

## ID students collect donations for local humane society



Third graders in Mrs. Bernier’s class at Underhill ID School are collecting supplies and money to donate to the Humane Society of Chittenden County. On Saturday, February 16 they set up a table at the Jericho Market and it was a huge success! The students want to thank all of the community members who donated to their cause. They delivered the supplies and funds to the shelter in Burlington as part of their year-long service project. Pictured (from left): Summer Nelson, Zoey Marek, Lily Waterhouse, Quinn Gilmer, and Savannah Nelson.

PHOTO CONTRIBUTED

## Jericho bank branch marks Random Acts of Kindness Day



On Friday, February 15, the Jericho branch of Community Bank N.A. visited Jericho Café and Tavern on the morning to spread extra cheer. Team members surprised patrons by buying their cup of coffee, tea, or beverage of choice. This is the third consecutive year the Community Bank N.A. has held a bank-wide initiative to celebrate National Random Acts of Kindness Day. Pictured (from left) are CBNA Jericho Branch Manager Kelly Kimball, Jericho Café and Tavern Supervisor Mary Buxton, and CBNA South Hero and St. Albans Branch Manager Barry Fauteux.

PHOTO CONTRIBUTED

Community Bank N.A. branches across New York, Pennsylvania, Vermont, and Massachusetts marked National Random Acts of Kindness Day this year by bringing extra cheer to neighbors. On Friday, February 15, branches passed out stickers to customers and community members with kind phrases such as “Thanks for being you” and “Careful, Kindness is highly contagious” with the goal of providing inspiration and promoting kindness.

In addition, the Jericho branch visited Jericho Café and Tavern on the morning of Friday, February 15 to spread extra cheer. Team members surprised patrons by buying their cup of coffee, tea, or beverage of choice.

“As a community bank, being a good neighbor and positive force in our community is part of our core values,” Community Bank N.A. Jericho Branch Manager Kelly Kimball said. “One act of kindness can go such a long way. We encourage

our community to not just pay it forward on this one day but continue to spread goodwill throughout the year.”

This is the third consecutive year the Community Bank N.A. has held a bank-wide initiative to celebrate National Random Acts of Kindness Day. Kimball attributes the continued tradition to branch team member’s love of making people smile.

“There’s nothing like being able to bring happiness to someone else’s day. Our team really looks forward to celebrating this event every year,” Kimball said.

National Random Acts of Kindness Day was established by the Random Acts of Kindness Foundation and is observed in the United States each year on February 17. It is celebrated by individuals, groups, and organizations nationwide to encourage acts of kindness and make the world a better place.

## Jack Jumping Race at Bolton Valley



Five-time winner of the Jack Jumping World Championships, Mark Stirewalt of Waterbury is looking forward to the jack jumping race to be held at Bolton Valley on Saturday, March 16, beginning at 6:00 PM. Jack jumping is said to have started in New England when adrenaline junkies first mounted seats on top of barrel staves and used them to head down snowy paths. Now the seats are mounted on skis or, in rare occasions, snowboards and are largely homemade.

PHOTO CONTRIBUTED

By Phyl Newbeck  
Special to the Mountain Gazette

The sport of jack jumping is said to have started in New England when adrenaline junkies first mounted seats on top of barrel staves and used them to head down snowy paths. Jack jumpers have evolved over time and now the seats are mounted on skis or, in rare occasions, snowboards. They are still largely homemade devices and some riders add seatbelts while others have incorporated shocks into the design. Every year, the Jack Jumping World Championship takes place at Mount Snow in early March, but this year Bolton Valley has decided to bring jack jumping back with a race on Saturday, March 16, beginning at 6:00 PM.

A five-time winner of the Jack Jumping World Championships, Mark Stirewalt of Waterbury is looking forward to the upcoming race. Bolton is one of the few Vermont ski areas to allow jumpers, although they are restricted to the Vista, Mid Mountain, and Timberline lifts and required to have tethers. In the mid-1990s, Bolton used to host jack jumping races which were sponsored by Magic Hat Brewing Company, and Stirewalt says they had as many as 72 racers taking part.

A common misperception is that jack jumpers steer with their feet, but they actually use their hips and core to guide themselves down the slopes. “What a skier does with their knees and ankles to enter a turn, we do with our butts and hips,” Stirewalt explains. “You don’t have to tip a lot to turn.” Stirewalt makes his own jumpers and is one of the first in Vermont to use a seatbelt. Although some of the sport’s purists give him grief about that, it allows him to use his arms to stabilize the ride, rather than holding on to the seat to make sure he doesn’t get thrown. Stirewalt also credits shaped skis with providing an easier turn than the straight skis he grew up with. His

creations range between 10 and 15 pounds and are mounted on skis ranging from 170 to 200 cm. long.

Scott Pellegrini, Director of Sales and Marketing for Bolton Valley, is looking forward to the competition, which will probably be capped at 60 participants. While many Bolton Valley races are run as dual slalom, this will be a single slalom course on the Beech Seal trail under the Mid-Mountain lift. “We can feel the excitement building,” he said, noting that interest has been shown by potential third-party sponsors. Pellegrini is proud that Bolton is one of the few Vermont mountains to allow jack jumpers. “We love them,” he said, “and from the small data set of people who ride here, we’ve heard a lot of interest in the race.”

Stirewalt expects that most racers will be Vermonters but there may be others from New Hampshire. He has given up skiing thanks to wear and tear on his knees but finds that jack jumping allows him the opportunity to stay on the slopes. “Participation in jack jumping races is growing,” he said. “I tell people that it’s a great way to get out on the mountain when you can’t ski anymore.”

Pellegrini is hopeful the race will be enough of a success to become an annual event. “Bolton Valley is trying to be a pioneer of getting more people out on the mountain,” he said. “It’s expensive for families to get out and ski and ride. It’s harder and harder for a middle-income family so we want to recognize other ways to explore the mountain. Jack jumpers are an extension of that.” Pellegrini also expects that after the race concludes, there will be a fun evening at the James Moore Tavern. A post-race reception will include live music, a raffle, and an awards ceremony. “We don’t know what the race will look like yet but we’d love to do it again if it works,” he said.

## Vermont Senate update

By Tim Ashe  
Chittenden County State Senator

I’d like to briefly update you on three important issues before the Vermont Senate.

First, we voted to fund testing for lead in the drinking water at every school and childcare facility in Vermont within the year. A recent Department of Health pilot program found that every one of the sixteen schools tested for lead in drinking water tested positive, sometimes at alarmingly high levels. The corrective action

is usually very inexpensive, so we also voted to provide financial support to fix the problem faucets. Getting the lead out of Vermont kids’ water is an important public health measure.

Second, the Senate passed a bill to break up the six-seat Chittenden Senate district during the next redistricting process. The district is the only Senate district in the United States with more than three members! I’ve proudly served Chittenden County for a decade in the Senate, but I believe the district is just too big for each senator to do the

best job possible, and that is a disservice to the people who matter most – the voters. This change will be in place for the 2022 elections when all districts are redrawn with new census figures.

Third, the Senate will be debating an increase to the minimum wage this week. A Senate committee has recommended an increase of about \$4.50 over a five-year period. This is a more aggressive schedule than current law, which raises the wage by annual inflation. Contrary to popular myth, most low-wage workers are not part-timers

or teenagers. In fact, 55% of all Vermont workers earning less than \$12.50/hour earn more than half of their family’s income, and 65% of these workers are older than 30. The problem of income inequality affects all other areas of public life, and this bill helps those left behind by the national economy.

As always, feel free to contact me at [timashe@burlingtontelecom.net](mailto:timashe@burlingtontelecom.net) with any ideas or questions.



COMING EVENTS

WNRCD holds 36<sup>th</sup> annual Tree and Trout Sale

Whether you want to add a new tree to your garden, stock your pond, or coordinate a large planting project – perhaps for Arbor Day – the Winooski Natural Resources Conservation District’s (WNRCD) Tree and Trout Sale is the perfect opportunity to support local conservation efforts and purchase affordable trees and trout. A wide variety of native and locally-sourced trees and shrubs as well as fruiting plants are available at affordable bulk-rate prices. All proceeds will support the WNRCD’s agricultural, forestry, urban conservation, and watershed stewardship projects.

For order forms and to find out more about the sale visit the WNRCD’s website, <http://winooskinrcd.org/trees-and-trout-sale>. Orders must be submitted by Sunday, March 31. Tree pick-up will be on Saturday, April 27 at the Keurig Dr. Pepper facility, 81 Demeritt Place, Waterbury; and trout pick-up will be on Sunday, April 28 (see website for location details).

If you have further questions, contact Gianna Petito at [info@winooskinrcd.org](mailto:info@winooskinrcd.org).

**Wednesday, March 6**  
**Story Time at Phoenix Books**, 10:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington; and 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. For more information: [www.phoenixbooks.biz](http://www.phoenixbooks.biz).

**Thursday, March 7**  
**Creating and Maintaining Resilient Forests**, Adapting Forests to Climate Change, 7:00 PM, Deborah Rawson Memorial Library, Jericho. Franklin/Grand Isle Forester (since 2007) Nancy Patch will speak with both a global and a local perspective, followed by a Q&A session. Hosted by the Jericho Energy Task Force. Light refreshments provided, but please bring your own plates and mugs. For more information, contact [enerjericho@gmail.com](mailto:enerjericho@gmail.com).

**Our Wildlife and Climate Change**, 6:30 PM, Underhill Town Hall, Underhill Center. Tom Rogers of VT Fish and Wildlife presents his slide show talk on our wild animal neighbors and how climate change impacts them. Hosted by the Underhill Conservation Commission.

**Free Community Soup and Bread Supper**, 4:30 – 6:30 PM, Covenant Community Church, 1 Whitcomb Meadows Lane, Essex. Stay at the church to enjoy your meal with friends and family, or pick up to take home. Donations welcome but not expected. (Off VT Rt. 15, across from John Leo’s, near Jericho-Essex town line.) For more information call Pastor Jeannette Conner, 879-4313.

**Classic Diners of Vermont, 6:30 PM, Phoenix Books Burlington, 191 Bank St., Burlington.** Join Erin McCormick for this book talk. Whether driving through college towns, along rural country roads, or down bustling city streets, the historic diners you’ll find are integral to the communities they serve. So much more than just eateries, diners are where strangers become friends, where generations learn to understand one another, and where simpler times are celebrated. Hear stories of local diner owners and their regulars. 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](http://www.phoenixbooks.biz) or 448-3350.

**Friday, March 8**  
**Contra Dance**, 8:00 – 11:00 PM, North End Studio, Burlington. Queen City Contrás’ regular dance begins with a beginners’ session at 7:45 PM. Music by *Calluna*; caller Lausanne Allen. All are welcome, all ages, all dances taught, no partner or experience necessary. Please bring clean, soft-soled shoes for dancing. Adults \$9; 12 and under, free. For information: 802-877-3698, [info@queencitycontras.org](mailto:info@queencitycontras.org), or [www.queencitycontras.org](http://www.queencitycontras.org).

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**Saturday, March 9**  
**Northwestern VT Model Railroad Association *Vermont Rails Show***, 10:00 AM – 4:00 PM, Collins Perley Sports and Fitness Center, Exit 19 from I-89, St. Albans. Admission \$6 adults, \$2 children 6-12, children under six free; family with active military ID, \$6. Vermont’s largest model railroad show. Multiple operating HO, N, Z, G, and O-scale layouts; exhibits, vendors of model railroading supplies, and railroad videos and books. For children, face painter and many hands-on train activities. Free educational clinics throughout the day for attendees. Food available for purchase.

**Community Veterans Summit**, 8:00 AM – 3:00 PM, NVU-Johnson Dibden Center for the Arts, Bentley Hall and SHAPE center, Johnson. Veterans, military families, and other community members concerned about veterans issues are invited to attend. Speakers will include Edward Tick, PhD, and Dr. Jason Clark. Breakout sessions will address topics including homeless veterans, employment opportunities, women veterans, mental health awareness, student veterans, and military sexual trauma. Information booths from more than 50 veteran service organizations will provide a one-stop-shop for veteran services, clubs, and resources, and the VA’s Mobile Vet Center will be on campus for this event. Free. Registration encouraged. For more information or to register: [www.northernvermont.edu/veteranssummit](http://www.northernvermont.edu/veteranssummit).

**Author appearance: James Kochalka**, 2:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join James Kochalka for an event featuring his new young-reader book Johnny Boo is King! Kochalka is the first official Cartoonist Laureate of the state of Vermont, appointed in 2011. Among his best-known works are the *monkey vs Robot* series, the beloved *Johnny Boo* and *Dragon PUNCHER* series for children, and his magnum opus, the decade-plus span of daily diary comics known as *American Elf*. Kochalka lives in Burlington with his wife, Amy, their two sons, and their cats, all of whom appear frequently in his comics. Free. Information: 448-3350 or [www.phoenixbooks.biz](http://www.phoenixbooks.biz).

**Story Time at Phoenix Books**, 10:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington; and 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. For more information: [www.phoenixbooks.biz](http://www.phoenixbooks.biz).

**Sunday, March 10**  
**Sunday Soup Bowl – Winter Series**, 5:00 – 7:00 PM, Underhill Town Hall, Underhill Center. Five soups will be provided. Please bring your own beverage, bowl, and utensils. We also ask that you please bring bread, cheese, or a dessert to share.

**Tuesday, March 12**  
**Researching Your Irish Ancestors**, 7:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. As part of the 2019 Burlington Irish Heritage Festival, the VT Genealogy Library and the BIHF are again hosting this presentation by Ed McGuire. This 90-minute talk will include a brief history of Irish immigration and then discuss some of the major resources for Irish genealogy research – online, locally, and in Ireland. Free and open to the public. We will have coffee, tea, and an assortment of Irish and Vermont pastries. Please join us for the program, then start your research that evening with our extensive library resources. The library is open for research Tuesdays 3:00 – 9:30 PM and Saturdays 10:00 AM – 4:00 PM.

**Wednesday, March 13**  
**Story Time at Phoenix Books**, 10:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington; and 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. For more information: [www.phoenixbooks.biz](http://www.phoenixbooks.biz).

**Saturday, March 16**  
**Cambridge Rotary Bunco**, 6:00 – 10:00 PM, Cambridge Community Center, 22 Old Main St., Jeffersonville. Bunco, silent auction, prizes, raffles. Snacks and a cash bar (beer and wine). Tickets \$15. This fundraiser will support club activities. Tickets available at Jack F. Corse Inc., Cambridge Village Market, the Varnum Library,

Union Bank in Jeffersonville, <https://www.brownpapertickets.com/event/4074960> or call Anita Lotto, 802-793-0856.

**Corned Beef and Cabbage Dinner**, 5:00 – 6:30 PM, Parish Hall, St. Thomas Catholic Church, Underhill Center. Put your Irish on for Saint Patrick’s Day with the St. Thomas Knights of Columbus annual dinner with all the trimmings. Adults \$14, children aged 5-10 \$8 (under 5 free), family maximum \$40. Takeout meals available. The Parish hall is not handicapped accessible. For information, 899-4632.

**Using City Directories to Solve Genealogical Mysteries**, 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. City directories were the precursors of telephone books. They can tell you where your ancestor lived, what kind of work they did, and sometimes even where they worked. Lynn Johnson will go over the kinds of information directories contain, where to find them, and tips for organizing. City directories can be a key source of information for the years between censuses on your timelines. If you’ve never used city directories this class should leave you convinced to give them a look. For more details: [www.vtgenlib.org](http://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.

**Story Time at Phoenix Books**, 10:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington; and 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. For more information: [www.phoenixbooks.biz](http://www.phoenixbooks.biz).

**Wednesday, March 20**  
**Book talk on Mini Meadows**, 6:30 PM, Phoenix Books Essex, 2 Carmichael St., Essex. Join Mike Lizotte for a discussion on how to create low-cost, low-maintenance flower-filled plots around the yard that provide habitat for pollinators, reduce mowing, and address problem areas with special plantings for shady, damp, erosion-prone, or deer-susceptible spots. Attendees receive a free packet of Mini Meadow Mix. Lizotte lives in Essex Junction with his wife and daughter. Free and open to all. For more information: [www.phoenixbooks.biz](http://www.phoenixbooks.biz).

**Thursday, March 21**  
**Bobcats: Wild Yet Wonderfully Near Us, 6:30 PM, Smilie Memorial School, U.S. Rt. 2, Bolton.** The Conservation Commissions of Bolton and Richmond sponsor forester and wildlife ecologist Susan Morse’s power point presentation focusing on bobcat and lynx, illustrated with her stunning, award-winning photography, followed by a Q&A session. Morse is the founder of *Keeping Track*. Free and open to the public. For more information, contact Virginia Haviland, 434-5801.

**RESCHEDULED Comfort Food and Careers Job Fair**, 5:00 – 9:00 PM, Green Mountain Technology and Career Center, Hyde Park. The Lamoille Valley Young Professionals, a subgroup of the Lamoille Chamber of Commerce, will host a speed-dating-style job fair. Free for job hunters; for employers looking to hire, \$30 per interviewer for a Chamber Member, \$60 for non-Chamber members. Openings for both employers and job hunters are limited – call the LHP office, 802-888-5714 for more information.

**Saturday, March 23**  
**Community Potluck Supper**, 6:00 PM, Jericho Community Center, Browns Trace, Jericho Center. Come join your neighbors for a delicious meal.

**Scottish Genealogy Research**, 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. You don’t have to travel abroad to find valuable documents and records for your Scottish ancestors. Sheila Morris will show how to trace those elusive ancestors, what their occupations were, names that are important, and how to find original Scottish census records. Sheila will share maps of Scotland showing the counties before 1855 and after. Sheila will show you how to use *ScotlandsPeople.com* and describe how to organize your research. For more details: [www.vtgenlib.org](http://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.

COMMUNITY COLUMNS

Go native – plant for pollinators

Let’s Go Native! Plant native plants that benefit pollinators. Why? Because according to the Vermont Community Garden Network, “More than three-quarters of the world’s food crops benefit from animal pollination” – the bees and other creatures whose help we need to produce many of the foods we eat. Unfortunately, both honeybees and many species of native bees are in trouble. Populations of both are in sharp decline due to pesticide use, disease and parasite problems, and loss of food and nesting habitat. Many kinds of butterflies and other wild pollinators are also in jeopardy. Insects are the foundation of the food chain.

A NYT article *The Insect Apocalypse is Here* states, “What we’re losing is not just the diversity part of biodiversity, but the bio part: life in sheer quantity.” Bryan Pheifer in the *Extinction of Meaning* writes, “What worries me, is that in the end, I suspect few among us will mourn the passing of a butterfly.”

This is why it’s so important to learn about and do all we can to protect all kinds of pollinators. Moreover, it is important to understand that pollinators need native plants.

Why native plants? Douglas Tallamy, author of *Bringing Nature Home*, advises, the native pollinators of your area have a long evolutionary history tied closely with the native plants of your region and, understandably, have a preference for what they are used to, in some cases they simply won’t visit or can’t digest most newcomer [non-native] or exotic plants.

The Audubon Society team’s research, published in *Proceedings of the National Academy of Science*, found only one distinction that determines if a spot is a boom or a bust for a bird population: whether it has plants native to the area. Nesting birds need insects to

feed their chicks. Is your yard more of a “food desert” or delectable buffet for birds?

Why (native plants) here in your hometown, in your yard? Because you want to protect the place where you live. In our own backyards, native pollinator populations are dropping. Because you want to maintain the biodiversity of our homeland – our local butterflies, bees, birds and other local creatures as well as native flowers – that identify our home as a unique place in the world – as our home.

By choosing native plants – which do not require any artificial fertilizers, synthetic chemical pesticides or herbicides – for your landscape, you create a healthier place for yourself, your family, your community. We can help maintain a sense of place (belonging and familiarity) by growing plants that are native to our area.

- Plant a garden using native flowering plants:
- Choose a variety of colors and shapes that will attract a variety of pollinators.
- Choose plants that flower at different times providing nectar and pollen sources throughout the growing season.
- Plant in clumps rather than single plants to better attract pollinators.

Entomologist Douglas Tallamy writes: if we use plants that evolved with our local animal communities as the foundation of our landscapes, we may be able to save much of our biodiversity from extinction.

Read more at <http://bit.ly/2HF3Dun>.  
*Bernie Paquette maintains the blog* [https://jerichovermont.blogspot.com/sharing-images-and-stories-highlighting-why-Jericho, VT is a special place](https://jerichovermont.blogspot.com/sharing-images-and-stories-highlighting-why-Jericho-VT-is-a-special-place).

COLLEGE NEWS

**Kyle G. Apgar** of Underhill, VT has been named to the fall 2018 Dean’s List at Western New England University, Springfield, MA. Apgar is working toward a BSBA in Business Analytics and Information Management.

**Eric Coslett** of Jeffersonville, VT has been named to the men’s lacrosse roster at Castleton University, Castleton, VT.

**Erlande Mayville** of Jeffersonville, VT has been named to the women’s lacrosse roster at Castleton University, Castleton, VT.

**Kristin Quiet** of Westford, VT has been named to the fall 2018 Dean’s List at Vermont Technical College, Randolph Center, VT. Quiet is in the Practical Nursing (CT) program.

**Marcello Souza** of Jericho, VT has been named to the fall 2018 Dean’s List at Seton Hall University, South Orange, NJ.



COMMUNITY COLUMNS

Pets: holiday poop, peach pie, and “holey” moccasins

By Doug Boardman  
Special to the Mountain Gazette

You will probably wonder why Holy is spelled with an “E” in it. I wore genuine soft leather moccasins from 1960 to 2017 and I learned a good lesson: If you wear “holey” moccasins, the wise thing to do is dispose of them right away, especially if the hole is in the bottom of them. Do this, even if they are very comfortable. You can wear thick socks temporarily but not as a long term option and I will explain why:

Our family was all together at my in-laws’ house in Montpelier on Christmas Eve, including my wife’s sister and her husband and their untrained Cocker Spaniel, Buffer. Buffer was roaming around the house and no one was paying attention to him. I was taking care of our dog and helping my wife Sandy take care of the kids. It was December 24<sup>th</sup> in the morning and as usual my father-in-law had waited until the last minute to get a Christmas tree, so he got a great deal on it – “FREE.” It looked worse than Charlie Brown’s tree but he picked up some left over greenery and we drilled holes here and there and stuck branches with some green into the holes. It still looked pretty barren but when decorated it passed as a rescue tree. Later on, we were trying to get the kids to bed because we knew that they would be up at the crack of dawn or before. The lights were off in the living room except for the tree lights. I entered the room to see if everything was okay and suddenly I stepped in a warm, squishy, pile of something that came up through that hole in my moccasins. I turned on a light and realized that Buffer had expelled a large pile of poop on the side of the rug. I was very upset and swore rather loudly. The kids immediately ran up to bed, so that solved one problem. The moccasins went into the garbage and I got another pair for Christmas. As I have stated before, you can’t blame the dog; they can only wait so long and they have to go to the bathroom. He wasn’t trained to open the door to let himself out. That would have been a great trick but he wasn’t trained for other basic things – like getting on furniture, beds, eating table scraps, begging, barking, knocking things over, etc.

Years later, I had worn a hole in my newer moccasins again and still wore them because they were very comfortable. In 2017, my brother came to visit and brought his dog Penny, a Field Spaniel, with him. Penny is a nice gentle dog but can do pretty much do what she wants to do, although Greg trained it to get his morning paper for him and also had a collar on her that shocked the dog if it went beyond the driveway. Greg had a running battle with the paper company because they insisted that he have a paper box on a pole beside his mailbox. He took it down three times so his dog could retrieve the paper. After the box was gone, the paperboy used to drive by and throw it out his window and many times it landed in the shrubs to the sides of the front of his driveway so Penny couldn’t get to the paper to retrieve it. Therefore, my brother had to keep Penny in the house and run outside to pick the paper out of the shrubs and throw it up on the driveway far enough for Penny to get it, and then he would go back inside and let Penny out to get the paper. Greg got sick of that trick after awhile even though he did get a little exercise added to his daily routine, but put the paper box back up.

During his visit, Greg wanted to get together with some friends from high school, so we had a party for them at my house. I was wearing my moccasins as usual inside the house. Penny has short legs but a really long body and could stretch enough to get at anything, especially if it’s on top of the table. At the party, one of Greg’s good friends brought two pies, one apple and one peach/blueberry. We had them safely placed on top of a cupboard, but somehow they got placed on the dining room table. While we were chatting in the living room, Penny smelled the pies and ate over half of them. When we discovered it, Greg hitched Penny to a leg of my coffee table in the living room. Later on everyone left and I was alone and putting stuff away, turning various lights off, and I walked behind the coffee table and – Déjà vu – I stepped in something soft, warm, and squishy. Right away felt something come up through the hole in my moccasins and when I turned on the light, lo and behold, I had stepped in a peach/blueberry pile of vomit and had a peach stuck between my toes. I had tracked it all over the edge of my Persian rug. I was a little bit upset but figured a pile of vomit is better than a pile of poop. After I cleaned up the pie vomit and got the peach out of my toes, I threw my moccasins away and put on a pair of socks.

After the peach pie incident, I had two coolers in the laundry room with beer and soda in them and decided to roll them into the attached garage. I stepped into the hallway leading to the laundry room and immediately felt ice water soaking my socks. The plug on my beer cooler was out so the ice had leaked out throughout the day. I took my soaked socks off and mopped the floor and rolled my coolers into the garage in my bare feet. I finally got to bed at 2:00 AM. The next day I bought slippers with rubber soles and said goodbye to moccasins forever. The Indians liked them because you could sneak up on somebody, but you have to be careful of where you place your feet! This is where training your pets and wearing proper footwear are very important.

Before you teach your dog to do tricks, you ought to teach them not to jump up and scratch people or furniture, not to beg at the table for food, not to get onto the table, not to get hair all over the car, and don’t forget that whatever you let that pet do at your house, they will think it’s okay to do the same at someone else’s house. If you don’t keep your kids, dogs, and pets under control, don’t be surprised if your invitation list is cut by 90%.



*Project, presents two films: Mount Philo Commune (1973; 23 minutes) by Robert Machover and Michael Singer; and Peace Train to Beijing (1995; 30 minutes) by Robin Lloyd. The first is a documentary film portrait of the Mt. Philo, VT commune, followed by Q&A with Bridget Meyer and other commune members. The second is about the Women’s International League*

Keeping our forests “working”

By Ethan Tapper  
Chittenden County Forester

Living in Vermont, you’ve probably heard the term “the working landscape.” Simply put, the working landscape is “open” or undeveloped land which is actively managed to produce a variety of goods and public benefits. It is our dairy farms, local vegetable and meat producers, orchards, vineyards, and yes, our forests. While the term makes most people think of agricultural land, the vast majority of Vermont’s working landscape is actually “working forest,” engaged in long-term forest management for timber, wildlife habitat, maple syrup, forest-based recreation, and other benefits. Working forests provide the backdrop for our experience as Vermonters and define our communities culturally, economically, and ecologically.

According to Vermont’s Department of Forests, Parks and Recreation (FPR), Vermont is about 76% forested, and about 80% of our forested land is privately owned. That means that most of the forests that we know and love, that we walk, run, and bike through, that surround our villages and frame Vermont’s incredible scenic beauty, are owned by a person or family. Forest landownership has costs, including the need to pay property taxes each year. By keeping forests “working,” landowners can make a little money off their land through harvesting firewood, timber, or maple syrup. This helps forests “pay their own way,” lowering the pressure on landowners to subdivide or develop their land – helping keep forested lands forested.

Working forests produce real economic benefits. A 2013 report by the North East State Foresters Association estimates \$1.4 billion in annual economic output generated by the forest products industry in Vermont, supporting about 10,000 jobs. This industry supports the livelihoods of our neighbors who cut, truck, process, and work with wood, all while producing a local, renewable resource. Forests also provide the scenic beauty and rural context, which supports an additional \$1.9 billion generated annually (and an additional approximately 10,000 jobs) by forest-based recreation in Vermont.

While quantifying the benefits of working forests in economic terms is important, it is also worth noting how they improve the quality of life in our state. In addition to offering lumber to build our homes, firewood to warm them, and maple syrup to put on our pancakes, they offer beautiful places to hike, mountain bike, rock-climb, paddle, and ski. They provide habitat for our wildlife, enriching the lives of wildlife-lovers, bird-watchers, hunters, and fishermen, and help keep our air and water clean. Forests define the aesthetic and cultural character of our communities, from those of us

Houses – February

By Sue Kusserow  
Special to the Mountain Gazette

It is bitterly cold, rising and expanding from the earth as a miasma of low wisps that capture life and freeze it in a death grip. This deep kind of cold is past shivers and into fear... that natural things can command such a high price. Even the mountains drop huge slabs of loosened snow, torn off by a seizure of ice at its juncture with the frozen granite. One feels so helpless in this frozen fog of arctic air. It invades the body quickly; it numbs the soul.

In the middle of this snow is a house: man’s answer to what he can’t control. Walls are covered with Tyvek; the insides are deep-pink swathes of insulation. Windows are a concession to summer, but with triple-panes of glass for the rest of the year. Outer doors are fortified with storm doors; cracks are plugged with Mortite. We have used all sorts of tricks to secure our place in this frozen world.

It made me wonder and wander: how might one build a house for the soul? Windows would be high and translucent. But there must also be a view to the outside; souls need the practicality of what surrounds them: how to hide from the winds, how to endure the raggle-taggle ends of March. Souls are formed by how one intakes all seasons and moods... and the balance between hesitation and exuberance. Walls are built slowly, each season, each experience, hopefully adding trust and faith that souls can be shared. Doors are solid: wood is a gift from nature that we have put to good use. Some feel the sanctity of this house and sculpture the interior with symbols of worth... platitudes and promises. I like the idea of various modes of entry: locks and keys, passwords and combinations for a variety of entrants... none exactly the same. One can add, revoke, decline as one chooses; you are the only owner. Thoughts are sometimes hidden so deeply that this is not the place for the casual visitor. The soul needs company, but short-term rentals are a rare thing! What hurts made us close the door, limit access, keep a small guardhouse?

As the wind brings the cold down from the mountains, can we add some faith? The outside world will continue to batter the soul. We need to know that the walls will hold... that what was built with love and trust will stay with us. We are such small creatures on this earth. Perhaps housing the soul with the same care and protection we give our physical selves will temper the cold that comes from both outside and within.

So, the two houses stand side-by-side, one firmly visible; the other seldom built or seen the same way twice. One for solidity; the other for introspection and the warm blanket of memories. Some would say that a soul never has walls or a house or a structure. It is too ephemeral to know its place in a crowded (or closed) mind that is so busy with the effects of a day... or a life. Yet, I like to think that there is a deep place that lets our minds sleep, but our dreams blossom.

*All we can do is drape words on experience and hope that the words give some hint of the shape of the moment.*

– Brian Doyle, teacher and writer, University of Portland

*for Peace and Freedom journey through Asia on their way to the Beijing conference, followed by Q&A with Robin Lloyd. Tickets \$15 general public; \$12 museum members and seniors; \$5 students with valid ID. Tickets may be purchased at [panique.eventbrite.com](http://panique.eventbrite.com) (Museum members use promo code *SMVAMPI9*) or at the door.* PHOTO CONTRIBUTED

that work, live, and play in the woods, to those who just appreciate being surrounded by trees and the sight of the sun rising or setting over the Green Mountains.

In Chittenden County, some of the biggest threats to the viability of our working forests are forest parcelization (the subdivision of properties into smaller and smaller sizes) and fragmentation (the division of large forest blocks into smaller pieces by development and infrastructure). Parcelization creates forests which are less efficient to manage and often leads to forest fragmentation, which threatens the health of our forests and wildlife in a variety of ways. Smart development can strengthen local economies and add diversity to our communities; however, if not carefully planned and thought out, it can be detrimental to our forested landscape, eroding some of the things that make Chittenden County such a special place to live, work, and be.

So how do we protect our working landscape, and the benefits that working forests provide? One big step is recognizing the scope of their importance. Another is understanding that the loss of working forests can have a negative quantitative and qualitative impact on our lives and our communities. A third step is understanding that smart growth can occur while protecting our working landscape. Being active with, or volunteering on, your local planning commission, conservation commission, or development review board are excellent ways to get involved in this process, giving you the opportunity to craft policies that protect our forests and our ability to keep them “working.” Pursuing conservation options for your land such as Vermont’s Use Value Appraisal (“UVA” or “Current Use”) program or a conservation easement with a local land trust can also go a long way towards preserving the benefits of working forested lands in the long term.

For more information on the economic importance of Vermont’s forest economy, see the NEFSA report referenced above: [https://www.inrslc.com/download/Nefa\\_Publications/NEFA13\\_Econ\\_Importance\\_VT\\_final\\_web\\_Jan29.pdf](https://www.inrslc.com/download/Nefa_Publications/NEFA13_Econ_Importance_VT_final_web_Jan29.pdf)

For more information on Forest Fragmentation, see Vermont’s 2015 Forest Fragmentation Report: [http://vnrc.org/wp-content/uploads/2015/04/FOREST-FRAGMENTATION\\_FINAL-11.pdf](http://vnrc.org/wp-content/uploads/2015/04/FOREST-FRAGMENTATION_FINAL-11.pdf)

*Ethan Tapper is the Chittenden County Forester. He can be reached at 802-585-9099, [ethan.tapper@vermont.gov](mailto:ethan.tapper@vermont.gov), or at 111 West St., Essex Junction.*

The Mountain Gazette

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Area Worship Services

**COVENANT COMMUNITY CHURCH**  
“Come As You Are”  
1 Whitcomb Meadows Lane, Essex, VT 05452  
(across from John Leos on Route 15)  
Pastor: Rev. Jeannette Conver  
email: [cccpastorjeannette@gmail.com](mailto:cccpastorjeannette@gmail.com)  
Phone: (802) 879-4313  
facebook: <https://www.facebook.com/Covenant-Community-Church-125345080830320>  
Adult Bible Class: Sunday 9:00 AM  
Worship Service: Sunday 10:00 AM  
Fellowship: immediately after service  
Child care (infant through pre-K) is provided during the worship service

**JERICO CONGREGATIONAL CHURCH**  
“An Historic Church Proclaiming an Eternal Message”  
On the Green in Jericho Center, VT  
Senior Pastor David Coons and Youth Pastor Glenn Carter  
Sunday Services at 8:00 AM & 11:00 AM  
Nursery care provided  
Sunday School at 9:30 AM for all ages  
Fellowship at 10:30 AM Youth group 6:15 PM  
Sundays in our Sunday school building  
Signing for the deaf upon request  
899-4911; [officejcc@comcast.net](mailto:officejcc@comcast.net); [www.jccvt.org](http://www.jccvt.org)

**MOUNT MANSFIELD UNITARIAN UNIVERSALIST FELLOWSHIP**  
A liberal faith community standing on the side of love, as we explore truth and meaning, and work for social justice.  
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195 VT RT 15, Jericho VT (red barn across from Packard Rd)  
899-2558 [www.mmuuf.org](http://www.mmuuf.org)

**ST. THOMAS ROMAN CATHOLIC CHURCH**  
“Worshipping God in Spirit and in Truth in the Holy Sacrifice of the Mass”  
On Green Street in Underhill Center Weekend Masses:  
Saturday 4:00 PM Sunday 8:30 AM  
Pastor: Rev. Christopher Micale  
Deacon: Peter Brooks Religious Ed. Coordinator: Laura Lynch Wells,  
899-4770 Parish Secretary: Theresa Gingras Phone: 802-899-4632,  
email: [office@stthomasvt.com](mailto:office@stthomasvt.com), Website: [www.stthomasvt.com](http://www.stthomasvt.com)

**UNITED CHURCH OF UNDERHILL**  
UNITED CHURCH OF UNDERHILL  
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[www.unitedchurchofunderhill.com](http://www.unitedchurchofunderhill.com)  
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11:00 AM - 8:30 PM  
Friday - 11:00 AM - 9:00 PM  
Saturday  
11:00 AM - 8:30 PM  
Sunday  
4:00 - 8:30 PM

899-3718

Route 15, Jeri-Hill Plaza  
Jericho



HEALTH PROGRAMS AND CLASSES AT NORTHWESTERN MEDICAL CENTER

MARCH 2019

Tai Chi Classes, Mondays, March 4-25, 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; for more information or to sign up contact 524-8485. Fee: \$40 monthly. 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 program is open to all ages but class size is limited to 12.

Therapeutic Yoga, Tuesdays, March 5-26, 5:15 PM – 6:15 PM, NMC Exercise Room. Fee: \$40 monthly; pay in full online at <https://www.northwesternmedicalcenter.org/event/9101/2019-01-09/> or at first class to reserve your spot. Class limited to 12 people. Certified yoga instructor and physical therapist Katherine Lowe will

lead you through a monthly series of yoga postures, poses, and breathing techniques designed to ease the stress, anxiety and discomfort associated with pain. Yoga can assist in enhancing our mind-body connection. No previous yoga experience is necessary.

Diabetes and You, Thursdays, March 14-April 11, 1:00 – 3:00 PM, Richford Rural Health Center, fourth floor CR. Pre-registration required, contact Deborah Robertson, 524-1031. 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 under control by controlling your life and improve your blood sugar control to feel better and delay or prevent complications.

Movement for Parkinson’s, Friday, March 15, 10:00 – 11:00 AM, Homestead at Pillsbury Manor. Registration/information: 802-881-9673 or [saramcm28@gmail.com](mailto:saramcm28@gmail.com) (Sarah) or [patrica\\_rugg18@comcast.net](mailto:patrica_rugg18@comcast.net). (Patty Rugg). Free. Offered for people with Parkinson’s (wheel chair bound as well as able-to-stand participants), their care partners, and/or others interested in participating. The 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 fees charged but a donation is always appreciated to cover transportation costs for the instructor.

Sports Medicine In Action: an interactive event with NMC’s Athletic Trainers, Saturday, March 23, 9:00 – 12:00 PM, Northwestern Medical Center, Cobblestone Building Rehab Gym. For more information or to RSVP, contact 524-1232. Free. Whether you’re a weekend warrior, youth athlete, coach, or parent, join us to learn more about wellness and injury prevention. Learn from our top-notch team of Certified Athletic Trainers about how to prevent injuries, fuel your fun with nutritional tips, and optimize your performance – for competitive sports or just for fun.

ONGOING

Brain Injury Support Group – third Thursday of each month, 5:30 – 6:30 PM, NMC Conference Center, Grand Isle Room. Meet other people in similar situations, share the hardships and accomplishments, gain valuable emotional support, obtain information, and discuss a variety of brain injury topics. Anyone touched by brain injury (traumatic or acquired) can attend: survivors, caregivers, friends, and family. All are welcome at our support group. Free; no registration required. For information contact Jess Leal, 877-856-1772.

Cancer Exercise Sessions – Tuesdays and Thursdays, flexible times, NMC Rehab gym, Cobblestone Health Commons. Featuring Wendy Lawrence, Physical Therapist. Pre-registration required; call 524-1064. Free for the first 8 weeks, then \$40. Designed for cancer survivors; helps improve strength and balance while fighting fatigue to bring back optimal function. You’ll get started with an individualized physical therapy evaluation and customized treatment if needed – both services are billable to insurance. After these first two or three visits, participants move on to a free, 8-week open gym program that is supervised by one of NMC’s Athletic Trainers to continue work on strength and conditioning. Exercise with others can be fun and supportive, especially in the comfortable atmosphere of the rehab gym. After the eight week free open gym program, participants can choose to continue their workouts at the gym for a monthly fee of \$40. Start the program at any time, and use the gym when it is convenient for you. Simply call our Physical Therapy team to get started and find out what hours the gym is open.

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 not 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 not 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 Deana Chase, LICSW, 802-370-5626. 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 not 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 AM – 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, 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.

Healthy diets and habits during pregnancy

Mothers to be have been cooking up lots of questions about what they should eat to ensure a healthy baby. Let me see if I can provide some food for thought on this topic.

Why is it important to eat healthy during pregnancy? Babies need specific nutrients to have their bodies and brains grow and develop to their fullest.

Pregnant women need to add about 300 extra calories per day to their diet if they’re having a single infant. If twins are on the way, make it closer to 600. That’s about

the amount of calories in a glass of skim milk and half a sandwich. But with that said, it’s more important to focus more on quality than quantity. That means eating the right balance of nutritious foods to keep you and your baby healthy.

If you are pregnant or trying to become pregnant, your diet should include carbohydrates, fats, vitamins, minerals, and good hydration. Avoiding fish entirely is really a myth, since many cold-water fish contain lots of omega-3 fatty acids. Those omega-3s can help with the development of an infant’s brain and vision.

You should, however, stay away from fish high in mercury, such as swordfish. Supplementing the diet with extra folic acid or folate,

First continued on page 5

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Pelvic Health Specialist!



Dr. Katie Swanson, DPT, PHC

We are pleased to announce Dr. Katie Swanson’s recent certification in Pelvic Health. As a pelvic health specialist, Katie understands the relationship between the pelvic floor, pelvis and gait. She specializes in pelvic health ailments such as incontinence, low back pain, migraines, organ prolapses, sciatica and SI joint pain. She also specializes in women’s health and issues women may experience before, during and after pregnancy. Katie is

currently accepting new patients and looks forward to meeting you.



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Colon Health: What You Need to Know

Wednesday, March 20  
12–1pm  
Health Center Building  
Free seminar  
Reservations required



Join Copley general surgeon Courtney Olmsted, MD for a candid and informational discussion about hemorrhoids, polyps and colon health. You’ll learn:

- What causes hemorrhoids
- If polyps are dangerous
- Treatment options
- What you can do to reduce your risk of colon cancer

The event is free, but please RSVP so that we may plan refreshments. Please RSVP by March 15 to 888-8302 or online at [www.copleyvt.org/event/colon-health-need-know](http://www.copleyvt.org/event/colon-health-need-know)

Courtney Olmsted, MD, MSCI has extensive surgical experience involving the gastrointestinal tract, liver, colon, breasts, thyroid and other major parts of the human body. In addition to her medical degree, she holds a Master of Science in Clinical Investigation.

This is event is part of Copley Hospital’s 2019 Health & Wellness Seminar Series.





LIBRARY NEWS

DEBORAH RAWSON  
MEMORIAL LIBRARY

Unless otherwise noted, programs do not require registration and are free and open to all.

Adult Programs  
Jericho Energy Task Force presents *Creating and Maintaining Resilient Forests in Vermont*, Thursday, March 7, 6:00 – 7:00 PM. Franklin-Grand Isle Forester Nancy Patch will discuss climate change and its impact on our Northern Forest. Discussion includes both zooming out to a global perspective, then zooming in to your own backyard. There is much we can do to help our forests adapt to climate change and to minimize the degree of change that we will face.

Laughter Yoga – Mondays in March, 10:00 AM. No mats! No special clothing or moves! Just playfulness, breathing, and laughing! Please register, 899-4962.

Deborah Rawson Book Lovers – Tuesday, March 12, 7:00 PM. This month: My Life on the Road by Gloria Steinem. New members always welcome. For more information, contact [Christine@cstaffa.com](mailto:Christine@cstaffa.com).

Scrabble – Thursdays, March 14, 28, 11:00 AM. Exercise your mind and improve your vocabulary (especially of two- and three-letter words). Bring a friend!

How to weatherize your home – Thursday, March 14, 6:30 PM. Program co-hosted by the Underhill Energy Committee and Jericho Energy Task Force.

Friends of DRML – Thursday, March 14, 6:30 PM. Join us to learn more about this group that supports the library.

Plan your National Parks Tour – Saturday, March 16, 12:00 PM. Jeff Morris is a font of National Parks knowledge: he planned a nearly 10,000 mile journey over five weeks to visit 13 National Parks. This year, he’s planning part two, with a trip to Alaska and the far north. Now, he’ll share his wealth of experience with you! Whether you’re looking to plan your own marathon tour of the continent, or are just interested in Jeff’s own journey, you’ll love this presentation.

Trivia Quest: Weird History Edition – Saturday, March 16, 6:30 PM. Do you pine for pub quizzes, trounce at Trivial Pursuit, and jump to answer Jeopardy? If so, join us for Trivia Quest, our monthly contest of not-so-general knowledge. This month is all about Weird History. Join us for an exploration of things that didn’t make the cut for your history book!

Programs for Young Children and Families  
Story Hour – Wednesdays and Thursdays, March 6, 7, 13, 14, 20, and 21, 10:30 AM. Drop in for stories, songs, projects and a nutritious snack! In March, the themes are Eric Carle, Color, and Counting.

Story Hour with Beth and David London: Fridays, March 8, 15, 22, 29, 10:30 AM. Beth and David, formerly of Poker Hill School, share stories and songs with young children and their families. Snack will follow.

Teen Movie and Pizza Night! Saturday, March 9, 6:30 – 8:30 PM: *Tomb Raider*, the 2018 movie based on the classic video game. Free pizza and soda; Essex Cinema donates the popcorn. (PG-13; two hours)

St. Patrick’s Day Crafts – Thursday, March 14, 2:45 – 4:30 PM. Drop in after school and choose from a variety of St. Patrick’s Day crafts! Children under 8 must be accompanied by an adult caregiver.

Magic: The Gathering – Friday, March 15, 6:30 – 8:30 PM. Grab your best deck and your best friend to walk the planes of the Multiverse! We’ll be casting spells in casual rounds of Magic: the Gathering. (This program is intended for ages 10 and up.)

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

Story Time – Wednesdays, March 6, 13, 20, 27, 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!

Writers’ Circle, Saturdays, March 9, 23, 10:00 – 11:00 AM. If you are a writer seeking community, join this bi-monthly group. All genres welcome. Coffee, tea, and encouraging company provided.

Lego Club – Thursday, March 14, 4:00 – 5:00 PM. For makers, builders, imaginers, innovators – come join in on an hour of Lego creations with friends. Ages 6 and up.

Tales and Tails – Tuesday, March 26, 10:30 – 11:30 AM. Read to our favorite furry friend, CadyDog! CadyDog, a certified therapy dog through Therapy Dogs of Vermont, will be visiting JTL monthly for an hour of petting, snuggles, and stories. What better way to practice your reading or celebrate the end of a long school day than with a sweet pup!

JTL Board meetings are held the second Monday of every month (March 11) at 5:30 PM. All are welcome to attend.

Jericho Town Library has new, expanded library hours: Mondays 2:00 – 5:00 PM; Tuesdays 10:00 AM – 12:00 PM and 2:00 – 5:00 PM; Wednesdays 10:00 AM – 12:00 PM and 2:00 – 7:00 PM; Thursdays 10:00 AM – 12:00 PM and 2:00 – 5:00 PM; Fridays 2:00 – 5:00 PM; Saturdays 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 call 899-4686.

VARNUM MEMORIAL LIBRARY  
JEFFERSONVILLE

*Baby Got Books* – a new story time for the littlest library visitors. Join Amber for nursery rhymes, movement activities, songs, stories, and finger plays proven to promote early literacy, language, and communication skills. For ages birth-18 months with an adult, Wednesdays, 9:30 – 10:30 AM.

Children’s Story Time and Crafts with LN, Thursdays, 10:00 – 11:00 AM. The library is a warm, cheery place for children to meet other children! Join us for stories read by people who enjoy sharing good

books and a craft. Free and the public is invited! For more information, call the library at 644-2117.

The Varnum is offering Mango, a new, free service to library patrons. Mango is a self-paced learning program that teaches language (over 70+ options from Arabic to Yiddish) through relevant and topical dialogue. We encourage patrons to use the library to gather as a place to practice language, form a cultural club, or just use our five available personal computers to take your classes. Look for fliers in the library on how to sign up and use this new service.

AARP Tax Prep Services are back for 2019 – four trained and IRS-certified AARP Tax-Aide volunteers are available for free tax assistance to Americans age 50 and over. Appointments are available 9:00 AM – 1:00 PM on Friday, March 22. Taxpayers must bring a picture ID, last year’s return, income documents, a bank check or account information, and all other relevant documents.

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 (March 21), 7:00 – 8:00 PM.

The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville, 802-644-2117; [thevarnum@gmail.com](mailto:thevarnum@gmail.com); [www.varnumlibrary.org](http://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](http://www.westfordpubliclibrary.wordpress.com); email [westfordpubliclibrary@gmail.com](mailto:westfordpubliclibrary@gmail.com). Like us on Facebook. 878-5639, Bree Drapa, Librarian.

RICHMOND LIBRARY

Trail passes: Working in partnership with the Richmond Trails Committee and Rise VT we are pleased to offer Richmond library patrons discount passes for trail use at both Catamount Outdoor Family Center in Williston and at Sleepy Hollow in Huntington. When checked out from the library, the passes provide a \$3 discount per person for up to two adults and two kids in the same family for a day or half-day of skiing, snowshoeing, hiking, or biking in season.

Looking for Artists and Collectors: We are currently scheduling our walls and display case for 2019 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 tea cups, feathers, little cars, old books, or anything else that would fit in our case that you would be willing to share, we would love to hear from you. Call or email.

AARP Tax Help – Every year, AARP volunteers help seniors prepare and submit their tax returns. If you are interested in meeting with a preparer at the library, let us know and we’ll schedule you for a session. Sessions will be on Monday mornings through April 8. Contact 434-3036 or [rfl@gmavt.net](mailto:rfl@gmavt.net) to schedule.

2019 Vermont Reads – Every year the Vermont Humanities Council selects a book and then makes copies of that book available within Vermont communities that wish to participate. For the fourth year in a row, Richmond is in! This year’s selection is the graphic novel *March*, which is the first in a trilogy by John Lewis in collaboration with co-writer Andrew Ayden and graphic artist Nate Powell. It tells the story of Lewis’s coming of age in rural Alabama and early life of civic activism. Lewis, who was greatly inspired and influenced by Martin Luther King Jr., is considered one of the big six leaders of the civil rights movement and an early adopter of the nonviolent protest tactics that were instrumental in the desegregation of the South. Lewis has served in the U.S. Congress since 1987. We are thrilled to be working with the Peace and Justice Center to bring three dynamic programs to the Richmond community, each of them designed to explore the themes in *March* and increase participants’ working knowledge of nonviolent activism.

Weekly children’s programs at the Library run from September through May and follow the CESU school district schedule for vacation days and weather closure days.

Baby Laptime: This 30-minute program is for our youngest visitors. Adults interact with their little person through simple stories, songs, rhymes, bounces, and wiggles that are sure to bring out the smiles and giggles. Baby Laptime is designed for infants through age two. Join us on Mondays at 10:30 AM.

Playgroup with Stories and Music: These Wednesday mornings begin at 10:00 AM with songs, stories, and a simple snack (bring your own) on the alphabet rug.

Around 10:30 AM we’ll get out the toys for free play with friends in the library’s sunny and spacious Community Room. We have gross motor and fine motor toys, puzzles, and activities for infants through preschool age children.

Movers and Shakers Storytime: Frequent exposure to picture books not only entertains and delights children but also strengthens their vocabulary and their ability to make sense of the world. We’ll share fantastic new and classic picture books and work some early literacy magic into a child’s day. We’ll couple stories with simple songs and activities for some interactive moving and shaking. Toddlers and preschoolers and their caregivers are welcome on Fridays at 10:30 AM.

Knit Night: Want some company while you knit? Knitters of all abilities welcome. Join us on Wednesdays from 6:30 – 8:00 PM in the third floor lounge.

Free Coffee and Tea: Warm yourself with a hot cup of coffee or tea during the cold winter season. The beverage table is to the left of the circulation desk on the ground floor. Help yourself and sip while you browse, read, work or gather with friends.

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.

Gamers Group: Mondays, March 4, 18, 3:30 – 5:30 PM. Play a variety games including board games and Dungeons & Dragons. Grades 5-8.

Food for Thought Teen Library Volunteers: Thursday, March 7, 4:00 – 5:00 PM. Teens meet for pizza, discussion, and planning special events at the library. Community service opportunity. Grades 7-12. New members welcome.

Story Time in French: Saturday March 9, 10:30 AM. Stories in French and English with Delphine Quenet. Includes a simple craft activity. Non-French speakers welcome!

Read to a Dog: Thursdays, March 14, 28. Read to one of our registered Therapy Dogs of VT. Pre-register for individual sessions. All ages.

Preschool Story Time: Tuesdays, 10:30 AM. Includes a simple craft activity. March 5: *Cookies* with Victoria Francis. March 12: *Surprise!* March 19: *Big & Little*. March 26: *In the Forest*. All ages.

Preschool Yoga with Danielle: Friday, March 15, 10:30 AM. Simple yoga poses, stories, and songs for children birth to age 5 and their caregivers.

Homeschool Writing Workshop: *What a Character!* Wednesday, March 20, 1:00 – 3:00 PM. What inspires you? What makes you laugh? Create your own characters so they can star in a comic, story, or graphic novel, all created by you! Students will use a variety of art media to bring their characters and stories to life. Age 7 and up. Presented by Kristen Littlefield, elementary educator, writer, and artist.

Read to a Cat: Thursday, March 21, 3:30 – 4:30 PM. Bring a book and read to Edgar, a certified therapy cat with *Love on a Leash* Foundation. Pre-register for a one-on-one reading session, or stop by to say hello. All ages welcome

Count Me In! Exploring Math with Your Preschooler: Monday, March 25, 6:00 – 7:00 PM. Introduction to hands-on activities that families can use in everyday life. Learn how these activities can foster a love of learning and understanding of mathematics. Open to any parent or caregiver and their preschool child. Pre-register. Co-sponsored with Williston School District.

Cartooning and Drawing Club: Tuesday, March 26, 2:00 PM. All ages.

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 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

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).

Youth events  
Thursdays, March 6, 21, 3:15 – 4:15pm: 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, March 7, 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.

Mondays, March 11, 18, 3:15 – 4:00/4:45: Chess Club. Chess Club continues for those registered.

Tuesdays, March 12, 19, 26, 9:30 – 10:30 AM: Preschool Story Hour. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary. March 12: author spotlight: Ezra Jack Keats. March 19: Beach Stories: bring a beach towel! March 26: Farms, with special guest Virginia Holiman.

Wednesday, March 13, 3:00 – 4:00 PM: Lego Club. Kids ages 6+ enjoy themed Lego play after school. Please register.

Wednesday, March 20, 3:00 – 4:00 PM: Crafternoon: Sun Catchers. Kids ages 6+ will make sun catchers to welcome Spring. Please register.

Thursday, March 21, 6:30 – 7:30 PM: Family STEAM Night: Mag-Lev Vehicles. Join us for this great family program, where each month parents and children visit hands-on stations with Science, Technology, Engineering, Art, and/or Math (STEAM) activities. This month we will learn all about magnetic levitation and design vehicles to travel down a magnetic track. Please register.

Wednesday, March 27, 3:00 – 4:00 PM: STEM Club. Kids age 6+ will build stem kits with local inventor Ralph Lemnah. Must register.

Saturday, March 30, 10:00 – 11:45 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. Cosponsored by Success by Six/Building Bright Futures.

Adult events  
Saturday, March 9, 10:00 AM – 12:00 PM: Cabin Fever Café with *The Owl Stars*. Winter in Vermont is *long*. Get out and enjoy some live music from some awesome local bands in this wintertime music series, running the second Saturday of the month through April. Coffee and refreshments will be available by donation.

Thursday, March 14, 6:30 – 8:00 PM: Book Club discusses the 2019 Vermont Reads pick, *March: Book One* by civil rights icon John Lewis. Lewis was chairman of the Students Nonviolent Coordinating Committee (SNCC) and was considered one of the “Big Six” leaders of the civil rights movement. He has served in the U.S. Congress since 1987 and was awarded the Medal of Freedom by President Obama in 2011. *Book One* tells of Lewis’s childhood in rural Alabama, his desire as a young man to be a preacher, his life-changing interactions with Martin Luther King, Jr., and the nonviolent sit-ins he joined at lunch counters in Nashville as a means of undermining segregation. Copies are available at the library that you may keep, thanks to a grant from the Vermont Humanities Council. New members are always welcome.

Saturday, March 16, 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, March 16, 10:00 – 11:00 AM: Annual Seed Swap. Bring in any extra seeds you might have saved from last year and share with neighbors to increase the diversity of your garden. We usually have an abundance of seed donations from local companies too, so if you are new to gardening you can just come and learn from neighbors what grows well in their gardens and bring home a few seed packets. We will also be raffling off a seed starting kit to one lucky participant!

Tuesday, March 26, 6:30 – 8:00 PM: Stories of Civil Rights: Yesterday and Today. A community storytelling event. As part of our participation in Vermont Reads

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*The International Fly Fishing Film Festival will be screened on Saturday, March 16, 2:00 PM, at the McCarthy Arts Center, St. Michael’s College, Colchester. Watch eight short films by professional filmmakers from all corners of the globe, highlighting the fun, adventure, and personal impact of fly fishing. There will be fly tying demonstrations, and raffles, drawings, and giveaways of merchandise and gear. Benefits Green Mountain Project Healing Waters Fly Fishing, which serves injured and disabled military service personnel and disabled veterans in the greater Burlington area. Whether you fish or not, this will be an entertaining and exciting event. Tickets, \$10, are available at [www.flyfilmfest.com](http://www.flyfilmfest.com) or (if available) at the door. For more information, [www.flyfilmfest.com](http://www.flyfilmfest.com) or [Joshua.gerasimofprojecthealingwaters.org](mailto:Joshua.gerasimofprojecthealingwaters.org). Afterward, come to an after-party (food and beverages available) at Burlington VFW Post 782, which will showcase local fly tyers and rod builders.*  
PHOTO CONTRIBUTED



Libraries continued from page 5

2019, we will hold a storytelling session inspired by the graphic novel March: Book One. All community members are welcome to tell and/or listen to stories about the Civil Rights Movement of the 1950-60s, as well as stories of the continued struggles and successes of today. Refreshments will be provided.

Thursday, March 28, 5:30 – 8:00 PM: Family Institute. The Fairfax Community Library is participating in the Family Institute, an evening event at BFA-Fairfax to get families resources and information, bringing the community together for learning, and conversation on issues related to children and families. The library will be giving tours of our facilities and can help you sign up for a library card if you don't have one yet.

All March Long: Community Art Project for Peace and Justice. Pick up a 6"x6" canvas at the library and decorate it in any medium in a way that shows what "peace" and/or "justice" means to you. The deadline for finished pieces is Saturday, March 30. Reception to follow in April. Open to all ages and skill levels.

For up-to-date info about programs, visit our website: [www.fairfaxvtlibrary.org](http://www.fairfaxvtlibrary.org), where you can also find a link to the interactive Google calendar. Monday, Wednesday 8:30 AM – 5:30 PM; Tuesday, Thursday 8:30 AM – 8:00 PM; Friday 8:30 AM – 3:15 PM; Saturday 9:00 AM – 1:00 PM.

**BROWNELL LIBRARY, ESSEX JUNCTION**

POEM VILLAGE: Celebrate National Poetry Month with Brownell Library! Submit your poems to the youth circulation desk during the month of March, and we will display selections around the Village in April.

Tuesdays, March 5, 12, 19, Thursdays, March 7, 14, 21, 28, and Mondays, March 11, 18, 25, 9:15, 10:15, 11:15 AM and 12:15 PM – Free tax help for low and middle income taxpayers (annual gross income less than \$60,000), with special attention to those 60 or over. However, if a patron's tax return is relatively complex he/she will be advised to seek professional tax assistance. Volunteer AARP foundation certified tax preparers Tak and Dorothy Ng will help. Qualified patrons who wish to avail themselves of the Ngs' expertise will need to call (878-6955) or visit the library to make a one-hour appointment with one of them. Please come in 10 minutes before your appointment to fill out a required intake and interview form. If married, both spouses should (but do not have to) be present during an income tax counseling session. Taxpayers must have available during their meeting with the Tax-Aide counselor all information and documents that have been received that apply to their 2016 income taxes. Appointments available until Thursday, April 4. Reserve your place for tax-preparation.

Tuesdays, March 5, 12, 19, 26, and Wednesdays, March 6, 13, 20, 27, 10:00 – 10:45 AM: Story Time. Picture books, sign language, songs, rhymes, flannel stories, and early math activities.

Tuesday, March 5, 2:00 – 3:30PM: TAB. Our Teen Advisory Board and their book loving friends will add to *To Read or not to Read* recommendations. Observance of Ides of March and a game of Trivia in anticipation of sending a team to a May 3 event.

Tuesday, March 5, 2:45 – 3:45 PM: Jelly Bean Construction. While away some time constructing buildings, bridges, and other geometric structures with toothpicks and jellybeans. This program will take place in the youth non-fiction area.

Wednesdays, March 6, 13, 20, 27, 12:00 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.

Wednesdays, March 6, 20, 1:00 – 2:00 PM: Minecraft Club. Come play Minecraft creatively with other homeschoolers. Bring your own device with Minecraft pocket edition downloaded on it. For ages 7-12.

Wednesdays, March 6, 13, 20, 27, 3:15 – 4:15 PM: Read with 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.

Wednesday, March 6, 7:00 – 8:30 PM: First Wednesday Lecture *Arguing about Civility*. Middlebury political scientist Sarah Stroup asks: What topics are suitable for public discussion? And how can we facilitate productive disagreements? She explores how to deliberate hot topics in ways that are respectful and ultimately helpful.

Thursday, March 7, 2:00 – 2:30 PM: Author Skype Visit. Skype call with author Terry Lynn Johnson about Dorothy's List's nominee Falcon Wild to take place at Fleming School. Contact Brownell for more information.

Fridays, March 8, 22, 9:30 – 10:15 AM: Music with Raph. Come sing and dance with Raph. All ages.

Fridays, March 8, 15, 22, 29, 3:30 – 4:30 PM: Steam Fridays. Create and explore with Science, Technology, Engineering, Art, and Math. March 8: Tinker Time. We'll take apart computers, keyboards and mice to see how they work. March 15: Middle school students will demonstrate how to make Elephant's Toothpaste and students will learn how to mix ingredients to make their own play dough. Grades 1 and up. March 22: Let's Go Fly a Kite. Make and decorate a kite or boomerang and test it outside, weather permitting. March 29: Make Marionettes.

Fridays, March 8, 22, 5:30 – 8:30 PM: Dungeons & Dragons. Embark upon imaginary adventures. A Dungeon Master serves as this role-playing game's referee and storyteller. Game starts at 6:30 PM; come early for help with character design.

Mondays, March 11, 18, 24, 12:00 and 1:00 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.

Mondays, March 11, 25, 18, 3:15 – 4:15 PM: Read with Pugsley. Practice reading with our new therapy dog and friend, Pugsley.

Monday, March 11, 6:30 – 7:30 PM: Must Read Mondays! Lincoln's Last Trial by Dan Abrams. At the end of the summer of 1859, 22-year-old Peachy Quinn Harrison went on trial for murder in Springfield, IL. Abraham Lincoln, who had been involved in more than three thousand cases – including more than 25 murder trials – during his 20-career, was hired to defend him. This was to be his last great case as a lawyer. Pick up a copy of this book at the main desk and join us for a casual discussion.

Tuesday, March 12, 2:45 – 3:45 PM: LEEP. Library Elementary Event Planners will make Elephant Toothpaste and homemade play dough to prep for teaching these two projects on STEAM Friday, March 15. Celebrate the green! All 6-7-8 graders welcome!

Wednesday, March 13, 9:00 – 10:00 AM: Red Clover Group for homeschooled students. This month, students in grades K-4 will vote for their favorite Red Clover nominee.

Wednesday, March 13, 9:00 – 10:00 AM: Dorothy's List Group for homeschooled students. This month, students in grades 4-8 will vote for their favorite Dorothy's List nominee. All those who have read at least five titles are eligible to vote.

Wednesday, March 13, 9:00 – 10:00 AM: GMBA Book Discussion for homeschooled students. High school aged students vote for their favorite GMBA nominee.

Wednesdays, March 13, 27, 3:00 – 5:00 PM: LARP. Live Action Role Play (LARP) is a DIY adventure in a mythical land. Create your own character and enter the story. Fun and fantastic for ages 11 and up.

Wednesday, March 13, 7:00 – 9:00 PM: Great Decisions, an eight-part discussion series on world affairs. *Nuclear Negotiations: Back to the Future?* Nuclear weapons have not gone away, and the Trump administration has brought a new urgency, if not a new approach, to dealing with them. The President has met with Vladimir Putin as the New Start Treaty with Russia

comes up for renewal in 2021, the first presidential summit ever with Kim Jong Un occurred to discuss denuclearizing the Korean peninsula, and President Trump has decertified the Obama nuclear deal with Iran. To what degree should past nuclear talks guide future U.S. nuclear arms control negotiations? Can the art of the deal apply to stabilizing our nuclear future? Copies of the discussion books and the program DVD are available for check out. Ideally participants will have read the corresponding chapter and watched the DVD segment before each discussion.

Thursday, March 14, 3:30 – 4:30 PM: Irish Stories. Storyteller Linda Costello entertains with stories and legends from Ireland. Come celebrate St. Patrick's Day! For ages 6 and up.

Friday, March 15, 9:30 – 10:00 AM: Baby Time. Come to meet other families, listen to a story, learn some sign language, and play.

Friday, March 15, 6:30-8:30 PM: Family Movie! Free popcorn and drinks!

Tuesday, March 19, 2:45 – 4:30 PM: Tuesday Movie! Free popcorn and drinks!

Tuesday, March 19, 7:00 – 9:00 PM: Brownell Library Trustees Meeting.

Wednesday, March 20, 7:00 – 8:30 PM: TEDxBrownellLibrary: *Getting Duped*. Ted Talk videos around this theme will be viewed and reflected upon. This is a great opportunity to connect with others!

Thursdays, March 21, 28, 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.

Monday, March 25, 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.

Monday, March 25, 7:00 – 8:30 PM: Red Scare in the Green Mountains. Historian and author Rick Winston discusses his recently published book Red Scare in the Green Mountains: The McCarthy Era in Vermont, 1946-1960. Join us for a fascinating look at this era of forgotten hysteria with Rick Winston, also founder of the Savor Theater and Green Mountain Film Festival in Montpelier.

Tuesday, March 26, 2:30 – 4:00 PM: Wii Fun! Play Wii Games together, like *Mario Cart* and *Wii Sports*.

Wednesday, March 27, 7:00 – 9:00 PM: Great Decisions, an eight-part discussion series on world affairs. *The Rise of Populism in Europe*: Mass migration, and the problems associated with it, have directly abetted the rise of populist parties in Europe. Opposition to immigration was the prime driver of support for Brexit; it brought a far-right party to the German Bundestag for the first time since the 1950s, and propelled Marine Le Pen to win a third of the vote in the French presidential election. In addition to calling for stronger borders, however, these parties are invariably illiberal, anti-American, anti-NATO and pro-Kremlin, making their rise a matter of serious concern for the national security interests of the United States. Copies of the discussion books and the program DVD are available for check out. Ideally participants will have read the corresponding chapter and watched the DVD segment before each discussion.

Saturday, March 30, 1:00 – 4:30 PM: Doc & Talk: *The Hate U Give*. Interested in community conversations? Looking to start a conversation with your family or friends? Join us for a showing of *The Hate U Give* (movie starts at 1:00 PM) and stay for a community conversation about the movie (starts at 3:30 PM, after a short break).

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](mailto:frontdesk@brownelllibrary.org).

# A Centennial Sized Thank You.

Cabot farmers want to thank our neighbors for 100 years of support. Here's to a hundred more.





ART / MUSIC / THEATER

ART/PHOTOGRAPHY

Call to Artists for Spring Open Studio – Artists wishing to participate in the Jericho Underhill Open Studio Tour held on Memorial Day Weekend, May 25-26, are invited to contact Dianne Shullenberger ([vidianne@hotmail.com](mailto:vidianne@hotmail.com) or 899-4993) or Emilie Alexander ([alexander22@yahoo.com](mailto:alexander22@yahoo.com) or 899-3211). The Tour is part of the Vermont Crafts Council annual Open Studio Weekend, which provides a venue for the public to meet artists all over the state primarily in their places of work. The \$20 participation fee covers advertising materials. The Jericho Underhill Tour provides additional promotion for the artist in this area, with the Emile A Gruppe, Barber Farm Rd., Jericho Center serving as headquarters for the public to get maps for both the state and local participants. Deadline to sign up is Saturday, March 23.

*The Art of Food.* Want something more satisfying than Instagrams of meals? *The Art of Food* is an exhibit scheduled through April in the Jericho Town Hall. The exhibit is one of an ongoing series of shows that are part of a collaborative project between the Town of Jericho and a committee of volunteers involved in the arts. The members are Jericho SelectBoard member Catherine McMains, gallery owner Emilie Alexander, and artists Dianne Shullenberger and Carla Hochschild.

Bryan Memorial Gallery, Jeffersonville, announces a Call to Artists – deadline Friday, March 15 – for its juried exhibition *Ebb and Flow*. The exhibition will include works in all media (paintings, photographs, sculpture, drawings) featuring and/or including the image of water or bodies of water. The jury will be looking for works in which water is the predominant element of the composition. The jury decision will be made by Sunday, March 31; the exhibition opens Friday, May 3 and continues through Sunday, June 23. There is no charge for submitting to the jury, but if accepted, artists must become a member of Bryan Memorial Gallery. Complete specifications are on the Gallery’s website,[www.bryangallery.org](http://www.bryangallery.org).

Bryan Memorial Gallery begins the observation of its 35<sup>th</sup> year with an exhibition of coastal themed paintings, through March 31, by its founder, Alden Bryan (1913-2001) and his spouse, the painter Mary Bryan (1907-1978) in whose memory the gallery was founded. This is the first of four themed exhibitions of paintings by the Bryans, which will be installed in the gallery’s Middle Room throughout most of 2019. When not in Vermont, the Bryans resided in Gloucester, MA, from which they sailed extensively. They built a large repertoire of coastal vistas that vary from recognizable New England harbor scenes to exotic beach scenes of many ports of call. In the exhibit, Mary Bryan’s works are largely in watercolor in a loose impressionistic style, and Alden’s complex renderings, primarily oil paintings. A preview of the exhibit is available on the Gallery’s website. Bryan Memorial Gallery, 180 Main St., Jeffersonville; 802-644-5100; [www.bryangallery.org](http://www.bryangallery.org). Gallery hours: Thursday-Sunday, 11:00 AM – 4:00 PM, and by appointment.

Helen Day Art Center, Stowe, has issued an Open Call to Artists for the 28<sup>th</sup> *Exposed* outdoor sculpture exhibition running Saturday, July 20-Saturday, October 19 throughout the town of Stowe. This year’s theme: text and symbols. Deadline for submissions is Friday, March 15. Artists may apply in any medium that can endure the outdoors in a public setting for three months. All object-based sculptures must be securely mounted to the ground at the designated site, and all work must be made safe for children and pedestrian traffic. For more information, contact [submissions@helenday.com](mailto:submissions@helenday.com) or see [www.helenday.com](http://www.helenday.com).

At the Shelburne Museum and running through Sunday, June 2 is the exhibition *Johnny Swing: Design Sense*, which gives a fascinating glimpse into the various phases of the internationally renowned furniture and lighting designer’s philosophy and practice. From the early conceptual stages of sketching and model making, to fabricating molds and engineering the structural elements, to the realization of sophisticated works that blur the lines between art and design, Swing’s work is dramatic and inviting. Running Saturday, March 23-Sunday, August 25 at the Shelburne Museum’s Colgate Gallery, Pizzagalli Center for Art and Education, *Harold Weston: Freedom in the Wilds* presents American 20<sup>th</sup> century painter Harold Weston’s early Adirondack views and selections from the *Stone Series*, alongside diaries, letters, photographs, and related ephemera that make a case for the connections between spirit, nature, and Weston’s art. Weston (1894-1972), an American modernist painter and social activist, was called “the Thoreau of the Adirondacks.” This is the first exhibition to pointedly illuminate the links between the artist’s written words – much in his distinctive, lyrical handwriting – with Weston’s prodigious body of work. For information, 802-985-3346 or [www.shelburnemuseum.org](http://www.shelburnemuseum.org).

At River Arts, Morrisville: *Ascent (Part One: Eulogy)*, a collection of 2D and 3D collages by Ryan Geary, will be on display in the Copley Common Room through Thursday, March 28. Through images of our past and present, historical and symbolic, *Ascent* deconstructs and scrubs through the whitewash of the America we have been taught to know. Geary is owner and curator of *The Hive Gallery and Gifts*, and lives in Waterbury. Programs: Kinder Arts Winter Series, Tuesday mornings, 9:00 – 10:00 AM, March 12 and 26, April 9 and 23. This exploratory arts program is for ages 3-5; free. For adults and teens, on third Thursdays, 6:00 – 8:00 PM, the River Arts Photo Co-op drop-in; \$5 suggested donation. Open Studio Figure Drawing, first and third Tuesdays from 3:00 – 5:30 PM, \$10/session, punch cards available. Youth Drop-In: Big & Messy Art Space, every first and third Sunday of the month, 10:00 AM – 12:00 PM, \$5 suggested donation. Music & Movement, first Friday of the month, 11:00 AM – 12:00 PM, free. Poetry Clinic, every first and third Tuesday, 6:00 – 8:00 PM, \$5 suggested donation. River Arts is offering classes on arts ranging from

pottery to paints to bookbinding to writing, and more. See the website for details. River Arts of Morrisville Inc., 74 Pleasant St., Morrisville; 802-888-1261, <http://www.riverartsvt.org>.

*Ice Shanties: Fishing, People & Culture* is an exhibition about the structures, people and culture of ice fishing seen through the lens of Vermont-based Colombian photographer Federico Pardo, whose large-format color photographs of ice shanties at The Meadows in Brattleboro are paired with audio reflections from the shanty owners drawn from interviews conducted by the Vermont Folklife Center. In these conversations the fishers speak of their shanties as structures, remark on the amenities and people they house, detail the practice of ice fishing, and, directly and indirectly, reflect the relationships, connections and community they reinvent each year at the Meadows. The Vision & Voice Gallery is free and open to the public Monday-Friday, 10:00 AM – 5:00 PM. The Gallery is ADA accessible on the first floor (rear entrance) of the Folklife Center headquarters, 88 Main St., Middlebury. For information, 802-388-4964.

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).

Burlington City Art Center – BCA Center, 135 Church St., Burlington; 802-865-7166 or [www.burlingtoncityarts.org](http://www.burlingtoncityarts.org).

For upcoming events and workshops at the Milton Artists’ Guild, please visit <https://www.miltonartistsguild.org/workshops>. Milton Artists’ Guild Art Center & Gallery, 199 U.S. Rt. 7 South, Milton.

MUSIC

Cabin Fever Café – Winter in Vermont is long, so get out and enjoy some live music from local bands in this wintertime music series, on the second Saturday of the month, 10:00 AM – 12:00 PM, through April at the Fairfax Community Library, Fairfax. Free; coffee and refreshments available by donation. March 9: Troy Millette. April 13: Jake & Robin.

Chandler Center for the Arts, 71-73 Main St., Randolph, has announced auditions for the 11<sup>th</sup> annual *Next Generation* performance on Sunday, April 7, beginning mid-morning. Auditions are open to area high school age students age thirteen and up who are seriously studying classical music of all genres – instrumental, ensemble, or vocal, as soloists or in groups. The concert will be presented on Friday, May 17 at 7:30 PM at Chandler Music Hall in Randolph. A modest production fee will be charged for those students chosen to perform. The deadline for audition application is Monday, April 1. Please contact board member Janet Watton for more information about this performance or to schedule an audition: [janet@chandler-arts.org](mailto:janet@chandler-arts.org) or 802-728-9402.

At the Spruce Peak Performing Arts Center: Friday, March 8, 7:00 PM: Cyrille Aimee; Friday, March 8, 11:00 AM: ArtSmart – Instruments of the String Quartet; Saturday, March 9, 7:00 PM: Spruce Peak Chamber Music Society presents The Art of The String Quartet; Wednesday, March 13, 1:00 PM: The Met Opera: Live in HD *Carmen* (Bizet), AARP 20% discount; Friday, March 22, 7:00 PM and Saturday, March 23, 3:00 PM: TRIP Fundraiser 2019; Thursday, March 28, 7:00 PM *Le Cirque Esprit: Spirit of the Machine*, one free kid’s ticket offered with the purchase of a full-priced adult ticket, offer expires Thursday, February 14; Friday, April 5, 7:00 PM: The Allman Betts Band; Wednesday, April 10, 1:00 PM: The Met Opera: Live in HD *Die Walküre* (Wagner), AARP 20% discount; Saturday, April 13, 7:00 PM: Under The Street Lamp, family 4-pack (save 25% on four or more tickets); Wednesday, May 8, 1:00 PM, The Met Opera: Live in HD *Aida* (Verdi), AARP 20% discount; Friday, May 17, 1:00 PM: ArtSmart – Investigation and insight into works by master composers – Bach, Beethoven, Brahms, Bartok, and Bridge; Saturday, May 18, 7:00 PM: Spruce Peak Chamber Music Society presents Family, Fun, Five “B’s;” Thursday, June 13, 1:00 PM: The Bolshoi Ballet in HD, *Carmen Suite / Petrushka*, AARP 20% discount; Wednesday, June 26, 1:00 PM: The Met Opera: Live in HD *Dialogues Des Carmélites* (Poulenc), AARP 20% discount. Spruce Peak Performing Arts Center, 122 Hourglass Dr., Stowe. For more information: 802-760-4634 or [www.SprucePeakArts.org](http://www.SprucePeakArts.org).

The Flynn Center for the Performing Arts in Burlington presents, on Friday, March 15, *Québecfest* bringing two traditional bands – *Le Vent du Nord* and *De Temps Antan* – who combine forces for an evening of Celtic roots and vibrant Francophone culture, paying tribute to Québec’s music revival. On Wednesday, March 27, the U.S. Army Field Band and Soldiers’ Chorus: the United States Army Field Band has been traveling the world for more than 60 years as the premier touring musical representative for the U.S. Army. For information and tickets, 802-863-5966 or [www.flynnitix.org](http://www.flynnitix.org).

The Cathedral Church of St. Paul in Burlington presents a series of free (donations appreciated) *Tuesday noon series* concerts. Bring a bag lunch; coffee and tea are provided. The Cathedral Church of St. Paul, 2 Cherry St., Burlington is at the corner of Battery and Cherry Streets, with entry on Cherry St. Parking, \$4 per hour in the Cathedral lot (free with handicap plates or tags), or two hours free in the Lakeview City Garage across Cherry St. (enter next to Hotel Vermont). Tickets are sold at the door. April 30: *Gotta Play Schubert – Again!* Last spring we hosted a performance of Schubert’s *Octet* for a mixed ensemble of woodwinds and strings made up of players from the Craftsbury Chamber Players, Scrag Mountain Music, TurnMusic, and the Vermont Symphony. Because we all had such a good time, they’re gleefully going to do it again. May 28: Mount Mansfield Union High School Chorus, Caleb Pillsbury, director. This fine chorus of young singers shares highlights of their spring program. June 11: *Syrinx*, Glenn Sproul, Director. Since 2001, *Syrinx* has offered quality choral music from various traditions to the community, especially to those in senior living communities. From Bach to Broadway, by way of spirituals and other genres, they embody the

pleasure that the gift of music can offer.

THEATER/FILM

Chaos and shenanigans abound as Essex Community Players continue their 60<sup>th</sup> season with the production of Don Zolidis’s *The Tell-Tale Farce*. Richard is madly in love with Sarah, the niece of a wealthy widow. In his desperate attempt to court her he pretends to be Edgar Allan Poe. Unfortunately, Abigail, the widow’s granddaughter, is not happy with her fiancé’s lack of... everything, and has concluded that she is in love with the rakish and desirable Poe. Enter Sarah’s fiancé Rufus to further complicate matters. Meanwhile Brinsley, the butler, tries his best to avoid a dalliance with the Irish harriidan maid. Directed by Jennifer Martin with a cast representing most of Chittenden County, the show runs Friday, March 1-Saturday, March 16, with performances Fridays and Saturdays at 7:30 PM and Sundays at 2:00 PM in Memorial Hall, Essex Center (at the intersection of VT Rts. 15 and 128 with Towers Road). Tickets are available online at [www.essexplayers.com](http://www.essexplayers.com) (no service charge). The Memorial Hall Box Office will be open Saturdays from 9:00 AM – 1:00 PM and two hours prior to each performance, through the run of the show. Tickets are \$18 for adults and \$16 for children (12 and under) and seniors (55 and over). On Essex Day (Sunday, March 3), Essex resident tickets are only \$14. All seats are reserved. As part of the *Essex Community Players Give Back* initiative, all proceeds from the sale of refreshments at intermission will be donated to the Martha’s Kitchen of St. Albans. For additional information, please visit our website [www.essexplayers.com](http://www.essexplayers.com) or call the box office at 878-9109 during box office hours only!

Shelburne Museum presents the 1947 film *Panique* (87 minutes) by Julien Duvivier on Sunday, March 10, 4:00 – 6:00 PM. The newly restored and long-unseen postwar film noir masterpiece is based on the Georges Simenon novel *Les Faïçailles de Mr. Hire* (Mr. Hire’s Engagement). After the screening, Bruce Goldstein, founder of Rialto Pictures, will interview Simenon’s son Pierre, a writer and Shelburne resident, to discuss the restoration of the film and adaptations of his father’s work. Tickets \$15 general public; \$12 museum members and seniors; \$5 students with valid I.D. Tickets may be purchased at [panique.eventbrite.com](http://panique.eventbrite.com) or at the door. On Sunday, March 31, 4:00 PM, Vermont International Film Festival, in collaboration with the Vermont Archive Movie Project, presents two films: *Mount Philo Commune* (1973; 23 minutes) by Robert Machover and Michael Singer; and *Peace Train to Beijing* (1995; 30 minutes) by Robin Lloyd. The first is a documentary film portrait of the Mt. Philo, VT commune, followed by a Q&A with Bridget Meyer and other commune members. The second is about the Women’s International League for Peace and Freedom journey through Asia on their way to the Beijing conference, followed by Q&A with Robin Lloyd. Tickets \$15 general public; \$12 museum members and seniors; \$5 students with valid I.D. Tickets may be purchased at [vtiff.org/events/Mt-philo](http://vtiff.org/events/Mt-philo) (Museum members use promo code SMVAMP19) or at the door.

Chandler Center for the Arts in Randolph announces auditions for their 21<sup>st</sup> annual summer youth musical: *Footloose!* Auditions are scheduled for Sunday, March 10 for teen lead roles and Sunday, March 17 for elementary and teen chorus roles. Performances will be held on the main stage at Chandler Music Hall in Randolph on Thursday-Sunday, July 4-7. On- and off-stage opportunities are available to students ages 7-18. Registration forms and audition material are available on Chandler’s website at [www.chandler-arts.org/youth](http://www.chandler-arts.org/youth). Deadline for registration is Friday, March 8 for leads, Friday, March 15 for choruses. Registration and audition fees will be charged and partial scholarship assistance is available. Chandler’s annual musical production presents plenty of creative opportunities, including costumes, sets, and more! For information about auditioning or about helping out behind the scenes, please contact Emily Crosby, [outreach@chandler-arts.org](mailto:outreach@chandler-arts.org) or 802-728-9878 ext. 3. For more information about youth offerings at Chandler, please visit [www.chandler-arts.org](http://www.chandler-arts.org).

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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 6:30 pm on WEDNESDAY February 27, 2019 at the Jericho Town Hall to consider the following

- A request to the DRB by Atwood Enterprises Ltd for a preliminary and possible final plat review for a 5 lot major subdivision and a 6 unit PUD residential development. This property is located at 44 Raceway Road which is in the Rural Agricultural Residential 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](mailto:cflinn@jerichovt.gov)



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### Community Bank N.A. supports BRMS Sleep Out team

Community Bank N.A. recently donated \$500 to Browns River Middle School to support its Sleep Out team for Spectrum Youth and Family Services' annual fundraiser. All proceeds from the event will help fund Spectrum's programs and services to help youth facing homelessness. Pictured (from left) are Browns River Middle School Principal Kevin Hamilton, Community Bank N.A. District Manager Erika Baldasaro, Guidance Counselor Greg Martin, Jericho Branch Manager Kelly Kimball and Student and Sleep Out Participant Joseph. PHOTO CONTRIBUTED



Community Bank N.A. recently presented a \$500 donation to Browns River Middle School to support its Sleep Out team for Spectrum Youth and Family Services' annual fundraiser. All proceeds from the event will help fund Spectrum's programs and services to help youth facing homelessness.

Each year, more than 500 adults and students join the Spectrum Sleep Out in solidarity with homeless young adults in Vermont. Individuals sleep outside for one night and raise money to keep Spectrum's doors open. Browns River Middle School will host its event on Thursday, March 21 at the school, with more than 40 students and parents participating.

"We were thrilled to present Browns River Middle School Sleep Out team with a donation toward their fundraising efforts for Spectrum," Community Bank N.A. Regional Marketing Coordinator Erinn Perry said. "The students and staff at Browns River Middle School consistently go above and beyond for local organizations that support the youth in our communities."

For more info on Spectrum and its Sleep Out fundraiser, visit [spectrumvt.org](http://spectrumvt.org). For more info on Browns River Middle School or to donate, visit [goo.gl/L6JhpY](http://goo.gl/L6JhpY).

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 <p><b>Underhill - \$269,500</b> Wonderful 3 bedroom home on 2 private acres with view of fields and hills! Remodeled kitchen w/ gleaming granite counters &amp; black appliances! New flooring upstairs! Cozy pellet stove for wood heat! Front &amp; back deck for relaxing! 2-car garage &amp; new roof in 2018! Spacious backyard w/ lg shed for gardening!</p>	 <p><b>New Price! Westford - \$150,000</b> This amazing land borders Essex &amp; is an easy commute to towns &amp; schools! Build your home on this 8.14 acre parcel w/ wonderful 5-acre pond that greets you as you arrive! S e p t i c permit for 4 bedrooms! Land is mostly level &amp; open some trees add shade &amp; interest to the land!</p>

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