

NEWS BRIEFS

POLICE REPORT

On Wednesday May 11, 2011 at approximately 10:51 AM, Vermont State Police arrested **Dale Tinker**, 52 of Jericho, VT for driving with a criminally suspended license subsequent to a DUI after he was pulled over for speeding on Skunk Hollow Road in Jericho, VT. Tinker was released on citation to appear in Chittenden County Superior Court on June 14, 2011. CASE #: 11A101947

On Friday May 13, 2011 and 9:44 PM the State Police were notified of a motor vehicle vs. moose crash on Vermont Route 128, Westford approximately .25 miles north of the Essex town line, in addition to the State Police, Essex Rescue, Essex Fire, Westford Fire and a Vermont Fish and Wildlife Warden responded to the crash. Investigation into the crash revealed that **Vanessa K. Merlo**, 26, of Westford, VT was traveling North on Route 128 when she struck a moose which was reportedly walking down the center of the road. The moose was killed in the crash and Merlo sustained minor injuries consisting of cuts, scrapes and bruises. She was transported to Fletcher Allen Health Care, Burlington, VT by Essex Rescue for treatment of her injuries. Merlo’s 1997 Saab 900 convertible had damage to hood, grille, windshield, and lights. CASE#: 11A101983

On Thursday April 28, 2011 at approximately 10:40 AM, Vermont State Police Trooper Lozier stopped **Robert Blais**, 51, of Underhill, VT on Route 15 in Jericho, VT after observing several violations which included having plates not assigned to the vehicle. Blais initially tried to identify himself as his brother, who has a valid license however it was quickly determined that Robert was the operator and criminally suspended in VT for a previous DUI conviction. Blais was issued several tickets and released on a citation. Blais is scheduled to appear in Chittenden County District Court at a later date. CASE #: 11A101773

Vacation Bible School
at Jericho Congregational Church

Jericho Congregational Church presents Club VBS Beach Blast July 11 - July 15 from 9:00 AM to noon. This Vacation Bible School will have Bible stories, lively worship, action packed games, and colorful crafts your children will remember for years to come. This is a free program open to children ages preschool through grade six. Snacks will be provided. For more information or to register, contact: Michelle Jaquith, 434-3638 or Mary Berard, 899-4407

Office of the Secretary of
State awards over \$95,000
in accessibility grants

Vermont Secretary of State Jim Condos is pleased to announce that 18 municipal projects across the state will receive funding to help make polling places accessible. \$95,217 in grants will be awarded to town and city offices and schools.

Huntington was among the communities named with an award of approximately \$5,000 to replace a handicapped ramp. The destination is still undetermined.

The federal funds, which come from the Department of Health and Human Services under the Help America Vote Act (HAVA), are intended to improve voting opportunities for individuals with disabilities. Since 2003, a total of \$607,982 in grants has been awarded under this annual program.

High speed internet expnded

FairPoint Communications is turning up more neighborhoods across Vermont this week. Here is the latest availability report. FairPoint’s high-speed Internet will be available in these areas of Westford and Underhill: Allen Irish, Apple Tree, Beaverbrook, Buchanon, Cowie, Duffy Hill, Fox, Hackett, Kingfisher, Rabbit, Route 15, Seymour, Spring Hill and Wild Berry.

The Mountain Gazette

6558 VT RT 116, Starksboro, VT 05487
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Brenda Boutin, publisher / editor / ad sales,
Ted Tedford, Phyl Newbeck, - writers

Letters Policy:
*Maximum 400 words; one letter per writer, per calendar month.
Must be signed for attribution,
with writer’s address and phone.*

Richmond to hold open
house for Chief Miller

Chief William Joe Miller will be retiring from the Richmond Police Department at the end of May after more than 15 years of service as Richmond’s Police Chief. Richmond residents and friends of Chief Miller are invited to attend an informal open house for the Chief on Thursday May 26 in the meeting room of the Richmond Town Center. The open house will begin at 4:30 and end at 6:30 PM with a brief presentation at 5:30 PM. Please save the date and plan to stop by to express your thanks to Chief Miller for his years of service to Richmond and wish him well as he enters retirement. Refreshments will also be available. For information 434-5170

Call and report flood damage

Vermont Emergency Management is asking for estimates of damage from the April floods from private property owners. The instructions are to call 211 and let them know you have damage to report. They will steer you in the right direction.

1,404 pounds collected
of expired, unused, and unwanted
prescription drugs in Vermont

On April 30 law enforcement officers from around the state of Vermont participated in the second annual National Prescription Drug Take Back Day, in cooperation with the Drug Enforcement Administration (DEA). 62 collection sites, including 28 participating law enforcement agencies, collected 1,404 pounds of expired, unused, and unwanted prescription drugs.

“Saturday’s initiative was successful in ridding Vermont of a significant amount of dangerous expired, unused, and unwanted medicines,” said Sheriff Roger Marcoux, President of the Vermont Sheriff’s Association. “And we hope this will aid in reducing accidental poisonings and overdoses, as well as impeding intentional misuse and abuse.”

“Thanks to our all of the participating federal, state and local law enforcement agencies and to the public,” said Captain Robert Evans, Assistant Field Force Commander. “We not only removed these dangerous drugs from our homes, but also educated concerned citizens about the dangers of drug abuse.”

Last fall, Congress passed the Secure and Responsible Drug Disposal Act of 2010, which amends the Controlled Substances Act to allow users of controlled substance medications to dispose of them by delivering them to entities authorized by the Attorney General to accept them. The Act also allows the Attorney General to authorize long term care facilities to dispose of their residents’ controlled substances in certain instances. DEA is presently drafting regulations to implement the Act.

Surprise your MMU graduate with a message in the 2011 Senior Class pages in the June 16 Mountain Gazette.
Email: mtgazette@earthlink.net
for more information

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Save Our Strays is doing their part to reach as many animals as they are financially capable of.

Many folks have made donations of pet food and supplies and for that Roy and Lisa are forever grateful.

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COMMUNITY COLUMNS

Ground rules for baseball safety

By Dr. Lewis First, *First with Kids*

With little league in full swing, parents have been stepping up to the plate to ask me if I have any safety tips for preventing baseball injuries this spring and summer. Well, let me see if I can hit a few safety tips out of the park.

Each year Emergency Rooms see more than 100,000 baseball and softball injuries to children under the age of 15 - many of these to the ankle, and knee although eye injuries are also common. To prevent your child from becoming a little league injury statistic, make sure they have all the required safety gear every time they play or practice. This means a helmet, and ideally a face guard and mouth guard for batting or running the bases. If your child is a catcher, they will also need a face mask, chest and throat protector, and shin guards. All guys should wear a cup and athletic supporter. Children who wear glasses should wear protective lenses as well.

Before playing, all children should do two things: (1) warm up by stretching to prevent muscle strain injuries and (2) walk around the field to remove debris and rocks, or fill any holes that players can trip over or fall into.

Here are some other key safety rules: To prevent overuse and injury to the shoulder and elbow of a future pitcher, parents should check with the coaches to make sure pitch counts are being kept that are determined by the age of the player - the older the pitcher, the more pitches they are allowed to throw per week.

Sliding should not occur headfirst, and breakaway bases that detach when someone slides into them should be used to prevent ankle and knee injuries. All players - on or off the field - should be paying attention to what is happening at all times to avoid being hit by a fair or foul ball. Make sure your ballplayer wears sunscreen. Make sure the coaches have a first aid kit available at all games and practices.

Finally, coaches should put the emphasis on fun and fundamentals rather than winning at all costs, because the latter approach can lead to a higher chance of injury.

Hopefully, tips like this will hit a home run and prevent you from making an error when it comes to keeping your child injury-free on the ball field this summer.

Lewis First, M.D., is chief of Pediatrics at Vermont Children's Hospital at Fletcher Allen Health Care and chair of the Department of Pediatrics at the University of Vermont College of Medicine.

Notes from Montpelier

By Rep. Bill Frank

Multiple kudos to the road crews for their stellar work after a winter season of snow storms and a spring of road washouts. I have seen the results of the storms on many of our roads, and also have seen that they were fixed and passable in record time. I'm proud of the road crew's work. Let's make sure we all give them our thanks when we see them and be sure to slow down when they are we pass them working.

The Federal Emergency Management Agency, FEMA, is in Vermont to access the damages done by the recent rain and flooding and they want to hear from anyone who has been affected – even if things have dried out, been repaired and everything seems okay. FEMA can use this information to advocate for increased aid for Vermont communities, including grant funds for individual households. They can also make connections with long-term recovery groups who can bring teams of volunteers to a community to assist in making needed repairs or remediation. The more information they get, the better Vermonters needing help will receive it. If you have had any damage you should call 211. Even if you don't think the damage was very much or you have already repaired it, please call to be sure that FEMA can gauge the full extent of the impact of the weather. If your furnaces or water heaters are not working, your driveway was washed out or your bridge damaged, you should

Frank continued on page 6

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Spring?

By Suzanne Kusserow
Senior Guest Columnists

I woke the other morning and stumbled into the kitchen. As I was making my inaugural cup of coffee, I looked toward Mt. Mansfield. There was snow on the upper elevations. Now, this is not unusual for early May, even for late May, although it will enthusiastically elicit many stories of “The Spring of ’88”, (or ’72, or, to the oldest among us, the ‘real’ storms of the 50’s and 60’s). The tiny red pompoms of the red maples, and the pale green puffs of budding willows and sugar maples, are accenting the hillsides, rising up the sides of the mountains to meet the snowline. At such a point of division, which omen or indicator do we believe? When does ‘true’ spring start? Not by any defined date on a calendar; we know that to be completely unreliable – spring Equinox, the Ides of March, April school vacation, Easter. In Vermont, there are very few definitive signs of spring: the brooks start to break away from the ice that has held them; the crows come squawking back in groups called a ‘murder’ (don’t know where that came from); there is a skunk out of hibernation that brings her distinctive odor along with her. And that is about it. The New Year calendar that we have looked at through alpine glows on the mountains, skiers careening down “Broken Leg Alley” and piles of snow in front of some lonely farmhouse, are now replaced by sugar shacks, nostalgic views of sweaty, steaming pairs of Clydesdales pulling a sled full of old-fashioned wooden tubs filled with maple sap. And as we turn the page to April and May, there are gorgeous photos of draped branches of cherry blossoms dropping pink blossoms onto a sea of daffodils. Often there is a bird in these pictures: an oriole, a bluebird, something bright, so that you can almost see the small cartoon bubble above his head, singing “Spring is here!” And yet we must be content with squads of Canada Geese cutting through the rain clouds, and the sound of a few peepers tuning up in a vernal pool deep in the woods.

We have visitors from Appalachia, Georgia, and even as far west as Oregon and California, who will tell you, by personal contrast, that there really is no such thing as spring in Vermont. Although we may agree among ourselves, outsiders’ opinions are treated with the stereotype of the taciturn Vermonter (which is actually a nice defensive play to keep intrusive and regional judgments at bay). Our hills are soggy; the corn stumps in our fields are drowned, our spirits are down one minute and buoyed up the next by a wan sun fresh from a bath, stealing a break in the clouds.

We walked in the woods yesterday and in sun-spotted breaks in the trees we saw Trout Lilies nodding in an East wind, small leaves of Canada Mayflower and even occasional Kelly- green spikes of Blue Bead Lily starting to explode into its three broad leaves. The kids gathered frogs’ eggs and yucked at them, in typical kid fashion. There was a small rushing waterfall where shoes were baptized by total immersion. “Eddie” (our Lab) snorkeled to pick up large stones from the bottom, drag them to the bank, and go for another one: purpose unknown. Adrie told the kids about trillium: “Tri is threes: tricycles, triangles, triads. See, everything of this plant is in threes: sepals, petals, pistil and stamens”, which pinged my heartstrings nicely, since I had once taught her these things.

So, without fanfare, without an ostentatious blossoming of flowering trees, without a publicized date on a calendar, spring is here in Vermont. It is highly individual for each of us; it hides itself nicely in various disguises; and aggravates us with its fickle behavior. We pick our own timing and definitions; Vermonters don’t get boxed in to accepted patterns too well. But now, finally, we can join with the Phoebes and Sparrows and raucous Blue Jays, and even the squawking shiny-black Crows and honking Canada Geese and sing: Spring is here!

AREA WORSHIP SERVICES

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Men's Breakfast - third Sunday, 7:00 AM
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Merger

On the June 7, 2011 vote for a Regional Education District for the Chittenden East Supervisory Union, I plan to vote NO. After careful consideration of the proposal, there are many reasons that I believe we should all vote NO. These concerns include:

The potential financial savings are completely unrealistic. One savings is based upon closing/moving the central office to a school. There would be large expenses for such a move and no school has been identified with space for the office and/or space for the office traffic. A second unrealistic savings involves the elimination of a special education administrator. This position was added several years ago to reduce the cost of special education by helping the staff and parents in making efficient decisions on services. This change could bring even more costs. All of these potential savings seem like smoke and mirrors in an effort to pass the proposal. If any of these ideas are good financial decisions, the present boards would have adopted them.

This proposal is also aimed at the improvement of the educational program. There are no specifics in the plan. The Commissioner on several occasions has stated that this will not eliminate programs such as enrichment or pre-school. He has stated that there will be no “leveling down” only “leveling up” of opportunities for students. Therefore some of our schools will need to add programs (such as enrichment, pre-school, languages) to make all of our schools have “equal” opportunities for students. This will add substantial costs to the budget of the Regional Board. School choice is also added as an incentive to the proposal. Elementary students could choose another school (and add another two hours to their daily bus ride). Without special funding for transportation for these students, this is a completely unfair and unbalanced idea. If this new funding is available it will cost more (and still waste hours of bus time).

This proposal transfers all of our town school buildings to this new Regional Board. The citizens of each town will no longer own or control their own community school buildings. After the four year limitation, the Regional Board can close any building with no input from the town.

There will be no future annual town school meetings. The town school districts have been eliminated.

The Chittenden East Supervisory Union has created educational and financial efficiencies for decades. We have one teachers’ contract for all of our districts and one support staff contract. We centralize all special education staff. We have staff assigned to multiple districts for many programs- music, physical education, languages. One business manager supervises all the budgets, building projects and contracts. Any efficiency the state Commissioner or anyone can describe can be implemented with our current board arrangement—if it is a sound and effective idea that our boards can support. Our multiple board organization is not archaic or “Byzantine” as some have alleged.

Decisions about the children of our community should be made by the parents and citizens of our community, I believe. When and if we need to close our school or expand our school, the citizens of Huntington (and each town) can make that decision. We do not need a Regional Board to tell us what we should be doing.

Gail B. Conley, Huntington

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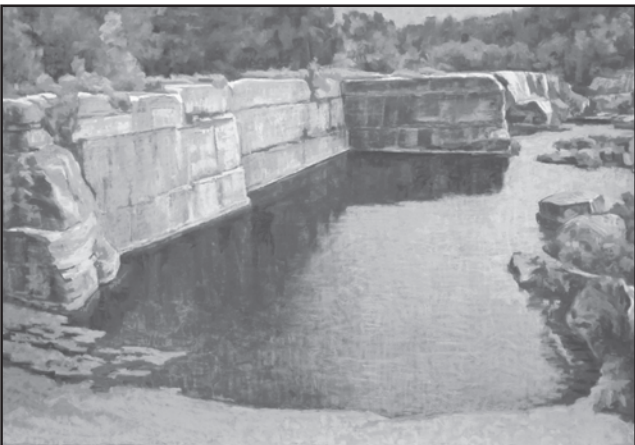
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3

EVENTS

COMING EVENTS

Friday May 20
Jericho Center Potluck and Program, 6:00 PM. All friends of the Center Invited. Program: A History of Jericho Center. In 1976, Jericho Center 8th grade students Bert Dickerson and Peter Alexander spent months gathering information, researching photos, and talking with locals about the history of Jericho Center. The potluck dinner at 6 PM will be followed at 7 PM with the slide and audio presentation by Bert; his program features interviews with general store owner Lil Desso and other residents who once lived in our homes. If possible please call Bob or Gail Schermer (899-2072) to let us know what you will contribute to the potluck. In any case, please join us. *Sponsored by the Jericho Center Preservation Association Annual Meeting*
Sundays, May 22, 29
Sundays for Fledglings, Bird Museum of Vermont, Huntington, 2:00 to 2:45 PM. Kids are invited to hike, create, explore, carve, act, write, or investigate with us on Sunday afternoons. Designed for 1st through 4th graders, but all are welcome.
We focus on birds...but amphibians, mammals, trees, ferns, forests, insects, and other natural community members may be included. Activity details will be posted at the museum and online each week. We are often outdoors, so dress appropriately.
Free with admission; donations accepted. Pre-registration strongly encouraged. Call (802) 434-2167 or email museum@birdsofvermont.org.
Saturday May 21
Yard Sale - Plant Sale - Bake Sale, Smilie Memorial School - Bolton Vermont, Left on Rt. 2 just past Bolton Valley Access Road, from 9:00 AM - 2:00:00 PM. Vendor spots still available for \$15.00 a spot. Yard Sale spots still available as well. Donations being accepted from May 18 - the 20 for items to sell in good condition. Please no furniture. Contact Brenda L. Phillips at 434-5468 or bphillips@gmavt.net for more information.
Annual Plant Sale by the Burlington Garden Club from 10:00 AM – 2:00 PM at the Bloomtime Festival at the UVM Horticulture Research Center, 65 Green Meadow Drive, South Burlington, VT (turn at the traffic light at Ford/Toyota on Shelburne Rd.) Over 1,000 plants and quality items from local businesses, nurseries and Garden Club members will be available for purchase. The proceeds will go to benefit scholarships and civic projects. Information: 372-4058 or www.bgcvt.org .
Bird Day Festival: Go Wild, Go Birding, 8:00 AM– 4:00 PM, Join us at our annual Bird Day Festival, a free, community-wide



Land and Light, the Bryan Gallery’s flagship exhibition is open for the season. Phil Laughlin and Louise Arnold are two of the featured artists.
PHOTOS CONTRIBUTED

event to celebrate Migratory Birds. There will be a live bird show, bird walks, music with the Swing Peepers and the Fiddleheads, bird viewing stations, bird banding demonstrations, games and crafts, a raffle, indoor and outdoor scavenger hunts, and more. Our featured guest will be hummingbird expert Ernie Franzgrote, who will share his film about these amazing birds and answer your hummingbird questions.
Bird walks and bird banding begin at 8:00 AM (banding will end by 11); other events generally start around 10:00 AM. A detailed schedule will be posted at the Museum and on our website’s calendar <http://birdsofvermont.org/events.php>. Co-sponsored by Audubon Vermont and the Birds of Vermont.
Come for an hour or all day. Volunteer for some or all of it. We will have as much of this outside as the weather permits. See you there. Free.

Sunday May 22
Pleasant View Cemetery Annual Meeting, 6:00 PM, Westford Town Hall. All members encourages to attend.
Tuesday May 24
Veterans Home Loan Benefits Seminar, VFW Post 6689, 73 Pearl St, Essex Junction, near Champlain Valley Expo Center across from Big Lots, parking in rear, 7:00 PM. Seminar will cover VA purchase and refinance VA basics by Terryann Stein for the VFW, along with guest speakers for legal, real estate and home inspection basics. Limited seating, registration is required. Contact Terryann@Terryann.com or call 845-926-5658.
Friday May 27 and Saturday May 28
Gigantic Spring Tag Sale, Jericho United Methodist Church, Rt. 15 (next to the Jericho Town Hall). Friday, 9:00 AM – 6:00 PM and Saturday 9:00 AM – 3:00 PM. For information call 899-3093.
Saturday May 28
Bird Monitoring Walks, 7:30 – 9:30 AM. Bird Museum of Vermont, Huntington. Join Executive Director Erin Talmage on our monthly surveying walk. Bring rain boots or sturdy hiking shoes, sweater or jacket, binoculars, etc., depending on weather. Trail conditions vary. Free.
Let’s Go Fishing Clinic and “BBQ, Mills Riverside Park, Route 15 in Jericho, 10:00 AM. The event will be free and open to the public and is sponsored by the Mills Riverside Park, St. Thomas Parish, the St. Thomas Knights of Columbus Council #7810, and the Vermont Fish and Wildlife Department. Fishing gear will be supplied. A barbecue will be available for fishing clinic participants and their families. There is limited space so registration required. Children must be accompanied by an adult. To register, please email the adult and children’s names and phone numbers to mgraas@yahoo.com or phone Mark Graas at 802-310-8145.
Friday and Saturday June 3 and 4
Indoor lawn sale, Grace United Methodist Church, 130 Maple Street, Essex Jct., 9:00 AM to 1:00 PM. Something for everyone.

ONGOING EVENTS

ADULT ACTIVITIES
Chittenden County Postage stamps and post card club meets every first Wed. of the month 6:15 -8:30 PM, A IDX Circle GE Healthcare Building. South Burlington Information e-mail:Laineyrapp@yahoo.com or call me at 802 660-4817
The **Essex Art League** holds monthly meetings at the First Congregational Church, 39 Main St., Essex Jct. For information, 862-3014.
Chittenden County Stamp Club, First Wednesday of the month 6:15-8:30 PM, GE Healthcare, 1 IDX Circle, South Burlington, VT. Everyone is welcome to come learn about stamp collecting,

postage history, cachets, postcards and postage stamps or a variety of other knowledge. Lainey Rappaport (802) 660-4817.
Eagles Auxiliary #3210 holds bingo at the club house on Rt. 109 Friday nights. Doors open at 5:30 PM. Bingo starts at 7:00 PM. For more info contact Sally at 644-5377.
Green Mountain Chapter of the Embroiders Guild will meet on May 11 at 9:30 AM at the Pines Senior living community, 7 Aspen Dr, South Burlington. First meeting is complimentary. Contact number 879-0198.
Handbell ringers, Tuesday evenings, United Church of Underhill. All are welcome at rehearsals. Two ensembles; opportunity for small groups/shorter time periods. We ring a variety of music in a variety of settings and look forward to new faces joining us. Beginners welcome! Call Roger, 899-3106, for information.
Mt. Mansfield Scale Modelers gather on the third Thursday of the month from 6:30 to 8:30 PM. Modelers encompassing all categories of interest and skill levels are welcome. Brownell Library, Kolvoord Community Room, Lincoln Street, Essex Junction. Next meetings Thursday December 16, 2010; Thursday January 25, 2011; and Thursday February 24, 2011.

The women of the United Church of Underhill meet on the second Saturday of each month (March 12) at 8:00 AM at the Church located at the park on Rt. 15 in Underhill Flats. Women interested in sharing Christian prayer and discussions are welcome. Contact Julianne Nickerson at 899-3798 for more information.
The VT-French-Canadian Genealogical Society presents two classes in April to help you in your search for your ancestors. Donations are appreciated for the classes. Vermont French Canadian Genealogical Society is located in Fort Ethan Allen, Colchester. We can help you get started in finding your ancestors, even those that are not French Canadian. We have the complete Vermont Vital Records so you don’t need to drive to Middlesex to access that information. Come see us on Tuesdays from 3:00 to 9:30 PM and Saturdays 10:00 AM to 4:00 PM. Parking and entrance on Hegeman Ave. across from the State Police. Please visit our website [Http://www.vt-fcgs.org](http://www.vt-fcgs.org), or call 802-238-5934 for more information.
Beginning Genealogy- Saturday, April 16, from 10:30 AM to 12:00 PM - Sheila Morris will teach you how to get started with this very rewarding hobby. You do not need to have French-Canadian ancestors to get started with our resources. Bring as much information as you can about your grandparents; births, marriages, deaths and where they lived. Afterwards our volunteers can help you get started.
The Civil War-Scott Tower will give a presentation on the different resources he uses to research a Civil War soldier’s records and personal history. He will also do a slide show on the different battlefields and historic sites he has recently spent two weeks touring. Please join us on Saturday, April 30, 2011 from 10:30 AM to 12:00 PM.

HEALH EVENTS & GROUPS
Alcoholics Anonymous Meeting, “Wing It” group meets Sundays - 11:00 AM at Maple Leaf Farm on Stevensville Road, Underhill - it’s an Open Speaker meeting followed by a Brunch (there is a \$10 charge for the brunch)
Alcoholics Anonymous Meeting, “The Firing Line” group meets Wednesdays, 7:15 PM - 8:15 PM at Maple Leaf Farm on Stevensville Road, Underhill - it’s an Open Step meeting
Alcoholics Anonymous Meeting, “The Firing Line” group meets Saturdays, 8:00 – 9:00 PM at Maple Leaf Farm on Stevensville Road, Underhill - it’s an Open Speaker Discussion meeting
Alzheimer’s Support Group - Free educational support group series for families coping with a loved one with Alzheimer’s disease and related dementias. This series gives caregivers the opportunity to better understand and develop strategies for the future. Held monthly at The Arbors at Shelburne. For more information and to register, contact Nicole Houston, Director of Family Services, The Arbors at Shelburne, 985-8600.
Overeaters Anonymous meets 6:00 – 7:00 PM Wednesdays at the Jericho United Methodist Church, VT Rt. 15, Jericho. TOPS Chapter 145 Jeffersonville meets 6:15 PM on Thursdays at the Eagles Club, Route 109, Jeffersonville. Weigh-in 5:15– 6:00 PM.

Healing Circle Breast Cancer Network, support group for women with breast cancer, meets first Tuesday of every month at 5:30 PM, Northwestern Medical Center, Conference Room #1. RSVP at 524-8479.
Franklin County Prostate Cancer Support Group, first Tuesday of each month, 5:15 - 7:00 PM, Northwestern Medical Center Conference Room #2, St. Albans. This support group offers men opportunities to educate themselves and each other; share and learn from each other’s experiences; offer support to each other, a spouse or partner; and advocate early detection of prostate cancer. For information, Fern Mercure, 524-0719.
Statewide Quit Line, Telephone Smoking Cessation Counseling. Call 1-877-YES-QUIT (1-877-937-7848). Free.
Alcoholics Anonymous Meeting, “Keep It Simple” group meets

Ongoing Events continued on page 5

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EVENTS / SENIOR INFORMATION

Ongoing Events continued from page 4

Mondays, Wednesdays, and Fridays, 8:00 – 9:00 PM and Saturdays, 6:30 – 7:30 PM at the United Church of Underhill, Underhill Flats.

KIDS

“MUSIC WITH MIA” weekly musical story time at University Mall. Kids can enjoy music, stories, and sing-a-longs with local singer/songwriter Mia Adams. Located in center court, Mondays at 10:30 am. Free. This series goes through March 28, 2011. For more information, please call 863-1066 x11.

Playgroups are free of charge and open to all children birth through age 5 and their caregivers. At playgroup you will find stories, songs, crafts, free play, local events & information, and more. It is a wonderful opportunity to play with the children in your life, meet other playmates, and connect with other parents and caregivers. Playgroups follow the school calendar. Come to any or all groups that fit your schedule. For more information on any of the playgroups, please contact Heather Lebeis at 899-4415 or underhillplaygroup@yahoo.com.

Wednesday: Bolton's Smilie Memorial School 8:15 - 10:15 AM and Richmond Free Library 8:45 - 10:15 AM

Thursday: Huntington's Brewster Pierce Memorial School 3:00 - 5:00 PM.

Friday: Underhill Central School 9:30 - 11:00 AM.

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

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

SENIORS/COMMUNITY MEALS

Jeri-Hill XYZ Seniors meet at the Town Hall in Underhill Center on the first and third Wednesday of each month. All seniors are welcome! Dinners are served at 11:30 AM. For information, please call Bette Workman, 899-4446, Loreen Teer, 899-1363 or Doug Keith 899-2582.

Johnson Community Meal - Every 2nd & 4th Wednesday, 11:30AM-12:30pm at the United Church in Johnson. Come for a hot meal and get to know your neighbors. The meal will be followed by a community gathering. For more information, please contact: Ellen Hill: 635-1439, ellen.hill@jsc.edu.

Westford Senior lunches – Join Westford

Seniors for lunch at the Red Brick Meeting House on the Common the second Monday of each month. The next senior luncheon is on Monday, September 13. There is no lunch in July or August. Lunch is served at 12:00 noon with a short meeting or presentation following. Call 878-7405 or 879-7382 for information or for a ride.

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

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

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

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

SPORTS ACTIVITIES

Pliates - Wednesday evenings at 6:30 PM at MMU. Monday evenings at 6:00 PM and Saturday mornings at 9:00 AM at Dakini Studio. Call Lisa Timbers at 899-4191 for more information or visit her website at <http://timbers.wordpress.com>
Zumba - Wednesday evenings, 6:00 PM, Jericho Community Center. For more info contact Lori Preiss at 899-0343 or visit website: www.greenmountainzumba.com

SUPPORT GROUPS

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

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

Approach Autism With Advocacy, Recovery & Education (AAWARE) in the Lamoiile Valley, third Sunday, 3:00 – 5:00 PM, Second Congregational Church of Jeffersonville Community Room,

Jeffersonville. Special topics, guest speakers, resource information; playroom for kids, fenced side yard for outdoor play. For information, Terry Holden, 644-2759 (Jeffersonville) or Tina Karl, 888-3430 (Hyde Park.)

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

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

TOWN GOVERNMENT & ORGANIZATIONS

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

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

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

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

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

Village of Jericho, Inc. – Please be advised that the Board of Water Commissions of the Village of Jericho, Inc. will hold its next monthly meeting Tuesday June 21, 2011, 7:00 PM.

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

THRIFT SHOPS & FOOD SHELVES

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

RECIPES BY MARIAN TOBIN

Green Bean Soup

2 quarts stock (vegetable/chicken)
2 cups grated raw carrots
2 cups finely diced celery with tops
1 cup finely diced onions
2 cups fresh chopped green string beans
½ tsp garlic
Salt and pepper to taste
Cook vegetables in broth until tender. Add ½ cup raw rice or pasta cook until tender.

In a small skillet place 2 rounded tablespoons flour; 4 tablespoons bacon fat, stir until golden brown, being careful not to burn.

Add slowly to the soup. Thicken to desired consistency.

Lastly stir in ½ cup whole or evaporated milk. DO NOT let boil. Re-heat NEVER BOIL.

CVAA Senior Meals

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


Thursday May 19 - Hut, Susie Wilson Road, Essex Jct., 10:30 Check in, 11:00 AM lunch. All you can eat pizza buffet.


Friday May 20 – United Church, Hinesburg, 12:00 noon. Goulash, fresh garden salad, marble rye bread, peaches.

Monday May 23 – Covenant Church, Essex Ctr. 12:00 noon. Hot baked beans, hot dogs,

CVAA continued on page 7

2011 Hometown Hero Annual Volunteer Awards






Nominate an extraordinary volunteer!

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Categories: Adult, Sr. Adult, Youth, Group or Business

Awards: A total of \$6,000 goes to nonprofits served by award winners, made possible by a grant from Citizens Bank.


Celebration: All nominees will be honored at a breakfast in September.



Nomination Deadline June 9, 2011


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The fun begins at 9:30 AM and continues til noon.

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REVIEWS

ART
Vermont Wildlife art by award winning artist **Susan Winter** is on display for the month of May at the Brownell Library, Essex Jct., Five Corners, Monday, Wednesday, Friday 9:00 AM – 9:00 PM; Tuesday, Thursday, Saturday 9:00 AM – 5:00 PM. For more information call 878-4942.
Bryan Memorial Gallery presents paintings

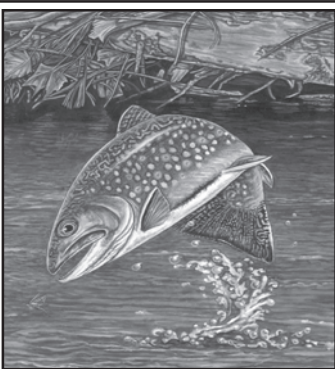
by Peg Racine now through June 26, 2011. Brandon Vermont artist Peg Racine is the featured artist in Bryan Memorial Gallery’s Middle Room for the spring season through June 26. Exhibit features over 30 landscape paintings in oil
Bryan Memorial Gallery presents Land and Light and Water and Air, its annual juried landscape exhibition, now through June 26, 2011. Featuring 100 New England landscape paintings of New En-

gland by 75 artists from all parts of the country, the exhibition includes cash awards and the Alden Bryan Memorial medal for the Best of Show Bryan Memorial Gallery at 180 Main Street, Jeffersonville, VT, is open daily from 11:00 AM – 5:00 PM. Participating artists can be viewed at www.bryangallery.org. For more information, call 802-644-5100.

THEATER/FILM

All films will be shown in the **Richmond Free Library Community Room**, starting at 7:00 PM and lasting until about 9:00 PM. Admission is free. Some screenings may have childcare provided – please call us at 434-4415 ahead of time if this is of interest. All films are suitable for grade 7 through adult.

The dates and film titles are as follows:
June 15, 2001 — “The Suzuki Diaries” – David Suzuki and daughter Sarika travel to Europe to visit inspiring people and projects that give hope for a sustainable future.; and “Weather Report” – A report from the frontlines of climate change in Kenya, India, Canada, the Arctic, China and Montana where people’s lives have already been dramatically altered.
July 14, 2011 – “Dirt: the Movie” — The story of the Earth’s most valuable and underappreciated source of fertility, from its miraculous beginning to its crippling degradation. This film will be presented in cooperation with the Chittenden Solid Waste District.
Please visit the Richmond Climate Action Committee’s website www.richmondclimateaction.net for more information about the group, the film series or our other projects.



Vermont Wildlife art by award winning artist **Susan Winter** is on display for the month of May at the Brownell Library, Essex Jct., Five Corners.

PHOTO CONTRIBUTED

Saint Michael’s Playhouse announces 2011 season of professional summer theater, June 22 to August 7: The Drowsy Chaperone, June 22 – July 2; I’ll Be Back Before Midnight, July 6 – July 16; Boeing-Boeing, July 20 – 30; The Marvelous Wonderettes, August 3 – August 13. Box office opens May 2; for information call (802) 654-2281. Visit www.saintmichaelsplayhouse.org for more information.

May 26 to 28 Jericho’s own Meredith (Myers) Gordon and Andy Gordon along with Jamie Losch will be performing **Potato Sack Pants Theater Presents: Character Flaws: A Sketch Comedy Night!** Meredith and Andy were a huge success at our Mount Mansfield High School Alumni production in January and many of you have asked about their upcoming performance. The event will be held at the Off-Center Center for the Dramatic Arts, 294 N. Winooski Ave. Suite 116C on Thursday, Friday or Saturday at 7:30 PM.

Frank continued from page 3

obviously call in. Even if things seem to be okay now that water has receded, you should call in to FEMA! The FEMA representative said that oftentimes, floods have impacts that take a while to be noticed, such as furnaces that ‘rust up’ and cease to function after being shut down for the summer; mold that begins to grow slowly and doesn’t have a noticeable effect for several months. If you have had any problems with water damage or flooding you should contact 211 and document your story. This is how FEMA can get the information that they need. I have posted a flyer from FEMA on my web site; feel free to share it with anyone who may have had damage.
The Jericho Highway Department received a Healthy Air Award from the American Lung Association for adopting a written policy to eliminate unnecessary diesel idling. Congratulations and thank you for improving the air we breathe. The award presentation was held at the State House the morning after the big rains so legislators from seven towns had to accept the award on behalf of their busy road crews. I posted a picture of the award on my web site. Let’s all work to have idle-free fleets in Vermont.
The legislature has ended its 2011 session and we finished a week earlier than anticipated. I feel we accomplished an ambitious agenda and did so very smoothly with everyone working together in the best interest of Vermonters. In some of my prior years the last week has been hectic, tiring

and very long. This year I only characterize it as being tiring. I feel that is a tribute to strong leadership as well as to the fact that we really are a group of average citizens with every reason to finish the business and return to our everyday lives, and I enjoyed being in the garden a week early. There were many significant accomplishments, some will affect all Vermonters and some that will affect far fewer people but are all equally important. I wanted to list all the accomplishments here and write briefly about them, but being such a productive session the list is long. I will mention two here and direct you to my web site for about 40 additional reports.
I first ran for the legislature because of the need for health care reform, especially a single and unified administrative structure with universal coverage for *all* Vermonters. Health care should be considered a right in our society. I feel this belief is shared by most Vermonters. We believe there is potential for significant savings to be achieved in such a system. This year we took a significant step forward in this effort, a reform that will take a number of years to fully implement. But the process of building a new health care system for all Vermonters has started. We created the Green Mountain Care Board and charged it with overseeing the implementation of health care reform efforts. This board ensures that important decisions related to our health care system will be made through a process that is transparent, democratic and open to the public. The legislature also established the health benefit exchange required by federal law. The exchange creates a more convenient way of comparing and purchasing health insurance. Finally, the legislature established a plan to implement a universal health care system called Green Mountain Care. Green Mountain Care would provide every Vermont resident with comprehensive health care. Health insurance premiums would be replaced by a more equitable public financing plan. This is historic legislation and I am proud to have been a part of it.

Even though we started the session with a \$176 million budget gap, we passed a balanced budget. In order to close the gap, we used about \$60 million in one-time revenues, about \$87 million in budget cuts and transfers, \$9 million in higher revenue projections from existing revenues and about \$24 million in new revenues (provider taxes and an increase in the cigarette tax). Most of the budget cuts were in the Department of Corrections. In addition, we were able to put aside almost \$17 million in anticipation of next year’s likely budget shortfalls and possible federal funding reductions. This is real “rainy day” money and it will be used for next year’s budget.
The bottom line for the budget is similar to the number proposed by the governor, but there are important differences in priorities. The governor proposed the elimination of the student assistance program, SAP. The Chittenden East Community Partnership has received a SAP grant for many years to support their mission to collaborate with youth and adults to encourage healthy decisions while promoting substance abuse prevention within our community. My wife and I attended their annual dinner meeting and recognition ceremony last week and I was pleased to report that we were able to find sufficient money to restore half of the SAP funding.
In my last column I wrote about hospice and palliative care and the bill I introduced this year. I’m happy to report the bill passed both the House and Senate and is its way to the governor’s desk. As always I like to hear from you, by email: Bill@RepBillFrank.com, phone: 899-3136 or mail: 19 Poker Hill Rd, Underhill, 05489.

Join your community and your neighbors to learn about the Union Unified School Board Proposal.

The local school boards in the Chittenden East Supervisory Union are putting a proposed school board merger to a community vote June 7. This is your chance to learn about the proposal, ask questions and share your comments.

Informational Meetings:

Underhill Center, May 31, 6:30 p.m.
Underhill ID, May 31, 6:30 p.m.
Richmond, May 31, 6:00 p.m.
Bolton, June 1, 6:30 p.m.
Jericho, June 6, 7:00 p.m.
Huntington, June 6, 7:00 p.m.

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LIBRARY NEWS

DEBORAH RAWSON LIBRARY, UNDERHILL

Art for the month of May features the creations by the students of Anne Joppe-Mercure from the Underhill Central School. Totems from the students of Chris Gluck at Poker Hills Arts are in the display case.

The board of trustees will meet Thursday May 19 at 7:00 PM.

Sunday May 22 will be the last Sunday the library is open until September.

The library will be closed Tuesday May 24 so that staff can attend the Vermont Library Conference.

The silent auction item for May is a delightful dragonfly garden stone created and donated by Chris Cleary. Stop by the library starting May 1 to see it and bid. Bids will be taken until May 31 at 8:00 PM.

Wednesday May 25, 6:30-7:30 PM. The Root Center will grow 25,000 pounds of produce for local food banks in 2011. Co-founders of this local non-profit will offer a presentation on energy efficient gardening. Come learn how geodesic structures heat themselves entirely through passive solar heating even in the winter. Come learn how aquaponics systems within a geodesic dome act as a low maintenance, year-round, food generator. Come learn how you can use these systems in your own back yard. For more info: <http://www.therootcenter.org> . Please call the library to register 899-4962.

The mystery book group will meet Tuesday May 31 at 7:00 PM to discuss *Fer-de-lance* by Rex Stout. Join us for a lively discussion.

On Wednesday June 1 at 6:30 PM, Nancy Sommers will present *17 and 1/2 Ways to a Healthier, Happier, and More Enjoyable Life*. Please come and join us for this inspiring and entertaining presentation. Topics to be covered include but are not limited to: Maintaining and improving Brain Health with breathing and meditation techniques; enriching your professional and personal relationships by developing improved listening skills; exciting new tips about the “fun factor” and your health journey.

Nancy Somers is a physical fitness expert from Temple University in Philadelphia. She is a respected lecturer and teacher and has been featured on radio, television, newspapers and magazines. Nancy is well known for her lively, motivational and fun presentation style

Please call the library to register 899-4962.

On Thursday June 2 at 6:30 PM, Anne Tisbert of the Valley Dream Farm will lead a workshop on window boxes. The cost is yet to be determined but it will cover a container, soil and plants. Call the library to register. 899-4962.

Library hours: Tuesday 12:00 – 8:00 PM, Wednesday 10:00 AM – 6:00 PM, Thursday 12:00 – 8:00 PM, Friday 10:00 AM – 6:00 PM, Saturday 10:00 AM – 2:00 PM, Sunday 1:00 – 4:00 PM, closed Monday. For information on any of the library’s programs, call 899-4962.

ESSEX FREE LIBRARY, ESSEX

The Friends and Trustees of the Essex Free Library will be holding their annual Book, Bake and Plant Sale on Friday and Saturday June 3 and 4.

The sale of books, all in excellent condition, will begin Friday at 3:00 PM and continue until 6:00 PM. Plants and baked goods will be sold on Saturday from 9:00 AM to 1:00 PM with the book sale continuing until 3:00 PM. The plants have been donated by local gardeners and have happily proven their ability to survive and thrive in Vermont. Plant donations and baked goods will be accepted up until the Saturday morning of the sale.

All the proceeds from this sale will benefit the library’s Summer Reading Program whose theme this year will be “Carry out a good book”. For information or directions, please call the library at 879-0313 or check our web site at www.essex.org.

FAIRFAX LIBRARY, FAIRFAX

Local art instructor Sally Ziegler will be showcasing her students’ artwork at the Fairfax Community Library throughout the week of May 12-19. 849-2420 or cmarlinski@fwsu.org Flower Beds and Container Gardening with Master Gardener Jane Sorensen of River Berry Farm; Thursday May 26 from 6:30 to 8:00 PM. Jane Sorensen will teach the basics of annual and perennial flower beds and container gardening. Please pre-register by May 23. 849-2420 or cmarlinski@fwsu.org. Preschool Story hour most Tuesdays from 8:30-10:30 AM. Stories, songs, word plays and craft.

PJ story hour the first Thursday of every month from 6:30 -7:30 PM. Kids are welcome to come in their pajamas and enjoy a story and a craft.

Free Wi-Fi service. Stop by the desk for the password (changes periodically). Find us on Facebook as Fairfax Community Library for updates on new books, events, and more.

The library is located at 75 Hunt Street Fairfax VT 05454. Library Hours Monday, Wednesday, and Friday 8:00 AM-3:15 PM, Tuesday, and Thursday 8:00 AM – 8:00 PM. <http://www.bffairfax.com/pages/communitylibrarynews.html>. 802-849-2420.

JERICHO CENTER, LIBRARY

Library hours are Monday 1:00 PM - 5:00 PM,

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

VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE

More educational opportunities at the Varnum Memorial Library: June 15 at 10:00 AM will be the “Savvy Seniors”, who provide comical performances about issues that touch us all; healthcare fraud and errors, identity theft, telemarketing and mail fraud, drug diversion and medication management. They act and role play to demonstrate ways consumers can protect themselves from being targets of fraud, such as handling suspicious phone calls or telemarketers. Lasts 30 to 45 minutes.

July 19 at 10:00 AM: There will be about prescription diversion and elder abuse by caregivers.

August 16 at 10:00AM: There will be a presentation about fraud: how to recognize it, and learn protection strategies.

For the pre-readers, Preschool Story Hour is on Thursdays at the Varnum Memorial Library. The Story Hour begins at 10:30 AM in the Library on Main St. in Jeffersonville. Come join the fun.

The Varnum Memorial Library is open Mondays and Tuesdays from 1:00-8:00 PM and Thursdays and Saturdays from 9:00 AM - 12 noon. There are programs for children and adults, free WiFi access, and of course books and materials to check out including the ECHO Center pass. Call 644-2117 if you have any questions.

WESTFORD LIBRARY, WESTFORD

Upcoming Events:

Continuing in May... Free Individualized Computer Tutoring for Ages 50+ By Appointment Only. Offered in collaboration with Champlain Valley Agency on Aging. Americorps member Colin Hunt offers personalized help with all your computer questions, everything from “How do I turn this thing on?” to “How do I use the Internet and email?” and more. Call Victoria at 878-5639 to setup an appointment.

Thursday May 19, 11:00 AM: Early Literacy Storytime. Stories and activities utilizing early literacy concepts for age’s birth-preschool. Theme: Community Helpers.

Thursday May 19, 1:00-3:00 PM: Homeschool Gamers . Bring your own games or enjoy the library’s selection. Hosted by Matt Taylor.

Thursday May 26, 11:00 AM: Early Literacy Storytime. Stories and activities utilizing early literacy concepts for ages birth-preschool. Theme:

The Zoo.

Friday May 27, 6:00 PM: Strategy and Board Games for Teens and Adults. Hosted by Matt Taylor.

New Additions to the Collection: Adult Fiction: *Dead Reckoning* (Harris). Adult Nonfiction: *Places to Walk, Paddle and Explore in Vermont* (The Nature Conservancy).

DVD: *The King’s Speech*. Juv - Thanks to a generous donation -a variety of *Handy Manny*, *Thomas the Train*, *Dr.Seuss* and others. Also, *Harry Potter and the Deathly Hallows (Part 1)*, *Fantasia and Fantasia 2000*, *Tangled*, and *Scholastic Storybook Treasures*.

The library is accepting donations of gently used books, audio books and movies for the July 4 sale. DVDs, children’s books and audio books on CD are especially appreciated. No text books, encyclopedias, magazines, Readers’ Digest condensed books or travel guides older than two years. Please be prepared to wait a few minutes while items are sorted for sale suitability.

Summer Reading Program Sneak Preview: Help us build a float for the world’s best (and possibly shortest) parade. Then, meet at the Town Garage on July 4 to ride it and toss candy to the crowd.

The library is open Wednesday 1:00 - 7:00 PM, Thursday 10:00 - 6:00 PM, Friday 12:00 noon – 6:00 PM, and Saturday 10:00 AM - 2:00 PM. We can be reached at 878-5639, westford_pl@vals.state.vt.us, and www.westford.lib.vt.us. Our catalog is available via our website.

DOROTHY ALLING MEMORIAL LIBRARY, WILLISTON

Pet Parade and Summer Reading Festival: Saturday June 25, 10:30 AM. Bring your pet or stuffed animal for a parade around the library. Music with Raphael Groten. Face painting. All ages welcome. Sign up for the “One World, Many Stories” summer reading program. No pre-registration. Pets are not allowed in the library. Please make arrangements for your pet while you’re inside listening to the music.

Summer Story Hour: Tuesdays, 11:00 AM, June 21-August 9. Stories and a craft. All ages. No pre-registration. Music with Raphael: Mondays, 10:45 AM, Thursdays, 10:30 AM. Come sing, dance, and clap your hands with Raphael and his guitar. Children participate and experience traditional and original folk music. Up to age 5 with a caregiver. No pre-registration. Limit: one week-day session per week per family.

Dorothy Alling Memorial Library, 21 Library Lane, Williston, VT. www.williston.lib.vt.us

HEALTH NEWS

Be injury free this spring

By Mary Kintner, D.C., R.N.

Working on your home this spring? Few activities are more satisfying. However, an injury can turn a satisfying activity into a miserable one with sometimes long lasting consequences. Work on your home and garden safely and enjoy the fruits of your labor!

Common injuries include fractures, sprains, sunburn and blisters. By using some simple steps and common sense procedures, you can more easily avoid these problems.

Begin by stretching your body before any activity. An injury is more likely to occur to someone inflexible and not “warmed up”. A simple walk around your property can get your blood flowing which helps loosen the muscles. Organize your work are so you have what you need when you need it. Arrange your equipment in a way to reduce risk of tripping and falling. Use the right tool for the job – e.g. don’t use a knife as a pair of scissors. Make sure your equipment is functioning properly – e.g. don’t use frayed cords, be sure ladders are properly secured, cutting tools should be sharp. These measures will help reduce your risk of getting injuries such as electrical shock, broken bones, cuts and bruises. Use equipment that is ergonomically designed and sturdy. Wear protective gear such as gloves, knee pads, safety goggles, etc. To prevent sunburn work in the shade, wear sun block and a hat with a brim. If stinging insects are present, wear protective gear and insect repellant. Be sure your footgear is adequate for the job at hand e.g. don’t climb a ladder in flip flops! When working, keep ergonomics in mind. When lifting, use your legs and lift close to your body. Bend at the knees so your legs can do

the work. If you need to turn, especially when carrying something, turn your whole body by turning your feet first (not at the waist). Reduce repetitive motion injuries by taking breaks every half hour or so. Make sure you keep well hydrated by drinking water every 15 – 30 minutes. Coffee, tea, milk, beer, etc. are not water and will not adequately hydrate your body. Quit when you are tired! More injuries happen at the end of the day when you are fatigued. Quitting early saves time when contrasted to an injury or trip to the emergency room.

If you are injured, stop what you are doing. Use first aid when appropriate. If you have a blister or minor cut, clean, cover and elevate it. If it is bleeding profusely, seek immediate medical attention. If you are stung by an insect, rinse the site, and apply a baking soda paste or plantain (a common weed) as a poultice. Sunburn is best treated by getting out of the sun. Minor sunburn can be treated by applying cool, not cold, water or aloe vera gel. If you get a painful sunburn that blisters or bleeds, seek medical attention. If you have a bruise or pulled muscle “RICE” it, that is rest, ice, compress and elevate. The same applies to strains and sprains. Chiropractic care may be beneficial because it treats the musculoskeletal system. A properly aligned body is more resistant to injury.

Working on your home and garden should be fun and rewarding. Take care of yourself by putting safety first and preventing injuries.

Mary Kintner, D.C., R.N., is a chiropractor and nutritional practicing in Jericho, VT.

CVAA continued from page 5

mustard, coleslaw, hot dog roll, ice cream.

Tuesday May 24 – Essex Grill, Essex Jct., 10:30 AM check in, 11:00 AM lunch. Fried shrimp, coleslaw, fries, dessert.

Wednesday May 25 – Colonial Room, Essex Jct., Education Ctr., 11:30 AM check in, 12:00 noon lunch. Roast turkey.

Friday May 27 – United Church, Hinesburg. 12:00 noon. Cold sliced ham with cheese, mustard, potato salad, three bean salad, bulky roll, fruit mousse.

Monday, May 30 – Holiday, No meal site.

Tuesday May 31 – Ponderosa, Williston, 11:00


AM check in, 11:15 AM lunch. All you can eat buffet.

Wednesday June 1- T-Bones, Hampton Inn, Colchester, 10:30 AM check in, 11:00 AM lunch. Turkey dinner.

Thursday June 2 – Bridge Street Café, Richmond, 10:30 AM check in, 11:00 AM lunch. London broil.

Make a friend, drive a senior to dinner.

LOOK BEFORE YOU LEAP





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Ed, Essex Junction

Leaping before you look is a classic mistake. Replacing your windows or roof before getting an energy audit can be another. An energy audit can reveal the real sources of heat loss in your home, and guide you towards the most cost-effective improvements you can make.

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Green-Up Day a roaring success

Jericho Green-Up Day By Jessica Alexander

Saturday May 7, 2011 Green-Up Day in Jericho started with the 11th annual Green Up Day Breakfast at the Community Center in Jericho Center. The fund raising to save the Community Center foundation was met and a big thanks was given to the community for supporting it. Thank you was given to Bob Penniman for his diligent work on the Streetscape Project in Jericho Corners. A bench will be put in front of the Jericho Town Hall in his honor. Thank you to MMU students Nash Krywka, Spencer Dodds, Keenan Myers and Trent Haggerty for their help with the Jericho Center Green clean up and at the Jericho Town Garage. Jay Corlis from the Jericho Road Crew was also at the Jericho Town Garage which acted as the Green-Up Day trash collection site. 2260 pounds of trash and 1780 pounds of tires were collected. There were over 200 volunteers participating this year. If you would like to help as a Green-Up Co-coordinator next year, please let the current co-coordinators know at 899-4936 x 1. Enjoy the green!

Green-Up Day Co-Coordinator were Amanda Repp, Ann Faryniarz, J. Brooks Buxton and Jessica Alexander

Westford By Julie Elmore

Westford Green-Up Day was another huge success this year. Many miles of dirt roads were “greened-up” courtesy of the Westford Elementary School’s 3rd and 4th grades and 5th and 6th grade teams along with a sizable group of Westford residents who signed up at the Town Office Road Map to cover sections of road (mostly paved) that the students could not cover.

Diane Siegriest, a Westford resident and teacher at the Westford Elementary School helped once again organize a stellar and committed group of parents, staff and students to carefully patrol both sides of Westford’s extensive dirt roads for trash the Friday before Green-Up Day. They searched high and low and were able to collect over 55 bags of trash, many truckloads of larger items and tires that could not be hauled away in bags and a countless number of recyclables and returnable cans and bottles. Thanks to the Westford Conservation Commission and fellow Green-Up day Coordinator Mark Peloquin who officiated a most unusual roadside trash item contest. The winners were given Westford Conservation Tee Shirts. This year one of the many unusual items found alongside the Westford roads was an artificial leg.

As I drive around Westford’s roads that meander through beautiful green pastures, wetlands and forest land and observe the brilliant green grass and witness the pale spring buds emerge it is wonderful to see the absence of trash and litter that had been scattered throughout these roads over the past year. Last week, just several days after our road was thoroughly cleaned I spotted a McDonald’s bag thrown alongside the road. As I scooped it up to bring it home to throw it away in the trash I wondered at how easy it is to just bring trash home instead of throwing it out a car window. Thank you to everyone in Westford, young and old who helped makes our roads green and continue to make our town beautiful by not throwing their trash out along the roads.

Huntington By Heidi Racht

Wow! This was a great day for Green-Up - perfect weather and lots of enthusiasm. We really cleaned this town. Over 40 families (more than 100 people) came out and got bags

and cleared our roadsides and picked up garbage along river paths, cleaned up flood debris and the soccer nets and raked the Rec Field, and picked up branches and raked the Center and Maplewood Cemeteries. We served all the doughnuts and orange juice (a couple of people remarked that this was the only doughnut they ate all year) and practically polished off a huge cambro of coffee and four dozen bagels. Thanks to Gary Koval and Juleta (Kovals in Hinesburg) for the donation of coffee and the Selectboard for everything else!

What was really so nice was that there was so much initiative to clean not only the roadsides, but also the areas around the river. It was also great to see the fewest number of tires in about five years.

If anyone would like pine needles or leaves for anything, there is a pile of needles at the back of Maplewood Cemetery and some piles of leaves - feel free to help yourself soon. It would be wonderful to not have them go “over the bank.”

You might wonder... just what is the brand of beverage can most likely to be picked up from the side of the road on Green-Up day? I’ll bet you guessed Budweiser (Lite, to be specific).

On behalf of the town and the boys scouts, thanks to all the volunteers for a job well done!

Underhill

Barbara Yerrick, one of the coordinators from Underhill reported that volunteers collected two dumpsters about 3/4 full of green bags, about 40 tires, and about 1/2 a dumpster of scrap metal.

Cambridge

According to Jill Richardson, Cambridge Green-Up day coordinator, a great deal of effort was put into cleaning up the West Farm dump site, completed was for phase one which was surface cleanup. The biggest problem was tires.

Bolton

An open house was held at fire station where volunteers were served hot dogs and soda. Amongst the trash there seemed to be an increased amount of tires.



Westford Elementary School students make a big difference.



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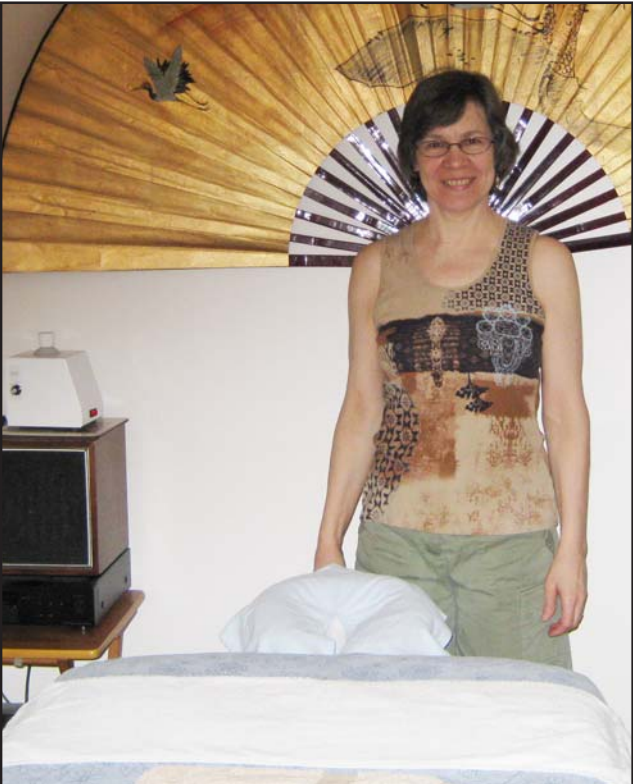
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Ally Massage opens in Underhill

Ally Massage, operated by Charlotte Brodie, offers a 90-minute massage that blends elements of the Swedish and Esalen traditions. The Swedish tradition uses a variety of techniques designed to relax muscles, increase oxygen flow in the blood, release toxins and metabolic wastes from the muscles, and increase circulation without increasing heart load. The Esalen tradition techniques are meant to increase awareness, promote relaxation, wellness and a sense of well-being, and to release stress. The result of blending these two traditions is a massage that is gentle enough to relieve stress while thorough enough to relax sore muscles.

Ms. Brodie learned this style of massage by apprenticing for 15 months with Jericho massage therapist of 20 years, Warren Marsh. Her goal is to be an ally to the inherent healing and relaxation capabilities of the body, thereby promoting healthiness, rejuvenation and a sense of well-being.

Ally Massage is located at 17 Metcalf View in Underhill, off of Poker Hill Road, and is open by appointment by calling 899-2833.

COLLEGE NOTES

Clayton Seth Willets, Jr. of Jericho, VT, was among 38 University of Vermont students initiated into the Alpha Alpha Psi chapter of Phi Alpha Theta, the national history honor society, at an induction ceremony held in April.

Nina Hurley, daughter of Matthew and Eina Hurley of Jericho, VT, was one of 18 Saint Michael’s College students inducted into Sigma Beta Delta, the international honor society in business, management and administration, in ceremonies held on campus April 9, 2011. Hurley, a senior business administration and accounting double major, graduated from Mount Mansfield Union High School before coming to Saint Michael’s, a liberal arts residential Catholic college located in Burlington, Vermont.

Saint Michael’s College student, **Jessica Adams**, daughter of David and Sherrie Adams of Underhill, VT, presented a paper titled “Knotted Crystals” at the 18th annual Hudson River Undergraduate Mathematics Conference held April 16 at Skidmore College in Saratoga, N.Y. Adams, a sophomore engineering major graduated from Mount Mansfield Union High School before coming to Saint Michael’s.

ENGAGEMENTS

KJELLMAN - STOKES
Carl and Venita Nudd of Newport, N.H. announce the engagement of their daughter, Noelle Kjellman, to Jason Stokes, son of Leon and Colleen Stokes of Huntington, VT.
A May 12, 2012, wedding is planned.

BAHR-SULLIVAN
Mr. and Mrs. Andy Bahr of Jericho, VT announce the engagement of their daughter, Adria Ann Bahr, to Tyler Sullivan, son of Phyllis Keene and Mark Sullivan of Westborough, Mass.

Small Dog Electronics collects 100 Tons of e-Waste during Sixth Annual Recycling Event

Early estimates indicate that Vermont based Apple retailer, Small Dog Electronics recycled 100 tons of e-Waste at its sixth annual recycling event this year.

Nearly 1,100 cars filled with old TVs, computers and electronic peripherals lined up at National Life Group in Montpelier as early as 8:30 AM to recycle their electronics for free. All of the electronics collected will be processed in the United States by WeRecycle! in one of their two processing plants in Connecticut and New York.

The e-Waste Event is part of the company’s mission of social and environmental responsibility. “It is critical that we find the best way to recycle what we sell and educate our customers about the importance of responsibly recycling their e-Waste. Although manufacturing processes are improving, computers, monitors and other equipment still contain some hazardous components like cadmium, mercury and chromium that can leach into the soil and contaminate groundwater,” says Don Mayer, CEO and founder of Small Dog Electronics. “Small Dog Electronics measures its success by people, PLANET and profit. This event focuses on the planet portion of our business, and I want to thank all of our partners for joining with Small Dog Electronics in subsidizing this annual event and for all who came out to responsibly recycle their e-Waste this past weekend,” said Mayer.

In addition to these e-Waste recycling events, Small Dog recycles e-Waste safely and responsibly all year-round for a standard fee of about 35 cents per pound. For more information about Small Dog Electronics and to learn more about what makes e-Waste so detrimental to the environment, visit <http://www.smalldog.com/ewaste>.

Sharon Green elected to Copley Health Systems Board

The Copley Health Systems Board of Trustees welcomes local attorney Sharon Green to serve a three-year term as trustee. Green is no stranger to healthcare governance; she served on the Copley board of trustees from 1991 - 2003, and has been serving on the Copley Governance Committee as the community representative since 2004. Green was elected by the board filling an open position. Elizabeth Rouse, Chair of Copley’s Board, describes Green as someone greatly respected by both the Copley family and our community. “We are fortunate to have Sharon on our Board,” says Rouse. “Sharon’s history with Copley, combined with her expertise and understanding of the hospital along with her commitment to our community is a tremendous asset.”

Green is an attorney with Williams and Green, P.C., a private company in Morrisville. She joined the Morrisville law firm of David A. Williams as an Associate in 1980 and became a partner in 1987; with the firm’s name changing to Williams and Green.

Active in the community, Green is a member of the Lamoille Regional Chamber of Commerce Board of Directors and also serves on the steering committee of the Chamber’s Leadership Lamoille Program. She has served on the boards for a number of non-profit organizations over the years, including the Clarina Howard Nichols Center, Lamoille County Mental Health Services and United Way.

Copley Hospital is Lamoille County’s not-for-profit community hospital and one of the area’s largest year-round employers. The hospital is an essential health care resource in this rural region, providing emergency services, diagnostic services, general surgery, cardiac care, a birthing center and orthopedics along with extensive Outpatient Services that includes a state-of-the-art Cancer Care program, Sleep Lab, Cardiac and Pulmonary Rehabilitation and access to a variety of medical specialists on its campus in Morrisville. Committed to fostering wellness, Copley sponsors extensive community education opportunities, focusing primarily on diabetes, obesity, heart health, and personal safety. Last year Copley provided more than \$800,000 in charity care and \$5.6 million in community benefits.

Copley Hospital recognized by the Aster Awards

Copley Hospital has been honored for healthcare marketing excellence in the 2011 Aster Awards Competition. The hospital received a silver recognition in this year’s competition for their Copley Birthing Center newspaper advertising series “...you’re family now.”

The Aster Awards, one of the largest national competitions of its kind, is hosted by Marketing Healthcare Today Magazine and Creative Images, Inc. This elite program recognizes outstanding healthcare professionals for excellence in their advertising/marketing efforts for the calendar year 2010.

The 2011 Aster Awards received approximately 3,000 entries from across the United States as well as Canada and South America. Participant’s entries competed against similar-sized organizations in their category. Entries must score at least in the top 16% to receive an award. Judging criteria includes creativity, layout and design, functionality, message effectiveness, production quality and overall appeal.

“It was an honor to have Copley Hospital participate in the 2011 Aster Awards Competition,” said Melinda R. Lucas, Aster Awards Program Coordinator. “They placed in the top 12% of the nation. The quality of this year’s entries went well beyond the judges’ expectations.”

“I am proud to accept this award on behalf of Copley Hospital’s Marketing, Development & Community Relations Department,” said President Mel Patashnick. “The recognition we receive from this award illustrates Copley’s continuing commitment to excellence and the health of our community.”

Leah Hollenberger, Senior Director of Marketing, Development and Community Relations, worked with David Pound Advertising Design to create the ad series. Clinical staff in Copley’s Birthing Center and Marketing Coordinator Jill Baker participated in the creative process.



Roland Pigeon play a rousing tune for those who gathered to pay tribute.

Overflowing crowd comes to celebrate 90th birthday of Westford’s favorite son

Community wide appreciation was shown this past Sunday the 8th of May for Roland Pigeon a long time Westford resident who has given back to the community all of his life. For over 40 years Roland was the school bus driver for the town. In the early 1940’s he needed to utilize a horse drawn open cart to bring the rural school children to the Westford School.

Roland was a well-known country fiddle player for over 60 years, playing throughout Franklin and Lamoille County at square dances and community events. He was a mentor to many of today’s country music talent. Over 20 musicians appeared at the birthday celebration playing favorite tunes and singing. The crowd participated in the cutting of the large birthday cakes. Family and friends came from as far as Arizona. The Reverend John Nutting of Elmore served as the Masters of Ceremony.


Rice Memorial High School announces third quarter honor roll

Fr. Bernard W. Bourgeois, principal of Rice Memorial High School in South Burlington proudly announces the following Jericho and Richmond residents have achieved honor roll status for the third quarter of this school year.

First Honors: Sara Till, 12, Jericho; Second Honors: Rebecca Anderson, 12, Jericho; Haley Rossi, 12, Jericho; Patrick Asselin, 9, Jericho; Will Myers, 9, Jericho; Kyle O’Grady, 9, Jericho; Matthew Sem, 9, Jericho; Frederick Torde, 11, Richmond; and Honorable Mention: Molly Walko, 10, Jericho, Honorable Mention.

CHITTENDEN EAST SUPERVISORY UNION

Unified K-12 District



On June 7,
your informed vote
is needed to decide
the direction
of her school.

The Unified K-12 District question: Should the towns of Bolton, Huntington, Jericho, Richmond and Underhill merge their districts including Underhill ID and MMU to create one unified union school board, which under new law would be called a Regional Education District (RED)?

The local school boards conducted a comprehensive study to understand the effects of this change. After careful consideration, the RED Study Committee now needs residents to become informed and to vote on the school district unification proposal. The committee asks that you review the facts and make your own conclusion. The direction of our schools depends on you becoming an informed voter.

Please take the time to learn the facts by reading the Study Committee’s Final Report today at www.LearnAboutMerging.com

Be informed and vote on June 7, 2011

CHITTENDEN EAST SUPERVISORY UNION

OBITUARIES

Margaret Anna Rock Kelly, 85, of Richmond, VT, passed away May 5, 2011, at her home after a long journey of Life. Margaret was born in Saranac Lake, N.Y., October 11, 1925, to parents Florence Rock (Stevens) and Herbert Rock. Margaret and family moved to Vermont in 1975 when her husband Robert was transferred to the Burlington VT facility of Swift Premium Meats. Margaret enjoyed spending time with her family and numerous brothers and sisters playing penny poker and pinochle at family gatherings. She also enjoyed bowling and was a member of various bowling leagues in New York and Vermont. She loved knitting and crocheting sweaters, baby sweater sets, and Afghans that she donated for raffles. There are many a sweater and afghan that she has given with love that have the “made especially for by Margaret Kelly” label sewn in. Margaret was predeceased by her parents; brothers, Robert Sawyer of Syracuse, N.Y., Clarence Rock of Saranac Lake, N.Y., Stanley Rock of Exeter, N.H., Raymond Rock of Saranac Lake, N.Y., Claude Rock of Mexico, N.Y., Herbert Rock Jr. of Lake Placid, N.Y.; sister, Carol Coons of Stottville, N.Y.; as well as son, LaVerne Gilbert Slater of Everett, Wash. She is survived by husband, Robert Kelly Sr. of Richmond, VT; daughter, Shari Kelly Wortheim and partner, Jeffrey Beaulieu, of Huntington, VT; son, Robert Kelly Jr. of Richmond, VT; sisters, Muriel Hewitt of Chittenango, N.Y., and Dorothy Winslow of Camillus, N.Y.; grand- children, Heidi Kelly, Kevin Slater, and Colleen Slater. A graveside service will be held June 11, 2011, at 1:00 PM at the North Elba Cemetery in Lake Placid, N.Y. Donations may be made to the Richmond Rescue Service of Richmond, VT. Arrangements are made by Stephen Gregory and Sons of Shelburne.



Elaine Teresa (Mitchell) Warren, 74, Westford, VT, passed away on Wednesday May 4, 2011, at Fletcher Allen Health Care in Burlington, VT, peacefully and surrounded by all of her dearest loved ones. She was born on July 31, 1936, in Kingston, N.Y., daughter of the late Earl and Teresa (Tiano) Mitchell. She married

Walter Warren in Kingston, N.Y., on October 1, 1955. She worked all her life, as a secretary and bookkeeper, and she was employed by IBM for many years. Elaine was an amazing wife, mother and grandmother who will be deeply missed by her loving family and friends. Elaine is survived by her adoring husband of 55 years, Walter Warren of Westford, VT; two daughters, Wendy Keebler and husband, John, and their children, Johnny and Miranda, of Michigan; Patricia Pittala and husband, Robert, and their children, Jesse and Brian, of Westford, VT. There will be no visiting hours. A graveside service with inurnment will be held in the family lot in Brookside Cemetery, at a time and date to be announced. Memorial contributions in Elaine’s memory can be made to Ronald McDonald House, 16 South Winooski Ave., Burlington, VT 05401, or St. Jude Children’s Research Hospital , Attn: Tribute Program, 501 St. Jude Place, Memphis, TN 38105-1942. Arrangements are by John D. Workman, A. W. Rich Funeral Home - Fairfax Chapel, 1176 Main Street, Fairfax, VT 05454. The family invites you to share your memories and condolences by visiting www.awrichfuneralhomes.com.

A graveside service for **Maurice Bogue**, Warwick, R.I., who passed away on December 2, 2010, was held on Friday, May 13, 2011, at 10:00 AM in the Jeffersonville Cemetery, Jeffersonville, VT. Friends are welcome.

Robert Louis Timmer, Jr., 46, Jeffersonville, VT, passed away at his home surrounded by his loving family on Tuesday May 3, 2011. He was born in Nashua, N.H. on December 7, 1964, son of Joan (Guzdzial) Whalen and the late Robert L. Timmer, Sr. Robert had served his country as a proud member of the United State Army and the Vermont Army Na-



tional Guard. He married the former Catherine Rivers in Cambridge, VT, on July 16, 1994. He is survived by his wife, Catherine Timmer of Jeffersonville, VT; two sons, PFC Jacob Rivers of Jeffersonville, VT, and Joshua Tree Timmer of Jeffersonville, VT; his mother, Joan Whalen of Skowhegan; a sister, Cindy Vergillii and husband, John, of New York; nieces and nephews; and his beloved companions, “Sir Edmund Hillary”, “Emma” and “Daisy”. There were no visiting hours held. A memorial service was held on Saturday May 7, 2011, at 1:00 PM at the Waterville Union Church with the Revered Heidi Rinker officiating. Memorial contributions can be made to the Warrior Thunder Foundation Inc. c/o Darren Bean, 50 Timberline Road, Millis, MA 02054 or Lamoille Area Cancer Network, P.O. Box 38, Lake Elmore, VT 05657. Arrangements are by John D. Workman, A.W. Rich Funeral Home - Fairfax Chapel, 1176 Main Street, Fairfax, VT 05454. The family invites you to share your memories and online condolences by visiting www.awrichfuneralhomes.com.

Jennie R. Roberts, 86, Richmond, VT, widow of Henry E. Roberts, died Thursday April 28, 2011, at home following a long illness. She was born in Brattleboro on June 30, 1924, the daughter of the late William and Angie (Lanphere) Thompson. Jennie is survived by her four daughters, Christine Royea and her husband, Cecil, of Richmond, Ann Leonard of Milton, Eleanor Cheeseman and her husband, Bruce, of St. Albans, and Wilma Roberts of Richmond, VT; five grandchildren; two great-grandchildren; and many nieces and nephews. She was predeceased by her brothers, Joseph, Frank, William, and George; and her sisters, Mary Trombley, Eleanor Caisse, and Marjorie Campagna. A graveside service was held on Saturday, May 7, 2011, in Lakeview Cemetery on North Avenue in Burlington, VT, at 11:00 AM. For those who wish, contributions in her memory may be made to the American Heart Association, 434 Hurricane Lane, Williston, VT 05495 or Alzheimer’s Association, 300 Cornerstone Drive, Suite 120, Williston, VT 05495. Gifford Funeral Home, 22 Depot St., Richmond, was in charge of arrangements.

Chester Harrington Lewis, 77, Jeffersonville, VT, passed away at his home on Monday May 2, 2011, surrounded by his loving family. He was born in Somerville, Mass., on August 22, 1933, son

of the late Chester and Isabel (Hulsman) Lewis. Chester had proudly served with the US Army during the Korean War. He was an avid fisherman, hunter and outdoorsman. Chester was a great father and a devoted caretaker to his wife, Ruth, whom predeceased him in January, 2009. He will be greatly missed by his many friends and family who knew and loved him. He is survived by his two sons, William Lewis and wife, Wendy, of Richford, VT and Daniel Lewis of New Mexico; two daughters, Ellen Blanchard of Underhill, VT and Gail Lewis of Jeffersonville, VT; five grandchildren, Colt Blanchard, Elisa Gelineau, Shannon Trujillo, Jon Visage, and Victoria Gold; 11 greatgrandchildren; and several relatives in Nova Scotia. The family has chosen to do a private ceremony at their home. Condolences may be sent to Ellen Blanchard, P.O. Box 393, Jeffersonville, VT 05464. The family is being assisted by Direct Cremation Services of A.W. Rich Funeral Home, 1176 Main Street, Fairfax, VT 05454. Chester’s life tribute may be viewed by visiting www.awrichfuneralhomes.com.



Penny Lee McNally, 63, Jeffersonville, VT, passed away on Thursday April 28, 2011, in Fletcher Allen Health Care of Burlington, VT, with her sister, Linda, holding her hand. Penny was born September 6, 1947, in Jeffersonville, VT to the late Eugene and Wilma (Brown) McNally. A 1965 graduate of Cambridge High School, Penny spent her entire life in the Waterville /Cambridge area. She worked for years at the Windridge Bakery in Jeffersonville; the Cambridge General Store; and for the last 18 years at Hanley’s Store. Penny was an avid protector of all animals. Her beloved cats, Rusty and Lucy Rose, were her favorite companions. She loved doing puzzles and the last one she completed in March was of two cats in a pumpkin patch. Penny is survived by her brothers, Phillip McNally of Winooski, VT and Eric McNally and wife, Cathy, of Hardwick, VT; sisters, Joan Piccini and husband, Harry, of South Burlington, VT and Linda St. Cyr of Jeffersonville, VT; and many nieces and nephews who loved their Aunt Penny. Penny’s family would like to thank her friend, Marsha McGuire, for all her help during her illness. It was comforting to Penny to know that Rusty and Lucy Rose were being well taken care of. There will be no public visiting hours. A celebration of Penny’s life was held on May 4, 2011, at 1:00 PM at A. W. Rich Funeral Home - Fairfax Chapel. Inurnment will be private and at the convenience of the family. Arrangements were by John D. Workman, A. W. Rich Funeral Home - Fairfax Chapel, 1176 Main Street Fairfax, VT 05454. The family invites you to share your memories and online condolences by visiting www.awrichfuneralhomes.com. In lieu of flowers, donations to the North Country Animal League, 3524 LaPorte Road, Morrisville, VT 05661, the ASPCA, 424 E. 92nd Street, NY 10128 or Lamoille County Home Health Agency, 54 Farr Avenue, Morrisville, VT 05661-9181 would be appreciated.

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SCHOOL NEWS



MMU students WOW audience

Top row: Noelle Kichura, Dakota Deady, Katherine Hobart, Matt Estes
Bottom row: Michael Lawler, Emma Hadden, Cassidy Thompson, Sam Cutler, Delilah Necrasson, Adam Morrin.

PHOTO CONTRIBUTED

Mount Mansfield Union High School students presented the musical Grease to four sold-out shows on April 1, 2 and 3. It was an awesome show and we are fortunate to have such incredibly talented and committed students at MMU to put on such great entertainment. Special thanks to a fantastic director, Candy Padula who is celebrating 10 years with MMU Drama and the person who makes amazing things happen at both Mount Mansfield and

Champlain Valley Union High Schools. Music director, Nate Venet was instrumental in bringing this show to life with a talented band and incredible musical coaching. Kudos to all those involved in the production! We look forward to the final show of the year, Oscar Wilde's The Importance of Being Earnest put on by MMU seniors on June 3 and 4. See you at this special show to honor graduating MMU seniors!



MMU students participate at All State Music Festival

The Vermont All State Music Festival is an annual event supported by the Vermont Music Educators Association (VMEA) and operated by the Vermont All State Committee. After an audition process the festival offers musicians who are accepted from Vermont's high schools the opportunity to perform in a band, orchestra, chorus or jazz ensemble under the direction of some of our nation's finest conductors. Three days of intensive rehearsals lead up to a series of performances involving all four groups. This year the festival was held in St. Albans May 4, 5, 6 and 7 and MMU represented in all four groups. Unfortunately the band couldn't march due to weather but they were prepared to present, look for them this year at the Underhill/Jericho Memorial Day Parade. This was the 84th year of which the All-State festival was held.

Congratulations to the following MMU students who participated in the Vermont Music All State Festival: David Brown-French Horn-Band; Lea Martin-Violin-Orchestra; Taylor Paone-Cello-Orchestra; Quinn Parker-Trombone (Principal)-Jazz; Collin Reynolds-Timpani-Orchestra; Molly Shallow-Violin-Orchestra; Dylan Sylvester-Percussion (Assistant Principal)-Band; Aaron Weber-Bass Clarinet-Band; Ceara Ledwith-Choral; Emma Hadden-Choral; and Cassidy Thompson-Choral.

We are super proud of you all.

Underhill Central School to hold 2011-2012 kindergarten registration

Underhill Central School is currently registering children for Kindergarten who will be five years old by September 1, 2011. If you have not received registration information from Underhill Central please contact Darla Burgess at 899-4676. Please come share this information with friends and neighbors.



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Goslabi continued from page 1

Matthews during the Super Bowl, but others had probably never heard of the debilitating genetic condition. Martin’s sixth grade program includes a section on understanding similarities and differences. As part of the curriculum, he has been showing a movie called “Darius Goes West” about two boys with DMD (Darius and Mario Weems) who rent an RV and travel with their friends from Athens, Georgia to Los Angeles to raise awareness, as well as to get Mario’s wheelchair decorated by the crew of the MTV show “Pimp My Ride.”

The story chronicles the boys’ adventure (they’d never left their hometown before) and describes what it’s like to live with the disease. In San Francisco, some of Darius’ friends dare him \$10 to eat wasabi. He has no idea what it tastes like so he grabs a spoonful and immediately spits it out, drools and makes a face. Others in the restaurant feel sorry that someone with a disability is being made fun of but Darius was happy to be being treated like any other kid. Mario died at age 19 but Darius has become a rapper and DMD activist. The wasabi experience led him to create the Goslabi Challenge, so named because when he first tried it, Darius had no idea how to spell or pronounce the condiment. The foundation created by Weems has sent a DVD of “Darius Goes West” to every middle school and high school in the U.S.

The BRMS social contract is summed up in the acronym CARES for cooperation, assertion, responsibility, empathy and self-control. Martin believes the Goslabi Challenge helped students learn and practice empathy. DMD strikes 20,000 kids (mostly boys) annually and yet there is very little awareness of the disease. At the

school-wide assembly, Jacob and Martin showed a video produced by students which included Jacob interviewing his older brother. Then, tables were pulled out and those who signed up for the challenge ate wasabi with white bread and milk (“to help dull the pain” said Martin). The goal was to raise \$500 with students, teachers, parents and staff donating different levels of spoons for each person participating. Students who raised \$10 got a copy of the movie and those who raised \$20 got a T-shirt indicating that they took part in the Goslabi Challenge. Sponsorship ranged from \$1 to \$1,000 per spoon and other contributions were accepted. The entire event was taped by four student videographers for the Darius Goes West website, as well as for YouTube.

All in all, thirty-three people ate wasabi donated by Koto Restaurant; mostly students but also teachers and parents. Jacob’s brother and parents were there and his father, David, made a short speech. “It was pretty powerful stuff,” said Martin. Afterwards, they had a Skype session with Darius during which 15 students were able to ask him questions followed by Darius performing a rap tune. “The kids were really enthusiastic,” said Martin. “The whole gym was just rocking.” The \$500 fundraising goal wasn’t just met; it was greatly surpassed. The students raised a total of \$1,514.77, all of which will go towards research for a cure for DMD.

Jacob may not have been looking forward to another spoonful of the spicy stuff, but he was excited to have his school engaged in the fight to find a cure for the disease that afflicts his brother. “I’m pleased,” said Jacob. “Everyone worked together to raise three times the goal and everyone enjoyed it.” Still, he admitted “I’ve had enough wasabi for awhile.” Jacob’s father David is understandably

proud of his son. “Jacob did a great job with the whole thing,” he said. “We’re really proud of him for pulling this off. He’s a good kid and he really does care about his brother.”

K-Tor continued from page 1

beep: the battery was dying and all the power outlets in the terminal were taken. The phone battery gave out on me and I lost my place in line and any chance to rebook.

Later, I thought about the problem and was sure a small hand crank generator must exist; it would be the simple solution to my problem. I looked around and did not find anything on the market that seemed to meet my needs, so I decided I would invent one. After all, I had 30 years of experience as an electrical engineer.

When I retired from IBM I started to work on my idea, and there were some fundamental decisions to be made. I felt it was important that the invention I was working on – the Pocket Socket – should power *all* electronic devices – cell phones, tablets, music players, etc. – and as easily as possible. There were two main design problems.

The first was electrical design. The devices to be charged use many different connectors and voltage levels. It is difficult for a charger to interface to all of them. My solution for the Pocket Socket was to use as universal an interface as I could find: a standard two-blade 120V wall socket. Customers could plug in the factory chargers designed for their specific device. This would also be the safest solution, and lets the Pocket Socket charge any device that can plug into the wall.

The second problem was mechanical design for the Pocket Socket. I tested other hand-cranked products and found that it takes far too many minutes of cranking for even one minute of cell phone use. The cranks are too small and are hard to turn with just your fingers. For the Pocket Socket, I decided on a large rotating handgrip that is easy to use, and more efficient for delivering the amount of power needed.

The next question was where to build the Pocket Socket. Conventional wisdom said China for low cost, but I felt this was a risk as well. Companies there had low cost but may also have a fault, uneven quality, and it is difficult to oversee the manufacturing process. I decided to build the Pocket Socket in the USA, at Vemas Corporation in Poultney, VT.

Last was the question of how to keep the Pocket Socket’s price attractive. The K-Tor solution is to focus on a marketing strategy that sells directly to the customer, via the Internet. This eliminates

retail markup (which goes to “middle men”) and allows the Pocket Socket to remain price competitive.

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Ken Torino invented the Pocket Socket and is the owner and founder of K-Tor. Ken has lived in Colchester, VT since 1977. He went to Cornell University (BS/MS-EE) and worked at IBM-Essex Junction for 30 years.

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New Sport at Mater Christi School

Mrs. Monica Lyman, who played volleyball throughout her college years, initiated volleyball at Mater Christi School this spring. Her team of grades 5-8 players had a very successful season, and they are planning, with Mrs. Lyman's continued coaching, to do even better when they compete with a growing number of area volleyball teams in the fall.

Mrs. Lyman is also offering three volleyball camps at Mater Christi School this summer. If interested, call the school at 658-3992. The camps are open to anyone interested in learning how to play this sport or in improving their volleyball skills.

Goodman continued from page 1

to go to swim camp and cried every night, begging to be rescued (they didn't, though).

There was one experience, however, that proved to be a harbinger of things to come. The summers of my fourth and fifth year, my mom drove us from our home in suburban New Jersey to a dairy farm in the Northeast Kingdom of Vermont—basically the other end of the earth as far as I was concerned. Looking back, I really do think that is where this journey began.

From my first visit to the barn, replete with all of its sounds, sights and even smells, I was hooked. I loved everything about it from the dewy-eyed Jerseys to the comical barn kittens, wriggling beagle puppies, fluffy rabbit and clucking chickens. I didn't know where to run first. Who knew ten years later, my mom, dog and I would move there.

After graduating high school in rural Vermont, I went straight into my freshman year at Wheaton College in Massachusetts where I tried to determine my path by taking a wide range of courses. While visiting the local animal shelter with some friends during my sophomore year, I was overcome with emotion and the desire to help the animals I saw. I now call this moment my epiphany. That led me to a meeting with an Animal Sciences advisor from the University of Vermont. There was no question that I was transferring and leaving the comfort and security the small school offered along with the friendships I had cultivated.

I experienced a bit of culture shock upon arriving at UVM and as a result my grades suffered. After the transitional first semester, I actually found myself enjoying the challenge of a large school. I even spent my summer vacations taking the necessary courses I needed to complete my major and graduate. Spring Break of my senior year, I stayed in Vermont to take the course Equine Reproduction 205. If someone would have told me 5 years ago that I would be braced against a phantom, helmet clad, collecting semen into an artificial vagina from a frisky stallion, I might not have believed it. But there I was, and yes, it is documented on video. I have to admit, I was nervous, but it was the kind of nervousness that is also exhilarating.

Dr. Dan Hament, a small animal vet in Richmond Vermont invited me to watch his surgeries and also work in his clinic. On my first day of observation, I wasn't sure how I would feel in response to surgery. What I found was that when he handed me a uterus in a tray, instead of being repulsed, I spontaneously dissected it. Maybe my comfort level with all things surgical came through osmosis, from being the child of a gynecologic surgeon. I interned with Dr. Kurt Kenney, an orthopedic vet, and remember distinctly the feel of a torn canine ACL in my hands. Due to my heavy course load a semes-

ter abroad eluded me so, after graduating in December 2009, I decided to fulfill another goal by moving to France and becoming fluent. In France I worked as a milker on a small dairy farm. There was a peacefulness I found in the barn, amongst the lowing cows, that couldn't be duplicated elsewhere. After work, the milk truck would drive past my kitchen window to the fromagerie in town to make fresh cheese for the village. I worked closely with the local large animal vet and the artificial insemination specialist who visited the farm each week. The milking practices were from yesteryear and the style of veterinary practice, driving from farm to farm as needed, was as well. I found it so interesting to see the progress veterinary medicine has made in the United States and found the contrast surprisingly great. This experience gave me great perspective on both the medical field and myself. It showed me that so much learning and growth is possible, and there is always room for improvement and advancement.

The work I did in France made me curious about dairy veterinary practices in the US. I plan on concentrating on this in Vet School and someday answering the need for large animal veterinarians in Vermont. I believe that it was my first experience on the farm that made me love cows and choose the path that has led me to vet school.

Loving animals is the easy part and, although they are not usually taught in many academic programs, good social skills with humans are critical. My varied life experiences, with both humans and animals, allow me to offer you the complete package. I look forward with great anticipation and exhilaration to the challenges and rewards that life as a veterinarian will bring.



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VSO Outdoor Summer Concerts

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Handel's fireworks begin the program and live fireworks complete it, in this musical homage to royalty. The noble procession includes Scheherazade's Kalendar Prince, the King and Queen of Troy, and the King of Siam. In honor of Independence Day, the VSO celebrates our freedom from monarchical rule with America's own version of royalty, Duke Ellington! The performance is crowned, as always, by the majestic 1812 Overture and selections from Sousa, the March King. Concerts begin at 7:30 p.m. Venues open early for picnicking and concerts conclude with celebratory fireworks.

The complete list of dates and venues includes:

Friday, July 1, 7:30 PM, Sugarbush Resort, Warren (Presented by Sugarbush Resort)

Saturday, July 2, 7:30 PM, Hildene Meadowlands, Manchester

Sunday, July 3, 7:30 PM, Grafton Ponds, Grafton (Presented by the Windham Foundation as a benefit for The Grafton Fund and the Brattleboro Museum and Art Center)

Monday, July 4, 7:30 PM, Shelburne Farms, Shelburne

Thursday, July 7, 7:30 PM, Mountain Top Inn, Chittenden

Friday, July 8, 7:30 PM, Quechee Polo Grounds, Quechee

Saturday, July 9, 7:30 PM, Three Stallion Inn, Randolph

Sunday, July 10, 7:30 PM, Trapp Concert Meadow, Stowe (co-presented with Stowe Performing Arts)

"The VSO is the only orchestra that actually tours the state each summer," says executive director Alan Jordan. "All of us look forward to the summer tour. It's become a cherished summer tradition. This summer, we're especially lucky to be the only outdoor concert at Shelburne Farms," he says. "So we hope people will get their tickets, gather their picnics, and join us under the stars in a town nearby this July."


Gates at the various sites will open for picnicking between 5:00 and 5:30 p.m. depending on location. Tickets range from \$31-34 for adults; free to \$17 for children under age 12. Tickets purchased at the gate will be subject to a surcharge, so advance purchase is recommended. All sites are wheelchair accessible.

For nine consecutive years, TD Bank has kindly served as the title sponsor for the VSO's Summer Festival Tour.



For more information about the VSO TD Bank Summer Festival Tour, including a listing of local ticket outlets, or to order tickets, please visit www.vso.org or call FlynnTix at (802) 863-5966.

PHOTO BY BILL JALBERT



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Memorial Day Rememberances

Monday, May 30, 2011
11:00 AM

Route 15 • Underhill

The Cambridge American Legion Mt. Mansfield Post #35 invites all Verterans to march in the Memorial Day parade. The parade will start at Clark's Truck Center and proceed to the North Underhill Cemetery on the corner of Park Street and River Road. All veterans welcome. No uniforms necessary. Transportation available in the parade. Please call Richard Becker at (802) 899-3963 for more information.

Saturday, May 28, 2011
9:30 AM

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