumanities.org/humanities-grants/for-applicants/>.



Joseph Bishop's historic Richmond photos, free slide show

On Sunday, February 19 at 3:00 PM, the Richmond Historical Society will host a free slide show presentation of early 20th Century photos in the Richmond Free Library Community Room. The photos were taken in the 1910s and 1920s by professional photographer Joseph Bishop (or Levesque) of Richmond. Ranging from studio portraits to community events to people at work or play, these images showcase activities, relationships, and fashions important to early 20th Century Vermonters. Pictured is a Bridge Street Parade Float. For more information, www.oldroundchurch.com or contact the Richmond Historical Society, rhs@oldroundchurch.com. PHOTO CONTRIBUTED

NEWS BRIEFS



**Thanks for a successful
Pie for Breakfast**

The members of the Cambridge Area Rotary (CAR) would like to thank the community for its continued support of our Pie for Breakfast fundraiser, which was held on Saturday, January 28 as part of the Smugglers' Notch Area Chamber of Commerce Winterfest. With your generosity, more than \$2700 was raised! This money supports the CAR's service outreach within and beyond our community including activities such as the dictionary and thesaurus distribution to elementary students at Cambridge Elementary School (CES) and Waterville Elementary School, the Winter Wellness Program for fourth, fifth, and sixth graders at CES, the Cambridge food shelf, and more! Anyone interested in Rotary can attend a breakfast meeting as our guest. For more information please contact membership chair Susan Lassiter, Slassiter@unionbankvt.com, or you can show up on a Thursday morning at 158 Main at 7:00 AM to see what we are all about. — Tom LaChance, CAR President 2016-2017

Send your news, births, engagements, weddings, obits, events to mtgazette@earthlink.net or call Brenda at 802-453-6354

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ONGOING EVENTS

ADULT ACTIVITIES

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

The Vermont Genealogy Library in Fort Ethan Allen, Colchester has the resources to help you find those elusive ancestors. We are open every Tuesday from 3:00 – 9:30 PM. We continue to be open every Tuesday. Please see our website www.vtgenlib.org for more information including directions and how to contact us if you are visiting the area.

Toastmasters of Greater Burlington, 2nd and 4th Wednesdays, 7:00 PM, Holiday Inn, 1068 Williston Rd., S. Burlington. Do you want to develop your speaking and leadership skills? Ace an interview? Ignite your career? If so, Toastmasters of Greater Burlington is the place for you. You'll find a supportive learn by doing environment that helps you achieve your goals. For information, 802-782-4832.

Yoga, Tuesdays, 6:30 – 8:00 PM, Collins-Perley Sports Complex, St. Albans. For information including cost, 802-527-1202.

Eagles Auxiliary #3210 holds bingo at the club house, VT Rt. 109, Waterville, Friday nights. Doors open at 5:30 PM. Bingo starts at 6:45 PM. For information, contact Sally, 644-5377.

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.

Mt. Mansfield Scale Modelers, 3rd Thursday of the month, 6:30 – 8:30 PM. Modelers encompassing all categories of interest and skill levels are welcome. Brownell Library, Kolvoord Community Room, Lincoln St., Essex Junction.

Smugglers' Notch 55+ Club meets Wednesdays at Smugglers' Notch for a social time, then breaks into groups to ski. Brief organizational meeting, coffee and rolls, and then head out to the trails in self-selected ability groups. Gather informally in summer for a wide variety of outdoor activities. Membership benefits include various discounts at Smuggs. Information: Deborah, 644-5455 or just attend a meeting at the Morse base lodge, 9:00 AM every Wednesday.

The **Underhill Historical Society** meets at the Underhill Town Hall on the 2nd Monday of the month, 6:30 PM. Anyone welcome.

HEALTH EVENTS & GROUPS

La Leche League of Essex Junction – monthly breastfeeding support meetings, first Thursdays, 6:30 – 8:00 PM, Essex Free Library, 1 Browns River Rd., Essex Jct. Join us whether you are pregnant, nursing your first tiny baby, or weaning your last toddler. Free! We meet downstairs in the children's area.

Al-Anon meetings, Jericho United Methodist Church, Thursdays 10:00 AM, and Saturdays, 10:00 AM.

Alcoholics Anonymous meeting, "Women's Big Book" group meets Thursdays, 6:00 – 7:00 PM, United Methodist Church, VT Rt. 15, Essex Jct., across from Grange Hall.

Alcoholics Anonymous Meeting "Wing It" group meets Sundays, 11:00 AM, Maple Leaf Farm, Stevensville Rd., Underhill. Open Speaker meeting followed by a brunch (\$10 for brunch).

Alcoholics Anonymous Meeting, "The Firing Line" group meets Wednesdays, 7:15 – 8:15 PM, Maple Leaf Farm, Stevensville Rd., Underhill. Open Step meeting.

Alcoholics Anonymous Meeting "The Firing Line" group meets Saturdays, 8:00 – 9:00 PM, Maple Leaf Farm, Stevensville Rd., Underhill. Open Speaker Discussion meeting.

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

Alzheimer's support group, monthly on the 3rd 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.

Brain Injury Support Group – a place for survivors and family members, caregivers, friends, and the community to receive valuable resources and information about brain injury. The support group is a place to share experiences in a safe, secure, and confidential environment. Monthly meetings: 4th Fridays at the YMCA in Winooski 11:00 AM – noon; 1st Wednesdays at Fanny Allen in Colchester, 5:30 – 7:30 PM; and 2nd Tuesdays at the Saint Albans Diner in Saint Albans. Call the BIAVT help line, 877-856-1772.

Mom's Night Out, first Thursday of each month, 6:00 – 8:00 PM, LaQuinta Inn (Franklin Meeting Room), 813 Fairfax Rd., St. Albans. Are you the mother of a child with special needs? Do you have to advocate for your child and family? Do you wish you had

someone to have conversations with, who understands because they are the mother of a child with special needs too? Contact: Betty Morse, Family Support Consultant, 1-800-800-4005-ext. 201 or betty.morse@vtfn.org.

Approach Autism With Advocacy, Recovery & Education (AAWARE) in the Lamoille Valley, 3rd 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.)

Eating Disorders Parental Support Group, monthly on the 3rd 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.

Foot Clinics – Having trouble trimming your own toenails? Franklin County Home Health provides foot clinics around the county that can help. Call 802-527-7531 for an appointment and cost information. Cost: \$20.

Healthy Weight Support Group, Mondays, 12:00 – 12:30 PM, Northwestern Medical Center, Conference Room 3, St. Albans. For those working on weight management. Behavioral and nutritional strategies to increase physical activity and decrease calorie intake; techniques to help manage eating behaviors. Come 15 minutes early for weight check. Kay Tran, Registered Dietitian, MS, CDE, & Leslie Gardzina, Registered Dietitian. No registration required, just drop in.

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

Champlain Valley Prostate Cancer Support Group, 6:00 – 8:00 PM, 2nd Tuesdays, Hope Lodge, 237 East Ave., Burlington. Newly diagnosed? Prostate cancer recurrence? General discussion and sharing among survivors and those beginning or rejoining the battle. Information: Mary L. Guyette RN, MS, ACNS-BC, 802-274-4990.

TOPS Chapter 145 meets Thursdays 6:15 PM, Eagles Club, VT Rt. 109, Jeffersonville. Weigh-in 5:15 – 6:00 PM.

Healing Circle Breast Cancer Network, support group for women with breast cancer, monthly meetings 1st Tuesdays 5:30 PM, Northwestern Medical Center, Conference Room #1. RSVP at 524-8479.

Lamoille Home Health & Hospice: Hospice Volunteer Training. Health care professionals share their knowledge and passion for hospice. Please contact Charlene at 888-4651 or ccamire@lhha.org for more information.

Franklin County Prostate Cancer Support Group, monthly, 1st Tuesdays, 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. Information: Fern Mercure, 524-0719.

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

KIDS

Playgroups free of charge and open to all children birth-5 years, and their caregivers. Stories, songs, crafts, free play, local events and information, and more – an opportunity to play with the children in your life, meet other playmates, and connect with other parents and caregivers. Playgroups follow the school calendar. Come to any or all groups that fit your schedule. For information on any playgroup, contact Heather Lebeis, 899-4415 or underhillplaygroup@yahoo.com. Mondays: Good Shepherd Church, VT Rt. 15, Jericho, 9:30 – 11:00 AM; Wednesdays: Richmond Free Library, 8:45 – 10:15 AM; Fridays: Underhill Central School, 9:30 – 11:00 AM; Fridays: Huntington Public Library, 10:00 AM – 11:30 PM.

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

Early Literacy Storytime, Thursdays, 11:00 AM, Westford Public Library. Stories and activities using early literacy concepts for ages birth-preschool. Drop-in; no registration needed. New families welcome. Information: Victoria, 878-5639 or westford_pl@vals.state.vt.us, or visit www.westford.lib.vt.us and click on Events @ Your Library.

SENIORS/COMMUNITY MEALS

Jeri-Hill XYZ Seniors meet at the Catalyst Church on the Raceway, Underhill on the 1st and 3rd Wednesday of each month. All seniors welcome. Dinner served at 11:30 AM. Information,

Bette Workman, 899-4446, Loreen Teer, 899-1363, or Doug Keith, 899-2582.

Johnson Community Meal – 2nd and 4th Wednesdays of the month, 11:30 AM – 12:30 PM, United Church, Johnson. Come for a hot meal and get to know your neighbors. Meal followed by community gathering. Information: Ellen Hill, 635-1439, ellen.hill@jsc.edu.

Westford Senior Lunches – Join Westford Seniors for lunch at the Red Brick Meeting House on the Common, monthly on the 2nd Monday. Lunch, 12:00 noon; short meeting or presentation after. Call 878-7405 or 879-7382 for information or for a ride.

Bolton Up and Downtown Club meets the last Thursday of the month at the Bolton Fire Station. Meal at 5:00 PM. Open to adults 60+. Contact Doris Wheelock at 434-3769.

Huntington senior meal site – The Huntington senior meals are served monthly on the 3rd Tuesday, 12:00 noon at the Community Baptist Church, Huntington Center.

St. Jude's Church senior meals, Hinesburg, 2nd and 4th Tuesday of each month. Bingo games afterward. Everyone welcome, including caregivers. Dinners \$4 per person. Information: Ted Barrette, 453-3087.

Starksboro First Baptist Church senior meals, Starksboro, 4th Thursday of the month, 11:30 AM. Call Brenda Boutin, 802-453-6354 for more information. All ages are welcome!

"Good Food for All" free dinners, 2nd Thursday of the month, United Church of Underhill, VT Rt. 15, Underhill Flats, 5:00 – 7:00 PM; and on the last Thursday of each month at Calvary Episcopal Church, VT Rt. 15, Underhill Flats, 5:00 – 7:00 PM. Everyone in the communities is invited.

SPORTS ACTIVITIES

Ongoing Pilate classes, Dakini Studio, Underhill, Mondays and Thursdays, 6:00 PM. Register at 899-4191. For more information and other scheduled classes, www.dakinistudio.wordpress.com.

Qi Gong, the ancient Chinese art of movement, classes: Saturdays 9:00 – 10:00 AM, 562 VT Rt. 15, Johnson; Saturdays 11:00 AM – noon, River Arts, Morrisville; and Sundays 11:15 AM – 12:15 PM, Artful Cup, Jeffersonville.

Zumba, Tuesdays, 5:30 PM, Red Brick Church, Westford, with Heather Sanders, \$5, first class free; Saturdays, 9:15 AM, BFA, Fairfax, \$5; Sundays, 9:00 AM, Meeting House, Fletcher, \$5; with Kathy Bourdeau Mondays, 7:30 PM, BFA, Fairfax, \$5; Wednesdays, 7:00 PM, BFA, Fairfax, \$5.

Zumba Fitness, Monday evenings only, 5:30 – 6:30 PM, River Arts Center, Morrisville. Certified instructor Karen Machia. No registration required, drop in. 888-1261 or www.riverartsvt.org for more details.

TOWN GOVERNMENT & ORGANIZATIONS

Cambridge Area Rotary meets on 1st four Thursdays of the month, upstairs at 158 Main restaurant, Jeffersonville, 7:00 – 8:00 AM. Information: Susan Lassiter, 644-6600 or Slassiter@unionbankvt.com.

Westford Fire Department, Mondays, 7:00 PM, at the fire station next to the Town Garage. Information: John Quinn, jquinnivt@aol.com.

Jericho Village Water District Board of Commissioners meet on the 3rd Wednesday of the month, 7:00 PM, Old Red Mill, Jericho.

Jericho-Underhill Water District meets 1st Monday of the month, United Church of Underhill, Underhill Flats, 7:00 PM. Information: 899-4076 or 899-3810.

Jericho Historical Society, monthly on 2nd Thursdays, 7:30 PM, Old Red Mill, Jericho.

Jericho Underhill Park District Board meeting, 1st and 3rd Wednesdays, 7:00 PM, Deborah Rawson Memorial Library project room, Jericho. Residents of Jericho and Underhill always welcome. Information: 899-2693.

Jericho Energy Task Force meets monthly, 2nd Thursdays, 7:00 – 8:30 PM, Jericho Town Hall, VT Rt. 15, Jericho.

THRIFT SHOPS & FOOD SHELVES

Essex/Jericho/Underhill Food Shelf, open 3rd Saturday each month, 9:00 – 11:30 AM, Good Shepherd Lutheran Church, VT Rt. 15, Jericho. Meat, dairy, produce, pantry items, pet food, and some non-food items. All are welcome.

Westford Food Shelf, open monthly, 3rd Saturdays, 8:00 – 10:30 AM, United Church of Westford. All are welcome. Fresh produce, meat, and non-food items available.

The **Heavenly Cents Thrift Shop**, just east of Five Corners, Essex Jct., VT Rt. 15, 10:00 AM – 3:00 PM Tuesdays and Wednesdays; 4:00 – 8:00 PM Thursdays.

COLLEGE NEWS

Marina Bowie of Jericho, VT has been named to the Dean's List with high honors for the fall 2016 semester at the University of New Hampshire, Durham, NH.

Jeffrey Carter of Jericho, VT has been named to the Dean's List with honors for the fall 2016 semester at the University of New Hampshire, Durham, NH.

Kira Clokey of Jericho, VT has earned a place on the Dean's List for the fall 2016 semester at Becker College, Worcester, MA, where she is pursuing a bachelor of science degree in nursing.

Flynn Liam Genadio-Allen of Jeffersonville, VT, a junior majoring in civil engineering, has been named to the Dean's List for the fall 2016 semester at Clarkson University, Potsdam, NY.

William Logan Harris of Jeffersonville, VT, a sophomore majoring in mechanical engineering, has been named to the Dean's List for the fall 2016 semester at Clarkson University, Potsdam, NY.

Lauren Irish of Westford, VT has been named to the Dean's List with highest honors for the fall 2016 semester at the University of New Hampshire, Durham, NH.

Corinne J. Jacobsen of Westford, VT, a member of the Class of 2018 at St. Lawrence University, Canton, NY who is majoring in history and business in the liberal arts, is participating in the spring off-campus program in Austria. Jacobsen graduated from Essex (VT) High School.

Maria Y. Leech of Underhill, VT, a member of the Class of 2018 at St. Lawrence University, Canton, NY who is majoring in geology, is participating in the spring off-campus program in New Zealand at the University of Otago. Jacobsen graduated from Carrabasset Valley (Maine) Academy.

Juliann Menichelli of Underhill, VT has been named to the Dean's List-Honor Status for the fall 2016 semester at the Community College of Vermont. Menichelli is a 2013 graduate of

College news continued on page 9

MISCELLANEOUS NEWS

ANR listening tour coming to Chittenden County

The Vermont Agency of Natural Resources (ANR) Secretary Julie Moore has announced that she will host a listening tour this February and March to hear directly from "our customers" about their experiences interacting with the Agency. The Secretary invites business owners, planners, real estate agents and others with regular business before the Agency to attend one of five public forums being hosted across the state at regional economic development commissions.

"The agency has been a leader in working to continuously improve programs and processes, but we recognize that we can always do better. I invite all Vermonters with regular business before the agency to come and share your experiences," says Moore.

ANR oversees permitting processes for state and federally-delegated programs that maintain clean air, water, and soils as well as healthy forests and ecosystems. The Secretary wants to hear about opportunities to further improve the agency's current permitting and regulatory systems to deliver better, more efficient business and organizational outcomes while protecting Vermont's natural resources.

The feedback gathered during the statewide listening tour will be used to identify opportunities to improve the agency's delivery of effective and consistent services. Listening tour stop locations and dates include a stop in Burlington on Friday, February 24 from 10:00 – 11:00AM at the Lake Champlain Regional Chamber of Commerce, 60 Main Street.

No RSVP is required to participate. For more information, visit <http://www.anr.vermont.gov> or call 802-828-1294.

WNRCD 34th annual tree, shrub and perennial sale

The Winooski Natural Resources Conservation District (WNRCD) hosts the annual tree, shrub, and perennial sale as a service to residents of the District. We offer a wide selection of species for home, garden, and conservation projects. We offer several species of locally sourced trees, shrubs, and perennials. All proceeds from this fundraiser are used to develop and implement on-the-ground projects that protect our Natural Resources including riparian and shoreline buffers, stormwater mitigation projects, fish habitat restoration, culvert replacements, and so much more.

All orders must be postmarked by Friday, April 7. For information about the sale including plant species offered and planting instructions, go to <http://winooskinrcd.org/wp-content/uploads/Online-tree-sale-brochure-2017.pdf>. Download your order form at www.winooskinrcd.org. Availability is limited – order early!

The Winooski Natural Resources Conservation District is one of 14 conservation districts throughout Vermont. It encompasses all of Chittenden and Washington Counties and parts of Orange County, and more than five different drainage basins including the Winooski and the LaPlatte River watersheds, and parts of the Lake Champlain and the Lamoille and White River watersheds. To find out more about the WNRCD and how you can get involved, please visit www.winooskinrcd.org or email info@winooskinrcd.org.

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PEOPLE IN THE NEWS

JUST MARRIED



CLARK – CASWELL

Mr. and Mrs. Tim Clark of Underhill, VT are pleased to announce the marriage of their daughter Christina, to Calvin Caswell, son of Lori Caswell of Essex, VT and David Caswell of Jericho, VT. They were united in marriage on September 10, 2016 at the Mansfield Barn in Jericho, VT.

The matron of honor was mother of the bride, Cathy Clark, and bridesmaids were Katelyn Clark, cousin of the bride, and Tonya Waldron.

The groomsmen were John Ouelette, Sean McCann, Cody Guyette, and Taylor Josephson.

The bride graduated from Mount Mansfield Union High School in Jericho, VT and Johnson State College, Johnson, VT. She is a teacher at Waterville Elementary School.

The groom graduated from Mount Mansfield Union High School and is employed at Clark's Truck Center in Jericho, VT. He is a lieutenant on the Underhill-Jericho Fire Department.

They live in Underhill, VT.

Yankee Bookshop joins

Phoenix Books family of stores

The owners of Phoenix Books, a Vermont-owned bookstore with locations in Essex, Burlington, Rutland, and Chester, have purchased Woodstock's Yankee Bookshop. Michael DeSanto and Renee Reiner met with Susan Morgan – who bought the shop in 2001 – for the closing on Wednesday, February 1. Yankee Bookshop first opened in November of 1935, making it Vermont's oldest continuously operated independent bookshop.

"After 15 years of 24/7 ownership doing everything, including cleaning the toilet, I realized the bookshop needs fresh eyes and fresh passion to continue to be one of Woodstock's keystone businesses," says Morgan. "I'm tuckered out! Yankee Bookshop deserves owners who are media savvy. I want to see the Yankee Bookshop hit its 100 year mark and still be going strong. I know it can't happen with me as its owner, but when it happens I hope I'm here to see it!"

While DeSanto says that a few alterations may be made as the new owners bring their own taste, style, and interest to the selection of offerings and to the floor plan, they won't be making any drastic changes to the venerable bookshop. "We've signed a lease for the next three to six years," says DeSanto, "so we are not moving. We're keeping the name, Yankee Bookshop. Susan Morgan has passed on a thriving and successful bookstore; our job is to keep that going!" To aid in the transition in ownership, Morgan will stay on in the store for a few months and will be available for consultation after that.

For day-to-day operations and on-site owner-management, DeSanto and Reiner have teamed up with their assistant manager, Kari Meutsch, and her fiancé, Kristian Preylowski. Meutsch has worked for Phoenix Books for five years and has always wanted to own her own bookstore. "From the beginning, Mike and I were impressed by Kari's ability to make customers feel welcome, her determination to make sure she always did the best job possible, her intelligence and creativity in facing the challenges of a retail business, and her genuine love for books and bookselling," said Renee Reiner. Mike DeSanto adds, "Renee and I – and the team at Phoenix Books – are excited to support our local owner-managers by providing both the stability of being associated with an established group of businesses and access our management group. As excited as we are that Kari and Kristian will be in Woodstock as our business partners, we will all miss her pretty desperately in Burlington and Essex."

DeSanto and Reiner were the owners of The Book Rack and Children's pages, first located in Winooski, and then Essex from 1995-2003, when they sold that business. The appeal of bookselling was too strong to resist, and the couple founded Phoenix Books in Essex in 2007 and, in 2012, opened a second location in Burlington using a Community Supported Enterprise model. Following a recruitment effort by the greater Rutland community, including Green Mountain Power, the City of Rutland, and the Downtown Rutland Partnership, and with the addition of local partners Tricia and Tom Huebner to provide local leadership, DeSanto and Reiner opened Phoenix Books Rutland in September of 2015. In May of 2016, DeSanto and Reiner acquired Misty Valley Books, now Phoenix Books Misty Valley, in Chester, VT. "We believe that local bricks-and-mortar bookshops offer something very important to a community – a physical place to go to discover and exchange ideas, to have conversations with neighbors, and to gather as community members," says DeSanto. "It is part of our mission at Phoenix Books to ensure that local bookshops continue to be a vital part of Vermont's communities – and to engage with and serve the communities where we do business."

Kristian Preylowski and Kari Meutsch met seven years ago while working in a bookstore, and between the two of them have close to twenty years of experience in bookselling. "We've both spent our lives working in the service industry, and understand what it means to serve our community," says Meutsch. "Woodstock has a beauty and vibe that we find inspiring. We are excited to continue the work of an existing business that has so much history within the community and the state; both of us have a deep respect for independent businesses that have survived and thrived over time, and we cannot wait to do our part to keep the tradition of the Yankee Bookshop alive for years to come."

Francis "Frank" Paul Barkyoumb, 74, of Westford, VT passed away peacefully in Florida surrounded by his family on Saturday, January 28, 2017. He fought a brave 10-month battle with brain cancer. A Mass of Christian Burial was celebrated at 11:00 AM on Monday, February 6, 2017 at Saint Lukes Parish in Fairfax, VT, with a reception following the service. A Military Burial will be held in the Spring. Frank was born July 9, 1942 in Burlington, VT to Kenneth and Jean (Brodeur) Barkyoumb. Frank graduated from BFA Fairfax in 1960 and was president of his class for three years. Upon graduating high school he enlisted in the United States Navy. He was assigned aboard the USS Springfield CLG-7 as a Fire Controlman Petty Officer 3rd Class. On July 30, 1966 he married the former Carol Ann Campbell of Winooski, VT. Frank was employed by IBM as a manager for thirty years. He was a loving father, husband, grandfather (Pepe), and friend to all. Frank loved sports and enjoyed the outdoors, spending lots of time golfing, fishing, and hunting whenever possible. Throughout the years he was a member of multiple golf and bowling leagues, where many friendships were formed. He was a lifelong Red Sox fan and enjoyed watching all of their games. Frank was a kind, gentle man, always willing to lend a hand if needed. He was a wonderful Pepe to his grandchildren, always there to teach and guide them in any sport that they were playing. He was their biggest fan. Frank was also a talented cook and enjoyed making wonderful meals for all family gatherings. Nobody could barbecue like Pepe. Being a religious man, Frank was also a member of the Knights of Columbus. He will be missed by many, especially his longtime IBM buddies Don Palmer and Peter Smith. Also, a special thank you to his friend Lynn Townsend and cousin Gary Collins, who were there to help him in any way they could. The world was a better place with Frank in it, he will be greatly missed. Even though we are all grief stricken that he is gone, we are all thankful that he is at peace and no longer suffering. Now he is our special angel watching over us. Until I see you again Frank, I will always love you, your wife Carol. Frank leaves his wife of fifty years, Carol Barkyoumb (Campbell) of Westford and his children, Kristine Roy and Mitch of Florida and her children Mason and Carmen; Steven Barkyoumb and wife (Sara) and their two sons Rowan and Augustus of Burlington; Diane Russin and Mike Dashno of Fairfax and her children Danielle, Colby, and Avery; daughter-in-law Lisa Hill Barkyoumb of South Carolina. He was predeceased by his son Brian Barkyoumb. Frank leaves eight sisters and one brother: Janet (Roger)Yandow of Essex Junction, VT; Gloria (Ray) Ladoux of Fairfax; Betty (John) Severance of Sheldon, VT; Sandy (Ronnie) Cutting of Fairfax; Linda (Richard)



OBITUARIES

Mathieu of Westford; Kenneth (Sally) Barkyoumb of Bolton, VT; Brenda (Ike) Irish of Fairfax; Debbie (Mark) Irish of Fairfax; Susan (Doug) Corse of Fairfax. Many cousins, uncles and aunts, especially Alice Collins of Fairfax. A special thank you to Hope Hospice of Fort Myers, FL for their loving care and support. Also, thank you to the military volunteers with Hope Hospice for giving Frank a beautiful Military Salute Service. The family also invites you to share your memories and condolences by visiting www.awrfh.com.

Duane Edwin Burnor, 87, of Cambridge, VT passed peacefully on Friday, January 13, 2017 at the UVM Medical Center in Burlington, VT. He was surrounded by his children and grandchildren at the time of his passing. He leaves his four children: Debra Burnor-Smith and her husband, Michael Smith of Elmore, VT; David Burnor of Johnson, VT; Steven Burnor of Cambridge; and Sharon Brahmstedt of Johnson; and his eight grandchildren and four great-grandchildren. He also leaves two brothers: Allard Burnor of Alburg, VT and Terris Burnor and his wife Shirley of Springfield, MA; sisters-in-law Jean Kelley, and Donna Rath and her husband Tim Rath, and brother-in-law John Bugbee; along with many nieces and nephews. He was pre-deceased by his wife of 58 years, Janet (Bugbee) Burnor, and by four brothers: Durwood, Carlyle, Harlan, and Stanley. Born and raised in St. Albans, VT, the son of Rayshell and Gladys (Sweet) Burnor. He was the sixth of seven sons. Duane graduated from BFA St. Albans in 1950. He was voted "most athletic" in his class and was scouted by the Boston Red Sox for one of their farm teams. After high school, he enlisted in the U.S. Army for two years, leaving the service with the rank of Sergeant First Class. He later served with the Vermont Air National Guard, leaving with the rank of Staff Sergeant. He served in the U.S. Military from 1948-1961. He met his wife, Janet, at a local dance and they were married in 1957 in St. Albans. He was a career railroad engineer for the Central Vermont Railway, based out of their St. Albans yard. He began as a fireman on steam locomotives and from time to time worked with his father who was also an engineer. His career with the railroad extended from 1954 until 1990, when he began his retirement. Duane was an avid hunter and fisherman in his younger years. He spent much time devoted to woodworking after retirement and made many beautiful furniture pieces, which are with his family and friends. He was a wonderful father and grandfather, and each of his grandchildren had a special relationship with him. He is dearly missed. A memorial service will be held at Greenwood Cemetery in St. Albans for both Janet and Duane in the Spring. Visit www.burlingtonfreepress.com/obituaries to express condolences and sign the guest book.



College news continued from page 8

Mount Mansfield Union High School, Jericho, VT.

Brian Michael Nicewicz of Jericho, VT, a senior majoring in mechanical engineering, has been named a Presidential Scholar for the fall 2016 semester at Clarkson University, Potsdam, NY.

Michael O'Connor of Jericho, VT has been named to the Dean's List with high honors for the fall 2016 semester at the University of New Hampshire, Durham, NH.

Emma Phalen of Underhill, VT has been named to the Dean's List with highest honors for the fall 2016 semester at the University of New Hampshire, Durham, NH.

Mackenzie Ramsdell of Waterbury, VT has been named to the Dean's List for the fall 2016 semester at Georgia Southern University, Statesboro, GA.

Saege Robinson of Underhill, VT has been named to the Dean's List with highest honors for the fall 2016 semester at the University

of New Hampshire, Durham, NH.

Grayden Patrick Shand of Jericho, VT, a junior majoring in innovation and entrepreneurship, has been named a Presidential Scholar for the fall 2016 semester at Clarkson University, Potsdam, NY.

Casey Sheredy of Jeffersonville, VT has been named to the Dean's List with highest honors for the fall 2016 semester at the University of New Hampshire, Durham, NH.

Sean Stergas of Cambridge, VT has been named to the Dean's List for the fall 2016 semester at Western New England University, Springfield, MA.

Austin Tremblay of Underhill, VT has been named to the Dean's List for the fall 2016 semester at Paul Smith's College, Paul Smiths, NY. Tremblay is majoring in Environmental Sciences.

ART / MUSIC / THEATER

ART/PHOTOGRAPHY

It is time to get organized for the local tour of the Vermont Craft Council Open Studio weekend, May 27 and 28. Artists in the Jericho / Underhill area wishing to participate in the local tour are encouraged to sign up by Friday, February 17. The participation fee is \$20. Make out a check to Jericho Underhill Open Studio, and send it to Emilie Alexander, 22 Barber Farm Rd., Jericho, VT 05465. Need more info? Call 899-4993.

The Mount Mansfield Fine Arts Department students will have an exhibition of their work at the Emile A Gruppe Gallery running through Sunday, February 19. Emile A Gruppe Gallery is open Thursday-Sunday, 10:00 AM – 3:00 PM or by appointment, and is located at 22 Barber Farm Road in Jericho. For more information, go online to www.emilegruppegallery.com or call 899-3211.

An exhibit will run through March 2017 at the Jericho Town Hall. "Out-of-doors, into the fields and woods, into the kaleidoscope of color and light." The exhibit is one of an ongoing series of shows that are part of a collaborative project between the Town of Jericho and a committee of volunteers involved in the arts. The Committee includes Jericho Selectboard member Catherine McMains, artists Dianne Shullenberger and Barbara Greene, and gallery owner Emilie Alexander.

The Helen Day Art Center in Stowe presents Natalie Jeremijenko's solo exhibition and installation, running through April 8. Jeremijenko is an artist, engineer, and inventor with a specialty in environmental and urban issues. Her solo exhibition will encompass all the galleries of Helen Day Art Center with a dynamic installation of past and new projects. Most of her new work will relate specifically to Vermont's ecosystem and its inhabitants. Jeremijenko is an Associate Professor in the Visual Art Department, NYU and is affiliated with the Computer Science Department and the Environmental Studies program. Helen Day Art Center, 90 Pond St., Stowe. Gallery hours Tuesday-Saturday, 10:00 AM – 5:00 PM or by appointment.

Information: Rachel Moore, director@helenday.com, www.helenday.com, or 802-253-8358.

On Photography, a two-part exhibit by artists in Vermont and elsewhere, will be displayed through Friday, March 17 in the Julian Scott Memorial Gallery at Johnson State College, Johnson. There will be a reception, free and open to the public, at the gallery at 5:00 PM on Thursday, March 2 for the *Impression* display. *Response* features work by Vermont artists Kelly Holt (urban black and white photography), Duncan Johnson's photos relating to his woodworking studio, and Mary Zompetti's images exploring the Iceland landscape, including a series of 28 moon phases, with an audio component. *Impression*, which opens Monday, February 27, features work by Brittany Powell of California, whose work relates to her multimedia study of the role of personal debt in our lives, and by Cig Harvey of Maine with photos from her *Gardening at Night* series. Gallery hours are 10:00 AM – 6:00 PM, Tuesday-Friday, and 10:00 AM – 4:00 PM Saturday. For more information, visit www.jsc.edu/Dibden or call 635-1469.

The Fleming Museum kicks off 2017 with the opening of a new permanent gallery dedicated to the Museum's large collection of Asian art. Complementing the opening of this gallery will be a semester-long contemporary exhibition of composite photographs created by American artist *Catherine Jansen* of the people, places,

Art continued on page 10

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Art continued from page 9

and animals of India. In the Museum's Wolcott Gallery, an exhibition titled *Imbibe: Drinking in Culture* will feature drinking vessels and containers from around the world, curated from the Museum's permanent collection. Fleming Museum of Art, UVM, 61 Colchester Ave., Burlington. For more information, <http://www.flemingmuseum.org>.

The Birds of Vermont Museum has called artists to submit works for *Birding by the Numbers*, seeking bird-focused art that incorporates a feeling for number with artistic expression, in any media. The show will run May 1-October 31. Most art will be hung on the walls, with shelf space for three-dimensional works and some ceiling space. New and returning artists are invited to submit up to three works, by sending no more than three .jpgs showing your work to museum@birdsofvermont.org. Please put "Submission for Birding by the Numbers" in the email subject. Alternately, send up to three prints to the Museum, attention *Birding by the Numbers*. Include your contact information and a description of work (media, artwork size, when made, etc.). Entries due by Tuesday, March 21. Museum staff will select pieces by March 29 and notify artists by email if possible. Artists who show their work here are invited to sell originals, prints, and/or cards through us on consignment. Details are available on request. Contact Kir Talmage or Allison Gergely with questions, 802-434-2167 or museum@birdsofvermont.org.

Burlington City Arts has three exhibitions at the BCA Center on Church St., Burlington: Shane Lavalette: *One Sun, One Shadow*, Wylie Sofia Garcia: *With My Voice, I Am Calling You Home*, and *The Past Present*: Work by Molly Bosley and Athena Petra Tasiopoulos. All three exhibitions are on view through Saturday, April 8. BCA Center, 135 Church St., Burlington.

Beginning in February at the Shelburne Museum: *Backstage Pass: Rock & Roll Photography* through Sunday, May 7 includes studio portraits and candid outtakes of famous rock and roll stars and jazz greats from Miles Davis, Elvis, and the Beatles to David Bowie, Prince, and The Beastie Boys. *Upstream with Ogden Pleissner*, May 1-October 31 will feature paintings, prints, and ephemera from the Museum's permanent collection to transport viewers to some of the avid anglers' favorite streams, rivers, and lakes from Maine to Wyoming. *Pieced Traditions: Jean Lovell Collects*, May 1-October 31 is an exhibit of donations and loans from Lovell's collection of historic quilts, highlighting 19th and 20th century Amish and Mennonite quilts. *Wild Spaces, Open Seasons: Hunting and Fishing in American Art*, June 3-August 27 celebrates artists' captivation with hunting and fishing in painting and sculpture ranging from the Colonial era to World War II. *Sweet Tooth: The Art of Dessert*, September 23-February 19, 2018 explores America's appetite for tasty and tantalizing confections and its

impact on modern visual culture – in paintings, prints, sculpture, and more. *Hooked on Patty Yoder*, September 30-January 21, 2018 brings together the artist's first and last works and more, which she conceived as "paintings with wool to be hung and enjoyed as art." Shelburne Museum, Shelburne Rd., Shelburne; 802-985-0881 or klevesque@shelburnemuseum.org.

Essex Art League meets the first Thursday of the month, September-June, from 9:00 – 11:00 AM at the Essex Junction Congregational Church on VT Rt. 15. The meeting includes a business and social time followed by a guest artist presentation. For a detailed calendar of meetings, speakers, and online gallery of members' works: <http://www.essexartleague.com/>.

The Vermont Folklife Center in Middlebury announces *Family Traits: Art, Humor, and Everyday Life*, celebrating familial culture through the artwork of Stanley Lyndes, will be open through Monday, May 15 in the Center's Vision & Voice Gallery. Free and open to the public, Tuesday-Saturday, 10:00 AM – 5:00 PM; the Gallery is ADA accessible. VT Folklife Center, 88 Main St., Middlebury, 802-388-4964.

MUSIC

The Flynn Center for the Performing Arts offers musical presentations in late February. On Saturday-Sunday, February 25-26, violinist Soovin Kim joins *Borromeo String Quartet* for Beethoven's *String Quartet Opus 127*. On Monday, February 27, six-time Grammy Award winners *The Chieftans* come to the Flynn.

Tickets and information including price are available in person at the Flynn Box Office window, 153 Main St., Burlington, at 802-863-5966, or www.flynncenter.org; or in person at Copy Ship Fax Plus, Essex Junction.

Concerts at Cathedral Arts, Burlington: Friday, February 24 at 7:30 PM, *Counterpoint*, Vermont's classical vocal ensemble, joins Vermont flutist Karen Kevra to celebrate the music of Johann Sebastian Bach, presenting Bach's *Motets and Flute Sonatas*. With Mary Jane Austin on harpsichord and John Dunlop on cello, *Counterpoint* will sing four *motets*, and Kevra will perform Bach's sonatas for flute and continuo. General admission \$20, seniors \$15, students/limited means \$5. Wheelchair accessible; free handicapped parking with plates or tags at the Cathedral; paid parking at the Cathedral or two hours free in the city lot at Macy's. For information: 802-864-0471.

THEATER

The Flynn Center for the Performing Arts presents Garrison Keillor on the Flynn MainStage, Thursday, February 16 at 7:30 PM. On Saturday, February 18 at 8:00 PM, didgeridoo masters Robin Habnbridge and Pitz Quattrone support the Vermont Hindu Temple in presenting the music, rich culture, and pervading spirituality of new Vermonters from Nepal and Bhutan. Tickets and information including price are available in person at the Flynn Box Office window, 153 Main St., Burlington, at 802-863-5966, or www.flynncenter.org; or in person at Copy Ship Fax Plus, Essex Junction.

SCHOOL NEWS

News from Camel Hump Middle School

Winter is finally here! Some cold temperatures have afforded students and families the opportunity to skate on the school's rink while the new snow accumulation has been fantastic for sliding, skiing and riding. Recreational activities and academic exploration abound for students at Camels Hump Middle School.

On February 10, students at CHMS participated in a day of scribing for Vermont Writes Day. Hosted by Young Writers Project, writers from all across Vermont (and elsewhere), of all ages and writing styles, congregated together during the day and at youngwritersproject.org to share their ideas, words, and stories.

Teachers at Camels Hump Middle School have been working to develop a deeper understanding of math fractional reasoning. They are unpacking the research around how to connect operations with whole numbers to operations with fractions. They are developing these understandings through the use of visual models (like area models and number lines). By using a visual model, learners are developing more efficient strategies to operate with fractions that will then lead to understanding of the algorithms.

Camels Hump Middle School has been selected to represent schools across the nation by participating in the National Assessment of Educational Progress (NAEP). First administered in 1969, NAEP is the largest nationally representative and continuing assessment of what students know in math, reading and science. Administered by the National Center for Education Statistics of the U.S. Department of Education, NAEP differs from state assessments as it provides a common measure of student achievement across the country. The results of NAEP are released as "The Nation's Report Card," which provides informa-

tion about student achievement to educators, parents, policy makers, and the public. To view sample subject area and contextual questions, please visit <http://nationsreportcard.gov/parents.asp>.

We are pleased to welcome Jake Magnan, the new Farm to School Coordinator with Chittenden East Supervisory Union. At CHMS, he will be working with the foodservice department to incorporate local foods, and with teachers to provide learning opportunities around food and nutrition in the classroom. Once the weather turns warm in a few weeks, he will help plant, run, and maintain the school's gardens to allow for further learning opportunities with students. A goal of the Farm to School program is to include school-grown food in the cafeteria and to process and preserve some of these foods for the following school year. Mr. Magnan is a Registered Dietitian, with previous experience working with children and adults, providing nutrition education towards a healthy lifestyle. Mr. Magnan is, "excited to work in a school setting that values child nutrition, and supports local farmers and agriculture. I look forward to working with Camel's Hump Middle School this year!"

Mark your calendars for the annual CHMS theatrical performance: Thursday, April 20th and Friday, April 21st at 7pm. With the talents of about twenty percent of our student body involved, the show will be a huge success!

Public information sessions for the the 2017-18 budget (including the CESU budgets) will be held on Thursday February 16th at Camels Hump Middle School, Thursday February 23rd at Mount Mansfield Union High School, and Thursday March 2nd at Browns River Middle School. The Public is invited and encouraged to attend.

AUCTIONS

Foreclosure: 3BR Home on 2.14± Ac.

Friday, February 24 @ 3PM

144 Windy Knob Drive, Hyde Park, VT



Cute starter home or to retire. One level living with two acres and a 1999 Sunset 3BR, 2BA on a slab. Drilled well, on site septic.

Foreclosure: Former Restaurant Across from Smuggler's Notch Entry

Friday, March 31 @ 1PM

44 Desjardins Rd., Jeffersonville, VT



This former 100-seat restaurant with apartment occupies a 6,200±SF building on 2.75± acres. Situated across from the Smuggler's Notch entry, this is a unique opportunity to bring your business to the top of the mountain and beyond.

The 2.5 story building has more than 3,000SF on the first floor, dining room and kitchen, plus additional seating on the walk-out lower level. The second floor has a 1BR apartment with full bath, kitchen, and living area. There is also a finished office space on this level.

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Age Well community senior meals

Age Well hosts Community Meals at over 70 locations. Programs vary from small rural gatherings, to senior centers, to an ever-growing array of restaurants. Menus are available on the 22nd of each month for the following month. Meals are on a first-come, first-serve, month-by-month basis. Call Age Well, 802-865-0360, for reservations for the following month on, or after, the 22nd of the month. If the 22nd falls on a weekend, reservations may be made the following Monday. Milk is served with all meals.

Tuesday, February 14 – Pizza Hut, Susie Wilson Rd., Essex Junction, check-in 11:00 AM, lunch 11:30 AM. All you can eat pizza buffet.

Wednesday, February 15 – JP's Diner & Deli, River Rd., Essex Junction, check-in 10:30 AM, lunch 11:00 AM. Meatloaf, mashed potatoes, carrots, dessert.

Thursday, February 16 – Sweetheart Luncheon at the Colonial Room, Essex Education Center, Essex Junction. Check-in 11:00 AM, lunch 11:30 AM. Sautéed chicken breast with light butter sauce, potato salad, vegetable, rolls, dessert.

Tuesday, February 21 – Ray's Seafood, Essex Jct., check-in 10:30 AM, lunch 11:00 AM. Fish, potato, coleslaw, squash, roll, and creamed.

Wednesday, February 22 – Colonial Room, Essex Educational Center, Essex Jct., check-in 11:00 AM, lunch 11:30 AM. Meatloaf, mashed potatoes, salad, vegetable, rolls, dessert.

Thursday, February 23 – Pizza Putt, S. Burlington, check-in 10:30 AM, lunch 11:00 AM. Spaghetti and meatballs, tossed salad, garlic bread, ice cream cake.

Tuesday, February 28 – IHOP Lunch, University Mall, S. Burlington, check-in 10:30 AM, lunch 11:00 AM. Pot roast,

mashed potatoes, green beans, wheat bread, ice cream sundae, juice.

Restaurant ticket program – Age Well's restaurant tickets are available on the first of each month, and must be used during the month they are purchased. Tickets are nonreturnable and not exchangeable. For tickets, connect with Pat Long, Community Meal Coordinator, 802-662-5200. Tickets must be presented before ordering. Restaurants have the right to offer limited menus.

Athens Diner, Milton, Monday-Saturday, 6:00 AM – 4:00 PM, Sundays 6:00 AM – 3:00 PM.

Dam Diner, Milton, Breakfast served all day, Sunday-Thursday, 7:00 AM – 8:00 PM, Friday-Saturday, 7:00 AM – 9:00 PM.

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

Holiday Inn, S. Burlington, Early Bird Dinner, Monday-Sunday, 5:00 – 7:00 PM. Four entrees available: grilled chicken, quesadilla, soup and sandwich, chicken primavera with broccoli.

IHOP, S. Burlington, breakfast served all day, Monday-Friday, 11:00 AM – 9:00 PM.

Mimmo's, Essex Junction, Mondays, 11:00 AM – 5:00 PM.

Pearl Street Diner, Burlington, breakfast served all day, Tuesday-Friday, 6:30 AM – 3:00 PM, Saturday-Sunday, 8:00 AM – 3:00 PM.

Pizza Putt, S. Burlington, lunch or dinner served seven days a week. Spaghetti with marinara sauce or baked ziti with tomato sauce and cheese. Includes salad, garlic bread or roll, and drink.

St. Michael's College, Colchester, Monday-Friday dinner, 5:00 – 6:00 PM, Saturday-Sunday brunch 11:30 AM – 1:00 PM, dinner 5:00 – 6:00 PM. Closed for the ticket program 12/15/2016 – 01/15/2017 5:00 PM.

Green Mountain Club winter outings

Sunday, February 19 – Hunger Mountain. This trail climbs the east side of Hunger Mountain. This is an awesome semi-challenging mountain in the Worcester Range. Be prepared for a bit of scrambling up some boulders towards the wide open summit. Make sure to have your microspikes handy. The summit offers great views of Mount Mansfield, Camel's Hump, much of the Greens, and on a good day the Presidentials. Moderate snowshoe, 5.8 miles, 1900' elevation gain. Kim Farone, kfarone@yahoo.com.

Saturday, February 25 – Camel's Hump Loop. We'll take Forest City Trail to Montclair Glen Lodge, then climb the Long Trail to the Camel's Hump summit and return along the Burrows Trail. Difficult snowshoe, moderate to strong pace, 6 miles, 2400' elevation gain. David Hathaway, david.hathaway.78@gmail.com or 899-9982.

Sunday, February 26 – Belvidere Mountain. Starting at the trailhead on VT Rt. 118, we'll hike up the Long Trail to Belvidere Saddle and then take the spur trail to the top. The trail up is rough and steep in places, especially with snowshoes, but the views on top are lovely. If the fire tower isn't too icy, we can climb up for even better views. Snowshoes and spikes are required. Estimated hiking time is 4.5 to 5 hours, including lunch. Moderate to difficult snowshoe, moderate to strong pace, 5.6 miles, 2140' elevation gain. Group limit 12. Contact leader by February 24. Sheri Larsen, larsen007@aol.com or 878-6828.



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Cochran's Nordic X Challenge

Come to Cochran's Ski Area in Richmond on Sunday, April 2 for this year's Nordic Ski Cross Event, a festive and competitive citizens Nordic Ski Cross Race for all ages. It's hilarious, challenging, and loads of fun! Uphill, downhill, slalom gates, jumps, and obstacles, all on one pair of skis. Cochran's introduced this first-in-New-England event to the area in 2014.

The event is spectator friendly, and goes on snow or no snow, rain or shine! Don't want to race? Come watch and bring the whole family! Free pancake feast with hot Slopeside Syrup for all competitors.

Start times: 11:00 AM kids; 12:30 PM adults. Interval start. Seeding based on ability, age, and sex. Shorter course for kids 12 and under. Prizes for top three in all age categories. Cost: kids 12 and under \$20, adults \$30, family (of four) \$60. Early registration deadline is Thursday, March 30; day of race fee \$40. Registration is online at www.cochranskiarea.com.

For more information contact: Jimmy Cochran, manager@cochranskiarea.com or 802-310-6500; or Pennie Rand, mrand@gmavt.net or 802-373-7204.



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MCS at Champlain Valley District III Music Festival

The Champlain Valley District III Music Festival was held at the A.D. Lawton School in Essex Junction, VT on Saturday, January 28.

The festival consisted of three separate programs: a string ensemble, a chorus, and a band, with a total of nineteen schools representing over 250 middle school students.

Mater Christi School with its ten talented student musicians and two music directors were among those participating, and each of them found the experience both enjoyable and inspiring.

According to Barb Heath, band director, "This district music festival is an incredible experience for some of the most talented grade 7 and 8 musicians. It is such a valuable experience for them to be able to come together from our district and play/sing in a large very skilled band, chorus, or string ensemble, and with very qualified guest conductors from outside our district. Some students



District III Music Festival participants from Mater Christi School. Bottom row, from left: Juliette Hassenberg, S. Burlington; Deena Jacunsky, Colchester; George Huffman, Burlington; Michael Harrington, Colchester. Middle row: Sara Beth Marroquin, S. Burlington; Isabel Stearns, Burlington; Marina Prikis, Jack Rutz, Shelburne. Top row: Ben Hershey, Colchester; Barb Heath, MCS band director; Lori Marino, MCS music teacher; Helen Argraves, Burlington.

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who come from very small schools with small bands of 10-12 find the experience intimidating at first, but then come to realize just how amazing the concert was and how much they enjoyed the whole event."

Some of the pieces that the band and the string ensemble played included: *Gypsy Dance*, *A+*, *March for a Rainy Day*, and selections from *Phantom of the Opera*.

Lori Marino, Mater Christi School's music teacher, added, "I would echo Barb and also say that the concert is a wonderful opportunity for our Mater Christi students to collaborate with musicians around the area who, like them, are able to play at a higher skill level. Their eyes are opened to an amazing sound created in just two days of focused rehearsals with professional directors that bring new perspective to the music that they are playing. The concert itself was phenomenal. I felt like I was listening to a high school level choir rather than middle school!"

Some of the pieces the chorus performed were *Bonase Aba*, *Seal Lullaby*, *Shut De Do*, and *Cedar Swamp*. It was a wonderful opportunity, and students exceeded expectations with their work ethic and performance.

It goes without saying – the event was completely sold out!

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