

Colleen Palmer to be featured on VPT Cooks: Maple Madness



Colleen Palmer and husband Paul run Palmer Lane Maple in Cambridge, VT. Stop in for something sweet. PHOTO CONTRIBUTED

VPT Cooks: Maple Madness' Airs in March

Every year, when the sap drips and the boilers steam, sweet smells waft from Vermont Public Television's studio kitchen. It's a mad time of year for maple producers, but sugar makers and other home cooks will take time out from boiling to join VPT on a live special called "VPT Cooks: Maple Madness" Saturday March 3, from 2:00 to 4:00 PM. The program will also be webcast on vpt.org.

Host Sean Buchanan and guests as demonstrate favorite recipes featuring Vermont's signature flavor.

Guests and Their Recipes:

Colleen Palmer of Jeffersonville, representing Palmer Lane Maple - Maple Granola and Maple Vinaigrette.

Ann Rose of Ludlow, with her daughter Jessica Oberg and granddaughter Jacquelyn Oberg of Poultney, representing Green Mountain Sugar House - Maple Pecan Pie with Maple Whipped Cream.

Mike Christian of Orwell, representing Village Sugarworks - Vermont Maple Ground Beef Stew.

Ethan Ward of Poultney, - Maple Rosettes.

Jo Ann Rock of St. Albans - Maple Pin Wheels.

Sadie Coon of Fairfield, (VT Youth cooking winner 2010 Maple Festival) and Savannah Kittell-Mitchell of Sheldon, Vt. (former Maple Queen) - Maple Upside Down Cake

A booklet of recipes demonstrated in the show and others from local cooks will be offered as a thank you gift for contributions made during the program, which is part of VPT's spring fundraising campaign. Producer of "VPT Cooks" is Neil Hilt.

The program is produced in partnership with the Vermont Maple Sugar Makers' Association and member counties.

Repeat broadcasts are scheduled for Sunday March 4 at 9:00 AM on the VPT main channel and on VPT Create channel on Monday March 5 at 1:00 PM and Wednesday March 7 at 7:00 PM.

Jericho's school budget down while others show increases

By Ted Tedford
Special to the Mountain Gazette

Jericho's elementary school budget is the only one of four districts in the northern part of the Chittenden East Supervisory Union that will decrease for the next school year.

Proposed expenditures in the Jericho Town School budget total \$3,605,189 or a decrease of \$82,415, or 2.23 percent. The teacher salaries line is down slightly with two teachers retiring and two replacements hired at slightly lower salaries.

The School Board anticipates hiring a full-time math and science coach to help students who are falling behind in those subjects, said Susan Lillich, Board chairwoman.

Another reason for the decrease is that one full-time and a half-time teacher aides left the school, because of lower enrollment.

Jericho residents who send their children to the Jericho Elementary School will see their school tax decrease by about \$12 per \$100 of property assessment. That number depends on a town's Common Level of Appraisal of property and the amount it spends per pupil above the state average homestead tax rate which is expected to increase.

Voters in Jericho discuss and vote on their town and school budgets from the floor. Their Town Meeting will begin at 9 a.m. at the Jericho Elementary School. The School meeting follows after lunch.

UNDERHILL TOWN SCHOOL

Proposed spending in the Underhill Town School District budget shows an increase of \$153,706, or 7.3 percent from the present budget of \$2,095,597 to \$2,239,303.

The largest increase is \$53,625 for teacher salaries and FICA, said Peter Geiss, the board's budget expert.

Explaining why teacher salaries will go up this year, Geiss said then-Gov. Douglas asked school boards across Vermont to decrease their budgets by an average of 2 percent in 2010. The Underhill Town School Board froze salaries for this present school year but after the Federal Education Jobs Program was passed by Congress, Vermont received \$19 million. The one-time money was unavailable until school boards had already passed their budgets. Subsequently, the supervisory union and the teachers' union agreed to a contract, including a 2.5 percent increase for the present school year and a 2.85 percent raise for 2011-2012.

Underhill Towns Board received federal money for a 2.5 percent raise for teachers and

plans a 2.85 percent increase in the new budget, agreed to with the teachers in their latest contract. Other school districts in the supervisory union experienced the same thing.

Underhill Town's share of special education costs are increased \$21,764, although the school does not expect more special-education students next school year. Each school district in the supervisory union is assessed a certain amount by the CESU central office.

MOUNT MANSFIELD UNION HIGH SCHOOL

The budget for the Mount Mansfield Union High School district shows an increase of \$653,245, up 2.57 percent, to \$26,052,065. The budget includes expenditures for Mount Mansfield Union High School, Browns River Middle School and Camels Hump Middle School.

Salaries for teachers are up 2.34 percent to \$8,362,727. The board's budget expert, Rep. George Till of Jericho, said the next school year will start with one less teacher. He said the number of middle-school and high-school students has decreased by 160 since 2007-2008. During the same period, he said seven full-time teachers and one part-time teacher have left the system.

Till said special education costs will rise 2.43 percent or \$118,060 while transportation services, school buses, will decrease by 10.72 percent or \$143,386. Mount Mansfield Union High School district pays 75 percent of the transportation costs while the local districts pay 25 percent. The Transportation item will decrease from \$1,337,484 to \$1,194,098.

"Overall, I feel pretty good about the budget," Till said. "From a historical perspective the last four years we were up and down. Now, we are pretty much back where we were four years ago."

UNDERHILL I.D. SCHOOL

Voters who live in Jericho and send their children to the Underhill I.D. School will likely see a \$14 decrease in their school tax the next school year. Voters who live in the Underhill side of the school district will see theirs go up \$7. Their proposed school budget is increased by 4.34 percent - from \$1,583,433 to \$1,652,226.

School board Chairwoman Valerie Banschbach said teacher salaries will go up \$50,860 and school support staff expenditures go up \$19,204.

Transportation costs will decrease from \$51,221 to \$41,283, or 19.4 percent.

Underhill to see write-ins for Selectboard March 6

By Ted Tedford
Special to the Mountain Gazette

No one has filed a petition to run for the Selectboard at Town Meeting March 6 to replace its chairman, Dan Steinbauer who is not running for a third term.

Town Clerk Sherry Morin said the post could be filled by write-in ballots but the highest write-in person must receive at least 26 votes. That's one percent of the total registered voters. Town Meeting is Tuesday March 6.

Vacancies also exist for these town positions: Auditor, three-year term; town agent, one year; grand juror, one year; agent to convey real estate, one year. Normally the town has three auditors, but one post has been vacant for some time. Serving as auditors are Irene Linde and Betsy Page.

A separate ballot item asks voters to eliminate the town auditor positions and replace the auditors with a certified public accountant (CPA). Town Administrator Dawna Brisson said the town hires the services of a CPA at \$10,000 while paying the town auditors the same amount.

Rita-Marie C. Greenia has decided not to run again for grand juror, Heather Jacobs is not running again for town agent and Dan Close is not running again as agent to convey real estate. Their terms all expire this March.

Steinbauer said he enjoyed being a selectman and would run again "if I were 10 years younger." He is interim pastor at Good Shepherd Lutheran

Church in Jericho and is a part-time counselor.

"I think I got the learning curve down obviously more than I did six years ago," Steinbauer said. "I bring a calm perspective to issues," he added. He served two three-year terms.

The last time there was a write-in contest for the Selectboard was in March 2010 when Selectman Steve Owen missed the deadline for filing a petition for re-election. He defeated Marc Maheux, a former Selectboard chairman, who also was a write-in.

Other items to be voted on by secret ballot are:

Empowering the Selectboard to borrow not more than \$190,000 over five years for a new dump truck to replace a 1999 International dump truck.

To spend up to \$35,000 to repair and paint the Town Hall roof.

To establish a reserve fund not to exceed 2 percent of the town general and highway budget (\$40,000).

To establish a capital reserve fund to pay for items in the Capital Improvement Plan. Not money is being sought this year.

To approve amendments to the Unified Land Use and Development Regulations approved by the Selectboard Jan. 5.

Voters will be asked to vote from the floor on a \$2.2 million general and highway budget, up \$328,623, or 18 percent from last year.

Take notice stronger handicap parking law in effect

The public is advised that the law has changed regarding people who park in handicap parking places who do not have a right to do so. The law reads as follows: The violator (registered owner of the car) gets the ticket under Title 23 VSA 304 (a) (e). No longer will cities like Rutland simply issue a parking ticket. It will now be a motor vehicle violation under State Law.

(e) A person, other than a person with a disability, who for his or her own purposes parks a vehicle in a space for persons with disabilities shall be fined \$271.00 for each

violation and shall be liable for towing charges. He or she shall also be liable for storage charges not to exceed \$12.00 per day, and an artisan's lien may be imposed against the vehicle for payment of the charges assessed. The person in charge of the parking space or spaces for persons with a disability or any duly authorized law enforcement officer shall cause the removal of a vehicle parked in violation of this section. A violation of this section shall be considered a traffic violation within the meaning of chapter 29 of Title 4.

Jericho Energy task Force to show The Power of the Community

Join the Jericho Energy Task Force at 7:00 PM on March 9 at the Deborah Rawson Memorial Library for a showing of *The Power of Community*. The movie explores the creativity of the people of Cuba in the 1990s when the collapse of the Soviet Union sent their economy into a tailspin. This film chronicles how people responded when fuel imports were cut by more than 50% and food imports by more than 80%. So often we focus on stories of doom and gloom, said Task Force Movie

Night Coordinator Larry Lamb. We decided to choose a movie that focuses on the resiliency of people and their power to overcome tragedy.

The showing of *The Power of Community* is free of charge and some refreshments will be provided. We'll bring the apple cider but since this is a waste-free event we encourage you to bring your own mugs. Future movies will include *Two Angry Moms* on April 6 and *Bag It* on May 4. For more information, contact Larry Lamb at 899-4863 or lblamb@hotmail.com.

POLICE REPORTS

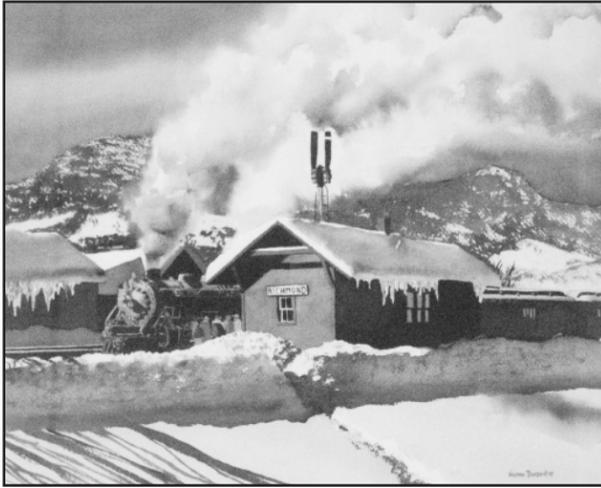
Burglary - Between the hours of 10:00 PM on February 20 and 5:00 PM hours on February 21, the Jericho General Store at 53 VT Rte 15 in Jericho was broken into. Numerous items of hunting gear to include, clothing, knives, range finders, rifle scopes, compound bows, arrow heads, and fishing lures were all stolen in this incident. Anyone having any information regarding this case is encouraged to contact Trooper Ambroz at the State Police Barracks in Williston at 878-7111. Case #12A100652

Lamoille County State's Attorney Report

On February 17, 2012, **Stanley Reynolds**, 63, of Waterville, VT, was found guilty by jury at the Vermont Superior Court, in Hyde Park, of one felony count of Sexual Assault. The case was investigated by the Lamoille County Special Investigation Unit and was prosecuted by Deputy State's Attorneys Todd Shove and Christopher Moll. Judge Dennis Pearson presided over the four day trial.

The conviction resulted from evidence which showed that in 2010, Stanley Reynolds engaged in a non-consensual sexual act with another person.

Reynolds is free on conditions of release, awaiting the sentencing hearing, which will be held at a later date. A presentence investigation report has been ordered. The offense carries a minimum sentence of three years imprisonment and a maximum sentence of life.



Bryan Memorial Gallery presents a Trains Collectors Roundtable discussion as a featured program of its current exhibit, All Aboard: An Exhibition of Trains. Featured above: Walton Blodgett, Richmond Train Station, watercolor.

UNDERHILL- JERICHO FIRE DEPARTMENT

UNDERHILL-JERICHO FIRE DEPT.

By Kitty Clark

- EMERGENCY CALLS:**
 February 10, 3:41 AM, Browns River Middle School, activated fire alarm, Jericho
 February 11, 1:39 PM, Assist Rescue at Mt. Mansfield High School, Jericho
 February 10, 2:31 PM, Two vehicle accident, intersection of Packard Rd. & VT 15, Jericho
 February 11, 2:26 PM, Browns River Middle School, activated fire alarm, Jericho
 February 13, 8:59 AM, One vehicle accident, near 112 Nashville Road, Jericho
 February 13, 2:32 PM, 71 Maple Ridge, Underhill for a Carbon Monoxide Alarm
 February 14, 1:50 PM, EMS, Jericho
 February 14, 12:20 AM, 68 Sunnyview Drive, Jericho for a Carbon Monoxide Alarm
 February 17, 7:59 AM, One vehilce accident near 70 Stevensville Rd., Underhill
 February 17, 11:29 AM, EMS, Essex
 February 17, 7:41 PM, Dispatch to an accident Governor Peck & VT 117, call canceled
 February 18, 12:02 AM, 20 Pleasant Valley Road, Underhill for a Carbon Monoxide Alarm
 February 19, 11:20 PM, 95 Upper English Settlement Rd., Underhill for a Carbon Monoxide Alarm
 February 20, unknown time, EMS, Underhill
 February 21, unknown time, 31 Meadow Drive, Jericho for a Carbon Monoxide Alarm
 February 21, 12:48 PM, Underhill Central School, Underhill for an activated fire alarm
 February 23, 12:15 PM, EMS, Jericho
 February 14, Tuesday night drill, Classroom, with C2 Mat Champlin reading an article from the Fire Rescue magazine on "What Motivates a Firefighter" followed by the annual SOG's on Sexual Harassment, Radio SOG's, First on Scene and how the Repeater works at the Jericho Fire Station and on Orr Road.
SAFETY MESSAGE: INSTALL SMOKE DETECTORS: Statistics show that more than half of all fire deaths occur in homes with no smoke detectors and nearly three quarters of fire deaths occur in homes without alarms or with non-functioning alarms. By placing smoke detectors in your home, you can increase the chances that all your family gets out safely by 40-50%.
 A few things to keep in mind: One on every level of your home and most importantly in every bedroom. Test them! Make sure batteries are good and that the detector is working properly test them each month. Change batteries twice a year and if you think your detector is not working correctly, replace it. Check the date on the back of the detector and if it is ten or more years old, get a new one.
 Install Carbon Monoxide Alarms; inside your home to provide an early warning of accumulating CO, they should be installed in a central location outside each separate sleeping area. If bedrooms are spaced apart, each area will need a CO alarm. Test your alarms like you do your smoke alarms each month. It is important to know that those CO alarms are not substitutes for smoke alarms, and know the difference between the sound of smoke alarms and CO alarms.
 When in doubt call "911", and do not forget to Practice Fire Safety Every day.

Benefit dance for Shannon (Davis) Patnoe with 50/50 raffle & silent auction

This benefit is to help raise money for a local community member, Shannon (Davis) Patnoe. She has a rare disorder call Lipedematous. Lipedematous is a disease that only 31 people on record have ever been diagnosed with and very little is known about this disorder; let alone how to cure it. So far the doctors have been treating her with different types of chemo-therapy and other trial medications. She and her family have been given a rare opportunity for her to be seen by the doctors at the Mayo Clinic in Rochester, Minnesota. Unfortunately, the cost of the trip there and back and her stay is more than she and her family can afford. We are asking you, as a community, to join us for a fun night of dancing, a silent auction, and a 50/50 raffle. Hamburgers, hot dogs and fries will be available by donation. Admission: \$10 donation. Any questions, call (802) 279-6123.

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Cauliflower Alley Club

Lisa The ADJUSTER receiving "Jason Sanderson Humanitarian Award" for efforts on behalf of Save Our Strays

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Zeus is on the mend!

Zeus has recently been rescued by Save Our Strays. He is 3 years old, well behaved, neutered male who is good with other dogs. He has had surgery for entropia (an eye lid condition).

We need your help, please donate toward his vet expenses (\$1200) or if you are interested in adopting, please contact us at: lovethosepets@aol.com.

Donations can be mailed to:
Save Our Strays
Box 167
Huntington, VT 05462

Community Columns

Thank You

By Suzanne Kusserow
Senior Guest Columnists

A wet day, just beginning to end now, with the darkening of the already-gray and sodden skies. The two dogs, though, don't seem to mind; we are coming up Tedford's hill on our return trip from the Post Office, and this necessitates several trips to Mill Brook, where the water has broken through the ice in a bubbling tribute to spring. Since they have deserted me, and the road seems clear of cars (where they need a little guidance in vehicular respect), my attention turns to the mail. In general, it is not unusual: solicitations from various organizations, some using the emotional appeal of photos of youngsters with obvious signs of malnutrition, others asking that trees in the Amazon Basin not be cut, and some using the reproachful whine of "We have not heard from you lately". Most of these I have become hardened to, since I have 'a limited budget'.....another way of saying: property taxes, a new roof and some pills that keep my heart beating regularly, (rather like the sound of silver dollars being dropped into the coffers of that drug company).....have taken precedence over most causes.

So I open the Town Report, so I can see how much a new dump truck will cost, what repairs MMUHS will need, and the

Sonshine

By Deirdre Goldenbogen
United Church of Underhill

There are many exciting events coming up at the United Church of Underhill. Unless otherwise noted, all of the events below will take place at the United Church of Underhill, on the green on Route 15 (at the corner of Route 15 and Park Street). All are welcome at the events below, and also at our weekly worship service every Sunday at 10:30AM. Please join us!

Adult Education study opportunity: Amos and Hosea. These Biblical prophets seem so long ago and far away, but in their time, and for us now, they carry a message we all need to hear – a message about God's call to cross the boundaries between "us" and "them" – a message about God's tough love and amazing grace. All are welcome to join us Wednesdays February 29, March 7, 21, and 28 from 6:30-8:30 PM.

Upcoming Free Community Dinners. The next Food for All community supper at the United Church will be held on Thursday March 8 from 5:00 – 7:00 PM. Everyone in our community is invited to come for good food and good conversation with good neighbors. There is no charge for these suppers, although offerings are accepted to benefit the local food shelf. These dinners are an outreach shared with the Calvary Episcopal Church, which hosts its soup-and-bread supper on the last Thursday of the month (the next one is March 29) at its church on Route 15 in Underhill Flats.

Lenten Events: Weekly Lunches and Holy Week services. The season of Lent, leading up to the celebration of Easter, began this year on February 22, Ash Wednesday. See the article by the Jericho-Underhill Clergy Group for the dates and locations of the "Soup and Scripture" series that local clergy are presenting. This information, along with the full schedule of services and events in Lent, is also available at the unitedchurchofunderhill.com website.

One Great Hour of Sharing Breakfast and Offering. The Missions Ministry of the United Church of Christ will sponsor the One Great Hour of Sharing Breakfast and Offering on Sunday, March 18 from 8:00-9:45 a.m. This is an opportunity to share fellowship and to support programs that address disaster relief, fight against hunger and poverty, and other missions throughout the world. Menu will include French toast, sausage, eggs, toast, and "heart healthy" options. Tickets are on sale now and can be purchased in advance or at the door (adults - \$6.00, seniors - \$5.00, children 3-14 years old - \$4.00, under 3 – free, family maximum - \$15.00). Be sure to join us for a great breakfast and pleasant company and fellowship before church! Contact Dianne Sisson (899-5051) to reserve a spot.

Opportunity to learn about the Pine Ridge Reservation. Next summer, a group of 15 adults from the United Church of Underhill will be traveling to Pine Ridge, SD to work with the Oglala Lakota Sioux. In order to learn about this reservation and the people who live on it, we invite everyone in the community to join us on Sunday March 25 at 6:00 PM for dessert and a screening of the 2011 20/20 television special: "Children of the Plains." We'd love to have you join us. The cost is free!

If you have questions about the United Church of Underhill or any of these events, you can contact Pastor Kevin Goldenbogen at 899-1722 or find us online at unitedchurchofunderhill.com.

abysmal pay given to the Board of Selectmen. There is a beautiful picture on the front, of Moore Park looking towards the Town Hall. It shows quite plainly how the Sugar Maples that edge the Park have grown. One of them could not stand the water around its feet, and had to be replaced by a Red Maple, which is more accustomed to swamps and poor soils. I smile when I think of that job of converting the old Town Garage, with its salt-soaked parking area that resisted even a pick axe to get softened up and ready for rehabilitation. So I turn the page and am stopped in my tracks. There is a favorite photo of me, sitting in a profusion of Black Eyed Susans and a beautiful dedication, honoring me for being a Community Helper in my years in the Town of Underhill. I am flabbergasted, disbelieving, and somewhat ashamed when I think of all the people to whom this honor should have gone. And, having been partially written by Betty Moore, who knew me a long time ago, it recalls early memories: the first walks along Bear Town Road, over 50 years ago, and stopping by Clip Terrill's house to help with his final illness. (Clip had been the founding owner of the Underhill Store in the Center.) And further up the road, Albert Steinhour, another old resident, who lived with his sisters Jessie and Dulcie, and who nicely let me visit, help, and learn the history of the town. And later, sitting with

Jericho-Underhill Clergy Group announces Lenten opportunities

The Jericho-Underhill Ecumenical Clergy Group is offering a number of events at various churches in our community to help make your Lent and Easter season more meaningful:

Soup & Scripture Series: Wednesdays from February 29 – March 28 at noon - During the five Wednesdays between Ash Wednesday and Holy Week, a Soup and Scripture Series will be offered at lunchtime. We will rotate churches from week to week, beginning promptly at 12 noon and concluding at 12:45 PM. So come join us for soup and a generous serving of the bread of life. The schedule is as follows: March 7, Calvary Episcopal Church hosted by Rev. Maloney; March 14, St. Thomas Roman Catholic Church hosted by Rev. Danielson; March 21, Jericho Congregational Church hosted by Rev. Anderson; March 28, Jericho United Methodist Church hosted by Rev. Goodwin.

Holy Week Morning Prayer Services: Daily, April 2-6 at 6:45 AM - Prayer services including a brief message by area clergy will be held Monday, April 2 through Friday, April 6 at 6:45 AM at the Covenant Community Church on Route 15 in Essex. The services will be about 20 minutes long and will conclude with a continental breakfast.

Good Friday Walk: April 6 from noon to 3:00 PM - Join the walk remembering Christ's road to the cross on Friday, April 6 at noon. The walk will begin at St. Thomas Church in Underhill Center. It will conclude by 3:00 PM at United Christian Assembly on Raceway Road in Jericho with stops along the way. Feel free to walk or drive, stay for the entire time, or just part, depending on your availability and physical condition.

Ecumenical Easter Sunrise Service: April 8 at 6:30 AM - Celebrate the Resurrection of our Lord at an Easter Sunrise Service Sunday April 8 at 6:30 a.m. at the Pleasant View Cemetery behind the United Pentecostal Church on Route 15 in Jericho Corners. The service will be followed by a continental breakfast at Jericho United Methodist Church across the street.

We hope that you join us for some or all of these opportunities to enhance your Lent and Easter experience.

"Ski" Beckwith, looking at the view towards Camel's Hump, as the night darkened the sky and his life. What privileges I have had to be a small part of this town!

Please forgive this egocentric listing: I finished a doctorate in education on my 60th birthday. I was a Fulbright Scholar in Zimbabwe for a year. I have worked on some marvelous Boards: Visiting Nurse Association, Planned Parenthood, Lane Series. But these listings will allow me to compare and verify how honored I am by my inclusion in the Town Report. So, I am claiming this public forum to say: this recognition in my town of Underhill has been one of the most precious gifts I have ever received. Thank you!



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VT RT 15, Jericho
Sunday Worship Service 9:30 AM
Rev. Dr. Linda Maloney, Interim Rector
Karen Floyd, Parish Administrator, 899-2326
www.calvarychurchvt.weebly.com

GOOD SHEPHERD LUTHERAN CHURCH (ELCA)
273 VT RT15 - between Jericho and Underhill
Rev. Dan Steinbauer, Interim Pastor.
Sunday Worship 9:00 AM - Nursery Provided
Sunday School for all ages - 10:30 AM
gslcvt@myfairpoint.net www.GoodShepherdJericho.org

JERICO CONGREGATIONAL CHURCH
"A Historic Church Proclaiming an Eternal Message"
On the Green in Jericho Center, VT
Pastor Peter Anderson & Youth Pastor Glenn Carter
8:00 & 11:00 AM Sunday Worship
9:30 AM Sunday School for all
10:30 AM Fellowship
6:15 Pm Youth Group in the old school building
899-4911, officejcc@comcast.net, www.jccvt.org

JERICO UNITED METHODIST CHURCH
"Open Hearts, Open Minds, OPen Doors"
71 Vermont Route 16, Jericho (next to the Town Hall)
Rev. Patrice Goodwin, 899-4288
Rev. John Goodwin, 899-4288
Sunday Worship Service, 9:00 AM
Children's Sunday School, 9:00 AM
Men's breakfast - third Sunday, 7:00 PM
jerichoumc@jumvt.org www.jumvt.org

MOUNT MANSFIELD UNITARIAN UNIVERSALIST FELLOWSHIP
A Liberal Spiritual Community
195 VT RT 15, Jericho, VT 05465
Phone: 899-2558 website 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) on the 2nd and 4th Sundays of September - June for worship, reflection, growth, and support.
All are welcome.

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Must be signed for attribution, with writer's address and phone.

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HEALTH NEWS

Why are feet important?

Mary H Kintner, D.C., R.N.
 What kind of question is that?! As a chiropractor, I find body function is affected by structure. Some signs of foot dysfunction include bunions, hammertoes, neuromas (nerve tissue tumors found between the toes), plantar fasciitis, flat feet and Achilles tendinitis. More often, foot dysfunction causes symptoms elsewhere in the body — most commonly in the knees, hips, low back and neck. The collapsed arches can preload the knee, making injuries more likely. Also, inadequate arch support can cause low back pain. Even your neck and jaw can be influenced by the feet. In Italy, more orthotics are fit by dentists than any other professional group because they know and address the relationship between the feet and jaw. If you consider that the average person walks 5-10,000 steps per day and malfunction can cause structural problems, it is logical to conclude that optimizing foot function is important. So what to do? First, buy good quality shoes. Discount shoes are no bargain if they are not supportive. Shoes must fit — be neither too large nor too small. They must be wide enough, especially at the toes and arches. They need a good heel cup to support your

feet while walking. People also tend to keep shoes too long. Some experts state that shoes are “shot” after 250 miles! Worn-out shoes provide no support and may even cause imbalance of the body if the heel is unlevel and/or the arch is collapsed. Another way to protect the feet is to use simple foot exercises, such as picking up a towel with your toes or rolling a golf ball under your arch. For many people, these steps are not enough to prevent foot problems. People who spend much of their time on their feet — factory workers, waitstaff, salespersons, nurses, teachers, etc. — are at special risk. Over time, the elastic tissue of the feet becomes permanently stretched; this is why people “suddenly” need larger shoe sizes. Active people, such as skiers, hikers and tennis players also need additional foot support. Anyone who uses foot beds in their ski boots will need orthotics (specially fitted inserts for shoes that improve the body’s structural balance) — some people will spend money on foot beds for their ski boots, worn sometimes in the winter, and not bother the rest of the time. Another indicator of a need for orthotics is any of these five red flags: foot flare, excessive shoe wear, fallen arch-

es, bowed Achilles tendons, and an inward roll of the knees. In order to address your feet so that they are at your service and not the other way around, I recommend the following steps. First make sure your feet are properly aligned. This may involve manipulation of the feet, knee, pelvis and/or other parts of the spine. It all moves together. Once the joints are aligned, good support may be in order with a quality, custom-made orthotics/foot bed. Orthotics are inserted into footwear to alter the way the foot hits the earth. Good orthotics have heel cups, are flexible enough to maintain normal foot dynamics and support the arches of the feet. It is important that the fitting be performed by an experienced practitioner. Orthotics are particularly important if you are over forty years old because ligaments of your feet become lax and your feet spread causing the arches to collapse. If your feet need evaluation, are hurting and/or you need orthotics, see a professional. Have your feet adjusted and get fitted for orthotics. Take care of your feet and they will take care of you!
Mary H Kintner, D.C., R.N. is a chiropractor and nutritional consultant practicing in Jericho.

Blood drive to be held March 14

Area residents and visitors alike are encouraged to give blood on Wednesday March 14 at the United Christian Assembly on Raceway Road in Jericho. Donor hours are 1:00-6:00 PM. The need is constant...the gratification is instant. To honor ‘Red Cross Month’ the public is encouraged to donate its time, money, and blood. Participants are asked to bring a can of Baked Beans, or a can of Fruit or Vegetables, to support the local E-J-U Ecumenical Food Shelf.

Copley Hospital expands Sleep Medicine program

Copley Hospital is expanding its sleep medicine program in collaboration with North Country Hospital. The Northern Vermont Center for Sleep Disorders at Copley, located in the Health Center Building, is open Monday through Friday. Pulmonologist and Medical Director Veronika Jedlovszky, MD and Sleep Medicine specialist David Alsobrook, MD are joined by Innocent Ezenwa, MD and Nurse Practitioner Elaine Robinson. Dr. Ezenwa is board certified in sleep medicine as well as internal medical. He also brings with him extensive training in pediatric sleep medicine. A referral from your doctor to the Northern Vermont Center for Sleep Disorders at Copley is required. While millions of people are affected by sleep disorders, many do not recognize the symptoms, and fewer realize that once detected, most sleep disorders can be corrected. Common symptoms of a sleep disorder are fatigue, depression, irritability, poor concentration and memory loss. Some people may also fall asleep during the day. Not getting enough sleep, night after night, affects your health, your job and your family. Left untreated, a sleep disorder can increase the risk of high blood pressure, heart attack or stroke as

well as an accident if you fall asleep while driving. The Center’s experienced team evaluates and provides treatment for the more than 80 different sleep disorders. The most common disorders include sleep apnea, insomnia, narcolepsy, and restless leg/periodic leg movement syndrome. The first step is talking to your doctor about your concerns as you need a referral to the clinic. There, the Center’s team will work with you and your doctor to evaluate your situation and tailor a plan designed for you and you alone. It is the goal of the Northern Vermont Center for Sleep Disorders to help you get a good night’s sleep and return you to a normal, productive lifestyle through the diagnosis and treatment of your sleep disorder. For 80 years Copley Hospital has been providing essential services for our community’s overall health. We are proud of the quality of care that we give and continually monitor our efforts to maintain our high standards of excellence. Learn more about the Northern Vermont Center for Sleep Disorders online at copleyvt.org.

HEALTH DIRECTORY RATES
 3.25”x1.5” - \$18 each, must buy 5 - \$90
 3.25”x3” - \$23 each, must buy 5 - \$115
 Email: mtgazette@earthlink.net

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PEOPLE IN THE NEWS

COLLEGE NEWS AND NOTES

The following local residents are among those to be named to the Roger Williams University Dean’s List for the fall 2011 semester. Full-time students who complete 12 or more credits per semester and earn a GPA of 3.4 or higher are placed on the Dean’s List that semester, provided that they have not received any of the following grades: F, I, NP or NS. **Maia Buckingham**, a resident of Jeffersonville, VT. **Hannah Cohen**, a resident of Cambridge, VT. **Rose Sandberg**, a resident of Jericho, VT. The following local residents were named to first honors on the Clark University Dean’s List. This selection marks outstanding academic achievement during the fall 2011 semester. **Dylan E. Broderick**, a resident of Jericho, VT. **Joseph W. McClintock**, a resident of Westford, VT. **Hillary A. Hagen-Peter**, of Underhill, VT, is participating in St. Lawrence University’s International Study Program for the spring 2012 semester. Hagen-Peter, a member of the class of 2014 at St. Lawrence, is studying in Vienna, Austria. She graduated from Mount Mansfield Union High School.

ENGAGEMENTS

ESTEY – WILLIAMS
 Carrie Lee Estey, daughter of the late Walter and Ann Estey of Shelburne, VT, and Keith Aaron Williams, son of Keith and Karen Williams of Redding, Conn., and Ken and the late Patti-Lynn Roberts of Bolton, VT, announce their engagement. An August 22 wedding is planned.

NEW KIDS IN TOWN

HINESBURG
(Tappan) Susan Hendricks and Joshua Tappan had a daughter, Eliza Joan Tappan, on January 23, 2012 at Fletcher Allen Health Care, Burlington, VT.
(Lambert) Cindy (Bergeron) and Mark Lambert are the proud parents of a son, Matthew Joseph, born on January 27, 2012 at Fletcher Allen Health Care, Burlington, VT.
(Nelson) Kaitlin (Streeter) and Jeremiah Nelson gave birth to a beautiful daughter, Ella June, on February 2, 2012 at Fletcher Allen Health Care, Burlington, VT.
(Orgain) Ashley (Harter) and David Orgain had a son, Walker Westley, on January 20, 2012 at Fletcher Allen Health Care, Burlington, VT.
(Savage) Tonya (Taylor) and Ronald Savage have become the parents of a daughter, Emily Elizabeth, born on January 20, 2012 at FAHC.
JERICO
(Hamm) Katie (Estrada) and Brian Hamm had a son, Josiah James, on February 1, 2012 at Fletcher Allen Health Care, Burlington, VT.
RICHMOND
(Carrier) Katelin Carrier and Sierra Wheelock became the proud parents a son, Hunter Marcel-J Carrier, on January 17, 2012 at Fletcher Allen Health Care, Burlington, VT.
UNDERHILL
(Quinn) Jennifer (Dunbar) and Adam Quinn gave birth to a son, Ethan Dunbar, on February 2, 2012 at Fletcher Allen Health Care, Burlington, VT.
WESTFORD
(Oalican) Erin (McDonald) and Warren Oalican had a son, Evan Sean, on January 20, 2012 at Fletcher Allen Health Care, Burlington, VT.

VT Genealogy Library to hold classes

The Vermont Genealogy Library is offering the following classes on Saturdays from 10:30 AM to 12:00 noon. These are open to the public. Donations are appreciated for classes. **New Strategies for Researching Vermont Families**-Scott Andrew Bartley will present a lecture on “New Strategies for Researching VT Families,” on March 3rd at 10:30 AM. Bartley, a professional genealogist, archivist and author, is an authority on VT genealogy research. He will focus on challenges, techniques, and sources encountered when doing VT research in different historical periods. **Publishing Your Genealogy**-On March 10th a panel of genealogists will discuss various options for publishing a family history. Examples will include booklets, binders and large pedigree charts produced with programs like Family Tree Maker (PC) and Reunion (Mac). **Irish Census Substitutes for the 19th Century**-Ed McGuire will discuss “Irish Census Substitutes for the 19th Century” on 17 March. This final lecture in a series on the Irish will cover census substitutes to replace the lost 19th Century Irish censuses, focusing on Griffiths Valuations of Ireland. He will also discuss techniques for using the 1901 and 1911 Irish Censuses. For more info <http://www.vt-fcgs.org>, or call 802-238-5934 for more information. Our library is located on Hegeman Avenue, Fort Ethan Allen, Colchester. The library hours Tuesdays from 3:00 to 9:30 PM and Saturdays 10:00 AM to 4:00 PM.

OBITUARIES



In loving memory of **Alex and Dorothy Bachman** of Underhill Center, VT and formerly of Dekalb county, Atlanta, GA and Babylon, NY. Alex (1918) and Dorothy (1922) were born in Brooklyn, N.Y. Alex served on a Navy hospital ship, the USS

Consolation, during W.W.II as Pharmacist’s Mate, 1st class. He went on to become a clothing buyer for Macy’s NY and Rich’s Georgia. Dorothy passed on her love of crocheting to Alex, who crocheted many Afghans and advanced on to produce beautiful wool needlepoint pictures and finally wool latch hook rugs. They both loved to read and spend time at Lake Parker. Moving to Vermont opened up Alex’s love of flowers and gardening. They will especially be missed by Koko, the very special kitty in their lives. After almost 70 years of marriage, our family laid Alex and Dorothy to rest side by side in their shared plot on Long Island on February 8, 2012, as was their wish. Alex and Dorothy spent their last few days together in a shared room at the Vermont Respite House, where they passed a mere three days apart. Alex passed early Tuesday morning, January 31, 2012, from kidney failure. While Dorothy had sustained several injuries from a car accident on Vermont’s icy roads, her heart was already with Alex in the Respite House, and it was her will to walk with him into the Afterlife that took her to his side. She passed peacefully on Friday February 3, 2012, to join her beloved Alex. They are survived by their daughter, Brenda Faith Hudson and her husband, Robert; grandson, Charles Alexander Hudson and his wife, Michele Williams Hudson, and their two daughters, Sierra Faith and Alexandra Joy. One of the family’s greatest blessings is that Alex and Dorothy were able to meet their great-granddaughters, particularly Alexandra, Alex’s namesake, who was born on December 29, 2011. While we will greatly miss them, their loving lessons will live on, and we are comforted to know that they are together and in peace. Memorial donations may be made to Vermont Respite House or Best Friends Animal Society.

COMING EVENTS

Friday March 2
First Friday Art Walk, 5:00 to 8:00 PM, Citywide, Burlington. Pick up your copy of Art Map and your guide to art in Burlington or check out www.artmapburlington.com to see a list of participating venues. Questions, call 802-264-4839 or send email to info@artmapburlington.com.
Friday and Saturday, March 2 and 3
Book and bake sale, Grace United Methodist Church, 130 Maple Street, Essex Jct., Friday March 2, 9:00 AM – 12:00 PM and Saturday March 3, 8:00 AM – 1:00 PM.
Saturday March 3
Essex Junction: Northwestern Vermont Model Railroad Association Vermont Rails Show, 10:00 AM - 4:00 PM at the Champlain Valley Exposition, Route 15, Essex Junction.
Sunday March 4
Community Breakfast, from 9:00 - 11:00 AM at the VFW Post 6689, 73 Pearl St., Essex Junction. Sponsored by the Ladies

Auxiliary. This is a monthly event, on the 1st Sunday of each month. All are invited! Adults \$7 and Children \$3. Call 878-0700 for more information.
Sunday March 11
Homemade pasta dinner, Elks Club 925 North Ave. Burlington, 5:00 to 7:00 PM. Make your own dish with your choice of four sauces, salad bar, antipasto plate, homemade cannoli and cookies, raffle, music. Information and tickets via Paypal: Vermont Italian Club.org (Events). Reservations required. Phone inquiries: Audrey 802-922-5005. Members \$20 adults & \$10 children; non-members \$22 & \$12. Under 5 free.
Tuesday March 14
Green Mountain Chapter of the Embroidery Guild of America, the Pines Senior Center 7 Arbor Drive South Burlington, 9:30 AM - 1:00 PM. For more information please contact 802-372-4255.
Wednesday March 15

Author Howard Frank Mosher, Memorial Hall, Essex Junction, 7:00 PM. \$5.00 cover charge. Howard Frank Mosher will give a slideshow and talk, read from his new book *The Great Northern Express: A Writer's Journey Home*, and do a brief Q&A. Afterwards, there will be a book signing. Books will be available for purchase before and after the event, and the \$5 cover charge will be credited toward a book purchase.
Friday March 17
Mount Mansfield Unitarian Universalist (MMUUF) Annual Dinner, Dance and Auction, 6:00 – 11:00 PM at the Essex Grange Hall (located in front of Frank's Motorcycle Shop, on the left, just before the traffic light at route 15 and 128). Tickets are \$20 and include a wonderful dinner, silent and live auction and dancing DJ music. The event is BYOB. Tickets can be purchase by emailing skasser@uvm.edu or at the door.

ONGOING EVENTS

ADULT ACTIVITIES
Chittenden County Postage stamps and post card club meets every first Wed. of the month 6:15 -8:30 PM, A IDX Circle GE Healthcare Building. South Burlington Information email: Laineyrapp@yahoo.com or call me at 802 660-4817
 The **Essex Art League** holds monthly meetings at the First Congregational Church, 39 Main St., Essex Jct. For information, 862- 3014.
Chittenden County Stamp Club, First Wednesday of the month 6:15-8:30 PM, GE Healthcare, 1 IDX Circle, South Burlington, VT. Everyone is welcome to come learn about stamp collecting, postage history, cachets, postcards and postage stamps or a variety of other knowledge. Lainey Rappaport (802) 660-4817.
Eagles Auxiliary #3210 holds bingo at the club house on Rt. 109 Friday nights. Doors open at 5:30 PM. Bingo starts at 7:00 PM. For more info contact Sally at 644-5377.
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.
Micah's Men of the United Church of Underhill meet on the 3rd Saturday of each month at the church at 7:30 AM. For more information call 899-1722.
Mt. Mansfield Scale Modelers gather on the third Thursday of the month from 6:30 to 8:30 PM. Modelers encompassing all categories of interest and skill levels are welcome. Brownell Library, Kolvoord Community Room, Lincoln Street, Essex Junction. Next meetings Thursday December 15, 2011; Thursday January 19, and Thursday February 23, 2012.
The Women of the United Church of Underhill meet on the second Saturday of each month at 8:00 AM at the Church located at the park on Rt. 15 in Underhill Flats. Women interested in sharing

Christian prayer and discussions are welcome. Contact Julianne Nickerson at 899-3798 for more information.
The VT-French-Canadian Genealogical Society - Do you have more time in the summer to start finding your ancestors? Do you need help filling in those blank spaces in your family tree? We have resources such as the VT Vital records to help with that and we can help anyone get started. The VT French-Canadian Genealogical Society library is located on Hegeman Avenue, Fort Ethan Allen, Colchester. We're open Tuesdays 3:00 to 9:30 PM and the following Saturdays, July 9 and August 13. We will be closed September 3. Parking and entrance across from the State Police. Please visit our website <http://www.vt-fcgs.org>, or call 802-238-5934 for more information.
Smugglers Notch 55+ Club meets every Wednesday at Smugglers Notch for a social time then break into groups to ski. We start with a brief organizational meeting, coffee and rolls, and then we head out to the trails in self-selected ability groups, gather informally throughout the summer for a wide variety of outdoor activities. Membership benefits include various discounts at Smuggs. For more information call Deborah at 644-5455 or just attend a meeting at the Morse base lodge starting at 9:00 AM every Wednesday.
HEALTH EVENTS & GROUPS
Alcoholics Anonymous Meeting, "Wing It" group meets Sundays - 11:00 AM at Maple Leaf Farm on Stevensville Road, Underhill - it's an Open Speaker meeting followed by a Brunch (there is a \$10 charge for the brunch)
Alcoholics Anonymous Meeting, "The Firing Line" group meets Wednesdays, 7:15 PM - 8:15 PM at Maple Leaf Farm on Stevensville Road, Underhill - it's an Open Step meeting
Alcoholics Anonymous Meeting, "The Firing Line" group meets Saturdays, 8:00 - 9:00 PM at Maple Leaf Farm on Stevensville Road, Underhill - it's an Open Speaker Discussion meeting

Alzheimer's Support Group - Free educational support group series for families coping with a loved one with Alzheimer's disease and related dementias. This series gives caregivers the opportunity to better understand and develop strategies for the future. Held monthly at The Arbors at Shelburne. For more information and to register, contact Nicole Houston, Director of Family Services, The Arbors at Shelburne, 985-8600.
Overeaters Anonymous meets 6:00 – 7:00 PM Wednesdays at the Jericho United Methodist Church, VT Rt. 15, Jericho. TOPS Chapter 145 Jeffersonville meets 6:15 PM on Thursdays at the Eagles Club, Route 109, Jeffersonville. Weigh-in 5:15– 6:00 PM.
Healing Circle Breast Cancer Network, support group for women with breast cancer, meets first Tuesday of every month at 5:30 PM, Northwestern Medical Center, Conference Room #1. RSVP at 524-8479.
Franklin County Prostate Cancer Support Group, first Tuesday of each month, 5:15 - 7:00 PM, Northwestern Medical Center Conference Room #2, St. Albans. This support group offers men opportunities to educate themselves and each other; share and learn from each other's experiences; offer support to each other, a spouse or partner; and advocate early detection of prostate cancer. For information, Fern Mercure, 524-0719.
Statewide Quit Line, Telephone Smoking Cessation Counseling. Call 1-877-YES-QUIT (1-877-937-7848). Free.
Alcoholics Anonymous Meeting, "Keep It Simple" group meets Mondays, Wednesdays, and Fridays, 8:00 – 9:00 PM and Saturdays, 6:30 – 7:30 PM at the United Church of Underhill, Underhill Flats.
KIDS
Playgroups are free of charge and open to all children birth through age 5 and their caregivers. At playgroup you will find stories, songs, crafts, free play, local events & information, and more. It is a wonderful opportunity to play with the children in

Ongoing continued on page 6

**WRITE-IN
 MARC MAHEUX
 FOR SELECTBOARD**



**HELLO FELLOW
 UNDERHILL RESIDENTS**

MY HUSBAND HAS BEEN ASKED BY SEVERAL PEOPLE IN OUR TOWN TO BE A WRITE- IN FOR SELECTBOARD. THE SELECTBOARD POSITION ON THE BALLOT IS EMPTY.

SOME OF YOU KNOW HE HAS BEEN A SELECTMAN BEFORE AND IS WILLING TO TAKE ON THAT RESPONSIBILTY AGAIN FOR OUR TOWN. WE WOULD APPRECIATE IT IF YOU WOULD WRITE-IN:

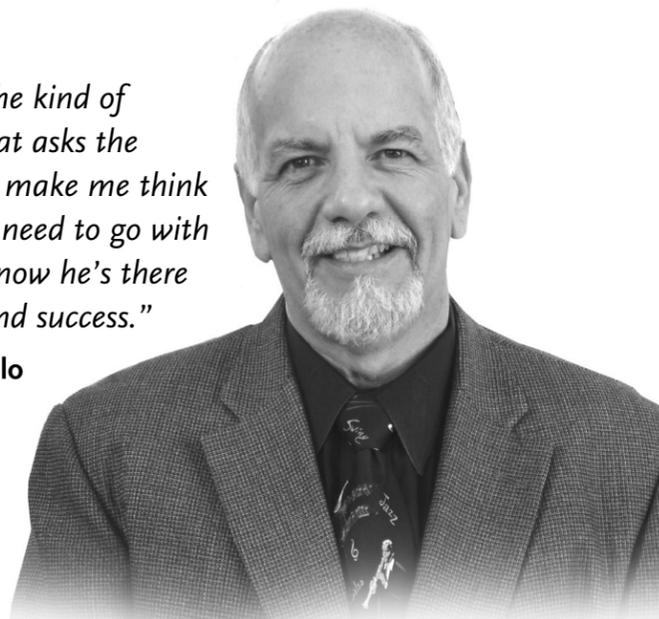
**MARC MAHEUX
 FOR
 UNDERHILL SELECTBOARD
 ON TOWN MEETING DAY MARCH 6**

Thanks Jane

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LETTERS TO THE EDITOR

**Thank you
To the Editor**

Personnel from the Underhill-Jericho Fire Dept and the Cambridge Fire Dept responded on February 3, 2012 when I fell and fractured my leg at Nebraska Notch. This community is so fortunate to have such a skilled group of professional responders who worked to get me treated and transported out to the ambulance. Thank you so much to all of these dedicated and compassionate responders.

Sincerely
Sally Cook

**Road Congestion
Letter to the Editor,**

I'm confused about the "4 groups formed to devise plans for Riverside-Flats area changes" article published in *The Mountain Gazette*, February 16, 2012. What are the towns trying to do? If the goal is to move traffic through smoother, faster, slower – what?

Being a State road shouldn't the State be solving any problems? If the goal is to move the traffic through smoothly that is simple problem with a simple solution. Most of the structure is already in place. They will just need to be enhanced.

Move the traffic onto River Road in front of Jolley's to a one way with two lanes, the right lane making right turns into schools or the library and the left lane going straight. River Road becomes two ways at Park Street. Dickenson stays a one way with a left turn only.

Park Street at Route 15 becomes a traffic circle. East bound traffic continues unimpeded around the circle to the east. West bound traffic from Cambridge and Park Street continues around the circle and to the west toward Jolley's; east bound traffic to Park Street comes off to the right. We already have a circle of sorts with the green.

I realize that most people don't know how to merge into a traffic circle to keep the traffic flowing, e.g. Winooski, but they can learn.

Another solution would be to have a traffic light at the intersection of Park and Rot. 15 for west bound traffic. Make River Road two lanes one way (east) up to Park Street – left lane turns left on Park, right lane goes straight.

N.J. Carey

**Write-in Seth Friedman for selectboard
Letter to the Editor**

The Town of Underhill is fortunate to have a superbly qualified candidate, Seth Friedman, running for the Selectboard as a write-

in candidate to replace Dan Steinbauer who decided not to run this year. Seth has lived in Underhill on Pleasant Valley Road for the past 12 years with his wife and now a young son. He is a successful self-employed businessman with a solid understanding of finance and budgeting. He has always had an active interest in serving the Town with a firm commitment to community, measured growth, and thoughtful protection of the natural environment. Everyone who has worked with Seth knows him as an intelligent, conscientious, fair-minded person who listens receptively to all points of view and is willing to look for compromise when opinions differ. He is an ideal person to help guide our town during difficult financial times, and to make wise decisions that could affect all of us for years to come. We urge you to write in the name Seth Friedman on the Select Board ballot at town meeting.

Peter and Cynthia Seybolt
Caroline and Pete Bennett
Underhill

**Support Seth Friedman
To the Editor:**

I wish to urge the voters of the Town of Underhill to support Seth Friedman as a write-in candidate for the town Selectboard during the upcoming election March 6th.

Seth and I have had many discussions over the years about local news and town-wide issues. I believe he has the perspective and depth of knowledge necessary to serve our community quite well. Seth's engaging style, integrity, and interest in a variety of local concerns would add depth to the issues facing our Selectboard and the citizens of our community.

Seth is an avid outdoorsman, husband, entrepreneur, and father, with a keen ear and creative mind that would serve The Town of Underhill quite well.

Please write in Seth Friedman for Selectboard this Town Meeting Day.

Pete Czaja

Deane Road, Underhill

**Write in Marc Maheux
To the Editor,**

To the residents of Underhill

I would like to suggest that we consider writing in the name of Marc Maheux to serve us for the next three years. I have known Marc

for at least 40 years and have worked beside him at the UJFD. I have also seen how his expertise has paid off with his service to the Jericho-Underhill Water Department for the last 35 years as well as wanting nothing but the best quality of water for the residents served by that district. Marc also ran a very successful heating and refrigeration business for nearly 30 years that he started from scratch and made himself available 24/7 to his customers of which I was one of those customers. He has also worked tirelessly along with Ed Moore on the mapping of the cemeteries of Underhill, and both of these men Marc and Ed donate their time and expertise doing a wonderful job.

Marc has also served our Town on the Board of Selectmen for a 3 year term and is once again willing, when no one else was, to have his name written in for a 3 year term.

So I have been thinking, why would I or anyone else in this Town want to vote for Marc Maheux. Back about 5 or 6 years ago when Marc was Selectman, he encouraged the Town to replace the existing sidewalks along Park Street and VT Route 15 to Poker Hill Road. He had the project ready to go, had outside funding for at least 80%... and that was five years ago! I don't know about you, but I have been a resident of this Town (and the last house in the town next to it) for over 70 years, I am embarrassed to have 20,000 people come here for Harvest Market and not have a side walk fit for them to walk on! When I grew up in this Town 70 years ago...we had a side walk and we sure as the world all know that walking along Route 15 is taking your life in your own hands and why someone has not been killed or seriously injured is beyond me.

So, I emailed Marc Maheux and asked him if he was still in favor of sidewalks in Underhill and he stated, "As far as the sidewalk goes, I believe the board has just tabled the idea. The planning phase was done while I was on the board. To continue the project final design and bidding needs to be done. I believe the regional planning still has a grant program that pays 80% of sidewalk cost. Anyhow I believe there is enough interest from the residents to go forward with the project."

So I say, lets vote for sidewalks in Underhill, write in Marc Maheux.

Thank you,
Randy H. Clark
Underhill

LEGISLATIVE REPORT

Notes from Montpelier

By Rep. Bill Frank

Town meeting is next Tuesday morning, March 6 in Underhill and Jericho and Monday evening in Bolton. I hope to see many of you at these meetings. Australian ballot takes place all day Tuesday, please stop by and vote. And don't forget to attend your school's annual meetings.

Last week the House passed a bill that sets up a Vermont health benefits exchange. The health exchange will allow consumers to compare insurance products through a standardized portal starting in 2014. I refer to the health exchange as a market place where consumers and employers can shop for health insurance with multiple options. I refer to the portal as the Travelocity of health insurance, a place where we can compare the different options and prices. Using the exchange, middle class Vermonters will be able to access new tax credits and subsidies that will make their health coverage more affordable.

The health exchange is part of our overall program of real health reform in Vermont. It is also a requirement of the federal Affordable Care Act of 2010. The ACA requires states to create a health exchange or have the federal government do it for them. Using an \$18 million federal grant we will design and set up a health exchange that is best for Vermonters. The ACA requires that the same plans are offered inside the exchange as would be offered outside the exchange. It is expected that at least ten different plans, including high deductible plans will be in the exchange.

A small business employer (50 or less employees) will be able to use the exchange to purchase health insurance for their employees, but it is voluntary that they offer health insurance for employees, i.e. there is no penalty to a small employer who does not offer health insurance. A small employer who doesn't want to buy an insurance product offered in the exchange for their employees can set up a cafeteria plan, gives their employees a contribution and sends the employee to the exchange.

This allows the business to have 100% control over their year to year health care costs. This also gives the employee the portability and security that they will not lose the insurance if they change jobs.

The House Health Care committee has a web site with all the documents they used to develop the bill. The site link is at leg.state.vt.us on the right side of the home page.

The House passed a bill that will allow 16 year olds to give blood. Currently in Vermont one must be 17 in order to give blood. By making this change we can increase the pool of possible blood donors and help alleviate the frequent shortages in the blood supply. And the House passed a bill that designates skiing and snowboarding as the Vermont official winter state sports.

As always I like to hear from you, either by email: Bill@RepBillFrank.com, on Facebook: [facebook.com/RepBillFrank](https://www.facebook.com/RepBillFrank), phone: 899-3136 or mail: 19 Poker Hill Rd, Underhill, 05489. I look forward to seeing you at town meeting.

Ongoing continued from page 5

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 more information on any of the playgroups, please contact Heather Lebeis at 899-4415 or underhillplaygroup@yahoo.com.

Mondays: Jericho Community Center 9:30-11:00 AM

Wednesdays: Richmond Free Library 8:45-10:15 AM

Thursdays: Bolton's Smilie School 9:00-11:00 AM the 1st three

Thursdays of the month

Fridays: Underhill Central School 9:00-10:30 AM

Huntington - Thursdays 10:00-12:00 at Huntington Public Library

Also: Welcome Baby Group: for families with children birth-walking age. Thursday 10:00-11:30 at Richmond Free Library.

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

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

Early Literacy Storytime, Thursdays, 11:00 AM at Westford Public Library. Stories and activities utilizing early literacy concepts for age's birth-preschool. Drop-in; no registration needed. We welcome new families! For more info, contact Victoria at 878-5639 or westford_pl@vals.state.vt.us, or visit our website www.westford.lib.vt.us and click on Events @ Your Library.

SENIORS/COMMUNITY MEALS

Jeri-Hill XYZ Seniors meet at the Town Hall in Underhill Center

on the first and third Wednesday of each month. All seniors are welcome! Dinners are served at 11:30 AM. For information, please call Bette Workman, 899-4446, Loreen Teer, 899-1363 or Doug Keith 899-2582.

Johnson Community Meal - Every 2nd & 4th Wednesday, 11:30AM-12:30pm at the United Church in Johnson. Come for a hot meal and get to know your neighbors. The meal will be followed by a community gathering. For more information, please contact: 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 the second Monday of each month. The next senior luncheon is on Monday, September 13. There is no lunch in July or August. Lunch is served at 12:00 noon with a short meeting or presentation following. Call 878-7405 or 879-7382 for information or for a ride.

Bolton Up and Downtown Club meets the last Thursday of the month at the Bolton Fire station. Suggested \$3.00 donation. Meal at 5:00 PM. Open to adults 60 and over. Contact Doris Wheelock at 434-3769.

Huntington senior meal site – The Huntington Senior meals are served the third Tuesday of each month at 12:00 noon at the Community Baptist Church in Huntington Center.

"Good Food for All" free dinners, 2nd Thursday of each month at the United Church of Underhill, Rt. 15, Underhill Flats, from 5:00 – 7:00 PM, and on the 4th Thursday of each month at Calvary Episcopal Church, Rt. 15, Underhill Flats, 5:00 – 7:00 PM. Everyone in the communities is invited.

St. Jude's Church, Hinesburg, senior meals held on second and fourth Wednesday of each month with bingo games after the dinners. Everyone is welcome including caregivers. Dinners are \$3.00 per person. For information call Ted Barrette at 453-3087.

Starksboro First Baptist Church, Starksboro - senior meals, fourth Thursday of the month, 11:30 AM, call Brenda Boutin at 802-453-6354 for more information.

"Good Food for All" free dinners, 2nd Thursday of each month at the United Church of Underhill, Rt. 15, Underhill Flats, from 5 - 7 p.m., and on the 4th Thursday of each month at Calvary Episcopal Church, Rt. 15, Underhill Flats, 5 - 7 p.m. Everyone in the communities is invited.

SPORTS ACTIVITIES

Ongoing Pilate classes at Dakini Studio in Underhill. Mon and Thurs at 6:00 PM call 899-4191 to register. Find more information and other scheduled classes at dakinistudio.wordpress.com.

Zumba, Fairfax - Tuesdays 7:00-8:00 PM and Saturdays 9:00-10:00 AM. Contact Pam Adams 370-4437 or pamaj68@aol.com.

Zumba Fitness, Monday evenings only, 5:30 - 6:30 PM, at the River Arts Center in Morrisville. Zumba Fitness with certified instructor, Karen Machia. No registration required, drop in. Call 888-1261, or visit our website: www.riverartsvt.org for more details.

ZUMBA(r) Fitness with Lori Mondays 5:30-6:30 PM, Underhill Town Hall, Wednesdays 6:00-7:00 PM, Jericho Community Center. For more info contact Lori Preiss 899-0343, lori@greenmountainzumba.com or check out my website www.greenmountainzumba.com

SUPPORT GROUPS

CFS, Fibromyalgia, Lyme Disease, Chemical Sensitivity and Gulf War Syndrome, 1:00 to 3:00 PM every third Thursday at: The Bagel Cafe, Ethan Allen Shopping Center Burlington, VT call or visit website www.vicfids.org or Lainey at 802 660-4817 or 800-296-1445 ask for Rick

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

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

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

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

TOWN GOVERNMENT & ORGANIZATIONS

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

Westford Fire Department, Mondays, 7:00 PM, at the fire station next to the Town Garage. For information, email John Quinn, jquinninvt@aol.com

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

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

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

Jericho Energy Task Force meets the second Tuesday of every month from 7:00 to 8:30 PM at Jericho Town Hall.

Jericho Water District next meeting is Tuesday December 20, 2011 at 7:00 PM, RT 15, Jericho at the Red Mill.

THRIFT SHOPS & FOOD SHELVES

The **Heavenly Cents Thrift Shop** located just east of the Five Corners in Essex Jct. on Rte 15, the hours are from 10:00 AM to 3:00 PM on Tues. and Wed., 4:00 to 8:00 PM on Thurs. Please check us out.

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

JERICO PLEIN AIR FESTIVAL
is sponsoring the following workshops.



All Saturday workshops to be held
at the Community Center in Jericho.

March 10, 10:00 AM-2:00 PM
Winter Landscape watercolor with Lisa Forster Beach

March 17, 10:00 AM - 2:00 PM
Painting Winter Pastels
Instructor Gene Rybicki-Judkin

April 14, 10:00 AM-1:00 PM
Collage • Instructor Beth Barndt

April 21, 10:00 AM-2:00 PM
Painting the landscape in oils, no drawing skills required
Instructor -Jane Morgan

April 28, 10:00 AM-2:00 PM
Painting Spring with watercolors
with Kathleen Berry Bergeron

\$35 fee for each workshop to register
contact janesmorgan@comcast.net or 893 4447

LIBRARY NEWS

DEBORAH RAWSON LIBRARY, UNDERHILL

Art for the month of March will feature the photography of Linda Carlsen. Linda lives in Underhill Center and at one time worked in the local post office there.

The silent auction item for March will feature decorative pillows handcrafted by Polly Connell. Bidding will start on Thursday March 1 and end on Saturday March 31 at 2:00 PM. The pillows are on display at the library so stop by to see them and leave a bid.

Music Sunday is March 4 at 2:00 PM. Full Circle Ensemble will be performing Celtic, Folk, and early music.

The Jericho Energy Task Force will be showing the movie *The power of community* at the library on Friday March 9 at 7:00 PM.

The Friends of DRML will be hosting a snow sculpture event at the library (weather permitting) on Sunday March 11 from 1:00-3:00 PM. Families and Friends are all welcome to participate. Just bring some sculpting tools with you.

The Deborah Rawson Book Lovers is an adult book discussion group that meets the second Tuesday of every month at 7:00 PM at the library. We had a relatively long discussion in February about Little Bee by Chris Cleave, with some significant disagreements...but all quite civil. In general it was a thumbs-up. The March book will be *The Tricking of Freya* by Christina Sunley, a novel about Icelandic heritage.

The Friends of DRML will have their monthly meeting Wednesday March 14 at 10:00 AM. Everyone is welcome and they are always looking for new members. Please consider joining us.

On Wednesday March 14 at 6:30 PM Maeve Kim will present a program on her birding experiences. Maeve Kim has gone birding in three countries, two provinces and fourteen states. For over ten years, she's been leading beginners' bird walks for Green Mountain Club. In addition, she has taught birding workshops in schools and libraries and for the Vermont Outdoor Guide Association. In her presentation, Maeve will share photos of birds and other wild animals, accompanied by lively stories about her birding adventures. She'll also provide tips for planning a successful birding trip. This program will fascinate and delight birders and non-birders alike - anyone who has an interest in nature.

Spring Blossoms for winter blahs. Jump start your spring with a gorgeous flower arrangement that you make yourself with a little help from your favorite Blind Horticulturist, Donna Covais, HTR and EMG. All materials are included; Flowers, greens, fillers, floral foam, container, etc. You just bring yourself (and your favorite snipers, if you like) and enjoy the power of the people/plant connection. Horticulture is proven to help reduce stress and just plainly make you feel better. You can create this elegant arrangement with easy instruction in one fun night. Cost is \$20.00 for this show-stopping creation that has your personal touches. The date is Monday March 19, at 6:00 PM at The Deborah Rawson Library in Jericho, VT. Space is limited and registration deadline is Wednesday, March Thursday, March 15. Limited to 12. Call the library to register 899-4962.

George Till and Bill Frank will be at the library on Thursday March 22 at 6:30 PM to give a legislative update and to answer questions.

The first annual Jennie Maria Burnett Hendricks lecture will be on Tuesday March 27 at 6:30 PM. Gary Irish will present his updated talk on Jericho and Underhill: then and now. He will have a slide show comparing old and new pictures in Jericho and Underhill, to show how the area has changed through the years, with a brief history of the locations shown.

Kitchen Science Thursday, March 1 at 10:00 PM, meet mad scientist Karen Cutler and try some interesting experiments that utilize common household products. For students in grades 3-6. To register call 899-496.

Preschool Story Times - Stories, songs, fingerplays, snack and craft for preschoolers and their caregiver. Drop in, no registration needed: Wednesdays at 10:30 AM, March 7, 14; Thursdays at 10:00 AM; March 8, 15

Evening Story Time for Families, Thursday, March 8 at 6:30 PM. Parents with older preschoolers and children in kindergarten through second grade are invited to join us for stories, craft and light refreshments. To register call 899-4962. Please note it is the second Thursday of this month. We will return to the first Thursday of the month in April.

Music for Families Thursday March 15 at 6:30 PM. Lynne Robbins will lead a sing-along of songs old and new. Come sit by the fire and take part in this fun evening. Recommended, but not limited to, families with children in preschool through 2nd grade. Drop in. No registration needed.

Homeschool Project Day, Tuesday March 20 at 12:30 PM. This is a great chance to demonstrate what you have been learning or to show a project you have completed. Join other homeschool families and share your experiences. Advance registration required, call 899-4962.

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.

ESSEX FREE LIBRARY, ESSEX

For information or directions, please call the library at 879-0313 or check our web site at www.essex.org.

FAIRFAX COMMUNITY LIBRARY

On Thursday March 1 at 10:00 AM you are invited to a Fancy Nancy Tea Party. Come to the library in your fanciest of clothing. There will be a story, tea and delicious snacks, and an extra fancy craft or two. Sign up in advance at the library or call 849-2420 s'il vous plait.

PJ Story Hour is on Thursday March 1, 6:30 PM with Success by Six, Come to the library in your PJs for a story. For ages 0-6.

On Saturday March 3 from 10:00 - 11:00 AM, we will be hosting our monthly Breastfeeding Clinic and Support group for those who are thinking about breastfeeding, are currently breastfeeding, or those who have wisdom to share with others. The clinic will be led by Mari Stuart-Bullock from the Home Health Agency of Franklin County. This is a monthly event that takes place the first Saturday of every month.

Every Monday afternoon from 2:45-4:15 PM, Fairfax Community Library is offering a Chess Club. An experienced instructor will be leading the group. If you have your own chess set, please bring it along. All experience levels and ages are welcome.

Thursday March 8, 6:30 PM is the book discussion for *Hunting for Hope* by Scott Russell Sanders. The discussion will be led by Linda Bland. Swing by the library to pick up your copy of the book.

Read to a dog. Every other Wednesday afternoon, Rainbow, a beautiful Newfoundland and registered therapy dog, will be at the Fairfax Community Library listening to children reading. In February, Rainbow will be visiting on Wednesday March 7 and Wednesday March 21 from 3:30 to 5:30 PM. Open to school aged children of all reading levels. Sign up in advance for a 15 minute time slot. Thursday March 29 from 6:30 to 8:00 PM, Shawn Corrow from Cold Hollow photography will be teaching a Techniques and Best Practices workshop. Shawn

will explain how amateur photographers can get consistently successful results in many shooting conditions and all that is involved such as lighting, posing, etc. There will also be time for questions. Those who sign up should already be familiar with their cameras and how they work. The cost is \$15 per person. Please register at the library or by calling 849-2420.

Fairfax Community Library Story Hour; Tuesdays from 9:30 - 10:30 AM, join us for stories, crafts and activities. For ages 0-6: March 6 - Sink and Float; March 13th - Sugaring (music w/Christy); March 20 - Colors; March 27 - Librarian's favorites (music w/Christy). Library News: <http://www.bfafairfax.com/pages/communitylibrarynews.html>. Facebook page: <http://www.facebook.com/home.php?#.pages/Fairfax-Community-Library>. School Year Library Hours: Monday, Wednesday 8:00 AM - 5:30 PM; Tuesday and Thursday 8:00 AM - 8:00 PM; Friday 8:00 AM - 3:15 PM; Saturday 9:00 AM - 1:00 PM.

JERICHO CENTER, LIBRARY

Sled Dog Story Time - Join us for a special story time on March 14 at 10:00 AM as Barbara Van Drimmelen joins us with her sled and sled dogs on the green in front of the library. For more information, contact the library at 899-4686.

Town Meeting book sale and bake sale - Representatives from the library will be at Town Meeting at Jericho Elementary School on March 8 for the annual book sale to add to the library collection. In addition, we'll also have a bake sale going on to provide tasty treats to help keep folks going through debates on the town tree and paving Skunk Hollow.

Used Book Sale - The Jericho Town Library's annual used book sale is planned for Saturday March 31. We are currently taking donations of books, CDs, and DVDs (but please, no encyclopedias or other data reference materials).

Poetry Workshop - There is still time to sign up for the Poetry workshop. The working sessions will begin on Monday March 27, Monday 6:30-8:00 PM, and continue each Monday until April 16. A final evening of sharing will be held at the Deborah Rawson Memorial Library on Monday, April 30 from 6:30-8:00 PM. Poets of all ages are encouraged to participate. Attendance in the past has been a mix of middle and high school students and adults. Registration is required: please call JTL at 899-4686 to sign up.

Writers' Group - Upcoming meetings for the writers group are March 12 and 26, 6:00 - 7:30 PM. New members are welcome. Contact the library at 899-4686 for more information

Help needed - We are looking for a volunteer who could come in on Mondays for 1-2 hours to help with basic library tasks.

We are also looking for someone who could help with coordinating the Wednesday story times, helping to set the schedule and plan and prep for activities

Contact Donna at the library (899-4686) if you can help and/or have any questions.

General information reminder - The board of trustees meets regularly on the first Thursday of each month at 7:00 PM at the library and the public is always welcome to attend. The next meeting is scheduled for March 1.

Library hours are Monday 1:00 PM - 5:00 PM, Wednesday 10:00 AM - 12:00 PM and 2:00 PM - 6:00 PM, Friday 1:00 PM - 5:00 PM, and Saturday 10:00 AM - 1:00 PM. For more information, call the library at 899-4686, email Jerichotownlibrary@gmail.com, or visit the library website at www.jerichotownlibrary.org.

RICHMOND FREE LIBRARY BRIDGE STREET, RICHMOND

To "breaking news" sign up for the RFL mailing list on the library homepage, www.richmondfreelibrary.vt.org Search our catalog at rfl.kohavt.org.

VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE

Hours: Mondays and Tuesdays 12:00 to 7:00 PM, Wednesdays and Fridays 3:00 to 7:00 PM, Thursdays 9:00 AM to 7:00 PM, Saturdays 9:00 AM to 12:00 PM. School Year Preschool Story Hour: every Monday 11-noon.

WESTFORD PUBLIC LIBRARY

Upcoming Events:
Thursday March 1, 11:00 AM, Early Literacy Storytime. Stories and activities utilizing early literacy concepts for ages birth-preschool. Theme: Dr. Seuss' Birthday.

Friday March 2, 11:00 AM, Tai Chi for Arthritis for Ages 50+. Class is full.
Wednesday March 7, 7:00 PM, Trustee Meeting.

Thursday March 8: 11:00 AM, Early Literacy Storytime. Stories and activities utilizing early literacy concepts for ages birth-preschool. Theme: Faces.

Thursday March 8: 3:15-4:15 PM, After-School Books and Puzzles Club. For Ages 9-12. Relax with a read-aloud, and then challenge yourself with logic puzzles and games. Hosted by Westford resident and former teacher Patricia Robinson. Bus ride from school and light snack provided. Bus permission slip and pre-registration required. Contact Victoria at 878-5639 for details.

Thursday March 8: 6:30 PM, Mah Jong. All skill levels welcome. We are happy to teach new players. Contact Beth Peloquin at bethcpeloquin@gmail.com.

Wednesday March 14, 11:00 AM, Tai Chi for Arthritis for Ages 50+ - Spring Session Begins. This program contains all the essential principles of Tai Chi that support the improvement of flexibility and balance. For newcomers as well as experienced practitioners. Led by CVAA volunteer Judy Hayes. Class meets March 14, 16, 21, 23, 28, 30; April 4, 6, 11, 4/13, 18, and 20.

Wednesday March 14, 6:00-7:00 PM, Book Discussion: One Thousand White Women (Fergus).

Thursday March 15, 11:00 AM, Early Literacy Storytime. Stories and activities utilizing early literacy concepts for ages birth-preschool. Theme: The Sun.

Thursday March 15, 3:15-4:15 PM, After-School Books and Puzzles Club. For Ages 9-12. Relax with a read-aloud, and then challenge yourself with logic puzzles and games. Hosted by Westford resident and former teacher Patricia Robinson. Bus ride from school and light snack provided. Bus permission slip and pre-registration required. Contact Victoria at 878-5639 for details

Friday March 16, 11:00, Tai Chi for Arthritis for Ages 50+. See 3/14 for description.

Wednesday March 21, 11:00 AM, Tai Chi for Arthritis for Ages 50+. See 3/14 for description.

Wednesday March 21, 11:00 AM, Early Literacy Storytime. Stories and activities utilizing early literacy concepts for ages birth-preschool. Theme: Spring.

Wednesday March 21, 3:15-4:15 PM, After-School Books and Puzzles Club. For Ages 9-12. Relax with a read-aloud, then challenge yourself with logic puzzles and games. Hosted by Westford resident and former teacher Patricia Robinson. Bus ride from school and light snack provided. Bus permission slip and pre-registration required. Contact Victoria at 878-5639 for details

Thursday March 22, 6:30 PM, Mah Jong. All skill levels welcome. We are happy to teach new players. Contact Beth Peloquin at bethcpeloquin@gmail.com.

Friday March 23, 11:00 AM, Tai Chi for Arthritis for Ages 50+. See 3/14 for description.

Friday March 23, 6:00 PM, Strategy and Board Games for Teens and Adults. Hosted by Matt Taylor.

Wednesday March 28, 11:00 AM, Tai Chi for Arthritis for Ages 50+. See 3/14 for description.

Thursday March 29, 11:00 AM, Early Literacy Storytime. Stories and activities utilizing early literacy concepts for ages birth-preschool. Theme: The Senses.

Thursday March 29, 3:15-4:15 PM, After-School Books and Puzzles Club. For Ages 9-12. Relax with a read-aloud, then challenge yourself with logic puzzles and games. Hosted by Westford resident and former teacher Patricia Robinson. Bus ride from school and light snack provided. Bus permission slip and pre-registration required. Contact Victoria at 878-5639 for details

Friday March 30, 11:00 AM, Tai Chi for Arthritis for Ages 50+. See 3/14 for description.

New additions to the Collection: Adult Fiction: *Believing the Lie* (George), *Devil's Gate* (Cussler), *Home Front* (Hannah), *The Redbreast* (Nesbo), *Still Life* (Penny). Adult Nonfiction: *The Greater Journey* (McCullough), *The Hare with the Amber Eyes* (DeWaal), *Moneyball* (Lewis), *Thinking Fast and Slow* (Kahneman), *Through My Eyes* (Tebow), *The Warmth of Other Suns* (Wilkerson). Teen: *Dragon's Oath* (Cast), *The Fault in Our Stars* (Green), *The Statistical Probability of Love at First Sight* (Smith), *Switched* (Hocking). Juv Fiction: *Red Clover Books: Blackout* (Rocco), *Me...Jane* (McDonnell), *The Princess and the Pig* (Emmett), *Swirl by Swirl* (Sidman), *Tia Isa Wants a Car* (Medina), *Three by the Sea* (Grey). *Transitional: Ivy + Bean Take Care of the Babysitter* (Barrows). Nonfiction: *Steve Jobs: The Man Who Thought Different* (Blumenthal). DVD: *The Tree of Life, Becoming Jane, Breaking Dawn Part 1*. The library is open Wednesday, 1-7pm, Thursday, 10-6pm, Friday, noon-6pm, and Saturday, 10-2pm. We can be reached at 878-5639, westford_pl@vals.state.vt.us, and www.westford.lib.vt.us. The library is open Wednesday 1:00-7:00 PM, Thursday 10:00-6:00 PM, Friday noon-6:00 PM, and Saturday 10:00 AM-2:00 PM. We can be reached at 878-5639, westford_pl@vals.state.vt.us, and www.westford.lib.vt.us.

DOROTHY ALLING MEMORIAL LIBRARY WILLISTON

Food For Thought Library Volunteers: Thursday, March 8, 4:00-5:00 PM. Grades 7-12 Teen Advisory Group. Pizza, discussion, and library projects for teens. 1st Thursday of each month. (2nd week in March due to school vacation). New members welcome.

*Toddler Yoga and Stories: 4-week series. Fridays, 10:15 AM. (March 9-30). Simple yoga and books for children ages 1-5. Presented by Karen Allen. Pre-register at 878-4918.

Story Hour: Tuesdays at 11:00 AM, March 6-27. Stories and simple crafts for children ages 3-5. No pre-registration.

*Science Magic: Thursday March 8, 3:00 PM. Science comes alive at the library. Science enrichment series presented by Kathy Fernee and Karen Cutler. Gr. 3 and up. Pre-register at 878-4918. Children ages 8 and younger must be accompanied by an adult while at the library.

Lego Club: Wednesdays, 3:00-3:45 PM. March 7, 14, and 28. Make your own Lego creations using the library's Lego collection. Gr. 1-5. Pre-register at 878-4918. Space is limited. Children ages 8 and younger must be accompanied by an adult while at the library.

Babytime Playgroup: Wednesdays, 10:30 AM-12:00 PM (except for the 1st Wed of each month). March 14-28. For infants and toddlers. Sponsored by Building Bright Futures of Williston. Call Marjorie Von Ohlsen for more information at 658-3659.

*Reading with Frosty and Friends Therapy Dogs: Tuesdays, 3:30-4:30 PM. (Through April 17). Share a story with a trained therapy dog. All dogs registered with Therapy Dogs of Vermont. All ages. Call 878-4918 to pre-register for 10 minute individual sessions. All ages.

*Early Literacy Workshop for Parents: Mondays, 5:30 PM. March 19, April 16 and 30. Learn how to teach your child important early reading skills. 3-week series includes dinner, childcare, and free books. For parents of preschool age children. Space is limited. Sponsored by Vermont Center for the Book and Vermont Department of Libraries. Pre-register at 878-4918.

Music with Raphael: Mondays, 10:45 AM, Thursdays, 10:30 AM, and Saturday, March 17. Come sing, dance, and clap your hands with Raphael and his guitar. Traditional and original folk music for children up to age 5 with a caregiver. No pre-registration. Limit: one weekday session per week per family

*Pajama Story Time with Abby Klein: Monday March 12, 6:30 PM. Look for leprechaun gold. Bring kids in PJs with their favorite stuffed animal for stories, a craft, and a bedtime snack. Presented by Building Bright Futures of Williston and Dorothy Alling Memorial Library. Call Kate at 876-7147 to pre-register.

*Pre-registration required. Dorothy Alling Memorial Library, 21 Library Lane, Williston, VT. www.williston.lib.vt.us



The Town of Bolton received a Better Back Roads Category B Grant. The Grant was used for hazard mitigation repairs on the Notch Road. This Grant enabled the town to correct an on-going erosion problem, stabilize a slope and prevent further deterioration of a roadside bank.

3045 Theodore Roosevelt Highway
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Phone: (802) 434-3064
Fax: (802) 434-6404
e-mail: Deborah@townofboltonvt.com



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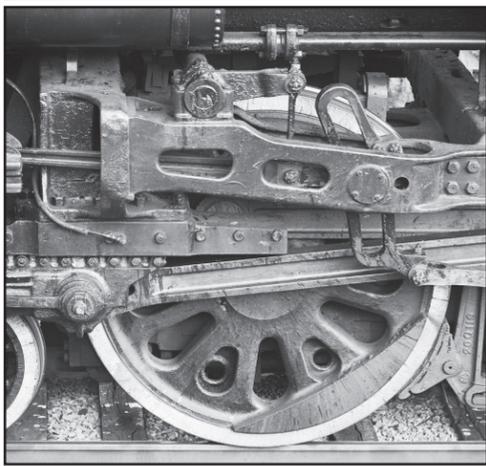
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ART / MUSIC / THEATER



David Plowden: Crosshead Detail, Canadian National Railways, Locomotive Number 6218, Montpelier Junction, VT, photograph at the Bryan gallery.

ART/PHOTOGRAPHY

Bryan Memorial Gallery presents a Trains Collectors Roundtable discussion as a featured program of its current exhibit, *All Aboard: An Exhibition of Trains*.

The Collectors Roundtable will feature these panelists: Author Robert C. Jones; A.J. McDonald, executive director of the St. Albans Historical Museum; train collector Dave Myers, train collector Shaun Phillips and exhibit curator Fiona Cooper Fenwick. The panel will be moderated by Bryan Memorial Gallery Executive Director, Mickey Myers.

The collectors will discuss their respective lifetimes of experience as railroad aficionados and collectors, bringing their expertise to bear on the universal fascination with trains, and the specifics of collecting train objects.

All Aboard in Bryan Memorial Gallery's East Gallery includes model trains, toy trains, historical train objects and an extensive presentation of the train in fine art and videos. Curated by Fiona Cooper Fenwick, with assistance from Marclay Davis, *All Aboard* amasses a vast cross section of railroad culture and imagery, from actual objects from the earliest days of the railroad in Vermont, to model trains and toy trains, and a significant collection of the train in fine art and photography today.

This program is supported in part by a grant from the Green Mountain Fund of the Vermont Community Foundation. There is no charge for this program and no charge for the exhibit. The gallery is open Friday - Sunday, 11:00 AM - 4:00 PM and by appointment at any time. Bryan Memorial Gallery is at 180 Main Street, Jeffersonville, Vermont. 802-644-5100. www.bryangallery.org. School groups are welcome to request appointments for private tours of the exhibition on weekdays at no charge. Contact: Mickey Myers, Executive Director, 802-644-5100, mickey@bryangallery.org.

The Helen Day Art Center invites you to step into the Roaring Twenties and the high-society world of Jay Gatsby on Saturday March 24, at the Stowe Mountain Lodge. Mingle with flappers,

flyboys and maybe some gangsters for a swell time and a good cause.

The event will begin at 5:30 PM with a cocktail reception, a Silent and Art Auction, and the music of *Audrey Bernstein and the Young Jazzers*. An elegant seated dinner will follow in the Tamarack Ballroom followed by a live auction with Tim Kavanagh of Star 92.9 Radio. We'll then clear the floor for music and dancing with Vermont's legendary *Grippio Funk Band*. Tickets are \$125 per person and can be reserved by calling 802-253-8358. For more information, go to www.helenday.com or the Helen Day Art Center on Facebook.

This is the 31st annual fundraiser for the Helen Day Art Center in Stowe, Vermont. The Silent and Live Auctions are an opportunity to bid on one-of-a-kind art, fabulous trips and a wide array of luxury items, with all proceeds benefiting the Art Center's many art programs and exhibits.

For more information, contact Sharon Radtke at sharon@sharoneventsllc.com or call 802-253-8358.

The Gallery at River Arts is pleased to present "Staff Effection", a group exhibit of work by staff artists at the Vermont Studio Center. Exhibit will be shown at the River Arts Center in Morrisville, VT, March 8 - April 20. There will be an opening reception on March 8, from 5:00 - 7:00 PM.

River Arts is pleased to present "Banners & Paintings" by visual artist, Mary Hill, in the Common Space Gallery at the River Arts Center in Morrisville, VT, March 8 - April 25. There will be an opening reception on March 15, from 5:00 - 7:00 p.m.

The Gallery at River Arts is located at the River Arts Center, 74 Pleasant Street in Morrisville, VT. Gallery hours: Monday-Friday, 10:00 AM - 2:00 PM. For off hours, please call River Arts: 802-888-1261. Admission is free. For more information, call or visit their website at www.riverartsvt.org.

Landscape in 3 Voices featuring watercolors by Terry Boyle, oils by Barbara Greene and oils by Tim Hendel. The show runs through March. The public is invited www.emilegruppegallery.com 899 3211. The Emile Gruppe Gallery is located just outside Jericho Center at 22 Barber Farm Road.

The Richmond Hookers have an exhibit of hooked rugs in the Jericho Town Hall through the month of March. The public is invited to view them during regular business hours Monday through Thursday 8:00 AM - 4:00 PM and Friday 8:00 AM - 3:00 PM. 899-2974.

The Art on Burton presented by Helen Day Art Center, now through April 15, 2012. *The Art on Burton* examines the profound role of art and design on the culture of snowboarding by exhibiting work from artists who have contributed to the design and image of Vermont's own Burton Snowboards. Snowboarding's imagery and products have consistently re-enforced its position as

a counter-culture lifestyle.

MUSIC/DANCE

A great pre-St. Patty's day event: The Westford Music Series offers a treat of Irish music featuring artist Tom Hanley and Cindy Hill for the March 11, 4:00-5:00 PM at the White Church. O'hAnleigh is Irish-American music that hits home all over the world. The talented duet will bring an afternoon of hand-clapping, toe-tapping sing-a-long songs, haunting ballads and sizzling fiddle tunes from old Celtic favorites to award-winning original compositions that reflect the experience of Irish immigrants and the literature and legends of the Emerald Isle. Wonderful fun for those who are Irish as well as those who love Irish music. Concert is free. Refreshments will be served.

Queen City Contras will hold its regular dance on Friday March 9, at 8:00 PM at Edmunds Middle School, 299 Main Street, Burlington VT. Luke Donev will call. Music will be provided by Atlantic Crossing: Viveka Fox (fiddle), Peter Macfarlane (fiddle), Tristan Henderson (mandolin) and Rick Klein (guitar). All are welcome, all dances taught, no partner or experience necessary. Beginners' session at 7:45. Admission is \$8.00 adults. Under 12 free. Please bring clean, soft-soled shoes for dancing. Dance Info: 802-371-9492 or 802-343-7165.

Symphony Orchestra's forthcoming 2012 Masterworks Series concert shines with orchestral heroes: Prokofiev's Classical Symphony, Beethoven's Symphony No. 3, "Eroica," and Strauss's Horn Concerto No.1, featuring guest soloist Jennifer Montone, French horn. The concert, conducted by VSO music director Jaime Laredo, will be performed at the Flynn Center, Burlington, on Saturday March 10 at 8:00 PM.

THEATER/FILM

Shelburne Players has chosen a cast and begun rehearsals for their upcoming spring comedy "Lend Me a Tenor" by Ken Ludwig; members of the cast include Matthew Winston, John Hasen and Michael Farnsworth, all of Shelburne, Rachel Newman of Burlington, Clem Turmel and Jennifer Dion Stearns of Milton, Alise Certa of Westford, and Anne Liske of Winooski. "Lend Me a Tenor" is a madcap screwball comedy that takes place when Tito Merelli, the fiery-tempered and world famous Italian superstar, arrives in Cleveland, Ohio to make his debut with the local opera and promptly goes missing. As Saunders, the show's presenter, conspires to cover for Tito's absence, placate his hot-blooded wife, and distract his most passionate fans, chaos on a truly operatic level ensues. Directed by Dick Hibbert, "Lend Me A Tenor" will be performed at Shelburne Town Center, 5420 Shelburne Road, on April 20, 21, 22, 26, 27 and 28. Check www.shelburneplayers.com for more information.

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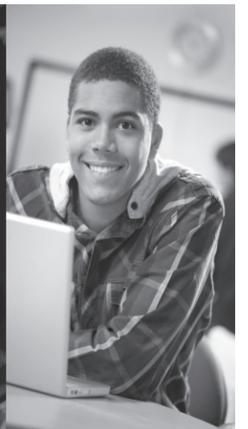
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BROWNS RIVER MIDDLE SCHOOL NEWS

By Public Relations Committee

VTANG and The University of Vermont's College of Engineering and Mathematical Sciences--Engineer's Day: Many BRMS students participated in this competition. We recognize the teams who took home the following honors:

Edible Cars--Second place: Matthew Eells, Ethan Howard, Katie Genest, and Silas Diamond

Passive Helicopters--Unique Design: Kenny Reynolds and Adakin Sawyer

Smart Phone Design--First Overall and Best Overall Design: Justin Haenel and Jack Leach

Congratulations to all of our student participants and to their advisors Willie Lee and Suzanne McDevitt.

Nine young ladies from the BRMS Girls' Basketball team brought cookies and a giving spirit to the Green Mountain Nursing Home where they not only lifted the spirits of the elderly residents, but touched the hearts of those parents who had the opportunity to watch their children step outside themselves to brighten the lives of others. Thank you Scott Shamp and Shelley Salzer for putting this project together and giving the girls a chance to see what winning is really all about.

BRMS seventh graders will be finishing up their exploration of French when they return to school in March. It is wonderful to see the students so enthusiastic about learning another language. Spanish is the next language we will explore in EFL. French I students are beginning work on the vocabulary and structures for shopping for food.

Looking to start, finish, and/or publish your story? Come to writing club on Tuesdays and Thursdays after-school from 2:45-3:30 in the library. We want to support and encourage you to see your book in print. The month of March is a perfect time to get published!

Are you a girl in 6th grade interested in science and technology? Would you like to learn how girls are selected for this IBM Science & Technology Camp for Girls? Find out more about this week of hands-on science activities and how girls come together for a year-long e-mentoring project. Come and hear from girls who have attended the camp on Tuesday, March 13 at 7:30-8:00 AM in the BRMS library.

Congratulations MMU Music Students!

The following students participated in the Northwest Music Festival held at MMU February 17:

- Barwin, Rebecca Bassoon
- Brown, David French horn
- Carbee, Andrew Baritone Horn
- Cassara, Gina Clarinet
- Clift, Alex Alto Saxophone
- Cyr, Kristina Flute
- Dubay, Emma Flute
- Flanders, Lindsey Clarinet
- Griffin, Jonathan Trombone
- Kelemen, Mikayla Flute
- Lawler, Mike Trumpet
- Morin, Adam Tenor Saxophone
- Reynolds, Collin Percussion
- Rosmus, Erica Alto Saxophone
- Schoppmann, Paige French horn
- Sylvester, Dylan Percussion
- Sylvester, Hannah Percussion
- Weber, Aaron Bass Clarinet

MMU Music would like to congratulate!

The Vermont All State Music Festival is an annual event supported by the Vermont Music Educators Association (VMEA) and operated by the Vermont All State Committee. After an audition process the festival offers musicians who are accepted from Vermont's high schools the opportunity to perform in a band, orchestra, chorus or jazz ensemble under the direction of some of our nation's finest conductors. Three days of intensive rehearsals lead up to a series of performances involving all four groups. This year the festival will be held in Burlington May 9th, 10th 11th and 12th and MMU Music has students representing in all four groups. MMU Music would like to congratulate the following students for their acceptance into this prestigious festival.

- Brown, David-French Horn/Band
- Dubay, Emma-Flute/Band
- Lawler, Michael-Trumpet/Band and Jazz Band
- Martin, Lea-Violin/Orchestra
- Paone, Taylor-Cello/Orchestra
- Parker, Quinn-Trombone/Jazz Band Principal Seat
- Shallow, Molly-Violin/Orchestra
- Sylvester, Dylan-Percussion/Band Principal Seat
- Weber, Aaron-Bass Clarinet/Band

CESU Meetings

- March 1, Mt. Mansfield School District budget informational meeting, 7:30 PM, BRMS.
- March 8, MMU Strategic Planning Committee meeting, 6:30 PM, CHMS
- March 8, MMU Facilities Committee meeting, 6:30 PM, CHMS
- March 8, MMU School Board meeting, 7:30 PM, CHMS
- March 12, CESU Policy Committee meeting, 6:30 PM, Central Office.
- March 14, CESU Elementary School Boards' carousel meeting--Bolton, Huntington, Jericho, Richmond, Underhill ID & Underhill Central School board regular meeting following, 6:30 PM, MMUHS.

Vermont Commons honor students

Vermont Commons School announced students with High Honors and Honor Roll. High Honors was achieved by Nora Hill - 9th Grade - Jericho and Honor Roll for Mason Hill - 7th Grade - Jericho.



Maria Germano takes students outside to examine the soil and plant species of the area around Browns River Middle School.



2012 Browns River Middle School A Girls Basketball Team wins in Colchester Invitational Tournament.



Bryant Pless leads 60 jumpers from Browns River Middle School and raises over \$12,500 for Vermont Special Olympics.

PHOTO CONTRIBUTED

JSC to host Open House March 2 for innovative Think College program

The *Think College* program at Johnson State College will host an open house on Friday, March 2, from 1:00 to 3:00 PM in the Stearns Performance Space.

Launched in fall 2011, *Think College @ JSC* is a two-year academic, social and vocational program for students with intellectual disabilities who are 18 to 26 years old and seeking a college experience. The program focuses on academic enrichment, socialization, independent living skills, self-advocacy skills, and integrated work experiences.

Sponsored by the JSC Department of Education, *Think College @ JSC* incorporates student-centered planning, academic advising and peer mentors for an inclusive, supportive college experience. Students enrolled in the program participate in a two-year, non-degree certificate program.

The open house is geared toward prospective students and their family members as well as teachers, counselors, community agencies and the general public. Topics will include the *Think College* program structure, philosophy and eligibility requirements. In addition, current *Think College* participants, staff and parents will conduct individual sessions and campus tours.

To register for this free event, contact Chris Kennedy, director of *Think College @ JSC*, at christopher.kennedy@jsc.edu or (802) 635-1270.

Night Rider Series standings February 22

Skiers and riders compete under the lights in the Bolton Valley terrain parks for prizes every Wednesday night. The event set-up changes each week to keep things fresh - sometimes it's a rail jam, sometimes it's a full slopestyle, and sometimes anything in between. Come to every event and collect points for bigger prizes to be given away on the final night of the series.

Vermont Ski/Snowboard, Wednesday February 22, Night Rider Series at Bolton Valley Event #5 of 7:

4-hit Slope Style Skiers (showing competitor, age and hometown): 12-and-under: 1. Duncan McCabe, 12, Middlebury, VT 2. Trevor Grab, 10, Underhill, VT 3. Jacob Pratt, 12, Richmond, VT; 13-17: 1. Nick Cameron, 15, Underhill, VT 2. Ian Corrdera, 17, Essex Jct, VT 3. Taggart Francis, 17, Williston; 18-and-over: 1. George Kokofer, 19, New Marlboro, MA, VT 2. Phil Crull, 22, Burke, VT 3. Miguel Villa, 18, Waitsfield, VT; and Women: 1. Mallory Fischer, 18, Jericho, VT.

Snowboarders (showing competitor, age, and hometown): 12-and-under: 1. Ryan Sihler, 12, Killington, VT 2. Kirk Teare, 12, Essex Jct, VT 3. Jeffrey Boliba, 12, Williston, VT; 13-17: 1. Douglas Fay, 13, Richmond, VT 2. Shaw McCable, 16, Middlebury, VT 3. Derek Charland, 15, Jericho, VT; 18-and-over: 1. Tim Andreasen, 21, Amherst, NH 2. Evan Sheridan, 18, Bondville, VT 3. Jeremy Hulsey, 21, Burlington, VT; Women: 1. Caroline Patten, 22, Burlington, VT 2. Hailey Ronconi, 18, LaGrangeville, NY 3. Brittany Horowitz, 21, East Quogue, NY.



BRMS students excel at Engineer Activities Day

The Vermont Air National Guard (VTANG) sponsored, in conjunction with the UVM College of Engineering and Mathematical Sciences, Engineers Day Activities on Thursday February 16, 2012 with approximately 600 in attendance - 513 of which were students.

There were eight events, Browns River Middle School was 1st Overall and Best Overall Design for the Smart Phone Design (elementary and middle school students) and garnered second place in Edible Cars - Speed, Fastest. These activities allow students to understand the principles of engineering in elementary ways, and are designed to provide them with a vision of how engineering impacts our world.

Browns River Middle School participants were: Edible Cars - Society of Women Engineers, Matthew Eells, Ethan Howard, Katie Genest, and Silas Diamond ; Smart Phone Design, Justin Haenel and Jack Leach.

Other events included: wind turbines, pasta bridges, wood trusses, tallest structures, passive helicopters and playful inventions.

COLLEGE NOTES

The following local residents are among those to be named to the Roger Williams University Dean's List for the fall 2011 semester. Full-time students who complete 12 or more credits per semester and earn a GPA of 3.4 or higher are placed on the Dean's List that semester, provided that they have not received any of the following grades: F, I, NP or NS.

Maia Buckingham, a resident of Jeffersonville, VT.

Hannah Cohen, a resident of Cambridge, VT.

Rose Sandberg, a resident of Jericho, VT.

The following local residents were named to first honors on the Clark University Dean's List. This selection marks outstanding academic achievement during the fall 2011 semester.

Dylan E. Broderick, a resident of Jericho, VT.

Joseph W. McClintock, a resident of Westford, VT.

Hillary A. Hagen-Peter, of Underhill, VT, is participating in St. Lawrence University's International Study Program for the spring 2012 semester. Hagen-Peter, a member of the class of 2014 at St. Lawrence, is studying in Vienna, Austria. She graduated from Mount Mansfield Union High School.

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SENIOR NEWS

Recipes by Marian Tobin

Honey Pumpkin Pie

- 1 ½ cups pumpkin
- ¾ cup honey
- 1 teaspoon cinnamon
- ½ teaspoon ginger
- ½ teaspoon salt
- 3 eggs
- 1 cup milk
- ½ cup cream

Mix honey, salt and spices with pumpkin. Beat eggs slightly and add the milk, combine pumpkin and milk mixtures. Add cream. Mix well. Pour into unbaked 9" pie shell. Bake 400° for 10 minutes and then reduce heat to 300° and bake until set.



CVAA

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

Thursday March 1 – Bridge Street Café, Richmond, 10:30 AM check in, 11:00 lunch. Chicken and biscuits.

Friday March 2 – Hinesburg mealsite, 11:30 AM.

Monday March 5 – Covenant Church, Essex Ctr., 12:00 noon – Spaghetti and meatballs, broccoli, whole wheat rolls, Fig Newton, chocolate milk.

Tuesday March 6 – Ponderosa, Williston, 11:00 AM check in, 11:15 AM lunch. All you can eat buffet.

Wednesday March 7 – Essex Grill, 10:30 AM check in, 11:00 AM lunch. Chicken and biscuits.

Thursday March 8 – Holiday Inn, So. Burlington, 11:00 AM check in, 10:30 AM lunch. Turkey dinner.

Friday March 9 – United Church, Hinesburg, 12:00 noon. Tomato topped meatloaf, mashed potato, creamed spinach, whole wheat roll, apple crumble

Monday March 12 – Covenant Church, Essex Ctr., 12:00 noon. Salisbury steak, baked potato with sour cream, honey dill carrots, wheat bread, pears.

Tuesday March 13 – Pizza Hut, Susie Wilson Road, Essex Jct., 10:30 AM check in, 11:00 AM lunch. All you can eat pizza buffet.

Wednesday March 14 – JP's Diner and Deli, River Road, Essex Jct., 10:30 AM check in, 11:00 AM lunch. Meatloaf dinner.

Thursday March 15 – T-Bones, Hampton Inn, Colchester, 10:30 AM check in, 11:00 AM lunch. Baked or fried haddock.

Caring at Home

You know how sometimes things seem to come in bunches? Around here lately, it has been meeting with families providing care at home. Partners, spouses, adult children, and even a really nice neighbor, each working to help someone they care about stay home a little longer in spite of challenges.

Where can these folks look for support? For starters, there are some basics like calling the Vermont Senior Help Line at 800-642-5119 and the United Way's 211 service information line. Both these numbers should be on the refrigerator or next to the phone. (Is there still a spot that is "next to the phone"?) They provide information about options beyond the family/friends/church network.

There's also transportation to consider. After all, being able to stay home shouldn't mean having to stay home. Whether it is public transportation, a motor pool or cab fare, planning for mobility is a key component of sustainability.

For most families, the hardest part is getting ahead of things. Just like child-proofing a house, aging in place requires being ready for next week, rather than catching up with last week. This is especially true with issues of increasing frailty. Replacing the tub with a walk-in shower before it is needed beats discovering at seven some morning that the tub is no longer manageable.

The house needs to be made/kept safe, often in ways that aren't as obvious as we might think. That's why the Fall Prevention Clinic is another important number, 802-847-1902. Remember, falling is a huge factor in sending people out of their homes and into continuing care facilities.

Beyond the house there are schedules to consider, yours, mine, and theirs. The kind of cooperation that keeps things manageable takes planning and, well, cooperation. Set manageable expectations for both those giving care and those receiving it. Be realistic about what can be done within the free support system and what will need to be paid for.

Finally, always have a plan for respite breaks for care providers. Without reasonable rest and rejuvenation, things cannot be sustainable. If the care provider is broken, who will provide the care? Taking a break isn't being selfish, it's being real.

The list of things to consider is long enough to make a small book. A useful place to start might be the Mature Market Institute's "Aging in Place Workbook: Your Home as a Care Setting." If you'd like a free copy just give us a call (toll free) at 866-342-2035 and we'll send it to you, along with a list of Aging in Place resources.

Oh, yes, did I mention getting your legal documents in line, too? Well, maybe another time.

Aging in Place, it doesn't happen by accident.

Scott Funk is Vermont's leading Aging in Place advocate, writing and speaking around the state on issues of concern to retirees and their families. He works as a HECM reverse mortgage consultant. You can access previous Aging in Place articles at vermontfunk.com.

March is National Colorectal Cancer Awareness Month

The American Cancer Society is encouraging everyone to make a point to learn their family history of colon cancer, and reminding men and women 50 and older to get tested for the disease even if they have no family history. The Society is making it easier than ever to learn about your family history of colon cancer with the Family PLZ! campaign.

Colorectal cancer is highly treatable if found in its early stages. Most people should start getting screened for colorectal cancer at age 50, but people with a family history are at higher risk and may need to be screened earlier.

The Family PLZ! campaign, developed by the National Colorectal Cancer Roundtable for which the Society is a founding member, provides tools to help you search and share your family history of colorectal cancer with your doctor and loved ones. The campaign encourages younger generations to participate in the discussions. Visit www.familyplz.org for more information.

"The Family PLZ! campaign is a great way for families to start a conversation about a family history of colorectal cancer," said Kelly Stoddard, vice president of Health and Advocacy Initiatives with the American Cancer Society. "Make a point to learn your family's colorectal cancer history, and tell your doctor what you learn."

An estimated 143,460 cases of colorectal cancer are expected to occur in 2012, but there are steps you can take every day to stay well and reduce your risk of colon cancer. The American Cancer Society recommends that adults maintain a healthy weight by being physically active and eating a well-balanced diet. Limiting the amount of alcohol and limiting intake of processed and red meats are also steps you can take every day to reduce your risk of this disease.

Screening for colorectal cancer has been proven to reduce deaths from the disease both by decreasing the number of people who are diagnosed with it and by finding a higher proportion of cancers at early, more treatable stages. Overall, colorectal cancer rates have declined rapidly in both men and women in the past two decades, due in part to early detection and removal of precancerous polyps. However, only half of the U.S. population aged 50 and older have been tested.

The American Cancer Society is making progress against colorectal cancer and is saving lives. Society-funded research has led to improved understanding regarding the link between diet and colorectal cancer, and the development of drugs to treat colorectal cancer. In addition, the Society and its advocacy affiliate, the American Cancer Society Cancer Action NetworkSM, are working to ensure that all Americans who need colorectal cancer testing and treatment have access to them.

The American Cancer Society combines an unyielding passion with nearly a century of experience to save lives and end suffering from cancer. As a global grassroots force of more than three million volunteers, we fight for every birthday threatened by every cancer in every community. We save lives by helping people stay well by preventing cancer or detecting it early; helping people get well by being there for them during and after a cancer diagnosis; by finding cures through investment in groundbreaking discovery; and by fighting back by rallying lawmakers to pass laws to defeat cancer and by rallying communities worldwide to join the fight. As the nation's largest non-governmental investor in cancer research, contributing more than \$3.5 billion, we turn what we know about cancer into what we do. As a result, about 11 million people in America who have had cancer and countless more who have avoided it will be celebrating birthdays this year. To learn more about us or to get help, call us any time, day or night, at 1-800-227-2345 or visit cancer.org.

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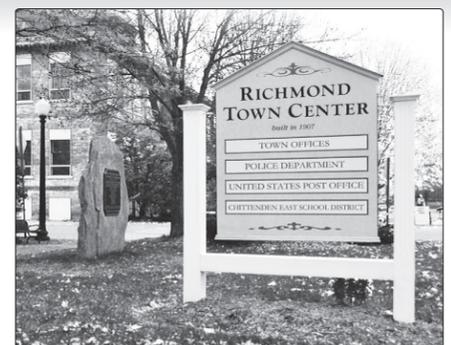
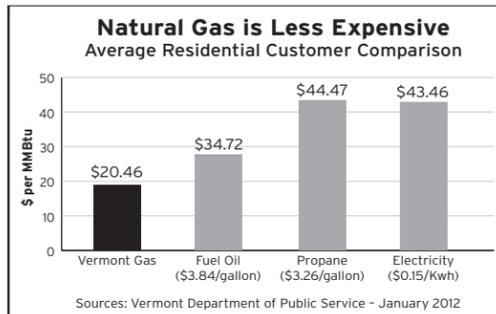
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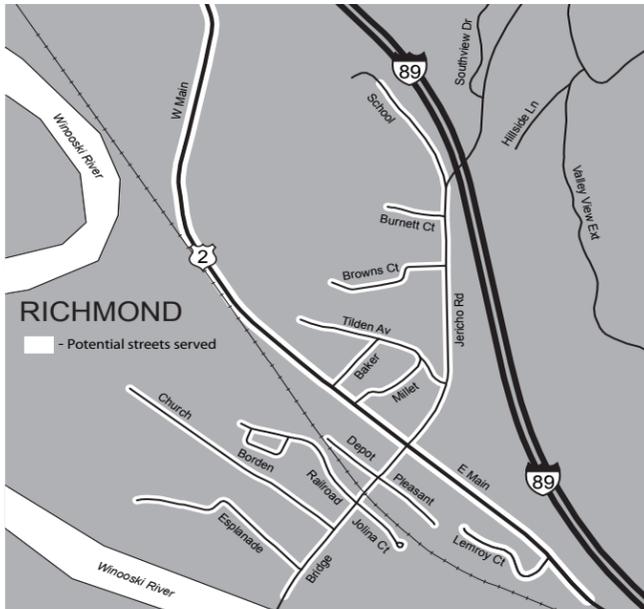
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Remember put Bluebird Houses out by March 1 as males come then to claim their territory! Johnson Farm and Garden 635-7282.

Toys, Toys, Toys for all! Largest toy store in the area. Lego, Nerf, Melissa and Doug. Educational Kits, Furnished Doll Houses, John Deere, Bruda, Bryer Horses and now Music Department. Johnson Farm and Garden 635-7282.

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