

Meet Catherine Kearns: Underhill's newest Select Board member

By Phyl Newbeck
Special to the Mountain Gazette

Catherine Kearns has a very simple reason for having run for Select Board in Underhill. "I've always been of the opinion that you don't have a right to complain unless you're willing to step up and do something," she said. After serving a three-year term on the Planning Commission, Kearns threw her hat in the ring for an open Select Board seat and was elected on Town Meeting Day.

Kearns was born in Brandon, but when she was 11 years old her parents moved to Shelburne. "It wasn't an easy adjustment," she said of her new suburban environment. In college she met Merlin Poutre, who would become her husband, and she gravitated towards his native Underhill.

"Maybe I associate Underhill with falling in love and coming into myself as a person," she said, "but when it came time to pick a place to live, this is what we chose."

After college, Kearns joined the military and served on active duty. In 2014 she had the opportunity to return to Vermont with the National Guard and was assigned to a cyber squad in Northfield. In addition to her formal duties, she became involved in assault prevention and response as a Volunteer Victim Advocate. Last summer she became the Alternate Sexual Assault Response Coordinator for the Guard, a position which deals with similar issues to the Volunteer Victim Advocate.

Last October, Kearns left her full-time position with the Guard to become what is known as a "traditional guardsman," dedicating one weekend each month to the service. Her new civilian job for an intelligence firm based in California allows her to work from home. When Kearns and her husband initially moved back to Vermont they had a hard time selling their house in Colorado, so they lived with his parents but they also got support from neighbors. "A lot of people opened their doors to us," Kearns recalled. "That warmth really spoke to us and by the time we were in position to buy a house we wanted to put down roots here."

An avid reader who often multi-tasks with audio books while on the treadmill, Kearns said she was gratified by the many endorsements she received on Front Porch Forum. "That was really humbling," she said. "I didn't expect to have that kind of support because I haven't been here my whole life." Kearns wants to live up to those endorsements. "If they believe in me I'll do my

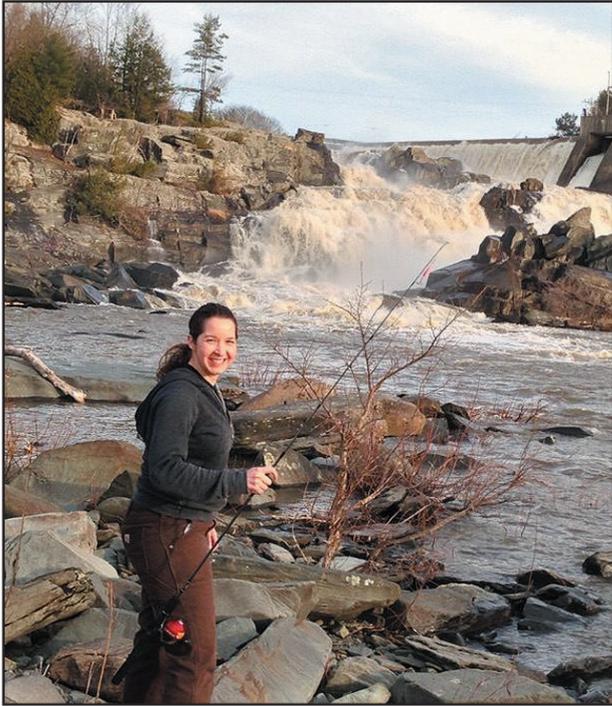


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best to rise to the occasion," she said.

Kearns enjoyed her time on the Planning Commission. "I will miss working directly with them," she said. "It has been an extremely valuable experience and the people involved in it are amazing." In addition to the Planning Commission, Kearns was a member of the Alternative Transportation Committee, which was formed last summer.

Kearns is excited to begin serving in her new position. "I was intrigued by watching how the Select Board interacts with the community," she said. "One of the things that drew me to run was that it's extremely challenging because someone will always be upset." Kearns believes her career as an officer helps her understand the difficulties in being the person who says "no" or who delivers bad news. "I'm drawn to that kind of challenge," she said. "That's one of the things that has attracted me. Maybe I have an appetite for pain."

One of Kearns' goals is to try to "modernize" Underhill through information systems. She hopes to find a way for people to dial into meetings and she wants to provide greater transparency in putting forth information. Kearns realizes residents of Underhill are busy people and she wants to make sure she spends time listening to the concerns of her community. She knows Underhill doesn't have a lot of public meeting spaces but she wants people to know that she's eager for them to reach out to her. "I'd love to meet people for a cup of coffee," she said, "and get to know them and their concerns."

Come learn about the Lions – more than pancakes!

"Lions and tigers and bears. Oh my!" Where are they? Well, the bears are in the woods and the tigers are in the zoo; but the Lions are everywhere!

Lions Clubs International is the world's largest service organization, with clubs in over 200 countries. There are 34 clubs in Vermont, including right here in Jericho-Underhill. The Jericho-Underhill Lions Club is more than pancakes on a cold February morning, or strawberry shortcake in June, or even Oodles of Onions at the Olde Fashioned Harvest Market. We provide scholarships to local students, host blood drives, deliver holiday baskets to shut-ins, and help where there is a need. I'm sure most people do not know how a 20th century Chicago business man and Helen Keller helped to shape

both lives and the landscape of our community.

Now that you know a little about the Jericho-Underhill Lions, how would you like to make new friends while helping the community? All are welcome.

The Jericho-Underhill Lions would love to have you join us for an informational dinner to learn more about our club and Lions as a whole. Join us on Friday, April 20 at the United Church of Underhill for a social at 6:30 PM, with dinner at 7:00 PM.

If you are interested please RSVP to Lion Loreen Teer, 899-1363, or Lion Kendal Holden, 899-2514, by Saturday, April 14. If you need child care at the church, please let us know.

We hope to see you there!



A view of Camel's Hump from Richmond's new Town Forest.

PHOTO CONTRIBUTED

Richmond celebrates a new Town Forest

Richmond has a new town forest. Located on U.S. Rt. 2 near the Monitor Barns, the 428-acre forest is located a mile from the village center. The land was sold to the town and conserved with the Vermont Land Trust (VLT). The property has long been in the Andrews family as part of Gray Rocks Farm, which is listed on the National Register of Historic Places.

Over the past seven years, the Andrews siblings have worked with the VLT to find the best outcome for their land. In 2013 they conserved farmland next to the Vermont Youth Conservation Corps (VYCC) monitor barn, which they then sold to Maple Wind Farm. They wanted to see the upland portion of the property remain forested and offer recreation to the community.

"For almost 100 years the Andrews family has farmed this property," explained Amy Wagner. "Our father, and my three sisters and I, grew up on this farm. It is land we love and cherish. Conserving this beautiful property as a town forest for future generations to enjoy will be a fitting legacy of our parents, Everett and Mary Jo Andrews."

VLT worked with the Andrews family and the community to create a plan for conservation. It also led the fundraising effort to help the town buy and permanently conserve the land.

"This land will give residents and visitors an easily accessible place to get into the forest," said Bob Heiser of VLT. "The land is also an important place for wildlife. On a single walk through the property this winter, we saw signs of moose, bear, deer, fisher, bobcat, and other wildlife species."

Three streams flow through the forest to the Winooski River. The land is also home to vernal pools, wetlands, and a rare-in-Vermont dry oak forest. Protecting sites such as these are important for the future of biodiversity. There is a VAST trail and opportunities for hiking, cross-country skiing, mountain biking, hunting, and bird watching. The Richmond Trails Committee sees an opportunity to connect trails at VYCC to the Old Jericho Road Trail and Richmond Village.

In March of 2017, there was an overwhelmingly

positive vote at Richmond's Town Meeting for the purchase of the land and the creation of the Richmond Town Forest. Through a public process, the community will develop a management plan to decide how the property will be used.

"Richmond's new town forest offers us a great place for year-round activities in nature for people of all ages and interests," said Guy Roberts, Chair of the Town Forest Steering Committee. "The public planning process that's underway has already heard from over 300 residents excited to conserve habitat, create outdoor classrooms, link Richmond's trail networks, and preserve hunting lands. This amazing outpouring of public input and interest is shaping the management plan, so we'll get the most out of this beautiful forestland for decades to come."

Most importantly, the land is a key part of a much larger, mostly protected area of forest that connects Camel's Hump State Park with Mount Mansfield State Forest. The groups that have been working to protect these upland forests – known as the Chittenden County Uplands – have conserved 10,000 acres in the past 15 years.

The Andrews family generously sold the forest to the town for less than its full value. But the purchase and conservation of the land couldn't have happened without the support of many funders.

"This impressive landscape and the community's interest in ownership attracted significant grant funding," explained Bob Heiser. "The federal Community Forest Program provided a critical grant that really made this project possible. The Vermont Housing & Conservation Board (VHCB), the Open Space Institute (OSI), the Conservation Alliance, and of course the Richmond Conservation Fund all played a huge part as well."

Many community members also contributed toward a town forest management fund, which will help the town cover initial costs of management that may include improving a parking area, developing trails, or creating signage.

Clutter Barn opens for donations Saturday, May 5

Spring is in the air and summer is just around the corner! One of the first signs that summer is on its way is the opening of the Clutter Barn, the sort of second-hand shop sponsored by the United Church of Underhill and located adjacent to the church across from "the green" at Underhill Flats. As in years past, the dedicated volunteer staff at the Clutter Barn will be anxiously awaiting the arrival of its many supporters on Saturday, May 5, 8:30 AM – 12:00 PM as they bring and donate gently used household items to stock the tables, shelves, and racks in readiness for the end-of-the-month Tag Sale.

The mission of the Clutter Barn is to serve the community – both near and far – by providing a place where items no longer useful to their owners, but still in fine useable/workable order, can be deposited and passed on to others who delight in discovering things they can put to good use at the Tag Sales. The Clutter Barn is also available to victims of natural disasters or temporary need when their plight is made known.

Please check the United Church of Underhill/Clutter Barn web site for a list of items that are and are not accepted.

Since the first Tag Sale for 2018 will be held on Sunday, May 27, right on the brink of the beginning of summer, it is helpful to have summer clothing available. Take a look in your closets and bureau drawers for any outgrown or "I've worn this too many times" summer clothing that someone else may be able to use, and the Clutter Barn will be happy to accept and display each donation in the clothing area upstairs in the building.

Watch for continual updates and scheduling! This is an adventure you won't want to miss!

Contact: Kathy or Dave Williamson (802-899-3211, ktwilly555@aol.com / dbwilly555@aol.com); Sharon Damkot (802-899-3572 – sdamkot@msn.com); or Betty or Lou Wilson (802-363-8311 or 802-363-8310 – bwilson.8017@gmail.com / lwilson.8317@gmail.com).

Are you listed in the Jericho-Underhill Community Directory?

Please check and if you are not or the listing is incorrect, please contact Brenda Boutin at mtgazette@earthlink.net

4-H NEWS



The top ten scorers in the senior division (ages 14+) at the Chittenden County 4-H Invitational Horse Hippology Contest held Friday, March 16 in Burlington were: (front from left): Faith Ploof, Westford; Jessica Bortz, Colchester; Sammie Blackmore, Charlotte; Ella Haire, Hinesburg; and Natalie Tylanda, Essex; (back from left): Hannah Lang, Essex; Grace Parks, Essex Junction; Madison Zimmermann, Northfield; Emma Cushman, Barre; and Allison Tourville, Georgia.

PHOTO BY MARY FAY, UVM EXTENSION 4-H

Chittenden County 4-H hosts horse hippology contest

On Friday, March 16, 4-H'ers from Chittenden, Franklin, and Washington Counties met on the University of Vermont (UVM) campus in Burlington to compete in the Chittenden County 4-H Invitational Horse Hippology Contest.

The event was sponsored by UVM Extension 4-H and Chittenden County 4-H and was open to 4-H'ers from throughout the state, many of whom also will compete in the State 4-H Horse Hippology Contest on Saturday, April 7 in Danville.

Up to ten rosette ribbons were awarded in each age group to the competitors with the highest combined scores from a written general knowledge exam, horse judging, slides, and identification stations. The latter challenged the 4-H'ers to know the breeds, face markings, and bones of a horse; body clips; types of riding pants and chaps; tack and equipment; bits; and poisonous plants.

The highest individual scorer in the senior division (ages 14 and older) was Hannah Lang, Essex. Second-place went to Essex Junction 4-H'er Grace Parks; followed, from third to tenth place, by: Madison Zimmermann, Northfield; Emma Cushman, Barre; Allison Tourville, Georgia; Faith Ploof, Westford; Jessica Bortz, Colchester; Sammie Blackmore, Charlotte; Ella Haire, Hinesburg; and Natalie Tylanda, Essex.

In the 12- and 13-year-old age group, placements, beginning with the top scorer, were: Kate Reilly, Middlesex; Vivienne Babbott, Hinesburg; Emma Zimmermann, Northfield; Anna Lise Cooledge, Westford; Chloe Stidsen, Hinesburg; Emma Rubin, West Bolton; Bri Start, Fairfax; and Kira Jennings and Morgan Alemy, both from Milton.

Winners, ages 10-11, in order of placement were: Summer Le, Colchester; Haileigh Demers, Milton; Madeline Tylanda, Essex; Alessandra Hoffman, Milton; Jenna Bennett, Highgate; Sophia Schifilliti, Colchester; Hannah Smiley and Kiera Newton, both from Milton; Phoebe DePatie, Highgate; and Lily Provost, Milton. Samantha Provost, Milton, also participated in this age group.

The youngest competitors at the event were 4-H'ers ages 8 and 9. Taking first place in this age group was Addie Ploof, Westford, followed by Kelsey Paradee, Swanton; Madeline Langlois, Westford; Jack and Ben Tylanda, both from Essex; and Jakob Marinoff, Highgate.

For information about the 4-H program in Chittenden County, contact Rose Garritano, 802-651-8343, ext. 505, or rosemarie.garritano@uvm.edu.



Mountain High Pizza Pie

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 Saturday 11:00 AM - 8:30 PM
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COMING EVENTS

Tuesday, April 3

Book launch: The New Atlas of Vermont Trout Ponds. 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join us to celebrate the launch of Peter Shea's new book. Angling geographer Peter Shea is co-author of Vermont's classic trout fishing guides, *Vermont Trout Streams* and *The Atlas of Vermont Trout Ponds*. He is the author of *In the Company of Trout*; *Vermont Trout Ponds*; *Long Trail Trout*; *Vermont's Trophy Trout Waters*; and *Collateral Trout*. Proceeds from ticket sales go to the VT Foodbank. Tickets \$3 include a coupon for \$5 off a copy of the featured book; coupons expire at closing the evening of the event. Information: www.phoenixbooks.biz or 448-3350. Information: www.phoenixbooks.biz or 448-3350.

Wednesday, April 4

Wednesday Story Time, 11:00 AM, Phoenix Books Essex, 2 Carmichael St., Essex. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: www.phoenixbooks.biz or 872-7111.

Vermont Cartoonist Laureates Past and Present, 6:00 PM, Fleming Museum of Art, UVM, 61 Colchester Ave., Burlington. Alison Bechdel, James Kochalka, and Edward Koren discuss their work and the role of cartooning in our community and culture. Moderated by *Seven Days* co-founder and co-editor Pamela Polston. Co-sponsored by the Center for Cartoon Studies with support from UVM's Center for Research on Vermont.

Thursday, April 5

Book launch: Mechaboys. 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join James Kochalka to celebrate the launch of his new book. Superbad meets Transformers in this next great graphic novel, with a genuine high-school sweetness mixed in with robot action, comedy, and plenty of fistfights. James' comics have been published internationally by almost every alternative comics publisher; he's recorded several music albums under the name James Kochalka Superstar (making him a favorite at college radio stations across the country), and he's developed animated cartoons for Nickelodeon and Cartoon Hangover. Proceeds from ticket sales go to the VT Foodbank. Tickets \$3 include a coupon for \$5 off a copy of the featured book; coupons expire at closing the evening of the event. Information: www.phoenixbooks.biz or 448-3350. Information: www.phoenixbooks.biz or 448-3350.

Saturday, April 7

Cambridge Area Rotary BUNCO, 6:00 - 10:00 PM, Cambridge Community Center, 22 Old Main St., Jeffersonville. Hosted by the Cambridge Area Rotary, this FUNdraiser will support club activities with a night filled with BUNCO, silent auction, prizes, and raffles. There will be snacks and a cash bar for beer and wine at the event. Tickets \$15 available at Jack F. Corse Inc., Cambridge Village Market, the Varnum Library, Susan Lassiter at the Union Bank, Anita Lotto, from any Cambridge Area Rotarian, or from Brown Paper Tickets (<https://www.brownpapertickets.com/event/3323999>). For up to date event information: <https://www.facebook.com/events/1194354254029463/>.

NVU-Johnson information session, 10:00 AM - 2:00 PM, Northern Vermont University campus, Johnson. Prospective students interested in attending NVU-Johnson are invited to a free Badger information session. Campus tour, lunch, and a chance to talk with admissions representatives and current students. To register, <http://northernvermont.edu/badger-information-sessions>. For more information, 635-1219 or Erin.Conner@NorthernVermont.edu.

Finding the Stories of your French-Canadian Ancestors, 10:30 AM - 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. You might be just starting to research your French-Canadian ancestors, or maybe you have names and dates for many, but finding the stories that go with the names can greatly enrich your appreciation for their lives. Using examples from her family lines, Lynn Johnson will introduce you to an array of sources that can help you uncover their stories starting in the States and going back to New France in the 1600s. While the examples will be specific to French-Canadian ancestors the general principles can be applied to any line of inquiry. For more details: www.vtgenlib.org or 802-310-9285. Classes \$10. We are open for research Tuesdays 3:00 - 9:30 PM and Saturdays 10:00 AM - 4:00 PM.

Saturday Story Time, 11:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: www.phoenixbooks.biz or 448-3350.

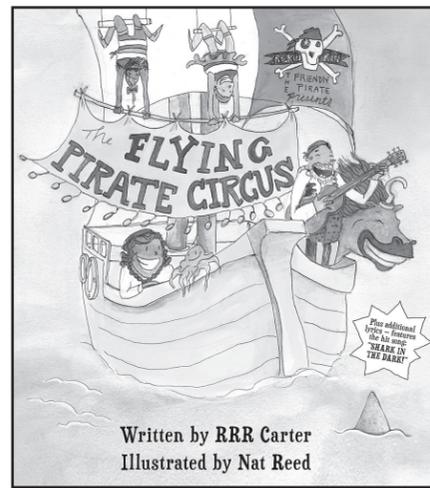
Sunday, April 8

Sunday Brunch, 9:00 - 10:30 AM, VFW Post 9653, Pleasant St., Morrisville. Menu: scrambled eggs, bacon, sausage, strata, fruit salad, pancakes, sausage gravy with biscuits, juice, coffee, baked beans, and more. Benefits Lamoille County VFW Auxiliary Post 9653. Adults, \$10; children under 10, \$5.

Wednesday, April 11

History of Cambridge Junction, 7:00 PM at 49 School St., Jeffersonville. The Cambridge Historical Society presents an evening of information-sharing and discussion on the history of Cambridge Junction. Panel Roberta Marsh, Matt Safford will lead a discussion of Products, People, And Events Of Cambridge Junction. Products: Butter, Milk, Maple Sugar, Ice, Lumber, Christmas Trees, Grain, Fertilizer, Mail; People: Passengers, Peddlers, Artists, Immigrants; Events: the opening of the RRs, Circus, Wars, 1927 Flood, Blizzards. Come to join the discussion or just to listen!

NVU-Johnson Community Meal, 11:30 AM - 12:30 PM, United Church of Johnson, 100 Main St., Johnson. Free community meal for the public featuring a hot lunch on the second and fourth Wednesday of each month through May, for anyone who goes. All meals, at which NVU-Johnson students, faculty, and staff serve as



Written by RRR Carter
 Illustrated by Nat Reed

from his book for boys and girls of all ages, and will perform songs, many of them interactive with the audience. Free, but seating is limited and first-come, first-served.

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On Wednesday, April 18, *The Flying Pirate Circus* with *Rockin' Ron the Friendly Pirate* comes to the Bryan Memorial Gallery, 180 Main St., Jeffersonville, from 2:00 - 3:00 PM. Walk the plank to music and singing, fun and games, a new story book and an hour of fun with *Rockin' Ron the Friendly Pirate*, who will read

volunteers, are at the same time and location. Sponsored in part by NVIU-Johnson Dining Services, the NVU-Johnson SERVE program, and Laraway Youth and Family Services.

Wednesday Story Time, 11:00 AM, Phoenix Books Essex, 2 Carmichael St., Essex. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: www.phoenixbooks.biz or 872-7111.

Embroiderers' Guild of America, 9:30 AM, Living Room/Dining Room, The Pines, 5 Aspen Dr., S. Burlington. Green Mountain Chapter of the Guild welcomes stitchers of all abilities. This is an open stitch session, so bring your own project to work on. First meeting complimentary; bring a bag lunch. Carpooling available from many areas. For information, 372-4255 or gmc.vt.ega@gmail.com.

Building Monticello, 7:00 PM, Brownell Library, Essex Junction. Dartmouth College senior lecturer Marlene Heck will discuss Thomas Jefferson's "essay in architecture" - Monticello. Jefferson never knew the Monticello we visit today - in perfect condition, impeccably furnished. Jefferson died so deeply in debt that the house and contents had to be auctioned off. Professor Heck will explain how to understand Jefferson's lifelong project. Free and open to the public; sponsored by the VT Humanities Council.

Book launch: Lords of St. Thomas, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join us to celebrate the launch of Jackson Ellis' new novel. Jackson will be joined by Rachel Carter (author of the *So Close to You* series) and Asher Ellis (author of *The Remedy*). *Lords of St. Thomas* details the tragedies and conflicts endured by a family fighting an unwinnable battle, and their hectic and terrifying escape from the flood waters that finally surge across the threshold of their front door. Surprisingly, it also shows that, sometimes, you can go home again. Proceeds from ticket sales go to the VT Foodbank. Tickets \$3 include a coupon for \$5 off a copy of the featured book; coupons expire at closing the evening of the event. Information: www.phoenixbooks.biz or 448-3350. Information: www.phoenixbooks.biz or 448-3350.

Thursday, April 12

An evening of poetry with Neil Shepard, Daniel Lusk, and Tony Magistrale, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Celebrate National Poetry Month with three nationally renowned poets who reside in Vermont. We'll mark the launch of Shepard's *How It Is: Selected Poems*, and also enjoy readings from Lusk's *The Shower Scene from Hamlet* and Magistrale's *Dialogues Among Lost Tourists*. Proceeds from ticket sales go to the VT Foodbank. Tickets \$3 include a coupon for \$5 off a copy of the featured book; coupons expire at closing the evening of the event. Information: www.phoenixbooks.biz or 448-3350. Information: www.phoenixbooks.biz or 448-3350.

Friday, April 13

Contra Dance, 8:00 PM, Shelburne Town Hall, 5376 Shelburne Rd., Shelburne. Queen City Contrás' regular dance, with music by Colin McCaffrey and Friends, and caller Luke Donforth. All are welcome, all dances taught, no partner or experience necessary. Beginners' session, 7:45 PM. Admission \$9 adults; under 12 free. Please bring clean, soft-soled shoes for dancing. Information: 802-371-9492 or 802-343-7166;

Saturday, April 14

Using FamilySearch.org, 10:30 AM - 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. The Family History Library is the largest genealogical repository in the world and its website, *FamilySearch.org*, is the primary portal for accessing this collection online. You might have searched *FamilySearch.org* before, but there's a lot more there than you think. In this talk Marcie Crocker will discuss both major and minor collections, search strategies, use of wildcards, and other techniques. She'll also take a look at some of the not-so-obvious sources at *FamilySearch.org*, where to get assistance, and how to get the most out of this huge, free, and very useful website. For more details: www.vtgenlib.org or 802-310-9285. Classes \$10. We are open for research Tuesdays 3:00 - 9:30 PM and Saturdays 10:00 AM - 4:00 PM.

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Tuesday, April 17

Book talk: Blessings from Beijing: Inside China's Soft-Power War on Tibet, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Greg Bruno for a discussion of his new book. Untangle the chains that tie Tibetans to China and examine the political, social, and economic pressures that are threatening to destroy Tibet's refugee communities. Greg C. Bruno is a journalist and editor whose work has appeared in national and international print and media outlets. A native of Vermont, Bruno has spent many years living in and writing about China, Tibet, and the Tibetan exile community. Proceeds from ticket sales go to the VT Foodbank. Tickets \$3 include a coupon for \$5 off a copy of the featured book; coupons expire at closing the evening of the event. Information: www.phoenixbooks.biz or 448-3350. Information: www.phoenixbooks.biz or 448-3350.

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COMMUNITY COLUMNS

My granddaughter's assignmentBy Sue Kusserow, *Special to the Mountain Gazette*

I got a letter from my granddaughter yesterday. I knew it was coming, since I had gotten a somewhat desperate phone call asking what was the difference between morals and ethics. Chessie goes to a posh high school, connected with Vanderbilt University in Nashville, Tennessee. There are a thousand students; she is one of the brightest ones, and insists on maintaining that average, even to the point of calling her old grandma, who might just remember something about her teaching nurses a bit about practical philosophy.

"So here's what I have to do, Gramma: pick a topic, a belief, and write why I believe in my particular one and how this expresses itself, how strongly, how it influences the way I live my life." She went on, with a few etc. etc. etc. and we spent a muddled hour (and a few more) trying to explain and amplify her chosen topic: morals, specifically kindness, maybe? justice? honesty? I don't think I was too helpful; I kept veering off into Situation Ethics, a brand of ethics that basically says: Until you are in a tense situation, you don't truly know what your basic decision and action will be... a line of thought that is common in situations which involve the intensity of human interactions with the perplexities of illness.

My intent here is not only to spare you a discussion of how, when, and what the paper contained, but to describe and discuss the letter (remember the letter?). It was a page and a half, single-spaced, which covered every possible question that even the most querulous student might ask, or even those questions which, left unanswered, would excuse a student from finishing the assignment. It started with a definition of belief: the acceptance of a claim to be true. A list of possible topics followed, with the admonition that these topics were generally broad and many overlap: forgiveness, art, human suffering, freedom, religion, family, education, etc. Instructions then followed, which included possible writing patterns to consider: why you hold this deeply-held belief, how might this belief be true and if there is any way to test it, how might someone else hold a contradictory belief (if so, what might you say in response)?

A specific timeline was given for production of this essay: draft to be done, assembly of the final essay started, writing completed by _____. And also included were the number of pages of double-spaced type, in Times Roman 11, paginated, with one-inch margins, and stapled. There was nothing I could find that I might have wanted or needed to know.

Ah, you say: but this stifles creativity. To be so specific doesn't allow a student to express himself freely, to gamble on an unusual thought, a line of argument, a conclusion that validates and defends the body of the essay. But does it do that? There is nothing in the assignment that forces the student to think along any particular mindset. The assignment is specific only to the construction of the essay. The questions that could be considered and included are only for personal debate and ideas; all are followed by a question mark... i.e., use them if you wish, if they are helpful. This format separates the unequivocal skeleton from the "muscles" of thought and action that the student will add, the objective from the subjective. It allows room for debate but not argument.

I remember, in my first year of a doctoral program, writing an essay assignment, using my usual style of wandering, thinking, negating, moving on, etc. I flunked that paper, because I didn't follow the instructions for the topic to be addressed. I was approaching 60, and was so used to "winging it" and defining my own topical criteria, it didn't even occur to me that I was expected to stay within certain boundaries. I needed to remember and review what I had learned in my younger years: Read the directions! Perhaps the theme of my granddaughter's essay might have been: Read before you write. Spend some time letting a topic dissolve in your mind, before trying to write about it. I wish I had done that a little more while a bright but somewhat discontented high school student. Then, when I entered basic baccalaureate nursing school, the directions needed to be very specific; there was no leeway. Now, the wordsmith in me wants to be more of a poet, less constrained, inventing my own topics, my own curiosities and my own "answers."

P.S. Since there are so few ready-made answers in one's old age, I need to expect a lesser grade for my "papers."

P.P.S. My granddaughter picked honesty as an important moral belief for her. And she got an _____.

Advice for surviving temper tantrums

By Lewis First, MD

Chief of Pediatrics at UVM Children's Hospital

Parents have been crying out to me for help in managing their toddler's tantrums. Well, I don't want anyone pulling their hair out, so let me provide some information on toddlers and tantrums.

Tantrums are an expected behavior for young children. They can happen when children are hungry, bored, over-tired, or over-stimulated in the setting of limited, but developing, language skills. Toddlers can also have a tantrum when they hear the word "no" used too much in too short a time.

So, can we prevent tantrums? Sometimes, perhaps. Certainly not always.

If you see a tantrum revving up, distract your child with a new activity or a different toy to play with. For example, if a child doesn't want to sleep try, "Let's pick a book," instead of, "Let's go to bed."

If you are changing activities too abruptly, offer a warning and share what will be next. The more predictable the daily schedule, the less likely the tantrum.

If a tantrum is already in progress and occurs at home, stay calm, cool, and collected. Ignore it as much as possible. A great idea is to put your child in their room, surrounded by their toys, to cool down. With no audience to hear the tantrum, there is less incentive to cry, kick, or scream. In time, the tantrum will stop.

If a tantrum occurs in a public place such as a store, you can offer your child a choice. They can calm down or you will leave the store. If they do not calm down, then follow through with the second option and just leave the store.

Rather than scolding your child in a public place, have a calm discussion at bedtime. Bedtime is a great time to chat with your child. You can talk about what they might do differently next time to prevent a tantrum from occurring in public.

Whatever you do, don't try to reason with a child. If you give in or reward your child you will simply encourage more of this behavior.

"Selective Cuts"

By Ethan Tapper

Chittenden County Forester

I don't know who started it, but at some point a lot of people started talking about timber harvesting in two categories: "clearcutting" and "selective cutting." When I describe my job to laypeople, they often ask if I do "selective cutting," perhaps trying to ensure that I'm not one of those "bad guys" associated with "clearcutting." This is a tough question to answer; these two terms are complicated and convoluted, and impose a binary distinction that misrepresents the nuances of modern forestry.

Early European settlers were amazed by the abundance of the timber in North America, particularly the massive white pine. Coming from a continent which had been intensively managed by (European) humans for thousands of years, this resource seemed to be endless. Settlers and loggers used clearcutting as a means to clear pastureland, to harvest lumber to use around their homesteads, and as a means to liquidate this valuable resource. Because the supply of timber seemed so infinite, there was little thought given to the future of the forest, though some believed that by the time loggers had reached the westward extent of this New World that eastern areas would be ready to harvest again.

Today, clearcutting persists in the U.S. as a standard method of harvesting timber in intensively-managed tree plantations, most notably in the southeast, northwest, and portions of Maine, where trees are planted and grown like corn. Clearcutting has become less common in the Northeast as its long-term effects of have become more apparent, and people have become more sensitive to its visual impacts. We are also blessed in Vermont with forests that readily regenerate new trees following disturbance, and valuable timber species that grow in partial or complete shade.

While clearcutting had become unpopular in the Northeast by the mid to late 1900s, extractive logging had not. Loggers and landowners took to "high-grading," a practice where only the most valuable trees are cut, or "diameter-limit" cutting, where all trees above a certain size are cut. While these harvests were still driven entirely by economics and not by a concern for the long-term health or productivity of the forest, they were not clearcuts, and so the term "selective cuts" was

used. As far as I can tell, a "selective cut" is any harvest where some trees are retained; which, while it avoids the term "clearcut," says nothing about the effect of the harvest on the forest's health.

This terminology was further muddled by the development of the "selection" system, a silvicultural technique where single trees or small groups of trees of all sizes are harvested to encourage the growth of trees of many species and ages. In contrast to "selective cutting," the selection system is a science-based way of improving wildlife habitat, and a forest's health and resilience, based on the natural disturbance regimes of a forest.

In addition to the selection system, there are dozens of different forest management strategies ("silvicultural treatments"), each intended to address conditions in the forest and achieve a specific result, and each informed by research on the way trees and forests grow and develop. While most of these management strategies involve harvesting timber, which is used for building materials, firewood, paper, and electricity, none of them are designed solely to capture the timber value of a forest.

The understanding of clearcutting in the forest management community has also changed. Silvicultural clearcuts are sometimes used by foresters as a way of regenerating a uniformly unhealthy stand of trees. Most clearcuts that I see in Vermont are in areas that have been highly degraded by humans, forests which have been extensively high-graded, or where unhealthy stands have resulted from agricultural field abandonment. Forests like this will often be healthier in the long-term if the unhealthy trees are removed, and the area is completely regenerated to new trees. These harvests can create "early successional" forests, a somewhat rare habitat condition valued by an array of native wildlife, and provide diversity in our forests by encouraging early-successional tree species such as white birch, pin cherry, and aspen.

One of the hardest parts of being a forest manager is defusing the misconceptions about forest management, and repairing the damage and misconceptions created by logging practices of the past. One of the first steps in this is getting people to think a little harder about how we talk about forestry.

Ethan Tapper is the Chittenden County Forester. He can be reached at 802-585-9099, ethan.tapper@vermont.gov, or at his office at 111 West St., Essex Junction.

Local control is key to public education success

By Martha Heath

Twenty years ago Vermont made a firm commitment to retain local control of decisions about school spending. This carefully considered choice came in the wake of the *Brigham* decision in 1997, when the Vermont Supreme Court ruled the state's education funding system was unconstitutional. The decision made it clear the state had the ultimate responsibility to ensure the Vermont's schoolchildren had equal educational opportunities.

To satisfy the court, the legislature crafted a funding system that recognizes that we are all responsible for educating all of the children in the state. At the same time, the system affirms that spending decisions should be made locally by those closest to and with the best understanding of the needs of the children in the community.

Lately, though, Montpelier appears to be backing away from this important commitment to local decision-making.

In December, the governor asked local school boards to match him in holding spending growth for next year to 2.4 percent or less. School boards responded, and at Town Meeting votes across the state 95 percent of our local communities passed budgets that held that spending growth to 1.5 percent, far below what the governor had requested.

Now the governor is asking that another \$40 million be cut from these approved budgets.

His request shows a puzzling disregard and lack of respect for the work done by local school boards and communities. The governor would never question the decisions local voters make when they go to the polls to elect state officials and legislators. Why is their judgment in passing local school budgets not sound?

Act 46 initially dictated school-spending levels by imposing tax penalties on communities that exceeded prescribed growth limits. The result was a breach of one of the fundamental principles of the current funding system: districts with the same spending per pupil have the same tax rates. Fortunately, the penalties were repealed.

School consolidation exercises require large amounts of time for hundreds of volunteer school board and community members. This work is on top of the task boards have guiding the annual operation of our public school systems.

Constant change is making this task ever more difficult as boards have been working to respond to requirements regarding consolidation discussions, proficiency based learning, and personalized learning plans. These requirements are important yet time consuming. To add to the challenge this year, the governor is asking for money to be cut from already passed school budgets and the legislature is contemplating a change in the school funding system that would impact budgets already passed. Isn't it disrespectful of local voters to change the rules of the game after budgets are finalized?

School boards, school board members, and local voters are a critical part of our successful public education system in Vermont – one of the best in the county. To continue to make it better, it is important that state policy makers respect the work that is done at the local level and work with school boards instead of making their jobs more challenging. Our children's future depends on it.

Martha Heath lives in Westford. She is a long time school board member and is a former member of the Vermont House.

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Health programs and classes at Northwestern Medical Center

APRIL 2018

Diabetes Prevention Program – Mondays, April 2- July 16, 3:00 – 4:00 PM, NMC Conference Center, Franklin Room. Free. Contact: Deana Chase, 802-370-5626. This program offers education and support to those at risk of developing type 2 diabetes. Topics include adopting healthier eating and exercise habits that can lead to weight loss and reduce your risk of developing diabetes. Participants meet once a week for the first 16 weeks, then every other week and then monthly for a total of 25 sessions over a year. You can do a lot to help prevent diabetes – and we can help.

Breastfeeding and You – Thursday, April 5, 12:00 – 1:30 PM, VT Dept. of Health, St. Albans District Office, Federal St. Free. Registration – call 524-7971. **Free Breastfeeding Prep Class** for you, family members, and other moms-to-be to plan for breastfeeding your newborn in the first month of life. Personalize your breastfeeding plan, line up your support, go over the basics, ask questions and get real-life answers. You can do it, WIC can help!

A Walk in Their Shoes (Virtual Dementia Simulation), Tuesday, April 10, 6:00 – 7:30 PM, NMC Conference Center, Green Mountain Room. Free. Register by Thursday, April 5, 802-652-4114. **Certified Brass Ring Dementia Professionals** Wayne Crandall and Tanya Seeley (The Residence at Quarry Hill and The Residence at Shelburne Bay) will guide participants through the challenges of compromised vision,

hearing, and dexterity, which all affect cognition. This experience helps to better understand life with dementia. Dementia expert, author, and educator Kelly McCarthy will also present our Engagement Box, a complete tool kit for a non-pharmacological approach to dementia care.

Parkinson's Support Group – Tuesday, April 10, 10:00 – 11:30 AM, Pillsbury Senior Community, conference room next to the library on the first floor, 3 Harborview Dr., St. Albans. Pre-registration not required. Contact Pat, 802-524-5520, or Judy 815-895-2312. Free. This group is open to those with Parkinson's and their caregivers including family and loved ones. The monthly meetings can provide an open forum to share experience with others who are coping with Parkinson's disease, gaining education and support. This month: Acadia Pharmaceutical rep discussing Nuplazid – limit psychosis. Wheelchair accessible.

Diabetes and You – Tuesdays, April 10-May 8, 1:00 – 3:00 PM, NMC Cobblestone, Suite 202. Pre-registration required: Deborah Robertson, 524-1031. Fee: NMC will bill your insurance for the course fee; scholarships available. No one will be turned away for lack of ability to pay. Join us at this self-management educational series for people with diabetes and their families, proven to help people improve control of this disease. Learn how to keep diabetes from controlling your life and improve your blood sugar control to feel better and delay or prevent complications.

Mindfulness Tools for Health and Wellness – Tuesdays, April 12-May 31, 5:30 – 8:00 PM, NMC Conference Center. Fee \$25 for the complete series; to register, contact Faith DuBois, 802-524-1217 or fdubois@nmcinc.org. Stress management program presented by Roz Grossman, MA. Open to anyone who could use help dealing with stress in their life, this class can help you strengthen your ability to cope with the difficulties of chronic illness, learn mind and body mindfulness practices to reduce stress and anxiety, and support your own healing journey. The eight-week series includes 2.5 hour sessions (with the exception of the first night, which will be 5:30 –

8:30 PM). A healthy snack will be provided each night. Includes a six-hour retreat day (Saturday, May 12) and take-home materials including CDs or MP3 files for home practice. Scholarships are available; please ask for scholarship information when registering.

Heart Healthy Classes – Nutrition – Wednesday, April 18, 10:30 – 11:00 AM, Cobblestone Health Commons Cardiac Rehab Gym. Free; please register, 524-8849. This class discusses nutrition and meal planning guidelines to promote behavioral change for weight, cholesterol, and blood pressure management.

AARP Smart Driver Course – Friday, April 20, 1:00 – 5:00 PM, NMC Green Mountain Room. Speaker Doug Masson, AARP Instructor. Fee \$15 for AARP members, \$20 non-members. Pre-registration required, call Doug, 802-644-8310. This four-hour refresher course is open to all drivers 50 years and older. The curriculum addresses the normal physical changes brought on by the aging process and how these changes can affect driving ability, and then offers ways to compensate for those changes. The course also addresses changes in vehicles, regulations, and roads. Participants will also learn how to interact with other road users including truckers, bikers, pedestrians, and distracted drivers.

Movement for Parkinson's Disease – Friday, April 20, 10:00 – 11:00 AM, Homestead at Pillsbury Manor. Free; registration / information: 802-881-9673 or email Sarah, saramcm28@gmail.com, or Patty Rugg, patrica_rugg18@comcast.net. Offered for people with Parkinson's disease and their care partners, this dance class is designed to engage participants' minds and bodies through many styles of dance, while exploring stretching, muscle strengthening, postural stability, and rhythm through instruction and energizing music. The class is offered in a relaxed social environment that emphasizes enjoyment, fun, and creativity, with an eye towards connecting with the community. No dance experience required. No charge, donation appreciated.

ONGOING

Cancer Exercise Rehab Group – Ongoing every Tuesday and Thursday, 8:00 – 11:00 AM, NMC Rehab gym, Cobblestone Building. Featuring Wendy Lawrence, certified NMC Oncology Rehab Physical Therapist. Pre-registration required; call 524-1064. Free for the first 8 weeks, then \$40. A physical therapy evaluation is required to assure that the client is able to participate. This class pinpoints the common needs of patients, which include decreased range of motion, decreased strength, and cancer-related fatigue.

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

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

Vermont Quit Partners Fresh Start Tobacco Cessation Class, Wednesdays, 11:00 AM – 12:00 PM, NMC Cobblestone Building, Suite 202. Pre-registration required; to sign up for a session call Chari, 524-8480. Free. Enter this class at any time and join others for this series to help you successfully quit smoking. Sessions include: understanding why you have an addiction and how to quit; mastering the first few days, mastering obstacles; and staying quit and enjoying it forever. When you are ready to quit, the tools and support can make all the difference. We can provide you with what you need to be successful! As a Vermont resident, you can get free patches, gum and lozenges.

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

Have You Lost a Loved One to Suicide? Second Thursday of every month, 6:00 – 7:30 PM, Northwestern Medical Center's Grand Isle Room. Pre-registration required; free. If the answer to the question is "yes," please consider

attending a free, confidential group that meets monthly in St. Albans. Everyone in the group, including its facilitators, has had someone close to them take their life and knows how devastating that experience can be. You can just come and listen to others share what they are going through and how they are coping or you can share your own story. The choice is always yours to do what feels best to you. For more information on dates, times, and location or to answer any questions you may have call Tony, 802-393-6503.

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

Shadows of the Moon Autism Support Group: for one-on-one phone support, please call Cheryl at 802-868-7745 or Laura at 802-849-2817.

Alzheimer's Support Group: last Tuesday of each month, 6:00 – 7:00 PM, Northwestern Medical Center Franklin Room. Pre-registration required. Free. This group is for those with Alzheimer's and caregivers, family members, and friends and is facilitated by Amanda Wilson. Please call the 24/7 Helpline at 800-272-3900 or visit alz.org/Vermont to confirm details.

Parkinson's Support Group: second Tuesday of each month, 10:00 – 11:30 AM, Pillsbury Senior Community, conference room next to the library on the first floor, 3 Harborview Dr., St. Albans. Pre-registration not required. Contact Pat, 802-524-5520, or Judy 815-895-2312. Free. This group is open to those with Parkinson's and their caregivers including family and loved ones. The monthly meetings can provide an open forum to share experience with others who are coping with Parkinson's disease, gaining education and support. Wheelchair accessible.

Breastfeeding Moms Group: first Wednesday of each month, 10:30 – 12:00 PM. Please call 527-5586 to find location of next group. Pre-registration required; call 527-5586. Free. This group meets once a month for snacks, crafting activities, making baby blankets, and information from the experts.

Breastfeeding and Infant Massage Group: second Wednesday of each month, 9:30 – 11:15 AM, Alburgh Library. No pre-registration required. Free. Join other moms and babies to learn how to massage your baby and discover more about breastfeeding and parenting.

Latch On! Discussion Group: third Saturday of each month, 10:00 AM – 12:00 PM, Northwestern Medical Center Family Birth Center. No pre-registration required. Free. Learn about breastfeeding and share your stories. Enjoy light refreshments and connect with other moms.

Baby Bumps Support Group for Mothers and Pregnant Women, second and fourth Monday of the month, 4:00 – 5:00 PM, Northwestern Medical Center Family Birthing Center. Pre-registration required. Contact Rhonda Desrochers at Franklin County Home Health Agency, 802-527-7531. Free. Pregnancy can be a wonderful time of your life. But it can also be a time of stress that is often compounded by hormonal swings. If you are a pregnant woman, or have recently given birth and feel you need some help with managing the emotional bumps in the road that can come with motherhood, please come to this free support group led by an experienced pediatric Registered Nurse. This group is for both pregnant women and mothers. Presented jointly by Franklin County Home Health Agency, Northwest Counseling and Support Services, Northwestern Medical Center, and the Vermont Department of Health.

Foot Clinics: various times and locations. Pre-registration required. Call Franklin County Home Health Agency, 802-527-7531 to schedule. Fee: \$20. Regular care of your feet can prevent problems. If you are an elderly and/or disabled person who is unable to do your own foot care, please consider attending a Foot Clinic. Franklin County Home Health Agency offers monthly Foot Clinics throughout the year in St. Albans, Swanton, Franklin, East Fairfield, and Enosburg.

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Mountain Curiosity

Some of us may see Mount Mansfield and think of it as our mountain, after all, it's in our backyard. We see it as part of our landscape, our daily view, the reason we love this place. But how much do you know about the mountain between top and bottom? Did you know there is an organization that has been collecting information on the mountain science for over 25 years (web link below)? Some findings are fascinating, especially of interest to all of us who live so close to the mountain.

Of course there are the requisite weather stations that help with forecasting and climate trends. There are actually four weather stations that record continuous weather data and can be accessed from your home computer, plus one associated with soil monitoring and one associated with stream monitoring. Besides the weather information itself, what makes this especially valuable is that other data are collected on storm impacts and the effects of each extreme event. Like, what happens to frogs and salamanders when February temperatures are in the sixties? What about tree damage from ice storms? Even air quality questions related to wind directions and where our clean (or dirty) air comes from.

Since birds tend to be an important natural feature we care about, I

thought I'd share a few tidbits learned from studies on our mountain that have advanced bird ecology. In the early 1990s scientists began inquiries about a bird named the *Bicknell's thrush*. It lives in spruce-fir forests, mostly at high elevations. In a series of studies spanning the next couple decades, they found what the bird feeds on, its distribution on each high peak in the eastern U.S., that it flies to the Dominican Republic and Haiti to overwinter, that red squirrel populations that ebb and flow with balsam fir cone crops have major impacts on bird reproduction success, and that atmospheric mercury was accumulating in birds through bioaccumulation (feeding on ground dwelling insects). Phew, what a tremendous amount of work and a contribution to our knowledge of air pollution effects on a single species. Their mercury study results added to other science and led to legislation to reduce this pollutant.

There are so many interesting stories of science on our mountain. I hope to share more as we march into spring. Check out the Forest Ecosystem Monitoring Cooperative website (www.uvm.edu/femc).

Sandy Wilmot lives in Underhill, is a retired forest health specialist with the State of Vermont and former director of the Forest Ecosystem Monitoring Cooperative.



Biologists from the Vermont Center for Ecostudies monitor birds on Mount Mansfield. PHOTO BY JOHN TRUONG

HEALTH INFORMATION

Allergies and asthma

By Dr. Mary Kintner

Chiropractor and Nutritional Consultant

Many people suffer from chronic respiratory complaints such as allergies and/or asthma. In fact, the incidence of these problems seems to be increasing. While allergies and asthma are not the same thing, they are related problems. Asthma can be triggered by allergies. Prevention of asthmatic attacks is facilitated in a similar fashion to that of allergies: good, clean living! Also, avoid pollution.

Allergies are the immune system's overreaction to something that is not normally a problem. The immune system is designed to seek and destroy potentially harmful invaders. Sometimes, the immune system incorrectly identifies a nontoxic substance as something to attack, and mounts a defense. This is an allergy. Allergic symptoms include itchy, watery, red eyes, "runny" and congested noses, fatigue, coughing, wheezing, headaches, and skin reactions such as rashes or hives.

Causes of allergy are diverse and vary from person to person. Things that cause allergies are called *allergens*. Common allergens include pollen, dust, animal dander, and molds. Pollens are most common in spring and fall. Molds are found almost everywhere, especially in dark, damp, cool places such as basements, refrigerators, bathrooms, and organic sites such as soil and dry leaves. Penicillin is mold; molds are also found in cheese and yeasted products. Molds are common and easily spread.

Foods can also cause allergic responses. The most common food allergies include wheat, dairy, chocolate, eggs, shellfish, nuts (including peanuts), and strawberries. Food allergies and food sensitivities are different problems altogether. Food sensitivities can become allergies. Food sensitivities are the inability to digest specific foods. An extreme example is *celiac sprue*, a genetic inability to digest gluten. Foods containing gluten include wheat, rye, barley, and possibly oats; they create digestive problems such as cramping, gas, diarrhea, and generalized inflammation. While celiac sprue is a severe response, current research is beginning to show that many people are sensitive to gluten with a lesser reaction. It appears that bottle-fed babies are more likely to suffer from food sensitivities.

Lifestyle (as always!) is very important. Minimize stress, because it affects and exhausts the adrenal glands. Adrenal insufficiency – due to chronic stress – is one trigger for allergies. Decreasing stress not only includes reducing emotional stress, it includes eating a balanced, nutritious diet and getting adequate rest. Check your diet for food sensitivities by taking your pulse prior to eating and again 15-20 minutes after eating. If your pulse rate increases more than ten beats/minute, you are sensitive to something you have eaten. Once you have identified a sensitivity, remove the food from your diet for a month, then reintroduce it and retest for sensitivity.

In addition to living well, specific supplementation can help. Increasing vitamin C intake, quercetin, and bioflavonoids can be helpful by enhancing immunity and enhancing adrenal function. Acidophilus helps balance the gut flora, which in turn helps the immune system function optimally. CoQ10, an antioxidant, also can be beneficial. Research supports the use of MSM (methylsulfonylmethane) to treat these respiratory problems. Herbal treatments include devil's claw, dong quai (angelica sinensis), ginkgo biloba, skull cap, forskolin, and butter-burr (colt's-foot).

Chiropractic care can help by balancing the nervous system (our master control system) so that our body function is optimized.

Allergies and asthma symptoms can range from inconvenient to life-threatening. Improving lifestyle, getting adequate nutritional support, and having regular chiropractic care can help alleviate symptoms.

Dr. Mary Kintner is a Chiropractor and Nutritional Consultant on VT Rt. 15 in Underhill Flats.

United Way of Northwest VT Volunteer Connection listings

By Sue Alenick

United Way Volunteer Columnist

LEND A HAND. VOLUNTEER! United Way of Northwest Vermont's mobile-friendly Volunteer Connection connects you to hundreds of local volunteer needs. Search by age, date, county, interests or causes that are important to you. Stay connected to community needs. Go to www.unitedwaynwvt.galaxydigital.com or contact us at volctr@unitedwaynwvt.org or 860-1677.

ON THE RUN – RunVermont is staging its 2018 half-marathon on Saturday, April 14 and is looking for volunteers who are not running to share their time and talents in many different volunteer opportunities. Volunteers receive complimentary food and drink tickets and a gift. Contact Chuck Spear, 863-8412 or volunteer@runvermont.org.

ON THE TRAIL – The City of Winooski Parks & Recreation Staff is assembling volunteers to perform trail work at city-owned parks. Tasks include building, maintaining, and restoring trails to prevent erosion and to make them safe for users. Volunteers will be expected to attend scheduled Volunteer Trail Day events. A great opportunity for those who love the outdoors! Contact Aphaia Lambert-Harper, 655-6410, Ext. 12, or volunteer@winooski.vt.gov.

AND MORE TRAILS! – Rock Point is looking for a volunteer to help monitor and maintain Rock Point trails and to serve as ambassadors and educators to the public using them. One three-hour shift per week from May to mid-November (less often from November-May). Contact Jackie Arbuckle, 482-5367 or JackieinVT@gmail.com.

ON THE RUN – Girls on the Run, Vermont is gearing up for its 5K run on Saturday, June 2 at Champlain Valley Expo to celebrate the girls who will be completing their 10-week session of Girls on the Run programming. Anyone can volunteer to help with the event, and volunteers are welcome year-round. Contact Sally Malay, events@girlsontherunvermont.org.

SPRINGTIME AT SHELburne – Shelburne Museum invites volunteers to help celebrate Mother's Day at the Museum by assisting with crafts, greeting and directing visitors, helping to set up and take down for activities and performances, and more. And while you're there, enjoy outdoor live music, tour the special *In the Garden* exhibition, stop by the plant sale, and meet and greet Sesame Street's beloved Muppet Elmo! Contact Katharine Noiva, 985-0865 or for this and other volunteer opportunities, volunteer@shelburnemuseum.org.

GREEN-UP AT THE MISSISQUOI – The Missisquoi National Wildlife Refuge will be conducting a Green-Up Day on Friday, May 4, from 9:00 AM – 12:00 PM and is looking for volunteers, age 16 and older, to help clean up the shorelines. Tasks will be concentrated on river cleanup using refuge boats, so wear your rubber boots or waders! Contact Dave Frisque, 868-4781 or dave_frisque@fws.gov.

E-COMMERCE VOLUNTEERS NEEDED – ReSOURCE is in need of volunteers to staff its E-Commerce Department. Volunteers will identify potentially valuable items among the many donations received, research their prices, and post them for sale on the Internet so that money from these sales can help fund education, job-training, and stewardship programs. Contact Nia Ivanof, 658-4143, Ext. 352, or volunteer@resourcevt.org.

THE BEST WAY TO FIND YOURSELF
IS TO LOSE YOURSELF
IN THE SERVICE OF OTHERS.
GANDHI

LIBRARY NEWS

DEBORAH RAWSON MEMORIAL LIBRARY

Mah Jongg at DRML – We play Mah Jongg on the first and third Mondays (April 2 and 16) of each month. Please join us as we explore the ancient Chinese tile game of winds, dragons, and number tiles. If you like card games, you'll probably love Mah Jongg!

We are open on Sunday afternoons from 1:00 – 4:00 PM. Stop in for an afternoon of library enjoyment.

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. DRML is located at 8 River Rd., Jericho; www.drml.org.

JERICHO TOWN LIBRARY

Youth Programs

Story Time – second and fourth Wednesdays, 10:30 – 11:30 AM. Recommended ages: 0-5 years. Pop in for a casual hour of story time, smiles, songs, and laughter with Lisa!

Music & Movement for Little Ones – third Saturdays, 10:30 – 11:30 AM. Recommended ages: 2-4 years. Explore the world of singing, dancing, and playing instruments with your little one in this lively musical and motion-based group!

Circle Time – third Wednesdays. Recommended Ages: 0-5

years. Join storyteller and musician Katie Coons for this dynamic interactive hour of movement, song, play, rhyming games, craft, and snack.

Adult Programs

Jericho Writers' Circle – second and fourth Saturday, 10:00 – 11:00 AM. Are you a writer seeking community? Join JTL's new bi-monthly Writers' Circle! All genres welcome. Coffee, tea, and encouraging company provided.

JTL Board meetings are held the second Monday of every month at 5:30 PM. All are welcome to attend.

Jericho Town Library is open Mondays, Tuesdays, Thursday, and Fridays 2:00 – 5:00 PM; Wednesdays 10:00 AM – 12:00 PM and 2:00 – 7:00 PM; and Saturday 10:00 AM – 12:00 PM.

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

VARNUM MEMORIAL LIBRARY JEFFERSONVILLE

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

Library News continued on page 6



DIY Zen Gardens at Fairfax Community Library on Saturday, April 7, 10:00 – 11:00 AM. Learn how to de-stress and improve your focus with karesansui, or Zen gardening. Participants will create a meditation garden with sand and smooth stones and fashion a special wooden ball which, when rolled, produces patterns in the sand. Ages 14+. Registration required. Cost is \$10 for materials. PHOTO CONTRIBUTED

Library news continued from page 5

Spanish Musical Kids, Saturdays, April 7, May 5, 10:00 – 11:00 AM. Join Constanca Gomez, a native speaker from Buenos Aires, Argentina, to sing, dance, and share the Latin culture through music. Learn the basics of Spanish through Latin American songs and games especially designed for children ages 0-5. She reads in Spanish, sings, and plays games. For more information, <http://www.spanishmusicalkids.com>. Sponsored by the Cambridge Arts Council and the library. Free.

Open Mic at the Varnum – Wednesday, April 4, 7:00 – 9:00 PM. Enjoy music, stand-up, or whatever you want to share with the community. Hosted by Elizabeth Renaud. All ages are welcome. Sponsored by the Cambridge Arts Council and the Varnum Library.

Teens Teaching Technology (TTT) – Sundays, April 8 and May 13, 1:30 – 3:00 PM. “How do I work this thing?” Come to this free community tech talk to have your questions answered and to be introduced to the basics of your device. Bring fully charged devices. Sponsored by the Cambridge Arts Council.

Crescendo Club Library Association – Do you have two hours a month to spare for a great opportunity? The Crescendo Club Library Association is seeking community members interested in helping the library anticipate and meet the needs of all we serve and to promote lifelong learning for everyone. Please let us know if you would like to be an active supporter and member of this organization that has worked to help the community for almost 120 years. Meets on the third Thursday of the month, 7:00 – 8:00 PM.

The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville, 802-644-2117; thevarnum@gmail.com; www.varnumlibrary.org. Hours: Mondays and Tuesdays 12:00 – 7:00 PM, Wednesdays 3:00 – 7:00 PM, Thursdays 9:00 AM – 7:00 PM, Fridays 2:00 – 5:00 PM, and Saturdays 10:00 AM – 3:00 PM. Closed Sundays.

WESTFORD PUBLIC LIBRARY

Early Literacy Storytime, for ages birth to preschool, Thursdays, 11:00 AM. Several stories around a theme, and a theme-based craft. All ages and levels of attention are encouraged to come. Don't worry if they fidget – they are still getting a lot out of it!

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

RICHMOND LIBRARY

Tax Preparation Assistance with AARP volunteers: Every year, volunteers help seniors submit their tax returns. If you think you may be interested in meeting with a preparer, call us for an appointment on Monday mornings. Slots are filling up fast.

Richmond Reads: The Vermont Humanities Council is pleased to announce that the Vermont Reads book for 2018 is Bread and Roses, Too by Katherine Paterson, a novel of historical fiction that tells the story of the 1912 “Bread and Roses” strike in the Lawrence, MA textile mills through the eyes of an Italian-American girl and a runaway boy. The Library has free copies of the book to distribute and will host a discussion on Wednesday, April 18. Watch for details.

New Playaways: Thank you to the Friends of the Richmond Free Library for funding the purchase of eighteen new youth titles on Playaway. If you are not familiar with this device, it is an all-in-one audio player simple enough for small children to use. Our growing youth collection contains titles appropriate for a range of ages from six to sixteen. We also have Playaways for adults!

Saturday Storytime and Playgroup: This mud season, bring your little one to this fun Saturday morning gathering of friends new and old in our sunny, spacious community room. The morning will begin at 10:30 AM with stories with free play with loads of toys, games, puzzles, and activities until noon. Appropriate for children age 12 months to 5 years. Four-week session began on Saturday, March 17 and ends on April 7.

Weekly Children's Programs

No one ever regrets taking their child to storytime. We offer three weekly programs for young children. Choose the one that's right for your child and schedule. While the programs are planned with the ages listed in mind, older and younger children are always welcome. No registration is required.

Baby Laptime: This short storytime is for babies ages 0-24 months and their grownups. We will share the magic of stories, songs, rhymes, bounces, and fingerplays designed to introduce these youngest children to color, sounds, fine motor skills, and body movement. Join the fun on Mondays at 10:30 AM.

Storytime and Playgroup: For children age infant-5. Introduce your child to many new friends and to the wonderful world of books on Wednesdays. Music begins at 10:00 AM followed by stories and then free play until noon.

Early Bird Math Storytime: This storytime is for children ages 2-5. We will explore numbers, shapes, patterns, and sets through books, songs, rhymes, and games. This fun, interactive storytime happens in the community room. Join us on the first three Fridays of the month at 11:00 AM.

Yoga Storytime: Children ages 2-5 can join us for yoga storytime. We'll enjoy thoughtful books and engage our bodies with active movement. Join us on the fourth Friday of the month at 11:00 AM.

Snow Days and School Vacations: We do not offer our regularly scheduled youth programs when school is cancelled due to weather or during school vacations. The library is still open, however, so plan a visit during school breaks to stock up on books and play for a while in our bright, warm space. (If weather is very severe, call ahead – we might be closed, too.)

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

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

DOROTHY ALLING MEMORIAL LIBRARY WILLISTON

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

Read to a Dog: Thursdays, April 5, 19, 3:30 – 4:30 PM. Bring a book and read to one of our registered Therapy Dogs of Vermont. All ages. Pre-register for individual sessions.

Preschool Music: Mondays 11:00 AM and Thursdays 10:30 AM. Up to age 5 with a caregiver. No pre-registration. Limit: one session per week per family.

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

Preschool Story Time: Tuesdays, 10:30 AM. Includes a simple craft activity. April 3: Rainy Days with Victoria Francis. April 10:

Get Messy! April 17: Plant a Seed. All ages.

Story Time in French: Monday, April 9, 6:00 PM. Bring kids in PJs with their favorite stuffed animal for stories in French and English with Delphine Quenet. Non-French-speakers welcome! Snack provided. All ages.

Food For Thought Teen Group: Thursday, April 12, 4:00 – 5:00 PM. Grades 7-12 Teen Advisory Group. Pizza, discussion, and library projects for teens.

Homeschool Program: All About Birds! Our Fine Feathered Friends: Monday, April 16, 1:00 – 3:00 PM. Birds are much more than bills, beaks, and feathers. They are dancers, weavers, architects, athletes, and masters of disguise. Join elementary educator Kristen Littlefield for a wondrous journey into the lives of birds. Students will explore these fascinating creatures through literature, art, interactive games, and writing. Ages 6+. Pre-register at 878-4918.

Chess Club: Wednesday, April 18, 5:30 – 7:00 PM. All experience levels welcome. Open to all ages.

VINS Raptor Encounter! Saturday, April 21, 11:00 AM. Live falcons, hawks, and owls provide the lens through which we examine food webs, predator-prey relationships, and the interdependence of the systems that support life. This first-hand encounter enables participants to understand the defining characteristics that make a bird a raptor, and their adaptations for life as a predator on the wing. Touchable artifacts and hands-on materials round out this special experience presented by Vermont Institute of Natural Science. Sponsored by Friends of the Library.

Fairy Stories and Fairy Houses: Tuesday, April 24: 11:00 AM Fairy Story Time; 12:00 – 2:00 PM Drop-In Craft: Make a Fairy House. All ages.

Preschool Yoga with Danielle: Friday, April 27, 10:30 AM. Simple yoga poses, stories, and songs for children birth to age 5 and their caregivers.

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

FAIRFAX COMMUNITY LIBRARY

Youth Events

Tuesdays, April 3, 10, 17, 9:30 – 10:30 AM: Preschool Story Hour. April 3: Music Special with Caitlin. April 10: Mud. April 17: Firefighter Dave. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for Story Hour.

Tuesdays, April 3 and 10, 3:00 – 4:30 PM: Sewing Club: Zippered Pouch. Youth age 8+ will create a pouch with a zipper closure. Students will meet in the library then go to room #457 to work. Must attend both sessions.

Wednesdays, April 4, 19, 3:15 – 4:15 PM: READ to a DOG. Kids ages 5-10 can read a book of their choice to a fuzzy, friendly dog. Call to reserve a 15-minute slot.

Thursday, April 5, 6:00 – 7:00 PM: PJ Story Hour. Kids age 0-6 listen to themed stories, followed by a craft and snack. Thanks to Building Bright Futures for this wonderful program.

Monday, April 9, 3:00 – 4:00 PM: Crafternoon: Slime! Kids ages 6+ will learn create colorful, glittery slime. Must register.

Wednesday, April 11, 3:00 – 4:00 PM: Lego Club. Kids ages 6+ enjoy themed Lego play after school. Please register.

Saturday, April 14, 10:00 – 11:30 AM: Welcome Infant Social and Baby Book Dedication in the Library. Come enjoy refreshments and the company of other families with new babies. If you returned your book dedication form to the Fairfax Community Library, you will have the opportunity to choose a book to dedicate to your child. Your librarian will be available to assist families.

Monday, April 16, 3:00 – 4:00 PM: Lab Girls. This club empowers young women to explore science and technology through hands-on experiments and activities. For grades 4-8. This month we will be dissecting owl pellets and using the library's new microscope to examine our findings. Must register.

Wednesday, April 18, 3:00 – 4:00 PM: STEM Club: Science Fair Working/Prep Day. Children who have been participating in STEM Club this year will put on a Science Fair on Wednesday, May 30. In this month's session, children will choose a project to present about for our final meeting and show off all the cool things they have learned this year. Must register.

Thursday, April 19, 6:30 – 7:30 PM: Family STEAM Night: Join us for this great family program, where each month parents and children visit stations with Science, Technology, Engineering, Art, and/or Math (STEAM) activities. This month our theme is *Owls* and we will be dissecting owl pellets together. (Gloves provided for squeamish folks.) Please register.

Tuesday, April 24, 10:00 – 11:00 AM: Paint! Paint! Paint! Special for School Break Week! Kids ages 0-8 will have fun visiting different painting stations around the library. Wear clothes you don't mind getting a little messy! Must register.

Thursday, April 26, 6:00 – 7:30 PM: Camp-Out in the Library. Bring your sleeping bags for a camp out in the library (but only for part of the evening). We'll tell campfire stories, eat s'mores, and make shadow puppets. Ages 3-9. Must register.

Adult Events

Saturday, April 7, 10:00 – 11:00 AM: DIY Zen Gardens. Learn how to de-stress and improve your focus with karesansui, or Zen gardening. Participants will create one of these meditation gardens with sand and smooth stones and fashion a special wooden ball which, when rolled, produces patterns in the sand. Ages 14+. Registration required. Cost is \$10 for materials.

Tuesday, April 10, 6:00 – 7:00 PM: Sourdough Baking. Learn from local baker Sarah Barnes how to make amazing sourdough breads and other treats. In this hands-on workshop, participants will create a no-knead bread recipe to take home and bake. Plus, each participant will get to go home with some extra starter to experiment with. Must register.

Thursday, April 12, 6:30 – 8:00 PM: Fiction Book Group: Giants in the Earth by Ole Edvart Rølvaag. The novel follows a Norwegian pioneer family's struggles with the land and the elements of the Dakota Territory as they try to make a new life in America. Copies are available at the library. New members always welcome.

Saturday, April 14, 9:00 – 11:00 AM: Tech Help. Get help with individual tech questions. You can ask any technological question and/or bring in a device with which you need help. You will be ably assisted by our techie, Josiah. Call to reserve a half hour time slot, or drop in.

Saturday, April 14, 10:00 – 11:30 AM: Chickens 101. Join Andrew Judge from *Seeds for Growth* in this introductory seminar about raising chickens, both for meat and for eggs. Andrew will cover all the basics of breeds, diet, housing, and daily care. He will also discuss a recent project involving raising meat birds with neighbors to share with local aid organizations. Please register.

Saturday, April 28, 10:00 AM – 12:00 PM: Board Game Café. Enjoy some free coffee or tea and baked goods from Eastman's while spending the morning playing board games with old and

new friends. Check out some of the library's collection of over 120 games, or bring a favorite from home to teach others.

All events are free unless noted. Pre-registration encouraged. www.fairfaxvtlibrary.org, 802-849-2420. Call or email libraryprograms@fwsu.org.

BROWNELL LIBRARY, ESSEX JUNCTION

Mondays, April 2, 9, 16, 23, 30, 12:00 PM and 1:00 PM – Tech Help with Clif. Offering one-on-one technology help. Reservation required. Please call 878-6955 at least 24 hours in advance.

Mondays, April 2, 9, 16, 30, 5:30 – 6:30 PM: Go Club. Come learn and play this 4000-year-old strategy game with Max and Celia. All ages!

Monday, April 2, 7:30 – 9:30 PM: Summer Viewing 2018: *The Perihelic Opposition of Mars, Part 2 of 2*, by Gary Nowak. Every two years and 50 days, Mars and Earth have “close encounters” with each other. Approximately every 15.7 years, Mars has a closer than typical approach to Earth. In the summer of 2018 Mars will have one of these closer approaches called a *Perihelic Opposition* (described in more detail in the talk). At that time, amateur size telescopes will have some reasonable views of Martian surface features. This talk is designed for visual amateur observations through telescopes of 4-8” aperture and will cover all aspects of observing Mars. Observing tips and techniques will be shared to help bring out the most of your telescope observations of Mars.

Tuesdays, April 3, 10, 17, 9:10 – 9:30 AM: Story Time for Babies and Toddlers. Picture books, sign language, songs, rhymes, and puppets for babies and toddlers with an adult.

Tuesdays, April 3, 10, 17, 10:00 – 10:45 AM: Story Time for Preschoolers. Picture books, sign language, songs, rhymes, flannel stories, and early math activities for preschoolers.

Tuesday, April 3, 3:30 – 4:30 PM: LEEP. Library Elementary Event Planners prep and practice their next STEAM event: Making Air Cannons. Celebrate Sherlock Holmes' birthday with minute mysteries and commemorate the birth of the first ice cream sundae in 1892. All middle school students welcome!

Wednesdays, April 4, 11, 18, 10:00 – 10:45 AM: Story Time for Preschoolers. Picture books, songs, rhymes, flannel stories, and early math activities for preschoolers.

Wednesdays, April 4, 11, 18, 25, 12:00 and 1:00 PM; 6:00 and 7:00 PM: Tech Help with Clif. Offering one-on-one technology help. Bring in your new gadget or gizmo and Clif will sit with you to help you learn its ways! Reservation required. Please call 878-6955 at least 24 hours in advance.

Wednesdays, April 4, 11, 18, 3:30 – 4:30 PM: Read to Daisy. Daisy loves to listen to kids read. She is certified by Therapy Dogs of Vermont. Daisy's owner is Maddie Nash, retired school counselor. For all ages.

Wednesdays, April 4, 11, 18, 3:30 – 4:30 PM: Reading Buddies. Children read for an hour with ADL middle school students. Continues weekly until April vacation. Bring a favorite book or choose one here.

Wednesday, April 4, 7:00 – 8:00 PM: Village Annual Meeting at Essex High School. Essex Junction's general fund budget, which pays for municipal services such as road maintenance, fire department, and library, is decided by an ‘aye’ or ‘nay’ vote from the audience at the Village's Annual Meeting. Every vote counts. The free pre-Annual Meeting community supper begins at 6:00 PM in the Essex High School cafeteria on Wednesday, April 4. Free childcare begins at 7:00 PM. Free rides for seniors, call 878-6940.

Thursdays, April 5, 12, 19, 3:15 – 4:15 PM: Read to Archie. Archie loves to listen to kids read. He is certified by Therapy Dogs of Vermont. Archie's owner is Christine Packard, Chair of Brownell Library Trustees.

Thursday, April 5, 3:30 – 4:00 PM: Stories with Linda Costello. Storyteller Linda Costello entertains with stories and legends from Ireland. For ages 6 and up.

Friday, April 6, 10:00 – 10:30 AM: Preschool Yoga. Come sing songs, hear stories, and do yoga with Danielle. Ages 2 and up.

Friday, April 6, 6:00 – 8:00 PM: *Magic: The Gathering*. Whether you know the game or are curious to find out more, come have tons of gaming fun!

Friday, April 6, 7:00 – 8:30 PM: Pun Off. TAB (Teen Advisory Board) hosts the Second Annual Pun-Off. Come “groan the night away” while cheering for your favorite contestant. Donations for “pun-kin” snacks will benefit the Heavenly Pantry. All ages welcome!

Saturday, April 7, 11:00 – 12:00 PM: Raptor Encounters with VINS. Brownell is excited to welcome the Vermont Institute of Natural Science (VINS) for a special program with three live raptors visiting the Library. Live falcons, hawks, and owls provide the lens through which we examine food webs, predator-prey relationships, and the interdependence of the systems that support life. This first-hand encounter enables participants to understand the defining characteristics that make a bird a raptor and their adaptations for life as a predator on the wing. Touchable artifacts and hands-on materials round out this special experience. For all ages!

Monday, April 9, 6:30 – 7:30 PM: Must Read Mondays! Bone People by Keri Hulme. Set in the harsh environment of the South Island beaches of New Zealand, this masterful story brings together three singular people in a trinity that reflects their country's varied heritage. Pick up a copy of this book at the main desk and join us for a casual discussion.

Tuesdays, April 10, 17, 3:30 – 4:30 PM: Steam Tuesdays. Create and explore with Science, Technology, Engineering, Art and Math. April 10: Rubber Band Cannons for Grades 1 and up, presented by LEEP. April 17: Astronomy for ages 4-8, presented by Jesse for his Citizenship Project.

Wednesday, April 11, 9:00 – 10:00 AM: Red Clover Group for Homeschooled Students. Students Grades K-3 will review all ten books and vote for our favorite. The Brownell Library Foundation generously gives each participant the book they voted for.

Wednesday, April 11, 9:00 – 10:00 AM: Dorothy's List Group for Homeschooled Students. Students grades 4-8 discuss this year's Dorothy's List nominees. Those who have read at least five books will vote at this session.

Wednesday, April 11, 9:00 – 10:00 AM: GMBA Book Discussion for Homeschooled Students. High School aged students discuss this year's GMBA nominees and vote. For Grades 9-12.

Wednesdays, April 11, 25, 1:30 – 3:30 PM: Afternoon Foreign Film: *Best of Youth (Part 2 and 3)*. Join Brownell Library and the Vermont Italian Club for the second and third parts of *Best of Youth*, an award winning Italian epic that follows the lives of two brothers from the 1960s to the 2000s.

Wednesday, April 11, 7:00 – 8:30 PM: First Wednesday Lecture: *Building Monticello*. Jefferson never knew the Monticello of today



MOUNTAIN GAZETTE

HOME & GARDEN 2018



Japanese knotweed, a destructive invasive species in Vermont. In addition to the downsides noted in the article, the flower has triggered my pollen allergies. It arrived on my dirt road in Underhill with material brought in to grade the road. To see just how pervasive this plant has become in our state, take a train ride – knotweed seems to line the back boundaries of most properties that abut train tracks, rivers, and streams – Editor.

Invasive Japanese Knotweed 101

Japanese Knotweed (*Fallopia japonica*), which closely resembles giant knotweed and the hybrid Bohemian knotweed, looks very similar to bamboo, although it is not related. Knotweed can be found along many roadways, stream corridors, and along fields within the Winooski Watershed. Thanks to extensive erosion from Irene and other storms, knotweed has spread far and wide throughout Vermont, impacting water quality and soil health.

This fast growing herbaceous perennial invasive originates from Asia. It was first introduced in the 1800s as an ornamental species for gardens and has been used to control erosion (which it turns out actually contributes more to larger erosion events). Knotweed has been used in medicinal supplements and there is some research that honey bees are drawn to it. Young stems are edible and can be added to salads as well as made into a yummy jam. What makes this yummy, bee attracting ornamental a problem?

Knotweed greatly alters natural ecosystems. Once established, populations are extremely persistent and can even survive severe flooding. They can grow along stream banks, block water flow, degrade trout spawning habitat, clog drainage ditches, break up pavement, form dense stands, prevent native growth, displace wildlife, and can create a fire hazard in winter. Knotweed and other invasive species can push out rare and other threatened species. Once established it alters the soil chemistry and nutrient cycle, prevents forest regeneration, and stops natural succession by eliminating the understory plants. There is research that Knotweed will impact salmonid fisheries as well.

Japanese knotweed is an upright shrub-like plant and has jointed, hollow stems with alternating leathery leaves that are ovate and broad. They have a cascade of white flowers that blossom in August and September. Knotweed can grow to over ten feet in height. Growth rates are generally 3-4" inches per day during the summer. It has red stems in winter that are very visible.

Knotweed spreads by root expansion and seeds. A plant will have either male or female flowers. Male flowers are very rare in the United States. New plants form from rhizomes or cut

stems. The plants will overwinter as rhizomes; these thick rhizomes can extend horizontally through soils for more than 60 feet.

Knotweed can tolerate heavy shade, high temperatures, drought, floods, and soils that are high in salt. They can be found growing in wetlands, waste-ground, along roads, and along railroad tracks. Knotweed is often spread to new locations in contaminated fill.

Movement of contaminated soils spreads knotweed very easily. Methods of infestation include excavation, landscaping, roadside ditch construction, dredging, removal of riparian buffers, and not properly disposing of yard clippings. While systematic herbicide can be effective it is dangerous to the surrounding plants and wildlife. The best control is to prevent it from becoming established, or by the systematic removal and incineration of plants. Control is a time-consuming, taking multiple years of treatment and management.

Spread prevention:

- Landscape with native plants;
- Remove invasive plants from your property;
- Never compost terrestrial invasive plants;
- Avoid disturbing the land such as the removal of riparian or stream buffers;
- Know the source of your fill and mulch.

For more information on both terrestrial and aquatic invasive species within the Winooski Watershed and how you can stop the spread, please visit www.winooskinrcd.org.



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Jericho - 355,000
Great Neighborhood, 3+ Bedrooms, 2 1/2 Baths, 2,218 Sq.Ft., Hardwood Floor, .73 Acre Lot, 10x22 Shed, 2 Car Garage, Solar Panels, Newer Roof & Vinyl Siding



Bolton - 245,000
Ranch Style Home
2 Bedrooms, 1 1/4 Baths, 1197 Sq. Ft., 1.4 Acres, Backs up to Mill Brook, HW, New Furnance, Newer Metal Roof



Underhill - 125,000
Country Living Secluded - Wooded 17 Acre Lot - Survey Building Lot - 4 Bedrooms Site Plan Available



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MOUNTAIN GAZETTE HOME & GARDEN 2018

Mix and match: update your home with 2018 design trends

(StatePoint) Are you planning to refresh your home but aren't sure where to start? Some of today's most popular design trends encourage mixing and matching favorite home accents within the same space.

There is no need to feel limited by fixtures

or finishes, according to design expert Colleen Visage, who is Progress Lighting's vice president of Product Management.

"Homeowners today are not content to have the same look, the same finishes, or the same collections throughout the house," says Visage.

"They really want to personalize their spaces."

Coordinating complementary pieces creates a cohesive feel to the home. It can also reinforce a unique style because the ultimate outcome is a custom design. Here are a few ways to master the mix and match trend.

- Mix monochromatic accents: Tone-on-tone designs are very popular in kitchens, bathrooms, entryways, and living areas. Countertops, cabinets, and home accents in varying shades of grays and creams can create a sophisticated statement. These tones pair perfectly with gold, brass, or brushed nickel finishes.

- Design with dual tones: Mixed metals or dual tones are on-trend

and very popular in home design today. This look can be achieved through mixing fixtures with different, but complementary finishes. For example, Progress Lighting offers fixtures that feature finishes with contrasting accents, such as antique bronze and brass, antique bronze and natural brass, or polished nickel with silver ridge – adding visual interest.

- Pendant groupings: Pendant groupings are commonly used in a foyer, over a kitchen island, or above a dining room table. These versatile fixtures can be mixed and matched to create a custom cluster design for a statement-making look.

"I like to design areas that are so inviting, people don't want to leave," says Susan Wilson, designer and founder of Susan Wilson Interiors. "When a home features accents and lighting that work together seamlessly, it makes the spaces throughout memorable and relatable."

Searching for more design inspiration? Visit progresslighting.com to view images, collections, and project ideas for every budget, style, and space.

Take your design vision to the next level and personalize your home's living spaces by mastering the art of the mix and match trend.

Three major home renovations that are worth the effort

(StatePoint) Building a new home? Overhauling an existing one? Here are three renovation ideas that will add beauty and value.

Expand Your Living Space

Don't let that basement sit unfinished and unused. Substantially expand your home's livable areas by turning your attention to the bottom floor. Finishing a basement is an involved project, potentially requiring electrical and plumbing work, insulation, drywall, and more – but the end result is worth the effort and expense. What's more, some of the less technical aspects of this renovation could even be DIY-ed.

Before getting started, consider what type of space would most benefit your household long-term. You may even be able to recoup some cost of the investment. For example, turning your basement into an at-home fitness center means ditching the costly gym membership. Want to reduce time and money on your commute? Your basement may just make an ideal home office.

Add a Focal Point

Is your interior design in need of a little something? The right eye-catching elements can make a room pop while adding vitality to your living spaces. A fireplace, for example, adds ambiance and comfort while also creating a natural gathering space.

What's more, new models pair the charm of a traditional open-front fireplace with the design flexibility of gas models. The Phoenix TrueView from Heat & Glo offers the convenience of gas without the glass, giving homeowners an unobscured view of the flames against the traditional brick or fade-resistant reflective black glass liner. An optional Bluetooth speaker system allows one to hear the fire as well as see it – making it a focal point for the ears as well as the eyes.

Boost the Backyard

If you find that your household spends very little time in the back yard, figure out why. Is there a lack of shade? Are there not enough places to sit? Take a poll so you can diagnose the problem and take steps to correct it. Consider also how to make this space usable for a larger portion of the year, such as adding a fire pit or an enclosed, heated patio. Lastly, consider aesthetics. A bit of landscaping can make your backyard as visually appealing as your home's interiors.

This season, consider the renovations that will go furthest to boost your home's livability, beauty, and value.

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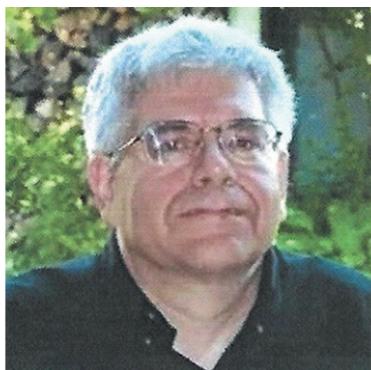
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MOUNTAIN GAZETTE

HOME & GARDEN 2018

Appeal to house hunters with smart home upgrades

(StatePoint) From smart thermostats to remotely controlled showers, connected homes are all the rage for today's homeowners and those looking to make a purchase, providing easy opportunities to boost your profit when you sell.

Over half of Millennials (57%) believe that smart home technology is a good investment in their home, according to a recent survey by *Better Homes and Gardens*. Upgrading to include connected items can make your home more appealing to this "next generation" of homebuyers in particular.

If you're looking to sell, here are some of the latest and greatest smart home upgrades to have on your radar.

Climate Control

Your thermostat is responsible for half your energy bill – more than appliances and electronics – so make sure to choose one wisely. Consider installing a smart thermostat, which learns your temperature preferences, and can save energy by turning heating and cooling on and off based on the weather outside, your home's energy profile, and more. Potential homebuyers will love the energy savings as well as the ability to control the thermostat from anywhere with their devices.

A Hands-Free Faucet

Imagine the convenience of having a kitchen faucet turn water on or off, without a touch. Faucets with hands-free technology, such as Moen's MotionSense Wave single-sensor models, allow users to easily activate the faucet with the wave of a hand. Great for when your hands are too full or messy to turn on the faucet, the technology also minimizes the spread of dirt and germs, since there's no need to touch the faucet to start the flow of water. It's just the type of smart upgrade to attract house hunters of all ages – and easy on the wallet, with options available for under \$300.

Bright Lighting

Smart lighting dimmer and sensor systems allow you to turn lights on and off remotely with a smart phone and can be customized to perform certain actions, such as slowly growing brighter as you wake up or turning off automatically when you leave your home – providing added convenience and customization for prospective buyers. These systems are especially useful when you're traveling – allowing you to turn your lights on and off remotely, so your home doesn't look empty while you're away. Picture showing potential buyers how they can control all of the lights in the home with one device, or turn off the lights after they're snuggled up in bed – and get ready for the offers to roll in.

A Digital Shower

An updated bathroom is a huge selling point for potential buyers. If you're planning a renovation, enhancing your space with a digital shower can make a big difference for your family now and for future homebuyers. To provide the ultimate in personalization, select a system such as U by Moen, the first Wi-Fi/cloud-based digital shower on the market, which allows users to precisely set shower temperature and flow with an in-shower digital controller, or from the smart phone app. Plus, it can be voice activated with products like Amazon Alexa, for a connected home experience.

By swapping just one or two items – like your thermostat or a builder-grade kitchen faucet – you can achieve a sleeker, smarter home. And while the return on investment varies for each product, they're all sure to appeal to tech-loving homebuyers whenever you choose to sell.

Three exterior projects that offer a great return on investment

(StatePoint) The warmer months present an excellent opportunity to get outdoors and spruce up your home's exterior. But if you have limited time and resources, it's important to prioritize the focus of your efforts.

For guidance, consider *Remodeling Magazine's* 2018 Cost vs. Value Report, which shows that not all remodeling projects are equal.

Here are three spring renovation ideas that will give your property not only a facelift, but offer a great return on investment to boot.

Garage Door

National data from the 2018 Cost vs. Value Report shows that the project that delivers the highest return on investment is a new upscale garage door. This is a good choice for those looking for better noise control, greater security, curb appeal, and convenience.

Newer offerings relying on smart home technology can synch with your mobile device to offer conveniences like voice control and notifications when you've left the garage door open.

Manufactured Stone Veneer

In the number two slot for sound renovation investments, according to the same report, is manufactured stone veneer, which is a great way to add visual interest to your home exterior (or an interior room, for that matter).

Be sure to select products that mimic the texture and color of natural stone, such as the choices from ProVia, which are molded and cast to look like stone harvested from various U.S. geographic regions and are offered in a variety of style and color palettes. The manufacturer offers resources that help make it easy to select and install the best choice for your home or get the look you've always wanted. Their visualizer tool, found at *ProVia.com*, allows you to upload a photo of your home to see how the stone will look on your exterior.

Entry Door Replacement

Your home's entry door is one of the first things prospective home buyers will notice, so it's no surprise that upgrading yours could be a wise investment. The Cost vs. Value report named a new steel door as the third highest cost recouped. However, steel or fiberglass are both good choices for materials when it comes to functionality, durability, energy efficiency, security and versatility in style.

For more home renovation ideas and resources, visit *ProVia.com*.

When giving your home a facelift, make it count. Consider those upgrades and renovations that don't just look good, but also are proven to increase the resale value of your home.



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H. R. Thurgate and Son Builders are a well known and well respected construction company. Their goal isn't about building or remodeling your house, but creating a custom made home that reflects who you are. Thurgate is recognized throughout Vermont as a team that cares about the little things that other builders have neither the time nor energy to contemplate.

A Barre, Vermont native, Harry Thurgate gained his passion for detail when he worked on the restoration of Pennsylvania's Federal and Georgian homes for a historical preservation trust. Thurgate fell in love with detailing. He had respect for the early craftsmen, their patience, and persavance. Amenities such as chair rails, crown mouldings, and raised paneling are installed the same way they were 150 years ago.

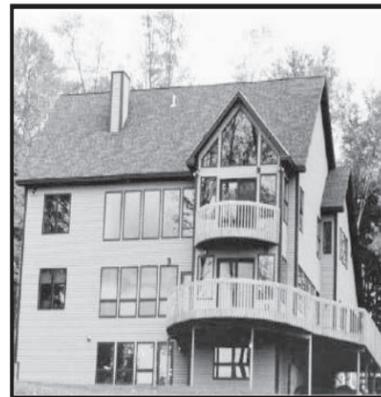
Thurgate and son Ken know it is vital to their clients that only the most skilled artisans build and remodel their homes. Many hours can be spent daily integrating parts of the project,

which must come together in harmony. From the sheet-rocker to the plumber and electrician and on to the subcontractors, all efforts can compliment or deride the reputation of the homebuilder and slow down the process.

With their highly dependable and talented team at their side, every client is guaranteed the best quality product, building materials, and up-to-date standards of air quality and heating systems.

Thurgate and Son Builders have been honored by the Home Builders of Northern Vermont with many awards for their excellently constructed homes. Give Thurgate and Son Builders a call. They will walk you through the steps that will quell your fears and anxiety. Thurgate will help you choose a site, discuss style and requirements, help you secure construction financing, develop a personal construction contract, choose colors, fixtures, mouldings, finishes and all the details involved in customizing your home.

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Tips to protect birds in your yard and garden

(StatePoint) One of the best parts of backyard living in the warmer months is all the potential for bird watching that comes with it. You may have even installed a birdfeeder in your garden in an attempt to attract more birds to your property.

But did you know your home poses dangerous risks to the birds that visit your yard and garden? Window strikes are common among many species of migrating birds, and millions of wild birds are killed annually flying into windows.

Whether you are an avid amateur ornithologist or just a casual observer of feathered friends in flight, by taking precautions your home need not be part of the problem.

Take advantage of the fact that birds can see certain light frequencies that humans cannot to make windows visible to birds in a way that won't obstruct your own view. Doing so can be a simple home project completed in just an afternoon.

Try applying UV decals and UV liquid to your home's windows

and sliding glass doors. Those from WindowAlert, for example, have been proven to effectively alter the flight path of birds to prevent window strikes. While the coating will look like etched glass to the human eye, it will look very visible to a bird. As UV reflectivity may fade over time, it's important to replace the decals and liquid every four months. Application techniques can be found by visiting WindowAlert.com.

"Turning your home into a refuge for birds is a simple way to save lives and protect the creatures that beautify your yard and, in the case of hummingbirds, pollinate your garden," says Spencer Schock, founder of WindowAlert.

Schock also recommends planting trees, shrubs, and flowers that provide birds with nourishment and shelter, as well as paying attention to pet cats when they are outdoors to ensure they don't hunt the birds that visit.

This season, be a better friend to birds by taking a few simple measures in your home and garden.

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If you need a fence to keep your children and pets safe in the backyard, or if you are a commercial property owner with security concerns, GBF has got you covered. Owner John Doyle will work with you to design a fence tailored to both your property and your budget. With years of experience building and repairing fences of all types, he can guide you through the process of selecting and designing a fence that will be both functional and attractive, and guarantee a professional, high quality fence that will stand the test of time.

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Jim & Vicki Johnson,
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"We could not be more pleased with the professional work. It is beautiful and gives us the privacy we needed. I really like the fence and would hire you again or recommend you to someone else in a minute."

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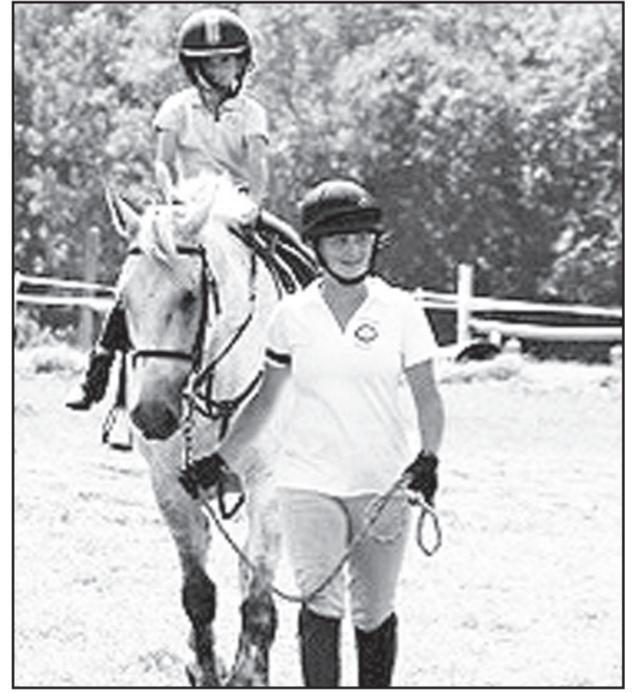
Pleasant Valley Pony Club manure sale

Pleasant Valley Pony Club is a local part of a nationwide organization, United States Pony Clubs, that teaches both children and adults how to ride and care for horses. However, Pony Club is about much more than just learning about horses, riding, and horsemanship. While it centers primarily around teaching horseback riding and horse management, the skills that children develop in Pony Club are lifelong skills. To be a part of Pony Club requires a commitment, and to do well as a member, Pony Club has many rules and guidelines for members to adhere to. Pony Club teaches its members responsibility, time management, self-awareness, perseverance, self-discipline, teamwork, and leadership, all through working with horses.

The skills that Pony Club provides its members with are lifelong values, and in order to be able to provide them to its members, Pleasant Valley Pony Club is holding a manure sale to fundraise. The profits from the manure sale will go towards maintaining the property where Pony Club is held, acquiring guest instruction for a variety of different skills, and holding competitions, along with much more. Pleasant Valley Pony Club manure is high quality, and is great for all types of gardens, from flowers to vegetables.

The manure sale will be held on Saturday, May 12, 8:00 AM – 4:00 PM, and Sunday, May 13, 10:00 AM – 3:00 PM. The manure will be sold next to the Dollar General in Jericho and on the green in Jericho Center. The manure bags cost \$5 each, and there are additional discounts based on the number of bags you buy.

So when you get a chance, come support Pleasant Valley Pony Club and buy some manure!



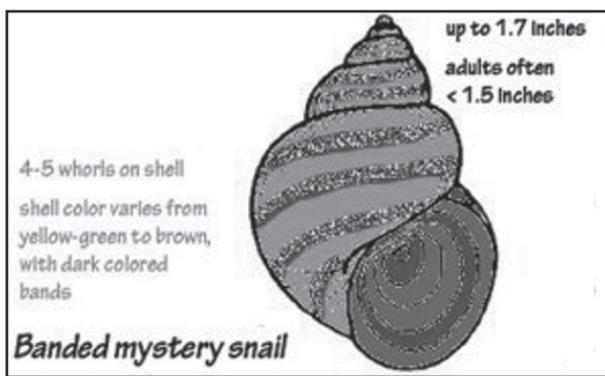
ENVIRONMENTAL INFORMATION

Winooski Natural Resources Conservation District seeks locations of overlooked snail within Vermont waters

Within Vermont waters is a snail that is most often overlooked. This snail, while small, can impact the ecology of our lakes, ponds, and reservoirs. Recent studies are indicating that the Banded Mystery Snail, a non-native species, should be classified as a nuisance species or potentially an invasive species. The Winooski Natural Resources Conservation District (WNRCD) seeks your help to identify bodies of water where the snail can be found across Vermont.

The Banded Mystery Snail (*Viviparus georgianus*), a non-native species to VT and NY, was introduced in 1867 into the Hudson River. It is historically native to Florida and Georgia and other southeastern states. It has been found in many bodies of water located within Vermont and New York, including Lake Champlain, Lake Iroquois (VT) and Lake George (NY). The public, officials, and scientists have not taken much note of this non-native species, believing that any environmental impacts would be negligible. Current data is showing a different picture and further research is needed.

The Banded Mystery Snail competes with native snails and mussels for both food and habitat. It forms dense populations that cover the substrate. They have a 40% greater survival rate of young than native snails, giving them a competitive advantage. They produce multiple generations of live (born not hatched) young. They can survive out of water for days, making eradication nearly impossible. The Banded Mystery Snail overwinters in deeper parts of the water, then migrates to shallow warmer water where live birth takes place. When they die, the shells wash up on beaches, clog intake pipes, and could hinder both recreation and property values.



To report a Vermont water body that contains the Banded Mystery Snail or the larger Chinese Mystery Snail (no banding), email info@winooskinrcd.org. In the message, please include the body of water, town, GPS coordinates if known, and a picture.

PHOTO CONTRIBUTED

It serves as a host for parasites that can impact both wildlife and humans. Large waterfowl deaths in the upper mid-west have been linked to the Banded Mystery Snail as the intermediate host for the trematode worm. This is of concern within the Lake Champlain Watershed, as many duck populations do feed on them. The presence of the Banded Mystery Snail has been associated with

decreased near-shore spawning fish populations, including bass, as the Banded Mystery Snail will feed on fish embryos.

The Banded Mystery Snail can be an indicator of pollution from excessive fertilizers and stormwater runoff, as they are found in nutrient-rich environments and will feed on chlorophyta (green algae), diatoms, and decomposing matter including dead fish, in addition to live plants. They are most common in areas of lakes that are experiencing littoral eutrophication and fully eutrophic (overly enriched with minerals and nutrients that induce excessive growth of plants and algae – Editor) lakes. They prefer sandy bottom areas; however, if a littoral benthic algal bloom is present, they can be found in high numbers on rocks and other substrates. In some studies over 60% of the snail population will be comprised of the Banded Mystery Snail.

They are spread by active release from aquarium tanks, and by boats and equipment, where they have attached to plant material. Eradication is nearly impossible. With further scientific data indicating the impact of this non-native species to the aquatic ecosystem, it is vital for the full ecological impacts to be studied.

The Winooski Natural Resources Conservation District is seeking public help to identify bodies of water that contain the Banded Mystery Snail or the larger Chinese Mystery Snail. Mapping of current population within Vermont will help managers understand the impact that it may be having. To learn how to identify the Banded Mystery Snail, or to report a body of water that you have found it in, please visit <http://winooskinrcd.org/invasive-species/> or email: info@winooskinrcd.org.

PEOPLE IN THE NEWS - OBITUARIES



Bruce Edward Ward, 83, of Wolcott, VT died peacefully Saturday, February 10, 2018 at Copley Hospital in Morrisville, VT with his loving family by his side. He was born September 5, 1934 in Underhill, VT, son of Edward and Doris Capitola Ingalls Ward. He married his wife, Judith, on December 4, 1965 in Ticonderoga, NY. He enjoyed playing basketball, baseball, softball, and horseshoes with his brothers. Bruce's family was very musical and had its own band, and he played the mandolin and fiddle. He also enjoyed playing poker with his friends and working puzzles. Bruce and Judy enjoyed traveling and being part of a "trike" club. He also liked having lawn sales. He was an avid sports fan, and his favorite professional teams were the Cleveland Indians, Browns, and Cavaliers. Bruce served in the Vermont National Guard from 1953 to 1959. Bruce and Judy owned and operated BJ's Store & Garage in Wolcott for many years. He served as town road commissioner and worked in plumbing and heating. Bruce was instrumental in establishing the Wolcott Fire Department. He enjoyed supporting and watching his children and grandchildren participate in softball and other sports through the years. Survivors include his wife of 52 years, Judith Ward; their children, Wanda Brown and husband Harley of Richmond, VT, Donna Boiney and husband Peter of Jericho, VT, Debbie Williams and partner Kaos of Wolcott, and Dale Ward and

wife Kathy of Wolcott; 11 grandchildren: Harley, Glenn, Jonny, Isaac, Eric, Sam, Atalie, Megan, Haillie, Shayde, and Kristin; 12 great-grandchildren; his siblings, June Thomas of Hardwick, VT, Roger Ward and wife Melba of St. Albans, VT, Paul Ward and wife Audrey of St. Albans, Wesley Ward and wife Mitt of Columbia, SC, Hank Ward and wife Linda of Milton, VT; Susie Seymour and husband Ron of Underhill, and Ruthie Walters of South Carolina; and many nieces and nephews. His parents died earlier, as did a daughter, Sandra Ward; brothers Howard Ward and Doug Ward; a sister, Pauline Currier; and two infant brothers. The family would like to thank the doctors, nurses, and staff at Copley Hospital for their excellent care and support during Bruce's time there. Up until the time of his passing, Bruce would say, "I feel pretty lucky." A celebration of Bruce's life was held Friday, February 16, 2018 at the VFW in Hyde Park, VT. Faith Funeral Home assisted with arrangements. Online condolences may be made at www.faithfh.net.



Harriet (Kerr) Burnham of Westford, VT died Monday, March 19, 2018 at the age of 96. A wonderful woman, a great mother and grandmother, she has given all of us great memories that will last forever. A lifelong Vermonter, Harriet was born on July 20, 1921 in West Burke, VT to Walter and Eva Gould. She had two sisters: Lois (Putnam) and Evelyn (Porter) who have pre-

deceased her. Harriet was a nurse, graduating from Mary Hitchcock Memorial Hospital Class of 1943. She put those skills to good use throughout her life: Ingalls 4-H Camp, Green Mountain Nursing Home, Converse Home for Women, The Rocking Chair, Westford Elementary School, Westford Town Health Officer, and retiring from Thomas Chittenden Health Center. Harriet lived most of her life in Westford. She married Quentin S. Karr and for 45 years they made a good life for themselves and their children. Quentin died in 1990. She was fortunate to find love a second time with A. Clayton Burnham and they had fourteen happy years together until his death in 2008. Harriet is survived by her children: Karen Perry, Linda Karr, Mary Jean Karr (and wife Clair Dunn), Quentin Karr, Jr. (and wife Marlene Karr); and grandchildren: Matthew (and wife Amy), Will, Charlie, Aaron, Lindsay (and husband Todd), Stephanie (and husband Kyle); and six great-grandchildren. She is also survived by her stepson Eric Burnham (and his wife Barbara). Harriet's much loved son-in-law James Perry died in 2014. For the last few years Harriet has lived at The Residence at Shelburne Bay. During those years there were numerous staff members who were just wonderful! Thanks to everyone who took such good care of her. Services were held on Saturday, March 24, 2018 at United Church of Fairfax, VT, with a reception following. Inurnment will be private and at the convenience of the family. In lieu of flowers, contributions may be made to the Vermont Foodbank, 33 Parker Rd., Barre, VT 05641-9106. The family invites you to share your memories by visiting www.awrfh.com.

Library news continued from page 6

– in perfect condition, impeccably furnished. Dartmouth senior lecturer Marlene Heck explains the lifelong project Jefferson called his "essay in architecture."

Thursday, April 12, 2:00 – 3:00 PM: First Wednesday Encore: *Paul Revere's Ride: A New Look at an Old Story*. Join us for First Wednesday Encore, a daytime screening of select First Wednesday programs from around the state, occurring the second Thursday of the month in our community room! Pulitzer Prize-winning historian David Hackett Fischer looks at what actually happened the night of April 18, 1775 and examines the character and actions of Paul Revere, a far more complex man than the myth suggests. Recorded at the Norwich Congregational Church in Norwich, VT on April 5, 2017. First Wednesdays are a program sponsored by the Vermont Humanities Council.

Fridays, April 13, 27, 10:00 – 10:30 AM: Music with Raph. Come sing and play with Raph. All ages.

Fridays, April 13, 27, 3:00 – 5:00 PM: LARP. Live Action Role Play is open to all middle and high school students who want to have adventures in a mythical land.

Fridays, April 13, 27, 6:30 – 8:30 PM: Dungeons and Dragons. Come learn how to play this role-playing game with our new DM, create a character, and play a short, one session game. For grade 6 and up.

Fridays, April 13, 27, 6:30 – 8:30 PM: Knit Night. Adult knitters and crocheters are invited to settle in front of the fireplace in the Main Reading Room to knit, share projects and patterns, and engage in conversation.

Monday, April 16, 3:30 – 4:30 PM: Chess Club. Come play chess for an hour! We provide chess sets and you provide the strategy. All ages and skill levels are welcome. Chess sets funded by the Brownell Library Foundation.

Tuesday, April 17, 7:00 – 9:00 PM: Brownell Library Trustees Meeting.

Wednesday, April 18, 4:30 – 5:30 PM: LGBTQ Drop-In Group. LGBTQ teens and allies grades 8-12 and recent graduates are welcome to drop by the library to socialize with peers and propose any projects they might like to undertake to increase awareness. DIY snacks available!

Wednesday, April 18, 7:00 – 8:30 PM: TEDxBrownellLibrary: Truth or Dare. Brownell will be hosting TEDx Events on the third Wednesday of the month. Ted Talk videos around this theme will be viewed and reflected upon.

Friday, April 20, 10:00 – 10:30 AM: Story Time. Come listen to picture book stories and have fun with puppets, songs, and rhymes. All ages.

Friday, April 20, 3:00 – 4:30 PM: Lego Fun. Come build

creatively with Legos and see what others build. Children under 8 years old must bring a responsible caregiver.

Friday, April 20, 6:30 – 8:30 PM: Family Movie. Free popcorn and drinks!

Tuesday, April 24, 2:30 – 3:30 PM: Spring Bike Ride! Bring your bike and we'll ride from the library to the tree farm to have a snack, read a story, and ride back. Wear helmets and sunscreen for safety!

Wednesday, April 25, 7:00 – 8:30 PM: First Wednesday Lecture: *Transatlantic Traumas: Endangering the West*. The West has been challenged by President Trump's policies, Russian covert actions, and domestic politics. Stan Sloan, Visiting Scholar at Middlebury College and author of *Defense of the West*, asks if a perfect storm of external threats and internal politics is undermining Western values and interests.

Friday, April 27, 1:00 – 2:00 PM: Wii Fun! Play Wii games together, like Mario Kart and Wii Sports.

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

ONGOING EVENTS

ADULT ACTIVITIES

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

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

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

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

Handbellringers, 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 Amy, 899-2154, for information.

Mount Mansfield Scale Modelers, 3rd Thursday of the month, 6:30 – 8:30 PM. Meetings dates: March 22 (note fourth Thursday, April 19, and May 17. Modelers encompassing all categories of interest and skill levels are welcome. Brownell Library, Kolvoord Community Room, Lincoln St., Essex Junction.

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

HEALTH EVENTS & GROUPS

Healthier Living with Diabetes – free six-week class at the Cambridge Health Center to learn self-management techniques to prevent low blood sugar, practice healthy eating, be more active, reduce stress, communicate effectively with your healthcare team, and more. Upcoming sessions will run Wednesdays, April 18-May 23, 2018, 2:00 – 4:30 PM. For information, contact Rorie, 644-5114.

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

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

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

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

Alzheimer's support group, monthly on the 3rd Wednesday, 9:30 – 11:30 AM, The Arbors, 687 Harbor Rd., Shelburne. Free education for individuals and families in the early stages of Alzheimer's disease and related dementias. For information and to

register, contact Cathy Michaels, 985-8600.

Brain Injury Support Group – a place for survivors and family members, caregivers, friends, and the community to receive valuable resources and information about brain injury. The support group is a place to share experiences in a safe, secure, and confidential environment. Evening group: first Wednesday of every month 5:30 – 7:30 PM at Fanny Allen Campus, 790 College Parkway, Colchester, follow the signs; daytime group last Friday of every month at the Department of Labor, 63 Pearl St., Burlington, 12:00 – 1:00 PM conference room A. Call the BIAVT help line, 877-856-1772.

Autism – Vermont Healing Network, excellent autism resource 1-800-800-4005, vermontfamilynetwork.org.

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

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

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

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

KIDS

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

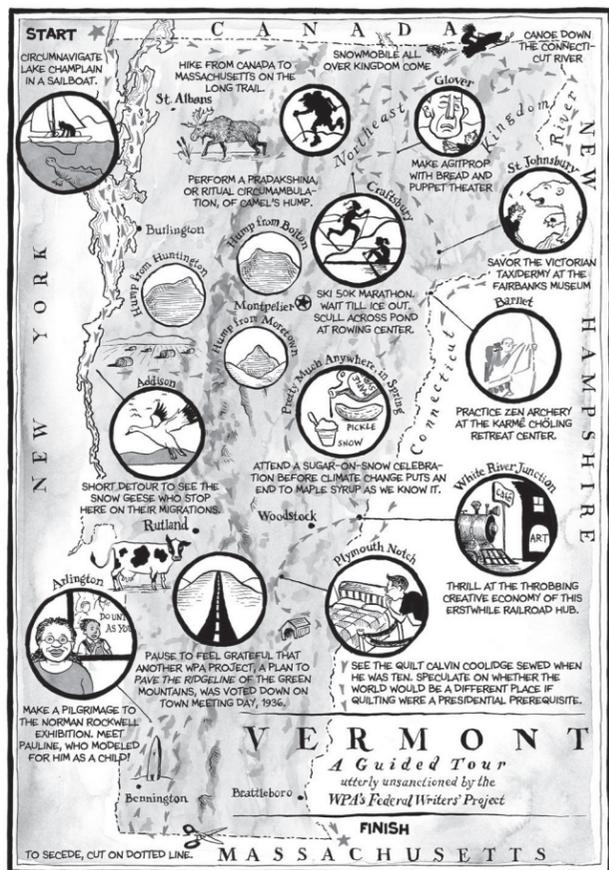
Early Literacy Storytime, Thursdays, 11:00 AM, Westford Public Library. Stories and activities using early literacy concepts for ages birth-preschool. Drop-in; no registration needed. New families welcome. Information: Victoria, 878-5639 or westford_pl@vals.state.vt.us, or visit www.westford.lib.vt.us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

SENIORS/COMMUNITY MEALS

Jeri-Hill XYZ Seniors meet at the Catalyst Church on the Raceway, Underhill on the 1st and 3rd Wednesday of each month. All seniors welcome. Dinner served at 11:30 AM. Information, Bette Workman, 899-4446, Loreen Teer, 899-1363, or Doug Keith, 899-2582.

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

ART / MUSIC / THEATER



Alison Bechdel's panel from "Vermont," from State by State: A Panoramic Portrait of America. Bechdel, James Kochalka, and Edward Koren – Vermont Cartoonist Laureates past and present – will discuss their work and the role of cartooning in our community and culture, moderated by Seven Days co-founder and co-editor Pamela Polston, on Wednesday, April 4, 6:00 PM at the Fleming Museum of Art, UVM, Burlington. Co-sponsored by the Center for Cartoon Studies with support from UVM's Center for Research on Vermont. PHOTO CONTRIBUTED

ART/PHOTOGRAPHY

Call to Artists: Register for the 8th annual Jericho Plein Air Festival, to be held on Saturday, July 21, by contacting Barbara at blgreene@myfairpoint.net. Registration will close on May 19 or when the registration quota is filled.

Emile A Gruppe Gallery in Jericho Center presents fabric artist Elizabeth Fram in an exhibition *Drawing Threads: conversation between line and stitch*, through Sunday, May 6. Fram, a Maine native, began sketching common household items and "table-

scapes" while also developing her textile work through "Shibori-dyeing, color, and intensive fields of surface stitches," and overlapping these separate areas of practice. Fram lives in Waterbury. Emile A Gruppe Gallery, 22 Barber Farm Rd., Jericho; open 10:00 AM – 3:00 PM Thursday-Sunday or by appointment; 899-3211, <http://emilegruppogallery.com>.

Bryan Memorial Gallery, Jeffersonville, announces a call to artists for its summer exhibit, *The Sky's the Limit*. The deadline for online applications is Friday, May 11. The exhibit opens Thursday, June 28 and concludes Monday, September 3. Works in all media are encouraged (paintings, photographs, sculpture, drawings, etc.) featuring and/or including the image of *Skies*. The jury will be looking for works in which the sky is the predominant element of the composition. For more information: <http://www.bryangallery.org/pdfs/TheSkysTheLimit.pdf>. Bryan Memorial Gallery is open daily, Thursday-Sunday, 11:00 AM – 4:00 PM and by appointment. Free admission. Bryan Memorial Gallery, 180 Main St., Jeffersonville; 802-644-5100; www.bryangallery.org.

At River Arts in Morrisville: *After the Frost: Moments in Nature* is an exhibit of mixed media and fabric collage by Dianne Shullenberger running through April 29. The exhibit by Jericho resident Shullenberger will be joined by a collection of pastels by Marcia Hill, *The Spirited Landscape, in the Common Space Gallery*. River Arts of Morrisville, 74 Pleasant St., Morrisville, 888-1261.

Visions of Vermont Art Galleries in Jeffersonville is open Tuesday-Sunday, 11:00 AM – 5:00 PM. Hosts Jane and Terry Shaw, 644-8183; Visions of Vermont, 100 Main St., Jeffersonville. For more information, visit www.VisionsofVermont.com.

Kids (of all ages) are welcome to come create at Webby's Art Studio, Shelburne Museum with specialized art activities for all ages inspired by temporary and permanent exhibitions at the Museum, Saturdays, 11:00 AM – 3:00 PM at the Pizzagalli Center for Arts and Education Classroom. April 7: *Beetle Jewels* – check out the insect photography displayed in the exhibit *In the Garden*, and use metallic paint to recreate those vibrant colors in your own work of art. April 14: *April Showers* – build a mixed media mobile inspired by the weather. April 21: *Painting with Wool* – learn about different felting techniques and then create a floral composition inspired by the quilts in the exhibit *In the Garden*. April 28: *Make it Rain* – work with a variety of materials to create a musical rain stick.

Works of *plein air* landscape artist Donna Bourne, who recently relocated to Studio 266 in Burlington after 30 years in Santa Cruz, CA, will be featured at Shelburne Vineyard through Saturday, June 30. Her work will hang at the Shelburne Vineyard Tasting Room, 6308 Shelburne Rd., Shelburne, open every day, 11:00 AM – 5:00 PM through April, and 11:00 AM – 6:00 PM beginning Tuesday, May 1. For more information, 802-985-8222 or see www.ShelburneVineyard.com or www.DonnaBourneArt.com.

At Helen Day Art Center in Stowe through April 14, the two-person exhibit *Ordinary Time* features the work of Maine-based painter Grace DeGennaro and the kinetic sculpture of Boston-based Anne Lilly. These artists elevate the ordinary into the extraordinary by working with engineering and geometry to create fluidity and beauty. Also through April 14 in the East Gallery: *The Infinite Shapes of Water*, an exhibit of large-scale digital photo prints by

Westford Senior Lunches – Join Westford Seniors for lunch at the Red Brick Meeting House on the Common, monthly on the 2nd Monday. Lunch, 12:00 PM; short meeting or presentation after. Call Carol Howrigan 878-3090 for information or for a ride.

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

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

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

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

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

TOWN GOVERNMENT & ORGANIZATIONS

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

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

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

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

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

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

Jericho Energy Task Force meets monthly, 3rd Mondays, 7:00 – 8:30 PM, Jericho Town Hall, VT Rt. 15, Jericho.

THRIFT SHOPS & FOOD SHELVES

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

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

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

Philip Herbison. Helen Day Art Center, 90 Pond St., Stowe.

Essex Art League meets the first Thursday of the month, September-May, 9:00 – 11:00 AM at the Essex Junction Congregational Church on VT Rt. 15, Essex Junction. The agenda includes a business and social time and a guest speaker/artist presentation. More information including a calendar and online gallery is available at the League's website www.essexartleague.com.

The Milton Artist Guild offers a number of fun and varied workshops. In early April: Landscape Tapestry Weaving with instructor Janice DeCooman on Saturday, April 7. Register for any workshop at the Art Center Wednesday-Saturday, 11:00 AM – 6:00 PM; Sunday, 11:00 AM – 3:00 PM, online at miltonartistsguild.org or email castlegarden_vt@yahoo.com. The next monthly meeting of the guild will be Thursday, April 19, 6:00 – 8:00 PM at the Guild Art Center, 199 U.S. Rt. 7S, Milton. For information, contact the Milton Artists' Guild, P.O. Box 369, Milton, VT 05468; www.miltonartistsguild.org.

Call to artists for *Passages*, an annual area artist exhibit at the Chandler Gallery, 71 Main St., Randolph. Submissions are due by Wednesday, April 25 for the exhibit that will run Saturday, April 28-Saturday, June 16. This exhibit is coordinated with the dance and multimedia performance of *Passing*, and the theme refers to realistic or abstract representations of change in the artist's life or imagination – in painting, photos, prints, sculpture, artists' books, mixed media, glass, pottery, jewelry, fiber, and more. Chandler is committed to hanging at least one piece from each artist and will accept up to three pieces (all new to the Chandler). Entry fee \$10. If a submission is for sale, the gallery asks for a commission on sales during the show. Drop off framed ready-to-hang art Monday, April 23, 3:00 – 6:00 PM and Tuesday, April 24, 5:00 – 8:00 PM, or by appointment. Opening reception for artists, friends, family, and the public on April 28, 5:00 – 7:00 PM before the main stage premiere of *Passing* at 7:30 PM. The Chandler Gallery, 71 Main St., Randolph; gallery hours Fridays 3:00 – 6:00 PM and Saturdays 12:00 – 6:00 PM, and during CHANDLER performances.

MUSIC

Well-known Vermont artists Carol Ann Jones and Will Patton will perform a variety of popular, traditional, and country music for the April offering of the Westford Music Series on Sunday, April 29, 4:00 – 5:00 PM at the UCW white church, Westford Common. Carol Ann Jones will offer a wonderful mix of vocals and strings performing both original and popular favorites in "American Style." She will be joined by Will Patton, a multi-talented composer and instrumentalist who for past 30 years has been in demand as a jazz bass player and mandolinist. He will play his original compositions and old favorites. These two artists have produced albums and played in venues around the country. Vermont is their home state and they are in wide demand, touring and performing with each other, with other bands, and performing as soloists offering their wide repertoire of musical genres. Great for audiences who love folk, traditional, popular, and country music. Refreshments will be served. Free will donations. Call 802-879-4028 for more information.

The Stellaria Trio is coming to the Richmond Free Library on

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Friday, April 6, 7:30 PM for a concert of chamber music featuring Letitia Quante (violin), John Dunlop (cello), and Claire Black (piano). They will perform Beethoven's *Piano Trio 6 in E-flat Major, Op. 70 no. 2*, and Dvorak's *Piano Trio 3 in F minor, Op. 65*. Admission is free, but donations are welcome and appreciated. For more information, www.stellariatrio.com.

The Burlington Chamber Orchestra's eleventh season performances this season will include a collaboration with *Bella Voce Chorus* Mozart's *Marriage of Figaro Overture*; Mel Bonis, *Suite en forme de valse pour orchestre*; and Gwyneth Walker's *Love is a Rain of Diamonds, I Will be Earth, Thank you God, The Tree of Peace* and *How Can I Keep on Saturday, May 12*. The Concerto Competition winner will also perform at the May concert. General admission is \$30 adults and \$10 students (with identification). Season tickets are \$120 for adults and \$40 for students. For more information go to www.bcovt.org, or contact Sharon Radtke, 802-893-4082 or bco@bcovt.org.

Shelburne Vineyard's First Thursday Concert Series continues on Thursday, April 5, 6:00 – 9:00 PM, with Julia Spelman and her mix of pop, jazz, and folk vocals. Free admission, all are welcome; wine, beer, and food available for sale. Shelburne Vineyard, 6308 Shelburne Rd., Shelburne.

De Temps Antan, a high-spirited trio with the infectious sounds of Québécois traditional music, will be at the Chandler Center for the Arts, 71-73 Main St., Randolph on Friday, April 6 at 8:00 PM. Eric Beaudry (vocals, guitar, mandolin, bouzouki), David Boulanger (fiddle), and Pierre Luc-Dupuis (vocals, accordion) are stalwarts on French Canada's prolific folk music scene. On Saturday, April 7 at 7:30 PM, the Mud Season Variety Show returns to Chandler after five years off, emcee Steve Augustus will introduce talented artists serving up classical piano solos, hilarious spoofs of opera, skits, storytelling, folk dancing, pop, folks, and country music performances, and more. On Friday, April 13 at 7:30 PM *The Texas Troubadours* tour brings Ruthie Foster, Jimmie Dale Gilmore, and Carrie Rodriguez to celebrate the great song crafting traditions of Texas, the Lone Star State to the Chandler. For tickets and more information, contact the Chandler box office, 802-728-6464 or www.chandler-arts.org.

THEATER/FILM

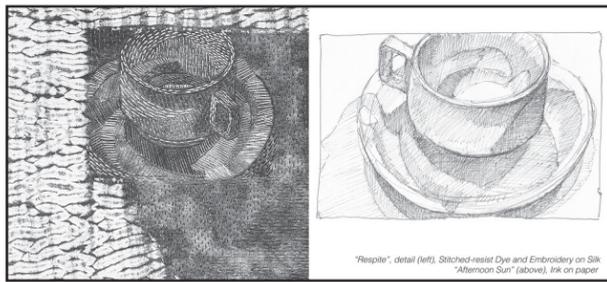
Vermont Youth Dancers (VYD) will present *Castle on the Hill, A Tale of King Arthur* at Mount Mansfield Union High School, Jericho, on Saturday, April 14 at 6:30 PM, and on Sunday, April 15 at 2:00 PM. Vermont Youth Dancers puts their own spin on the classic legend of King Arthur and the Knights of the Round Table, a tale of chivalry, brotherhood, and courage brought to the stage through dance to current music with a unique blend of thrilling hip-hop and captivating lyrical choreography, and song choices that "tell" the story. The lines between dance and drama are blurred, as dancers bring characters to life through dance, acting, and imaginative staging. VYD is a community dance company of area elementary, middle, and high school students with local talented dancers from Jericho, Underhill, Essex, S. Burlington, and Fletcher. This year, VYD is partnering with King Arthur Flour to raise funds to fight hunger, and will make a donation to the Jericho/Underhill Food Shelf. Tickets are available online, \$10 (vyd-camelot.eventbrite.com or vermontyouthdancers.org). Any unsold tickets will be available at the door for \$12. Call 802-448-0893 for more information. First come first served seating, wheelchair accessible. Show runs approximately two hours, including a short intermission.

Burlington City Arts presents an *Architecture + Design Film Series*, the final film in a free once-a-month screening. Come for a thoughtful discussion and light refreshments to a creative gathering aimed to broaden awareness, foster connections, spark new ideas, and ultimately build momentum towards positive action. Wednesday, April 18: *Five Seasons: The Gardens of Piet Oudolf* directed by Thomas Piper. Sponsored by Burlington City Arts and the UVM Department of Art and Art History. Location: Contois Auditorium, 149 Church St., Burlington. All showings are at 6:00 PM.

Shelburne Players' spring comedy production *The Dixie Swim Club* by Jones Hope Wooten will be performed at Shelburne Town Center, 5420 Shelburne Rd., Shelburne at 7:30 PM on Friday-Saturday, April 13-14, Thursday-Friday, April 19-20, and Saturday, April 21, and at 2:00 PM on Sunday, April 15. Tickets \$15 (\$12 for the Sunday matinee) can be purchased in advance at Shelburne Market. For more information or to reserve tickets, 343-2602 or www.shelburneplayers.com. Open seating.

On Saturday, April 14, 7:00 PM, the Burlington theatrical fusion belly dance troupe *The Accaliae* will host a night of Moon Myths, Stories, and Rituals to celebrate the Moon with Dance, with *She Who Walks in the Moonlight* - a theatrical dance event to benefit Puppets in Education (PiE) and Vermont Family Network. Come celebrate the moon and the night with belly dance, burlesque, puppetry, and contemporary dancers from Montreal, New York, Boston, Vermont, and points in between. Performers include Aria Michaels Paradise, Cult of Yes, Silver Wolf Tribe, Marina D. Ray, The Lunachix, Di'Ahna Restry, Amihan, She Awakens, Leanan Sidhe, Alison of Bohemienne Fitness, Throat of the Loon, Ariela, Irit, Green Mountain Cabaret, Dark Pride, and The Accaliae. It will be an evening of powerful pieces that reflect current events and the balance of light and dark. *She Who Walks in the Moonlight* will be held at North End Studio A, 294 N. Winooski Ave., Burlington. Admission \$15 at the door; all proceeds will support VT Family Network and Puppets in Education (PiE), which teaches children how to keep themselves safe and healthy and to appreciate each others' differences. For more information, www.PuppetsInEducation.org and www.VermontFamilyNetwork.org. The Chandler Center for the Arts in Randolph presents the winners in its 2017 competition for new plays on current social issues written by Vermont playwrights, as staged readings in the Upper Gallery. Each begins at 7:00 PM and will be followed by a talkback for actors and audiences to give feedback to the authors, who will attend. Sunday, April 29: Maura Campbell's *Cross Talk*, in which a 19 year old just out of detox is compelled to go to a Narcotics Anonymous meeting, where he meets others trying to get through each day without picking up a drug. Tickets adults in advance \$10, day of show \$12; full-series adult passes \$25; students \$5 at all times: call the Chandler Box Office, 802-728-6464, 12:00 – 4:00 PM weekdays. Complimentary refreshments available.

Dorset Theatre Festival is proud to announce its 41st season, featuring Herb Gardner's *I'm Not Rappaport* starring Judd Hirsch (June 21-July 14); *Skeleton Crew* by Dominique Morisseau (July 19-August 4); *Pride and Prejudice* from the novel by Jane Austen adapted by Kate Hamill (August 9-25); Holland Taylor's *Ann* starring Jayne Atkinson (August 29-September 1); and *Pipeline*



Respite (detail, left; stitched-resist Dye and Embroidery on Silk) and *Afternoon Sun* (right; ink on paper) are part of fabric artist Elizabeth Fram's exhibition *Drawing Threads: conversation between line and stitch through Sunday, May 6 at Emile A Gruppe Gallery, 22 Barber Farm Rd., Jericho; open 10:00 AM – 3:00 PM Thursday-Sunday or by appointment; 899-3211, http://emilegrupppegallery.com. PHOTO CONTRIBUTED*

Series: Four New Works in Process (June 26, July 10, July 31, and August 12). In *I'm Not Rappaport*, lifelong radical and world-class kibitzer, retiree Nat Moyer, spends his afternoons spinning outrageous yarns that both intrigue and infuriate fellow octogenarian Midge Carter, the half-blind building superintendent with whom Nat shares his Central Park bench. Moyer is played by Judd Hirsch in the role that won him a Tony Award for Best Actor. In *Skeleton Crew*, a makeshift family of workers at the last exporting auto plant in the city navigate the possibility of foreclosure. Power dynamics shift, and they are pushed to the limits of survival. When the line between blue collar and white collar gets blurred, how far over the lines are they willing to step? In Kate Hamill's adaptation for the Jane Austen novel *Pride and Prejudice*, literature's greatest tale of manners, society and love pits outspoken Elizabeth Bennet against standoffish and aristocratic Mr. Darcy. *ANN*, by award-winning actress and writer Holland Taylor, is an inspiring and hilarious play that brings us face to face with the complex and colorful character bigger than the state from which she hailed. Performed by Emmy Award-winner Jayne Atkinson (*House of Cards, Madam Secretary*), *ANN* takes a revealing look at the impassioned woman who enriched the lives of her followers, friends, and family. With its *PIPELINE SERIES: Four New Works in Process*, Dorset Theatre Festival builds upon its growing reputation as an incubator of new work with this cutting edge series of four presentations of works destined to become tomorrow's classics. Subscriptions for the 2018 summer season and single tickets are on sale now; to purchase or for more information, visit www.dorsettheatrefestival.org. All performances will take place at the Dorset Playhouse, 104 Cheney Rd, Dorset.



Aria Michaels Paradise will perform *She Who Walks the Moonlight* with the Burlington theatrical fusion belly dance troupe *The Accaliae* on Saturday, April 14 at 7:00 PM at North End Studio A, 294 N. Winooski Ave., Burlington. Come celebrate the moon and the night with belly dance, burlesque, puppetry, and contemporary dancers from near and far, to benefit Puppets in Education (PiE) and Vermont Family Network. Admission \$15 at door. Information: www.PuppetsInEducation.org and www.VermontFamilyNetwork.org. PHOTOS BY PETER PARADISE PHOTOGRAPHY



What's in a myth? Join folklorists and Champlain College faculty Kerry Noonan and Steve Wehmeyer to discuss the ways we might tap into some old and new trends in the study of story to help understand how myths make meaning – for good or ill – in everyday life. Myth Matters: Meaning Making and the Myths in Everyday Modern Life, 5:30 PM, Arts Riot, Burlington. For information, <https://www.vermonthumanities.org/events/>. PHOTO CONTRIBUTED



De Temps Antan, a high-spirited trio with the infectious sounds of Québécois traditional music, will be at the Chandler Center for the Arts, 71-73 Main St., Randolph on Friday, April 6 at 8:00 PM. Eric Beaudry (vocals, guitar, mandolin, bouzouki), David Boulanger (fiddle), and Pierre Luc-Dupuis (vocals, accordion) are stalwarts on French Canada's prolific folk music scene. For tickets and more information, contact the Chandler box office, 802-728-6464 or www.chandler-arts.org. PHOTO CONTRIBUTED



Vermont Youth Dancers (VYD) will present *Castle on the Hill, A Tale of King Arthur* at Mount Mansfield Union High School, Jericho, on Saturday, April 14 at 6:30 PM, and on Sunday, April 15 at 2:00 PM. Local students comprise the cast; above (from left): Emma Montgomery, Liam Kinney (Arthur), Rachel Ruegsegger (Guinevere), Olivia Percy (Elaine), Owen Bauman (Lancelot), Emilia Rowe; below (from left, back row): Olivia Johnston (Caelia, Faerie Queen), Christiana Davis (Viviane, Lady of the Lake), Tanner Paffen (Merlin), Lily Brown (Morgan LeFay), Julia Bresee (Morgause), and (front row) Maddi Doyle, Anna Ruesegger, Summer Clough. Tickets available online, \$10 (vyd-camelot.eventbrite.com or vermontyouthdancers.org) or at door, \$12. Call 802-448-0893 for more information. First come first served seating, wheelchair accessible. PHOTOS CONTRIBUTED

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TOWN OF JERICHO- DEVELOPMENT REVIEW BOARD

NOTICE OF PUBLIC HEARING

The Jericho Development Review Board will hold a public hearing at 7:00 pm on Thursday April 26, 2018 at the Jericho Town Hall to consider the following:

- A request to the DRB by Dakota Properties LLC to amend a previously approved 3 lot subdivision with an additional lot (4- major subdivision). This proposal will be heard as a preliminary/Final Plat review. The property is located at 54 Packard Road which is in the Village Zoning District.

All interested persons may appear and be heard. Additional information related to this application may be viewed at the Jericho Planning and Zoning Office during regular business hours.

Chris Flinn
Zoning Administrator
cflinn@jerichovt.gov

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The 2018-2019 Jericho Underhill Community Directory will be distributed after July 1, 2018.

Deadline for advertising is April 15, 2018.

3000 directories are distributed throughout Jericho and Underhill as well as Hannafords in Essex Center, and other Essex businesses. The entire phone book appears on our website. Additionally each advertisers receives a free bold line listing among the phone number listings.

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AGE WELL SENIOR MEALS

Age Well hosts Community Meals at over 70 locations. Programs vary from small rural gatherings, to senior centers, to an ever-growing array of restaurants. Menus are available on the 22nd of each month for the following month. Meals are on a first-come, first-serve, month-by-month basis; \$5 suggested donation. Call Age Well, 802-662-5200, after 10:00 AM for reservations for the following month on or after the 22nd of the month. If the 22nd falls on a weekend, reservations may be made the following Monday. Milk is served with all meals.

Tuesday, April 3 – Ray’s Seafood, Essex Junction. Check-in 10:30 AM; lunch 11:00 AM. Fish, potato, coleslaw, squash, roll, creemee.

Wednesday, April 4 – Athens Diner, Colchester. Check-in 10:30 AM; lunch 11:00 AM. Roast pork dinner, mashed potatoes, mixed vegetables, chocolate pudding.

Thursday, April 5 – Dutch Mill, Shelburne. Check-in 10:30 AM; lunch 11:00 AM. Stuffed chicken, mashed potatoes, mixed vegetables, strawberry shortcake.

Tuesday, April 10 – Pizza Hut, Susie Wilson Rd., Essex Junction. Check-in 11:00 AM; lunch 11:30 AM. All you can eat buffet – salad, pasta, and pizza.

Wednesday, April 11 – Athens Diner, Colchester. Check-in 10:30 AM; lunch 11:00 AM. Meat loaf, mashed potatoes, mixed vegetables, chocolate pudding.

Thursday, April 12 – Holiday Inn, S. Burlington. Check-in 10:30 AM; lunch 11:00 AM. Turkey buffet: salad, sliced turkey, stuffing, mashed potatoes, mixed vegetables, cranberry sauce, assorted desserts.

Monday, April 16 – Papa Nick’s, Hinesburg. Check-in 2:30 PM; lunch 3:00 PM. Baked ham dinner, rolls with butter, mashed potatoes, vegetables, dessert.

Tuesday, April 17 – Ray’s Seafood, Essex Junction. Check-in 10:30 AM; lunch 11:00 AM. Fish, potato, coleslaw, squash, roll, creemee.

Wednesday, April 18 – JP’s Diner & Deli, Essex Junction. Check-in 10:30 AM; lunch 11:00 AM. Baked ham dinner, mashed potatoes, mixed vegetables, dessert.

Thursday, April 19 – American Legion, Colchester. Check-in 10:30 AM; lunch 11:00 AM. Chicken and biscuits dinner, dessert.

Tuesday, April 24 – Ray’s Seafood, Essex Junction. Check-in

10:30 AM; lunch 11:00 AM. Fish, potato, coleslaw, squash, roll, creemee.

Wednesday, April 25 – Athens Diner, Colchester. Check-in 10:30 AM; lunch 11:00 AM. Turkey dinner, stuffing, mashed potatoes, cranberry sauce, green beans, rolls, pudding.

Thursday, April 26 – Dutch Mill, Shelburne. Check-in 10:30 AM; lunch 11:00 AM. Meat loaf, mashed potatoes, mixed vegetables, strawberry shortcake.

Restaurant ticket program – Age Well’s restaurant tickets are available year round, and no longer need to be used the month they are purchased. Tickets are good for Age Well’s fiscal year, October 1, 2017-September 30, 2018, but are nonreturnable and non-exchangeable. For tickets, connect with Pat Long, Community Meal Coordinator, at the meal sites or visit Age Well’s office (76 Pearl St., Suite 201, Essex Junction, VT 05452, 865-0360). Tickets must be presented before ordering. Restaurants have the right to offer limited menus.

The Abbey Pub & Restaurant, Enosburg Falls, lunch and dinner Tuesday-Sunday, 11:30 AM – 5:00 PM.

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

The Champlain Café at Burlington Tech Center, Fridays only; reservations required. Call 864-8426 x12121.

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

Halfway House Restaurant, Shoreham, Monday-Thursday, 5:00 AM – 8:00 PM.

Harpers at Holiday Inn, S. Burlington, Early Bird dinner,

Monday-Sunday, 5:00 – 7:00 PM.

IHOP, S. Burlington, Monday-Sunday, 7:00 AM – 9:00 PM. Mallets Bay Diner & Bakery, Colchester. Tuesday-Friday, 7:00 AM – 1:00 PM. Breakfast and lunch.

Mimmo’s, Essex Junction, Mondays, 11:00 AM – 3:00 PM. Pizza Putt, S. Burlington, lunch or dinner served seven days a week.

Professional Foods Café and Bakery (formerly Colonial Room), Essex. Call 879-5595 after 5:00 PM on Monday to listen to a recorded message with menu options and days the café will be open that week. Luncheon check-in is promptly at 11:00 AM. Always closed on Saturdays, Sundays, Mondays, and Tuesdays.

Rosie’s Restaurant, Middlebury. Mondays-Wednesdays, 6:00 AM – 12:00 PM (breakfast); 11:00 AM – 3:00 PM (lunch).

Ray’s Seafood, Essex Junction. Sundays – Wednesdays, 11:00 AM – 4:00 PM.

St. Michael’s College, Colchester. Monday-Friday, dinner 5:00 – 6:00 PM; Saturday-Sunday brunch, 11:30 AM – 1:00 PM; dinner 5:00 – 6:00 PM.

Trader Duke’s at Doubletree, S. Burlington. Mondays, 4:00 – 6:30 PM.

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Browns River Little League seeks umpires – all may apply!

The Browns River Little League, which serves Jericho and Underhill children, is looking for volunteer umpires this season! We strive for the highest level of sportsmanship in a friendly environment. Little League is committed to volunteer staff leading by example with good humor. You don't need to be a baseball expert or an athlete to learn the rules of the game and make sure that children and their families enjoy a season of play and learning together.

Over the years, the League has had women coaching and girls playing but we've never had a woman behind the plate and we'd love to change that. Umpiring is first and foremost about fairness and safety, not about being the judge who's always right. Those of us who have done this for a while can give you plenty of examples of the times we got it wrong. We want people who aren't afraid to do their best while knowing that they will make mistakes. That's not a bad lesson to pass along to our young players.

If you're not sure and just want to learn more, there will be an organizational meeting, Sunday, April 8, 3:30 PM in the Deborah Rawson Memorial Library program room. The league offers support, training and equipment, a flexible commitment, and no in-depth knowledge is required, just an interest in baseball and helping local kids and their families. Teens and adults, men and women are all welcome. If you're interested or want more info, contact Bob Robbins at robbsins@together.net or 899-2436. The season runs early May to mid-June. Come out, learn a new skill, and join our local families in the spring sunshine – weather subject to change!

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Cousin Dave "Digger" Cilley the Undertaker

By Doug Boardman
Special to the Mountain Gazette

Aunt Stella was my Mom's sister and she married Dyer Cilley. His job at the time was delivering meat house-to-house, sort of like Schwan's does today. Aunt Stella was a pillar of society in the small village of Tunbridge. Her house overlooked the Tunbridge Fairgrounds and her family were heavily involved in running the Fair. She held many offices for the town and was also the postmaster for many years. There was also the Dreamland dance hall, which has since burned down, and Aunt Stella's family ran the concession. My Uncle Buck was the deputy sheriff and kept the drunks in line by escorting them out of the door by their ear.

Dad, Viv, Mom, and I used to visit Aunt Stella quite often on Saturdays and go to the dance hall Saturday night. I remember one night when I was 10 years old, this real pretty girl asked me to dance. As we glided across the floor I thought I was in heaven and she had to be an angel – and she picked me. I later was told by my Mom that I was stricken with puppy love but at the time I just wanted to waltz all night and cuddle with this beautiful creature. When they stopped playing and took a break I went over to talk to my Cousin Dave and said I felt all fuzzy and thought I was in love. He promptly asked me if I knew who I was dancing with and of course I didn't, and he said well you better not fall too hard because she is your second cousin. I felt the bottom of the world had fallen out and that I was lower than snakeshit in the bottom of the ocean (later on in boot camp they used that phrase all the time). I left to find my parents and asked them if we could go home right away and silently cried all the way home. I had a lot of relatives in the Tunbridge/Chelsea area and only knew my first cousins. I realized that night that life is not fair.

Uncle Dyer got a partner and went into the undertaker business. Uncle Dyer was a real joker and you learned early on to keep track of where he was lurking at all times because he would sneak up behind you and twist your ear really hard to make you holler. There was a town hall with a basketball court in town and I used to go down and play with Dave and a couple of other town kids. At first I pretty much sucked but I got better and started beating them at their own game. Of course at the time, I was as tall as Dave but later on grew a foot and was unbeatable.

Dave was a real social person and liked to play jokes on people but not hurting them. There was what we called a "slow person" in Tunbridge who lived just past the bridge on a side hill. He would stand or sit on his lawn and wave to all the people entering or exiting Tunbridge, sometimes he would lay on his lawn and wave to you when he got tired. He was, in today's terms, mentally challenged. He was in his 30s but had less of an IQ than we did and we were 8 and 11 respectively. Dave was able to get cigarettes and we would walk down to the Fairgrounds, which took us by his house. He would see us and get up and follow us down. We would sit on an old fence and b.s., and when he showed up he wanted cigarettes. Dave would hold a cigarette up and he would grab for it but Dave told him he would have to sing for it and he would say he didn't feel like singing, but it didn't take long for him to give in and sing part of two songs for two cigarettes. He was a terrible singer and didn't know many words but was very entertaining and loved cigarettes.

MOUNTAIN GAZETTE

Publication & Deadline Dates 2018

The Mountain Gazette publishes on the 1st and 3rd Thursday of each month.

The deadline for receiving copy is Thursday, a week before publication, at noon.

The advertising deadline is Thursday, a week before publication at 5:00 PM.

For more information, please contact Brenda Boutin

Publisher of the Mountain Gazette
6558 VT RT 116, Starksboro, VT 05487
Phone: 453-2468 • bboutin@gmavt.net
On the web at www.mtngazettevt.com

PUBLICATION DATES:	DEADLINE DATES:
THURSDAY	THURSDAY
January 4	December 28
January 18	January 11
February 1	January 25
February 15	February 8
March 1	February 22
March 15	March 8
April 5	March 29
April 19	April 12
May 3	April 26
May 17	May 10
June 7	May 31
June 21	June 14
July 5	June 28
July 19	July 12
August 2	July 26
August 16	August 9
September 6	August 30
September 20	September 13
October 4	September 27
October 18	October 11
November 1	October 25
November 15	November 8
December 6	November 29
December 20	December 13

2018-2019 Jericho - Underhill Community Directory
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