

## Deborah Rawson Memorial Library Winter Music Series

By Phyl Newbeck  
*Special to the Mountain Gazette*

Laurel Shelmandine is celebrating her tenth year as the organizer of the annual First Sunday Music Series at the Deborah Rawson Memorial Library. The Jericho resident was raised in the folk music scene and she is carrying on the family tradition, although the First Sunday Music Series offers a greater variety of genres. The series runs from October to April with a break in January. All concerts begin at 2:00 PM and take place in the library’s spacious and comfortable reading room.

There are three remaining concerts on the schedule. On February 3, a Vermont-based duo called Cricket Blue will take the stage. One member of the duo, Laura Heaberlin, has local roots, having graduated from MMU. She met Taylor Smith at Middlebury College and they have been performing together ever since. The two singer-songwriters play original music influenced by the American folk tradition and have included a number of other local musicians including Laura Markowitz and John Dunlop on their albums. Heaberlin is no stranger to the Deborah Rawson Library, having performed as part of the First Sunday Music Series while still in high school.

March will feature the music of the Phineas Gage Project. Named for a railroad construction foreman who survived an accident in which an iron rod was driven through his head, destroying a large portion of his left frontal lobe, the duo consists of Erica Stroem and Rob Williams from the Mad River Valley. They refer to their style as either “pholkgospel grassicana” or “pholk-phunk,” and their catch line is “music for happy brains.” Although all First Sunday shows are acoustic, Shelmandine recalls that when the band played the series several years ago, “the whole house was rocking.”

Given that she comes from a family of musicians (her youngest daughter Annalise is an accomplished opera singer) you can forgive Shelmandine for her invitees for the month of April. In honor of National Poetry Month, Shelmandine likes to invite singer-songwriters to take the stage. This April, the concert will be on the second Sunday so as not to conflict with Easter, and the musicians will be the Beeline Ramblers, a Massachusetts duo consisting of Shelmandine’s sister Lisa Mandeville and her husband Fran. Lisa sings and plays guitar, mountain dulcimer, and limberjack (a wooden instrument also known as a paddle puppet) while Fran sings and plays guitar, mandolin, banjo, and “pocket change.” Their music is described as Americana.

“What’s really neat with all three upcoming acts,” said Shelmandine, “is they are performers who welcome children since we get a broad age range in all of our concert audiences. The library adds this extra aspect because it feels like someone’s living room and with the kids’ reading room right there, parents don’t have to worry about children sitting still and getting bored. They can go get a book or dance in front of the performers. It’s a wonderful family setting.”

This year there will be a special guest for at least some of the concerts. Shelmandine’s one-year-old granddaughter will be attending with her mother Marijke. “She loves music,” Shelmandine reports. “Before she could walk she would pull herself to the piano and make sounds. Now she’s old enough to walk over.”

This year marks the nineteenth season for the First Sunday Music Series and Shelmandine is happy to continue the Jericho tradition. “Having grown up with my parents running coffee houses all the time and a house full of musicians and being involved in Pete Seeger’s fundraising for the Clearwater and other folk festivals, I was feeling like I had lost that part of myself for a number of years,” she said. “This brings my family back to me in the extended family sense of things. My challenge to myself is to make it not just folk music.” Shelmandine tries to make sure the series includes classical music, jazz, and some quiet rock, but not children’s music per se. “I want something like what I grew up with,” she said. “Something that everyone enjoys in their own way.”



Bernie and Maeve observed many Christmas, and other winter season sites in Jericho recently.

## Jericho Mystery Photo #3: Realist or Optimist?

A string of bells was heard at first, then a chorus of reindeer jingle bells rang out, wrote one young reader. There was Dasher, Dancer, Prancer and Vixen, Comet, Cupid, Donner and Blitzen, and my favorite, Rudolph.

They were dancing and prancing and lighting up the night, wrote one weary eyed Jericho resident awakened by tiny hooves sliding along her metal roof. Why, steam was just shooting out their noses like little train engines, an elderly man wrote in. One thing is for sure, the mystery photo of the last issue was a female reindeer, as are all of Santa’s reindeer because, you see, only girl reindeer have antlers in the winter months.

Besides being good, many Jericho residents said they hedged their bets by leaving out lichens, leafy greens, and dried mushrooms for the reindeer along with cookies for Santa Claus. This helps explain the many reindeer sightings without any reports of reindeer poop or coal filled stockings, though one reader did report a stocking with only a black LED flashlight inside. Perhaps this is the same person who swore the mystery photo was “the big one that got away again this year.” At any rate, we are pleased that so many wrote in to tell us their reindeer encounter stories. We conferred with Mr. Claus for a positive ID of the mystery photo, but he declined to be definitive, only to say that his sleigh ride through Jericho was exhilarating.

Such natural beauty, colored lights on houses and trees - even



one tree in the woods alongside the road - good, good children and adults too. A community to behold, and one he and his hard working reindeer girls will be sure to visit again next year.

The mystery photo for this week speaks to flexibility. In Vermont, one needs to be prepared for all weather contingencies. Who do you figure lives at this site, an optimist or a realist? Tell us your woodpile story. How many times do you handle each piece of wood before burning it? What creatures have you found living in your wood pile? What is the best method to split wood? What is your stacking pattern? Send us a photo of your woodpile for publication and bragging rights!

How well do you know Jericho? Put your community knowledge to the test in our Mystery Photo challenge. Send your response to [Bernie.paquette@yahoo.com](mailto:Bernie.paquette@yahoo.com).

Bernie Paquette and Maeve Kim collaborate on discovering by observation, then sharing, photos and stories that make Jericho, like Vermont, a special place because you make it so! See more of their Jericho, VT photos at [Jerichovermont.blogspot.com](http://Jerichovermont.blogspot.com).

## NVU-Johnson Transfer Student Day January 8

Students interested in transferring to Northern Vermont University-Johnson are invited to an information day on campus. Students may choose to attend from either 9:00 AM — 12:00 PM or 12:00 — 3:99 PM on Monday, January 8. Those who attend the free information day will get a campus tour, have lunch, and talk with admissions and financial aid representatives. Students who submit an online NVU-Johnson application and send their transcripts before the event can get an on-the-spot admissions decision.

Johnson and Lyndon state colleges will become Northern Vermont University on July 1, but maintain separate campuses.

To pre-register for the information day, visit [www.jsc.edu/transfer](http://www.jsc.edu/transfer) days. For information, [Erin.conner@jsc.edu](mailto:Erin.conner@jsc.edu) or 635-1219.

## Rice Memorial High School first quarter Honor Roll

Lisa Lorenz, interim principal at Rice Memorial High School in South Burlington, proudly announces the following students achieved Honor Roll status for the fourth quarter:

First Honors: **Sophia Rossi** (Jericho); **Claire Ammirato** (Westford); **Henry Ammirato** (Westford).

Second Honors: **Aidan Schmoldt** (Jericho); **Mary Batsie** (Jericho); **Jonathan Aselin** (Jericho); Sophia Bourgeois (Underhill).

Honorable Mention: **Emma Blanck** (Jericho); **Felicia Daigle** (Jericho); **Liam Wilson** (Jericho).

## College Notes

**Alex Carrier** of Jericho, VT has been named to the Dean’s List at Champlain College, Burlington, VT for the Fall 2017 semester.

**Gabrielle Garfield** of Bolton, VT has been named to the Dean’s List at Champlain College, Burlington, VT for the Fall 2017 semester.

**Elizabeth McMurray** of Cambridge, VT has been named to the Dean’s List at Champlain College, Burlington, VT for the Fall 2017 semester.

**Emma Rivers** of Jericho, VT has been named to the Dean’s List at Champlain College, Burlington, VT for the Fall 2017 semester.

**Patrick Bigelow** of Cambridge, VT has been named to the President’s List at Champlain College, Burlington, VT for the Fall 2017 semester.

**Adam Cross** of Westford, VT has been named to the President’s List at Champlain College, Burlington, VT for the Fall 2017 semester.

**Kayla Mazza** of Waterbury, VT has been named to the President’s List at Champlain College, Burlington, VT for the Fall 2017 semester.

**Darcy Patnode** of Jericho, VT has been named to the President’s List at Champlain College, Burlington, VT for the Fall 2017 semester.



PHOTOS CONTRIBUTED



COMING EVENTS

**Friday, December 29**  
**Tarot Readings with Rachel**, 12:00 – 1:30 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join us for a Jungian-inspired tarot reading with Rachel, who has been reading tarot for six years and whose approach draws from the concept that we can access collective symbols and archetypes from our unconscious that can assist in guiding our intuition. Rachel has an MA in clinical mental health counseling from Antioch University New England and has a private psychotherapy practice. Readings are first come, first served, and are for entertainment purposes only. Suggested donation \$5-10. For information, [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 448-3350.

**Wednesday, January 3**  
**Wednesday Story Time**, 10:00 AM, Phoenix Books Essex, 2 Carmichael St., Essex. Join us every Wednesday through March 28 for timeless tales and new adventures to enjoy 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](http://www.phoenixbooks.biz) or 448-3350.

**Saturday, January 6**  
**Saturday Story Time**, 11:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington. Join us every Saturday through March 31 for timeless tales and new adventures to enjoy 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](http://www.phoenixbooks.biz) or 448-3350.

**Tuesday, January 9**  
**The Ride of Your Life: choosing what drives you**, 6:30 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Celebrate the launch of The Ride of Your Life: choosing what drives you by Cinse Bonino, a new book from Onion River Press. The author shows readers how to use fear to their advantage by guiding them to learn when fear should be allowed to sit in their emotional driver's seat and when it should be stowed in the metaphorical trunk. (Hint: most of the time!) Bonino is a former professor of Creativity & Conceptual Development with a background in Education and the Psychology of Human Learning. Free and open to all. Information: [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 448-3350.

**NESTLINGS FIND NATURE: Winter Discovery**, 10:30 — 11:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Road, Huntington. Kids aged 3-6 (and parents) hike, observe, collect, create, explore, ask questions about birds and more. Dress for the weather—we're going outdoors! Pre-registration is helpful: [museum@birdsofvermont.org](mailto:museum@birdsofvermont.org) or 802-434-2167). Included with admission (*free for members*).

**Wednesday, January 10**  
**JSC Community Meal**, 11:30 AM — 12:30 PM, United Church of Johnson, 100 Main St., Johnson. Johnson State College will offer a free community meal for the public at which Johnson students, faculty and staff serve as volunteers, features a hot lunch on the second and fourth Wednesday of each month through May for anyone who goes. All meals are at the same time and location. The meals are sponsored in part by JSC Dining Services, the JSC SERVE program and Laraway Youth & Family Services.

**Embroiderers' Guild of America meeting**, 9:30 AM, Living/Dining Room, the Pines, 5 Aspen Dr., S. Burlington. All abilities

welcome to this meeting of the Green Mountain Chapter. We will be learning needle tatting or bring your own project to work on. First meeting is complimentary. Bring a bag lunch. Car-pooling is available from many areas. Information: 372-4255 or [gmc.vt.ega@gmail.com](mailto:gmc.vt.ega@gmail.com).

**Thursday, January 11**  
**The Girl in the Tower book talk**, 6:30 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Katherine Arden for a talk on her new novel. The magical adventure begun in the bestseller The Bear and the Nightingale continues as brave Vasya, now a young woman, is forced to choose between marriage or life in a convent and instead flees her home — but soon finds herself called upon to help defend the city of Moscow when it comes under siege. Katherine Arden has studied Russian in Moscow, taught at a school in the French Alps, and worked on a farm in Hawaii. She currently lives in Vermont. Proceeds from ticket sales will go to the VT Foodbank. Tickets \$3 include coupon for \$5 off a copy of the featured book. Coupons expire at closing the evening of the event. Information: 448-3350 or [www.phoenixbooks.biz](http://www.phoenixbooks.biz).

**Friday, January 12**  
**Contra Dance**, 8:00 PM, Shelburne Town Hall, 5376 Shelburne Rd., Shelburne. Queen City Contrás' regular dance will have music by Atlantic Crossing and caller Rich Sbardella. 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, or [www.queencitycontras.org](http://www.queencitycontras.org).

**Wednesday, January 17**  
**Yoga for Diabetes**, 6:30 PM, Phoenix Books Essex, 2Carmichael St., Essex. Join Rachel Zinman, author of Yoga for Diabetes, to learn how to manage your health with yoga and Ayurveda. Rachel will be reading from her favorite passages, answering questions, signing books and sharing user-friendly yoga practices for everyone. No prior yoga experience is required! Rachel Zinman is an internationally renowned yoga teacher with diabetes herself, who points the way to regaining health and well-being for people of all ages and types of diabetes. Free and open to all. Information: [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 872-7111.

**Saturday, January 27**  
**Tarot Readings with Rachel**, 6:00 – 7:30 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join us for a Jungian-inspired tarot reading with Rachel, who has been reading tarot for six years and whose approach draws from the concept that we can access collective symbols and archetypes from our unconscious that can assist in guiding our intuition. Rachel has an MA in clinical mental health counseling from Antioch University New England and has a private psychotherapy practice. Readings are rst come, rst served, and are for entertainment purposes only. Suggested donation \$5-10. For information, [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 448-3350.

**Saturday, February 24**  
**Tarot Readings with Rachel**, 6:00 – 7:30 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join us for a Jungian-inspired tarot reading with Rachel, who has been reading tarot for six years and whose approach draws from the concept that we can access collective symbols and archetypes from our unconscious that can assist in guiding our intuition. Rachel has an MA in clinical mental health counseling from Antioch University New England and has a private psychotherapy practice. Readings are rst come, rst served, and are for entertainment purposes only. Suggested donation \$5-10. For information, [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 448-3350.

**Saturday, March 31**  
**Tarot Readings with Rachel**, 6:00 – 7:30 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join us for a Jungian-inspired tarot reading with Rachel, who has been reading tarot for six years and whose approach draws from the concept that we can access collective symbols and archetypes from our unconscious that can assist in guiding our intuition. Rachel has an MA in clinical mental health counseling from Antioch University New England and has a private psychotherapy practice. Readings are rst come, rst served, and are for entertainment purposes only. Suggested donation \$5-10. For information, [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 448-3350.

COMMUNITY COLUMNS

The Old Woman visits... again

By Sue Kusserow

*Special to the Mountain Gazette*

I don't know how many of you remember The Old Woman. She has done some descriptive essays for me: her visits to the bank, the grocery store, a doctor's appointment, and a lovely trip to the dentist. She is good on descriptions, but tends to be a little acerbic. When correcting her copy, I have to cross out some rather personal judgments. For example: she doesn't approve of orange hair, or waitresses who call us "guys" when we place an order, or the new vocabulary of teenagers that makes no sense at all. But we have much in common, which is one of her reasons for visiting. "I've been thinking. We need to cover the subject of old age. After all, as reasonably intelligent people at one point in our lives we need to share what we've learned in this new category. Despite the old dog/new tricks saying, I think we can do it." The afternoon wears on and still we sit and talk. I made some mulled cider, richly elegant with orange slices, floating cinnamon sticks, finished off with a slurp of Laird's Apple Jack. So: here are some real experiences of 85 year olds, not gentled by the wilted prose of 70 year olds who have deluded themselves into thinking they can predict the future.

First: Everyone (the old woman adds a few exclamation points) can run faster, think better, find solutions amidst mind-muddling anxieties. Of course, this has been true for most of our previous levels of maturity, only we were too busy running ourselves to notice. We no longer use the word maturity, by the way. We passed that stage long ago, and are now into 'ripeness' and beyond. We hope that you learn to knit, crochet, or read gently, so you can be busy while others are still running. Be content with it; you have run – and won – your races.

Second: Names will go. Pleasant people will greet you, but vague familiarity is about all you can muster. Sometimes you look so vacant that the dear young soul takes pity: "I'm Donna. I live just up your road."

Third: Plan your forays into the real world with great care. GPS may be wonderful for roads, but one hasn't been invented yet for bathrooms. You need to plot your errands, adding extra time for commercial bathrooms that require the agility of a relay hurdler. Once inside with bags, purse, and cane, grab hold of anything you can, but be warned that those tiny little boxes have a minimum of screws that actually do contact the wall. Hold on for as long as you can; expect a free fall when you let go.

Fourth: Eat... more than a can of soup. And we don't mean because it's hot and quick and salty and makes you think of home. Drop some protein in there somehow.

Fifth: Have a goal that doesn't depend on tomorrow. Make the view from the outside rise into your room. Count the chickadees at the feeder. Slowly sip a cup of tea, hot and spicy... it warms your face. Memories travel on love... and only to you... vivid and real and true. So, remember.

The Old Woman and I have chatted our way through a box of Macadamia nut cookies. "Well," she says. "I need to get home and feed my cat." The joy of having something still dependent on one, even though the cat is as fat as a hedgehog. "See you later!" I help her with her left shoe which is a problem, since her leg doesn't bend anymore. "What shall we do for next time? Any way we can get in a plug for a sense of humor?"

"I hope so," I answer. "It's kept us going for a long time as well as giving some fun to our pretentious quibblings." She grins. "Wow, where did you get that one?"

Alice, bike, and blood

By Doug Boardman

*Special to the Mountain Gazette*

Alice was a neighbor of ours and a playmate. She lived about a mile away at the top of a long hill. I heard that she had gotten a new bike so I walked over to look at it. I didn't have a bike yet so I didn't know how to ride one but was supremely confident that I could ride anything even though I was only six years old. Alice asked me if I wanted to ride her bike and of course I didn't want to admit I had never rode a two-wheel bike before, so I hopped on and started down the steep hill.

As I picked up speed, it suddenly occurred to me that I didn't know how to brake. There was a road to the left so I swerved on to this gravel road that led around a big bunch of underbrush and trees. Little did I know, there were two cars parked behind each other in the middle of the narrow dirt road. Three people were visiting with each other on the side of the road as I came blasting around the corner and hit the first car in the back bumper and plastered my body to the trunk of the car and my head against the rear window. Fortunately I didn't break the rear window, but I did break my nose and there was blood all over the window.

The bike was in bad shape, the front wheel was bent back almost even with the back wheel, but even when I felt my broken nose, I still was far more worried what my parents were going to do or say. The folks with the cars took me home and my mother had been baking and came out onto the porch covered in flour, which soon changed to blood and flour and reminded me of cherry ice cream. I can't remember if I got punished for that episode but it took a long time for my father to forget it, because he had to pay for getting the bike fixed and reminded me often about the incident.

The bike incident didn't deter me from playing or doing things that were exciting and I made the most of all the play time I could get. Two or three years later a motorcycle was left off to the side of the road just below our driveway. I was only eight or nine but I figured I could ride something like that so I asked my father if I could try to start it. My mom chimed in by saying I shouldn't go near that motorcycle but Dad said I could try to start it, because of course he didn't ever think I could start it in his wildest dreams. The guy had left the key right in it and I thought he might have run out of gas, but there was gas in it so it must have stalled out and he couldn't get it started again.

I looked over the whole thing and found out where the brakes were first and the other stuff afterward. I tried to jumpstart the motorcycle for an hour and it wouldn't start, I could see my father occasionally look out the window to see what I was up to and that made me more determined to start it. By some miracle it started, and I started riding it up and down the valley faster and faster until

Alice continued on page 3

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LIBRARY NEWS

DEBORAH RAWSON MEMORIAL LIBRARY  
UNDERHILL

Happy New Year!  
Scrabble! Thursday, January 4, 10:00 AM. Join us, and bring a friend along to play as well!  
The French Conversation Group, Thursday, January 4 and Thursday, January 18, 6:30 PM. This is not a French “class,” but a relaxed setting for adults and high school/college students to listen to and practice speaking French at any level, from beginner to advanced. Stop in for some conversation and cultural exchange. For more information call Henry, 899-3349.

The mystery book group will meet Monday, January 8 at 7:00 PM to discuss Jar City by Arnaldur Indridason. Please join us!  
Deborah Rawson Book Lovers(DRBL) - Tuesday, January 9 at 7:00 PM. This adult book discussion group meets monthly at the library. This month’s selection is The Call by Yannick Murphy. New members are always welcome to drop in on any meeting, which is always the second Tuesday of the month at 7:00 PM. For more information, contact [Christine@cstaffa.com](mailto:Christine@cstaffa.com).

A Little Bit of Hygge - Thursday, January 11, 6:30 PM. Now that the holiday rush is behind you, join us to learn about Hygge, inspired by The Little Book of Hygge: Danish Secrets to Happy Living. Loosely translated, Hygge - pronounced Hoo-ga - is a sense of comfort, togetherness, and well-being. Come learn about it and spend a little time practicing its philosophy with a cup of tea, relaxing in front of our fireplace.

Mah Jongg at DRML - We will be playing instead on Monday, January 15 at 1:00 PM and on Monday, January 29, at 6:30 PM. 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!

Movie Night - Friday, January 19, 7:00 PM. We will be showing Only the Brave, based on the true story of the Granite Mountain Hotshots, a group of elite firefighters who risk everything to protect a town from an historic wildfire. Please join us for this inspiring film!

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

Mah Jongg at DRML – We play Mah Jongg on the first and third Mondays 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!

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](http://www.drml.org).

JERICHO TOWN LIBRARY

Our new library director is Lisa Buckton. Please come in and say hello!

Board meetings are held the second Monday of every month at 7:15 PM at Jericho Town Library. 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](http://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.

The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville, 802-644-2117; [thevarnum@gmail.com](mailto:thevarnum@gmail.com).

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

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](http://www.westfordpubliclibrary.wordpress.com); email [westfordpubliclibrary@gmail.com](mailto:westfordpubliclibrary@gmail.com). Like us on Facebook. 878-5639, Bree Drapa, Librarian.

RICHMOND LIBRARY

Looking for artists and collectors: We are currently scheduling our walls and display case for 2018 shows. If you have framed pieces (art, photography) and would like to schedule a show, contact us to choose your month. No professional experience is necessary, just a willingness to share your talent. We’re also seeking interesting collections for our foyer display case. If you are a collector of thimbles, pokemon cards, miniature trains, bird nests, or anything else that would fit in our case that you might be willing to share, we would love to hear from you. Call or email.

December Display: Marilyn Cochran Brown has shared special woodcuts made by Japanese school children in the 1970s. The woodcuts depict winter athletes, including Barbara Cochran, 1972 Olympic gold medalist. They were given to the Cochran family by the Japanese Olympic organizing committee. Several of the

pieces were on display at the American Embassy in Japan for six months in 2016.

All decorated for the holidays: Thank you to the many young artists who decorated a cutout tree for our walls. We have green trees, purple trees, rainbow trees, and trees with glitter, stickers, and stars. Hanging together on the walls they make a colorful and merry sight indeed. If you decorated a tree come find yours on the wall and admire those of your friends and neighbors.

Thank you to the Friends of the Richmond Free Library for helping us update and refresh our picture book non-fiction section this fall. We have many new titles on favorite subjects, like fire trucks, dinosaurs, ballerinas, trains, hurricanes, and koala bears. There are also new children’s poetry books in this section by such greats at Dickenson, Frost, Shakespeare, and Whitman.

Adult Playaways – Playaways aren’t just for kids! Stop at the circulation desk and view our new acquisitions and try out the new audiobook format. It works with earbuds or auxiliary cables and doesn’t require changing CDs!

Book Discussions – Tuesday, January 9, 6:00 PM: The Snow Child by Eowyn Ivey. A wonderful, heartwarming, sad, and beautifully told bewitching tale based on a Russian fairytale titled *Snegurochka*, *The Snow Maiden*, a girl who is believed to be half-human and half made of snow. Thursday, January 18, 7:00 PM: Borkmann’s Point by Håkan Nesser. Internationally bestselling author Håkan Nesser makes his U.S. debut with this riveting tale of murder and suspense that reveals the deep humanity of the characters portrayed even as it sends chills up the spine.

Preventing Type II Diabetes – The UVM Medical Center will be offering a long-term diabetes prevention workshop in the Richmond Free Library mezzanine. The program offers education and support to help you adopt healthier eating and exercise habits to reduce your risk of developing diabetes. Participants will meet once a week for 16 weeks, then every other week, then monthly over a year. Space is limited. Call Amanda at 847-5468 to sign up. Consider signing up if you:

- are overweight or obese;
- don’t get enough exercise;
- have high blood pressure;
- have abnormal cholesterol;
- have a parent, brother, or sister with diabetes.

Save the dates! Friends of the Richmond Free Library Annual Booksale, Friday, February 16, 5:30 – 8:30 PM and Saturday, February 17, 9:00 AM – 3:00 PM. The Friends offer a wonderful selection of materials in a great shopping venue! Please consider being a Friend and join in the effort. Consider being a table movers, cashier, organizer, or talliers, bakers, etc. Or, do you like to play music or sing? The booksale features live music! For questions or more information contact Mary Keller-Butler, [unnamedmtn@hotmail.com](mailto:unnamedmtn@hotmail.com).

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.

Playgroup and Storytime for children age infant-5 years. Introduce your child to many new friends and to the wonderful world of books on Wednesdays. Playgroup begins at 8:45 AM. Storytime begins at 10:00 AM.

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.

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](http://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.

Preschool Music: Mondays at 11:00 AM, and Thursdays at 10:30 AM. Second Thursday of each month: Spanish Music with Constancia Gomez. For children 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 play

time following our Preschool Music program. For children birth to age 5.

Dorothy Alling Memorial Library, 21 Library Lane, Williston. 802-878-4918, [www.williston.lib.vt.us](http://www.williston.lib.vt.us).

FAIRFAX COMMUNITY LIBRARY

Youth Events

Thursday, January 4, 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.

Tuesday, January 9, 9:30 — 10:30 AM: Preschool Story Hour: Birthdays. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for Story Hour.

Tuesday, January 9 and 16, 3:00 — 4:30 PM: Sewing Club: Beginning Quilting. Youth age 8+ will make a small quilted blanket in this two-part class. Students will meet in the library then go to room #457 to work. Must register for both sessions. Space is limited.

Wednesday, January 10, 3:00 — 4:00 PM: Lego Club. Kids ages 6+ enjoy themed Lego play after school. Please register.

Wednesday, January 10, 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, January 11, 3:15 — 4:15 PM: Chess Club kicks off for those registered. All players will stay until 4:15 just this first day. Afterwards, Beginners will end at 4:00 PM and Intermediate/Advanced will end at 4:45 PM.

Tuesday, January 16, 9:30 — 10:30 AM: Preschool Story Hour: Shapes. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for Story Hour.

Thursday, January 18, 3:15 — 4:00/4:45 PM: Chess Club continues for those registered.

Monday, January 22, 3:00 — 4:00 PM: Crafternoon: Storytelling Rocks. Kids ages 6+ will paint rounded river rocks with story elements and play a storytelling game. Must register.

Tuesday, January 23, 9:30 — 10:30 AM: Preschool Story Hour Special: Music with Caitlin. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for story hour.

Wednesday, January 24, 3:15 — 4:15 PM: READ to a DOG. Kids ages 5-10 can read a book of their

Libraries continued  
on page 5



Mountain High  
Pizza Pie

Monday 4:00 - 8:00 PM

Tuesday - Thursday

11:00 AM - 8:30 PM

Friday - 11:00 AM - 9:00 PM

Saturday

11:00 AM - 8:30 PM

Sunday

4:00 - 8:00 PM

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The Mountain Gazette

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Send your news to

[mtgazette@earthlink.net](mailto:mtgazette@earthlink.net), [www.mtngazettevt.com](http://www.mtngazettevt.com)

Area Worship Services

JERICHO CONGREGATIONAL CHURCH

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Senior Pastor David Coons and Youth Pastor Glenn Carter

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Fellowship at 10:30 am

Youth group 6:15 pm Sundays in Sunday school building

Dec. 17 – Lessons & Carols, 8 am & 11 am

Dec. 24 – Christmas Eve Morning Service, 9 am, Children’s Christmas

Pageant, 6 pm & Candlelight Service, 9 pm

Dec. 25 – Come to the Manger Service, 7 am

Signing for the deaf upon request

899-4911; [officejcc@comcast.net](mailto:officejcc@comcast.net); [www.jccvt.org](http://www.jccvt.org)

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

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Alice continued from page 2—

my father came out to the road and flagged me down and told me to put it back where it was abandoned. That night the guy came for the motorcycle in a pickup and was quite surprised that it started right up for him. I don’t think he had much gas left though. Years later Dad told me he never imagined I could ever start it and was amazed that not only did I start it but I actually rode it. I was determined to make my father proud of me but it was a rough road to get to that point.

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# Health programs and classes at Northwestern Medical Center

**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](mailto: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 [drobertson@nmcinc.org](mailto:drobertson@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.

Grief and Recovery Support Group, first and third Wednesday of each month, 7:00 – 8:00 PM, Franklin County Home Health Office, St. Albans, 3 Home Health Circle. Pre-registration required; call Lori Wright, 527-7531. Free. Experiencing a loss can be painful to face alone. Franklin County Home Health’s Grief and Recovery Support Group serves as a safe place to share feelings with others who are coping with grief. This support group is offered free of charge to anyone who would like to talk to others and help one another. It also provides a resource for grief education in our community.

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](http://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.

Who’s Your Person, What’s Your Plan? (End of Life Planning): We plan for all life’s milestones – marriage, birth, retirement. But few of us have plans in place for our end of life. And none of us can plan for the unexpected. Do you know who you want to speak for you and make medical decisions for you when you can’t do this for yourself? Everyone 18 years and older should have a Health Care Agent – your person to speak on your behalf. By completing an advance directive you can provide this information to your family and physician. Start this conversation with your family before you are in a health crisis. Information and materials to help facilitate your conversation are available at <http://www.fchha.org/healthcareagent/> as well as [www.starttheconversationvt.org](http://www.starttheconversationvt.org). You can also call Franklin County Home Health Agency to learn more about completing an advance directive. We are also available to speak to community groups. Start the Conversation today. It’s a gift.

JANUARY 2018

Living Strong in Vermont Program (Light Strength Training), Tuesdays and Thursdays (call Lynne Marie, 868-3748), January 2-March 20, 4:00 – 5:00 PM; or Mondays and Wednesdays (call Louise Doyle at 527-2194), January 3-March 21, 3:00 – 4:00 PM. Location: Hawk’s Nest Senior Housing, Community Room, St. Albans. Pre-registration required; call numbers above to register or for more information. Free. This strength training course has been designed for those over the age of 40 to reduce the effects of osteoporosis, but participants of all ages are welcome. After age 40, we begin to lose a half-pound of muscle mass each year. By age 65, an inactive person has lost as much as one third of their muscle mass leading to frailty and increased risk of osteoporosis. Strength training can rebuild lost muscle and strength, while increasing bone density. Through a series of simple chair based or standing weight-bearing exercises, you will build bone and muscle strength. This is not an aerobics fitness program. Participants must have had a physical exam in the past year and will need their physician’s approval to participate.

Tai Chi Classes, Mondays, January 8-March 12, 4:00 – 5:00 PM (first class), 5:15 – 6:15 PM (second class), Northwestern Medical Center Wellness and Fitness Room (Conference Center). Pre-registration required; Contact Faith, 524-1217 or [fdubois@nmcinc.org](mailto:fdubois@nmcinc.org) for more information. Fee: \$80 for 10-week session. Tai Chi is a form of gentle, guided movement that is sometimes referred to as “meditation in motion” and can aid in reducing stress and anxiety. It has also been found to improve balance and promote a sense of wellbeing. This 10-week program is open to all ages. A physical authorization is required, so please sign up by December 15.

The Franklin County Diabetes Support Group, Monday, January 8, 11:30 AM – 1:00 PM (luncheon meeting); 5:00 – 6:30 PM (dinner meeting), NMC Conference Center, Green Mountain Room (Conference Room 1). Featuring Lindsay Hoar, RD, CD. Free. This topic for this months’ program is Alzheimer’s Disease and Nutrition. At each meeting a complimentary meal is provided during the first half hour and the presentation takes place in the hour following. To RSVP please call Debbie, 524-1031.

Diabetes and You, Tuesdays, January 9-February 6, 2:00 – 4:00 PM, Swanton Public Library (King’s Daughters Room). Pre-registration required. Contact 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.

Vermont Quit Partners Fresh Start Tobacco Cessation Class: Thursdays, January 11-February 1, 4:00 – 5:00 PM, Northwestern Georgia Health Center. Pre-registration required. To sign up for a session call Chari, 524-8480. Free. Join others for this four-session 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. As a Vermont resident, you can get free patches, gum and lozenges.

Breastfeeding and You: Thursday, January 11, 6:00 – 7:30 PM, The Family Birth Center Conference Room at NMC. Registration: Please call 524-7971. Free. Department of Health’s 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!

Movement for Parkinson’s Disease: Friday, January 19, 10:00 – 11:00 AM, Homestead at Pillsbury Manor. Registration/ information: contact Sarah, 802-881-9673 or [saramcm28@gmail.com](mailto:saramcm28@gmail.com), or Patty Rugg, [patrica\\_rugg18@comcast.net](mailto:patrica_rugg18@comcast.net). Free. 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.

Heart Healthy Classes: Wednesday, January 24, 10:30 – 11:00 AM, Cobblestone Health Commons Cardiac Rehab Gym. Registration: Please call 524-8849. Free. This heart healthy nutrition class discusses nutrition and meal planning guidelines to promote behavioral change for weight, cholesterol and blood pressure management.

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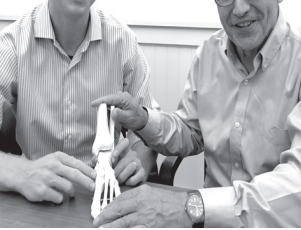




Dr. Mary H. Kintner

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HEALTH NEWS

Vitamin D is not just for bones anymore!

By Mary Kintner  
Special to the Mountain Gazette

When I was a chiropractic student I was taught vitamin D’s primary function in the body was forming and remodeling bone and teeth. Current research suggests that not only is vitamin D important in bone and dental metabolism, it plays a wider role in body functions.

What is vitamin D? It is a fat soluble pro hormone, structurally similar to a steroid. Vitamin D’s primary function is to maintain calcium in the bloodstream by increasing absorption of calcium and phosphorus from the intestines and promoting resorption of these minerals from the kidneys. Vitamin D inhibits the hormone calcitonin, which is a hormone involved in the destruction of bone and cartilage. Vitamin D is influential in cell proliferation and differentiation. Immunity is enhanced by vitamin D because it increases white blood cells such as monocytes, T cells, and B cells. Blood pressure and insulin regulation are also influenced by vitamin D.

Vitamin D is thought to be beneficial for a wide variety of health issues. These include high blood pressure, tuberculosis, and cancers of the breast, colon, and prostate. Vitamin D is helpful in the management of chronic pain, peripheral artery disease, Parkinson’s, and type 2 diabetes. Mental and emotional conditions such as seasonal affective disorder (SAD), depression, and cognitive problems can benefit from vitamin D. Autoimmune disorders including rheumatoid arthritis, psoriatic arthritis, psoriasis, type 1 diabetes, and SLE can be influenced by vitamin D function.

Severe deficiency causes rickets in children and osteomalacia and osteoporosis in adults. Because muscle function is calcium dependent, which in turn is dependent on vitamin D, in extreme deficiency muscle tetany (severe spasm) is possible. Fortunately, in the United States severe deficiency is rare.

There is debate over what is a normal lab value for vitamin D. Some feel 15 ng/ml is adequate; toxicity doesn’t occur until 200 ng/ml. This is a wide difference. The National Institute of Health and Andrew Weill M.D. recommend supplementing with 2000 International Units (IUs) per day. Newer data suggests the upper limits could be as high as 10,000 IUs per day. People recovering from bone injuries or at risk of osteoporosis need higher doses.

Vitamin D is obtained three ways. First is by exposure to sunlight. Five to thirty minutes between 10:00 AM — 3:00 PM per day (without sun block) can help you obtain adequate vitamin D. Food sources of vitamin D include eggs, fortified milk products, fish and fish oil, as well as supplementation.

People most at risk for deficiency are breast fed babies of deficient mothers, people older than 50 because absorption and skin conversion of vitamin D is decreased, and people who live in the northern latitudes — like Vermonters! It is essential to supplement during the winter because we are not outside as much, the sun is lower, and we live at a higher latitude. Dark skinned people can be a risk for deficiency due to reduced skin conversion. Fat stores vitamin D so obese people may be more likely to be deficient.

People who have had gastric bypass surgery also are at risk for

deficiency. Reference range is 20-100 ng/ml. In my professional opinion, the ideal levels are between 50-70 ng/ml. Recently vitamin K2 was found to be necessary for proper function and absorption of vitamin D3. Therefore when supplementing with D3, check to see if it includes K2.

Vitamin D is a vitally important nutrient with many roles to play in bodily functions — it is not just for bones anymore! For a number of reasons including sun block, protective clothing, inadequate diets, location, and time of year, people are not getting enough vitamin D. I recommend supplementing at least 2000 IUs daily of vitamin D so you can stay healthy and feel your best.

Jericho -Underhill  
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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  
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On the web at [www.mtngazettevt.com](http://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

Libraries continued from page 3

choice to a fuzzy, friendly dog. Call to reserve a 15-minute slot.

Thursday, January 25, 3:15 — 4:00/4:45 PM: Chess Club continues for those registered.

Thursday, January 25, 6:30 — 7:30 PM: Family STEAM Night. Join us for this new family program, where each month parents and children will complete fun activities having to do with Science, Technology, Engineering, Art, and/or Math (STEAM). This month our theme is “Magnets”. Please register.

Monday, January 29, 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 joined by Elissa Lee, an engineering student from Vermont Technical College. Must register.

Tuesday, January 30, 9:30 — 10:30 AM: Preschool Story Hour: I’m Hungry! Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for Story Hour.

Wednesday, January 31, 3:00 — 4:00 PM: STEM Club. Kids age 6+ will continue to learn about motion and work on automatons with local inventor Ralph Lemnah. Must register.

Adult Events

All Month Long: Winter Reading BINGO. Pick up a BINGO board at the library and record the titles of books you read during January and February in different categories. If you fill in a row (across, down or diagonal), you can turn your board in for a prize. We’ll post a list of all the titles read for the game at the end!

Thursday, January 11, 6:30 — 8:00 PM: Non-Fiction Book Group discusses Hillbilly Elegy by J.D. Vance. “From a former marine and Yale Law School graduate, a powerful account of growing up in a poor Rust Belt town that offers a broader, probing look at the struggles of America’s white working class.” Copies are available at the library. New members always welcome.

Saturday, January 13, 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.

Thursday, January 18, 6:30 — 7:30 PM: Armchair Travels: Dominican Republic and Rome. You don’t need a passport for this trip. Live vicariously through pictures and stories of a local family’s trips to the Dominican Republic and Rome.

Saturday, January 27, 10:00 AM — 12:00 PM: Board Game Café. Enjoy some free coffee or tea and muffins while spending the morning playing board games with old and new friends. Check out some of the library’s collection of over 100 games, or bring a favorite from home to teach others.

All events are free unless noted. Pre-registration encouraged. [www.fairfaxvtlibrary.org](http://www.fairfaxvtlibrary.org) , 802-849-2420. Call or email [libraryprograms@fwsu.org](mailto:libraryprograms@fwsu.org).

2018-2019 Jericho - Underhill Community Directory  
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ART / MUSIC / THEATER

ART/PHOTOGRAPHY

Fiber, Watercolor, and Ink, used on two-dimensional surfaces to capture representational images of real objects, places, and things – these are the tools of three artists opening in a new show at the Emile A Gruppe Gallery in Jericho Center. Through Saturday, January 6. Anne Standish is an emerging artist in the field of fiber arts. Her inspiration for her quilted art work comes from the natural world. Harald Aksdal’s architectural background provides the eye for detail in the everyday world but his interpretation creates beauty from unlikely subjects. Gil Myers has been painting in watercolors for over 50 years and still discovers something new as he interprets the landscape. Emile A Gruppe Gallery, 22 Barber Farm Rd., Jericho; open 10:00 AM – 3:00 PM Thursday-Sunday or by appointment; 802-899-3211 or [www.emilegruppegallery.com](http://www.emilegruppegallery.com).

The Lamoille County Courthouse announces the second installation of artwork in the newly renovated Courthouse. Bryan Memorial Gallery of Jeffersonville has been invited by the Courthouse to install a newly refreshed exhibit of original paintings in its public spaces in anticipation of the fall season. The artworks comprise an exhibition on the theme of Vermont Landscape, and will remain in place through the end of the year. Bryan Memorial Gallery selected 37 artworks by 18 artists, all of whom paint frequently in Vermont, most of whom are Vermont residents. The paintings in oil, watercolor, pastel, and acrylics present vistas and views of mostly local scenes throughout the seasons. The works are installed in the Main Corridor and a conference room on the first floor, and outside the Courtroom on the second floor. The Lamoille County Courthouse is at 154 Main St., Hyde Park; open Monday-Friday, 8:00 AM – 4:30 PM (closed 12:00 – 12:30 PM). For a preview of the work on exhibit, visit [www.bryangallery.org](http://www.bryangallery.org). For more information, Bryan Memorial Gallery, 802-644-5100 or [mickey@bryangallery.org](mailto:mickey@bryangallery.org).

Bryan Memorial Gallery in Jeffersonville has tickets available for a bus trip, which will take place in March, to Salem, MA to see art by Georgia O’Keeffe. If interested or for more information, contact Mickey Myers, 644-5100.

Bryan Memorial Gallery presents *Fantastical Landscapes and Imaginary Places*, featuring over 100 works by 53 artists invited to depict those places that exist only in their imaginations: enhancements of daily reality or depictions of dreams. The exhibit includes three-dimensional works, photographs, monoprints, and mixed media works as well as paintings in oil, watercolor, and acrylic. Free. Also, *Land and Light and Water and Air*, including over 100 juried landscape paintings of New England scenes from regional artists. The 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](http://www.bryangallery.org).

The Audubon Photography Award Traveling Exhibit will come to Burlington (One Main Lobby, Main Street Landing’s Union Station, 1 Main St., Burlington) from Monday, January 22-Tuesday, February 6 – open to the public every day from 10:00 AM – 6:00 PM – with a reception on Friday, February 2, 5:30 – 7:30 PM. Selected from more than 5500 entries, the winning photos were published in the summer 2017 issue of *Audubon* magazine and show bird life at its most vivid, vulnerable, formidable, and elegant. Photographers from 49 states and eight Canadian provinces submitted images in three categories: professional, amateur, and youth. A panel of five judges sifted through the stunning images and selected 100 for this exhibit based on technical quality, originality, and artistic merit.

Shelburne Vineyard has announced that Stowe-based artist Keilani Lime will display her works at the vineyard’s Tasting Room through the end of December. She holds a degree in Fine Art from the Academy of Art University in San Francisco, and resides in Stowe. She will exhibit large format pieces that focus on design and structural texture on canvas using acrylic and found media. Through her work’s minimalistic philosophy, she aims to create balance, focus, and peace, reforming the “din that consumes us.”



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For information, [www.shelburnevineyard.com](http://www.shelburnevineyard.com) or 802-985-8222.

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](http://www.VisionsofVermont.com).

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](http://www.essexartleague.com).

The Milton Artist Guild offers a number of fun and varied workshops. For information, contact the Milton Artists’ Guild, P.O. Box 369, Milton, VT 05468; [www.miltonartistsguild.org](http://www.miltonartistsguild.org).

**MUSIC**

In January, the Westford Music Series, collaborating with Young Tradition Vermont, will feature Andrea Beaton, an award-winning fiddler, tune composer, and recording artist from Ireland. She comes from a long line of Irish Musicians, composers, and dancers. Accompanying Andrea will be Eric Wright, a cello player and member of the Canadian band *The Fretless*. The concert will be held at the Westford UCW white church, from 4:00 – 5:00 PM on Sunday, January 7. Free; refreshments follow the concert. For more information, call 879-4028.

Northern Bronze Handbell Ensemble presents Songs of Good Cheer, concerts to bring hopefulness and joy to the season and make you want to dance into the New Year. Dance of the Reed Flutes, Blue Tango, City of Stars, and Wizards in Winter are just a few of the featured arrangements. Celebrating its fifteenth year, Northern Bronze is pleased to collaborate with the Bells of St. James of Essex Junction and the Austin Chimers of First Congregational Church of Burlington. Tickets are available at the door: \$12 general admission, \$8 children under 12. Friday, January 5, 7:00 PM, Ascension Church, 95 Allen Rd., S. Burlington; Saturday, January 6, 7:00 PM, St. James Episcopal Church, 4 St. James Place, Essex Junction; Sunday, January 7, 3:00 PM, First Congregational Church. So. Winooski Ave., Burlington.

The Burlington Chamber Orchestra’s eleventh season performances this season will include Soovin Kim, Conductor on Saturday, January 20; a Collaboration with the UVM Dance Department featuring Claude Debussy’s *Prelude to the Afternoon of Faun* and Aaron Copland’s *Appalachian Spring* on March 3 and 4; and 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 May 12. The Concerto Competition winner will also perform at the May concert. The Burlington Chamber Orchestra will be holding a special performance Classical Holidays on Sunday, December 17 that will include the music of Corelli, Amy Beach, and choral movements from *Messiah*. General admission is \$30 adults and \$10 students (with identification). Adult tickets for the January Concert with Soovin Kim will be \$40. Season tickets are \$120 for adults and \$40 for students. For more information go to [www.bcovt.org](http://www.bcovt.org), or contact Sharon Radtke, 802-893-4082 or [bco@bcovt.org](mailto:bco@bcovt.org).

**THEATER/FILM**

Burlington City Arts presents an *Architecture + Design Film Series* – a free screening once a month until April 2018. 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, January 24: *I, Claude Monet* directed by Phil Grabsky. Wednesday, February 21: *Stone Rising: The Work of Dan Snow* directed by Camilla Rockwell. Wednesday, March 21: *The Salt of the Earth* directed by Wim Wenders and Julian Ruberio Salgado. 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.

Auditions for Shelburne Players’ spring play *The Dixie Swim Club* by Jones-Hope-Wooten will be held at Trinity Episcopal Church, 5171 Shelburne Rd., Shelburne on Friday, January 12, from 6:00 – 8:30 PM and Saturday, January 13, from 2:30 – 4:30 PM. Five Southern women, whose friendships began many years ago on their college swim team, set aside a long weekend every August to recharge those relationships. Free from husbands, kids, and jobs, they meet at the same beach cottage on North Carolina’s Outer Banks to catch up, laugh, and meddle in each other’s lives. Roles are available for five middle-aged women. For more information please email [shelburneplayers@aol.com](mailto:shelburneplayers@aol.com), [lfotouhi@gmail.com](mailto:lfotouhi@gmail.com), or [suemartin455@yahoo.com](mailto:suemartin455@yahoo.com). Go to [www.shelburneplayers.com](http://www.shelburneplayers.com) for synopsis and character descriptions. Performance dates are April 13, 14, 15, 19, 20 and 21.

**Invitation to Bid**

The Jericho Underhill Park District is seeking bids for the summer mowing and trimming of Mills Riverside Park for a contract of one year (1). Please check the park’s website at [www.millsriversidepark.org](http://www.millsriversidepark.org) for bid details. All bids shall be sealed and clearly marked “PARK MOWING BID”, and are due at JUPD P.O. Box 164, Underhill, VT. 05489 no later than 4:00 pm, February 19, 2018. Please contact the Park District with any questions at [jupdistrict@gmail.com](mailto:jupdistrict@gmail.com).

ONGOING EVENTS

ADULT ACTIVITIES

**The Clutter Barn** in Underhill Flats will accept donations on Saturday, September 9. Open during Harvest Market Saturday-Sunday, September 23-24.

**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](http://www.vtgenlib.org) for more information including directions and how to contact us if you are visiting the area.

**Toastmasters of Greater Burlington**, 2<sup>nd</sup> and 4<sup>th</sup> 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.

**Handbell ringers**, Tuesday evenings, United Church of Underhill. All are welcome at rehearsals. Two ensembles; opportunity for small groups/shorter time periods. We ring a variety of music in a variety of settings and look forward to new faces joining us. Beginners welcome. Call Amy, 899-2154, for information.

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

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

**HEALH 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 3<sup>rd</sup> 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](http://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, 2<sup>nd</sup> Tuesdays, Hope Lodge, 237 East Ave., Burlington. Newly diagnosed? Prostate cancer reoccurrence? 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](mailto: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](mailto: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 PM.

**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](mailto:westford_pl@vals.state.vt.us), or visit [www.westford.lib.vt.us](http://www.westford.lib.vt.us) and click on



Ongoing events continued from page 6

Events @ Your Library.

**SENIORS/COMMUNITY MEALS**

**Jeri-Hill XYZ Seniors** meet at the Catalyst Church on the Raceway, Underhill on the 1<sup>st</sup> and 3<sup>rd</sup> 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** – 2<sup>nd</sup> and 4<sup>th</sup> 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](mailto:ellen.hill@jsc.edu).

**Westford Senior Lunches** – Join Westford Seniors for lunch at the Red Brick Meeting House on the Common, monthly on the 2<sup>nd</sup> 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 3<sup>rd</sup> Tuesday, 12:00 PM at the Community Baptist Church, Huntington Center.

**St. Jude’s Church senior meals**, Hinesburg, 2<sup>nd</sup> and 4<sup>th</sup> 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, 4<sup>th</sup> 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**, 2<sup>nd</sup> 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 1<sup>st</sup> 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](mailto:Slassiter@unionbankvt.com).

**Westford Fire Department**, Mondays, 7:00 PM, at the fire station next to the town garage. Information: John Quinn, [jquinninv@aol.com](mailto:jquinninv@aol.com).

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

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

**Jericho Historical Society**, monthly on 2<sup>nd</sup> Thursdays, 7:30 PM, Old Red Mill, Jericho.

**Jericho Underhill Park District Board** meeting, 1<sup>st</sup> and 3<sup>rd</sup> 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, 3<sup>rd</sup> Mondays, 7:00 – 8:30 PM, Jericho Town Hall, VT Rt. 15, Jericho.

**THRIFT SHOPS & FOOD SHELVES**

**Essex/Jericho/Underhill Food Shelf**, open 3<sup>rd</sup> 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, 3<sup>rd</sup> 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.

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VEC Co-op Community Solar is perfect for folks renting their home and for houses with a shady site or unsuitable roof.

Members simply make a one-time upfront payment (starting at just \$100) to sponsor a portion of the solar array and receive a guaranteed fixed monthly credit on their electric bill.

Participants can opt out at any time for any reason, and get back a prorated portion of their sponsorship. Ten and twenty year terms are available and so is affordable financing.

With one project up and running in Alburgh, and two projects in development in Grand Isle and Hinesburg, now is a good time to support solar with VEC Co-op Community Solar.

For more information, visit [vermontelectric.coop/solar](http://vermontelectric.coop/solar) or call 1-800-832-2667.



Headquartered in Johnson, Vermont Electric Cooperative serves 35,000 members, 3,882 miles of distribution line, 2,056 square miles of territory, and 75 communities in eight counties.

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# CAUTION SLIGHT INCREASE FOR 2018

## MOUNTAIN GAZETTE RATES – 2018

The *Mountain Gazette* is the hometown community newspaper for Bolton, Cambridge, Jeffersonville, Jericho, Underhill, and Westford, Vermont.

The *Mountain Gazette* store-delivers 4,500 - Bolton, Cambridge, Jeffersonville, Jericho, Underhill, Westford, Essex Junction, Essex, Essex Center, Fairfax, Huntington, Hinesburg, Jonesville, and Richmond.

TOTAL CIRCULATION – 4500 COPIES

The *Mountain Gazette* is owned and operated by Brenda Boutin. Boutin has a B.A. in Graphic Design and is the Graphic Designer. Ads are designed for you at no added cost.

**OPEN RATE**  
\$8.25 column inch,  
Column width 1-7/16”  
*Listings below are measured width x height*

**Business Card**  
3-1/4” x 2”  
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3-1/4” x 3” \$49.50

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\$66.00

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\$107.00

**1/2 page**  
10-1/4” x 8” or 5” x 15-1/2”  
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**Prepaid Contracts available – Save up to 20%. Purchase six ads, any size and run within 12 months.**  
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**Subscriptions \$35.00 per year**

**Publication:** First & Third Thursday/Month  
**Deadlines:** Thursday before publication:  
*Copy – 12:00 Noon*  
*Advertising – 5:00 PM*

**Business Directory:** \$18 each, must buy 5 issues (\$90 pre-paid) Size: 3-1/4” x 1-1/2”.  
**Contract rates available, More sizes available**

**Classifieds:** \$6.50 for 25 words, 10¢ each additional word

**Other publications available:**  
**2018 Jericho – Underhill Community Directory (3000 COPIES DISTRIBUTED)**

**INSERTS: 1 – 4 PAGES, 8-1/2” X 11” COST: \$45.00 PREPAID PER 1000**  
*MUST PURCHASE FULL 4500 CIRCULATION*

**The *Mountain Gazette*, 6558 VT RT 116, Starksboro, VT 05487 • Phone: 802-453-2468**  
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## OBITUARIES



information and share your memories by visiting [www.avorfh.com](http://www.avorfh.com).

**Lucy B. Montague**, 99, of Jeffersonville, VT passed away at Copley Hospital, Morrisville, VT on Thursday, December 14, 2017. Visiting hours were held on Friday, December 29, 2017 at the A.W. Rich Funeral Home, Fairfax, VT. A graveside committal service will be held in the Spring at the convenience of the family. For those who wish, memorial contributions may be made to the Varnum Memorial Library, 194 S. VT Rt. 108, Jeffersonville, VT 05464. The family invites you to view further



Essex Center, VT, later driving school bus for many years, while helping Frederic on the family farm. She also worked for Browns River Maple and was a homemaker to her family and all their friends. Bernice was active with the Republican Caucus and RSVP programs. She also was past President of the Women’s Fellowship of the United Church of Cambridge (VT), of the Westford Seniors and of the Jeri-Hill X.Y.Z. Seniors. She was also a member of the Second Congregational United Church of Christ of Jeffersonville. She is survived by her children Stephen Weston and his wife Connie of Barre Town, VT, Wendell Weston and his wife Marilyn of Westford, and Loreen Teer and her husband Tim of Westford; by her grandchildren Nicholas Weston, Kristin Quimby and husband Scott, and Jason Weston, and several step grandchildren; her great-grandchildren Morgan and Aidan Quimby and Ivy Bartlett-Weston; and her sister in law, Rebecca Center of Foxboro, MA. Bernice also leaves her “adopted” daughter Cindy Berg of Underhill, VT, and her special family friend Esther McLaughlin of Westford; and by several nieces, nephews, and many cousins. She was predeceased by her husband Frederic in 2007, her brother Walter Center in 1956, and her sisters Beatrice Bishop in 2011 and Esther Cota in 2008; an infant brother and two daughters in law. Memorial contributions in Bernice’s name may be made to the McClure-Miller VNA Respite House, 3113 Roosevelt Highway, Colchester, VT 05446. Mrs. Weston’s family would like to give special thanks to all of the doctors and nurses at UVM Medical Center and the wonderful people at the Respite House for the excellent care given to Bernice. Visiting hours were on Friday, December 29, 2017 in the Minor Funeral and Cremation Center, Milton, VT with a brief prayer service. Memorial service with burial will be in the Cloverdale Cemetery in the spring. Online condolences may be made to [www.minorfh.com](http://www.minorfh.com).