#### Barnes Camp earns Public Place Award



A historic photo of Barnes Camp in Stowe. Story page 6. PHOTO COURTESY OF WENDY PARRISH

#### **Vermont Youth Dancers present** Between the Raindrops, A Journey to Oz



Cast members in the Vermont Youth Dancers production of Between the Raindrops; A Journey to Oz. From front row to back, left to right: Ella Davis, Munchkin; Emilia Rowe, Dorothy; Anna Ruegsegger - Munchkin; Christiana Davis, Lion; Olivia Percy, Tinman; Abby Necrason - Scarecrow; Lily Brown, Wicked Witch of the West; Madeline Nickerson, Mayor of Emberald City; Julia Bresee, Crazy Witch of the South; Lisi Price, Wicked Witch of the East; Liam Kinney, Wizard of Oz; Rachel Ruegsegger, Glinda Good Witch of the North. Story PHOTO CONTRIBUTED

#### When to call an ambulamce



Essex Rescue provides emergency coverage for local area. PHOTO CONTRIBUTED Story page 3.

We are gathering information for the 2015-16 Jericho-Underhill **Community Directory.** Please send us any updates for your line listings to mtgazette@earthlink.net.

# **Underhill Select Board upheaval**

By Phyl Newbeck Special to the Mountain Gazette

On Town Meeting Day, the citizens of Underhill voted for Kevin Tarrant to be their next Select Board member, choosing him over write-in candidate Peter Duvall. Unbeknownst to the voters, Tarrant had passed away the previous day. Tarrant's death was announced after the election and the two remaining Select Board members met to decide how to fill the now-vacant seat.

Select Board chair Clifford Peterson noted that the process for filling a vacancy is set forth in State statutes. The Select Board is required to provide notice that the vacancy exists and fill it within ten days. The person selected serves until the next election, which can be the next regularly scheduled election or a special election. Peterson said notice was posted in five locations and eight people stepped forward to offer to serve. The Select Board warned a meeting at which all eight applicants had the opportunity to introduce themselves, answer questions from the Board, and ask any questions they might have. The Board subsequently went into executive session and when they emerged they announced that they would appoint Rick Heh. The next day, Heh took the oath of office. He participated in the next regularly scheduled Select Board meeting by telephone from vacation in

Peterson said that all the applicants were qualified and he found it extremely gratifying that so many people had offered to step in. "Rick was chosen because he has lived in Underhill for a long time and participated in government," said Peterson. "He is an active member of the community." Peterson praised the other applicants, saying they all had something to offer and the choice of Heh should not be seen as a negative view of their candidacies. At the time Heh was chosen, Peterson was aware that there was a petition being circulated which called for a special election, so no decision was made on the length of Heh's term or whether a special election would be held.

Former Select Board member Seth Friedman was one of the people behind the petition. "Rick is a great choice and would be a great Selectman," he said. "This has nothing to do with Rick; it has to do with the democratic process." Friedman agreed that the Select Board did the right thing by making an appointment as soon as they could but he believes an election should be held

## TV in VT: live and kicking By Angelike Contis

Mount Mansfield Community Television, Inc. was tickled to be on the cover of the Jericho Annual Report, distributed at this year's town meeting. In return, we streamed the town meeting live for the first time ever using a neat, new Livestream gizmo we purchased. MMCTV aims to make live streaming more of a habit over the next few months, especially for important events that people can't always attend.

On the point of Town Meeting, we had some very helpful feedback from viewers; thanks to all who took part in our survey.

As spring (slowly) hits our studio in downtown Richmond, we have a lot of programs and ideas cooking. We tapped our toes during a recent studio shoot of the band Loggerhead; we hope to bring more local musicians into our studio, so if you have a band, don't be shy! You might even be a guest on our *Cuban Bridge* series, which is now on episode #36! Check our videos out at www.vimeo.com/mmctv.

Following the recent school district merger, we've also stepped up to the plate to film as many related meetings as we can; thanks to former MMCTV head/Our Community Cares Camp director Marie Thomas for helping out.

A team of new volunteers has also been essential in allowing MMCTV to cover more local meetings and events than ever. They bring a great energy to what we do - and we can't do it without them.

MMCTV is the media sponsor for an exciting new poetr lecture series organized by the Sundog Poetry Center. As soon as the presidents of that non-profit organization, Jericho's own Mary Jane Dickerson and Jeffersonville-based poet Tamra Higgins, came to our station we decided to jump in! MMCTV reached out to public access centers throughout the state and there are now eight of us on board to film ten poetry lectures at indie bookstores from April to October 2015! MMCTV will be editing and uploading the series so they can be cablecast on Vermont's 26 public access TV stations.

The last few months, our studio has been beautified by the colorful work of BRMS student artist Emersyn Riley Morse; mid-way through the exhibit, one of her works – a gorgeous octopus depiction – had to be transported to Brattleboro Museum and Art Center.

MMCTV will be offering an afterschool class at Richmond Elementary School this spring. Looking ahead to summer, we'll have lots of youth involvement. We will be continuing our Memory Map road history series; this is a paid internship program where teenagers make videos about the history of our three towns' roads. Last summer, the young filmmakers dug in with beautiful results; if you know a budding historian/ videographer in Jericho, Underhill, or Richmond, please send me an email for more info.

For the first time this summer, we'll be offering a week-long video camp for middle school-aged students. More info to come.

Finally, if you are interested in brushing up your computer skills with Lynda.com online classes on MMCTV's premises, let us know. Through May, we'll be offering this service for people in our area. Lynda.com has very handy video tutorials on a host of software and skills.

before the next Town Meeting. "I love living in a small town where I still feel that we can be part of the process pretty easily,' he said. "An appointment makes sense on a larger scale but in this case it just costs a couple of hundred bucks for us to all get together at Town Hall and vote."

Rick Heh has lived in many places but he recalls that from the moment he picked out his house in Underhill, he knew it was going to be his permanent home. Heh remembers the snowy day in March almost thirty years ago when he first saw the location with deer tracks in the snow and a view of Mount Mansfield. "Once I decided it was home," he said, "it was a matter of getting involved in the community.3

Heh has served Underhill in many capacities over the years. For fourteen years he served on the Zoning Board of Adjustment (now the Development Review Board), spending twelve years as the chair of that body. "I wanted to add some neutrality to the decisions," he said. "I've always been successful at bringing rationality to meetings so that was my mantra for my time on the board: trying to be as fair and neutral as possible and to listen to the applicants." Heh was part of a subcommittee that did a road conditions survey back in 1987 and was also in charge of a study on whether or not to move the Town Garage. He serves on the Underhill Historical Society and just finished a year and a half's worth of work as Chair of the town's 250th anniversary celebration.

Heh said he had thought about running for Select Board at some point in the future. "This came around a little sooner than I expected," he said. Heh is interested in a number of the issues which will be coming before the board this year including road questions, traffic concerns, zoning ordinances, and cost pressures. "I don't have all the answers," he said, "but what I enjoy doing and one of my strengths is being able to listen to and review options and work towards rational solutions.

Heh is not looking forward to the process of collecting signatures and publicizing his candidacy for the special election. "I'm not much of a self-promoter," he said, "but if that's the process, it's what I'll do." Although he's not looking forward to running for office, he is excited about an additional opportunity to serve. "I care," he said. "I made this town my home and I'm very proud to live here and want to be a contributing member."

# Workshop on steps

to transfer the family farm
One of the most important, and often most challenging, decisions that farm families face is how to transfer the farm to the next generation. A number of factors must be considered from legal issues and tax laws to estate and retirement planning and options if there are no heirs. University of Vermont (UVM) Extension is sponsoring a workshop, Transferring the Farm, to help farm families plan and protect their futures while preparing for the future of the farm's next owner.

The workshop, led by Bob Parsons, a UVM Extension economist, and other experts, will cover many aspects of the farm transition process from transition planning, goal setting, and retirement and estate planning to legal options to protect assets from taxes, healthcare, and ways to facilitate conversations between family members. Participants will also hear from VT Land Trust staff about conservation easements, and from other farmers regarding their experiences with transferring their farms.

The workshop will be held Friday, April 10 at the DoubleTree Hotel in South Burlington (1117 Williston Rd.), with registration at 9:00 AM and the program from 9:15 AM - 3:30 PM. The registration fee, which includes lunch, is \$20 per person (\$25 if postmarked after April 3). To register send name and contact information (mentioning the workshop site and date) and a check made payable to UVM, to: Transferring the Farm Workshops, c/o Elisa Ziglar, UVM, 203 Morrill Hall, Burlington, VT Additional workshop and registration information may be found at http://go.uvm.edu/ttf2015.

To request a disability-related accommodation to attend, please call 802-656-2109 by Friday, April 3.



#### Deer herd regs discussion on live VT PBS special April 2

Proposed changes to the length of Vermont's archery season and the use of crossbows are two of the topics up

for discussion during Vermont PBS' next live Outdoor Journal Special: Deer Herd Management airing Thursday, April 2 at 8:00

In the live call-in special, Lawrence Pyne and an expert panel will discuss these and other proposed changes to Vermont's deer hunting regulations - and how the changes may impact deer hunting and management strategies in the future. The program

will also be streamed live at *vermontpbs.org*.

Panelists will include Fish and Wildlife Department commissioner Louis Porter, Wildlife Management Program Manager and Interim Deer Project Leader Scott Darling, and VT Fish and Wildlife Board member Theresa Elmer.

Viewers are encouraged to call during the program or to email questions in advance to connect@vermontpbs.org.

#### UNDERHILL-JERICHO FIRE DEPARTMENT

Bv Kittv Clark

EMERGENCY CALLS:

Friday, March 13, 7:33 PM – One vehicle accident, 205 VT Rt. 15, Jericho

Saturday, March 14, 5:13 AM – Smoke in residence, 5 Hawk Ridge, Underhill

Thursday, March 19, 3:39 PM – Chimney fire, 26 Lee River Rd., Jericho

Friday, March 20, 3:24 PM – EMS, Jericho

Monday, March 23, 2:26 PM – Chimney fire, 51 Morgan Rd., Jericho

Tuesday, March 24, 9:36 AM – EMS, Jericho Tuesday, March 24, 1:19 PM – EMS, Jericho

MEETINGS AND DRILLS:

Tuesday night, March 17, SCBA training at the station, firefighters wear their gear and an air pack and go through a difficult optical course. Apprentice members met in the training room.

**NEWS BRIEFS** 

Tuesday night, March 24, members met at the station's training room to go over pre-plans for Jeri Hill Hardware, Mt. High Pizza, and the storage units, learning about the layout of these units and the hazards they face in case of fire.

Get well wishes go out to Richmond's "Chief Tom;" and sincere sympathy to Frank Popeleski for the loss of his sister.

SAFETY MESSAGE: Many people use candles in their home, but there are some safety issues.

Candles have caused many fires in homes. Reminders: Always make sure you blow the candle out when you leave your home or when you go to bed. This month we responded to a home

early in the morning where a candle had been left on overnight, a very close call for this family.

When you are burning a candle remember this is an open flame, make sure that they are in a safe place.

they are in a safe place.

Kitchen appliances such as warming plates, slow cookers, and toaster ovens should be turned off when leaving the house and never leave them on overnight. In Brooklyn, NY a family home burned and the cause was determined to be a warming appliance that was left on overnight, a total nightmare for this family, leaving several children dead.

Please be fire safe and *Practice Fire Safety Everyday*.

#### Thank you to Underhill/ Jericho Fire Department To the Editor, On the 6th of March

On the 6<sup>th</sup> of March we had to call 911 due to a chimney fire and the firemen came quickly and efficiently took care of everything. They are a great comfort to the community, thank you for all you did.

Betty Allen and Pat Garcia Underhill

#### Kids' programs at Audubon

Audubon Vermont in Huntington has a variety of offerings for kids, from single-day programs – salamanders! mud! – during April school vacation to a seven-week Forest Preschool for 3-5 year old children in May and June. For information, visit the Audubon center on Sherman Hollow Rd., Huntington, or go online to <a href="https://vt.audubon.org/audubon-education-programs-1">https://vt.audubon.org/audubon-education-programs-1</a>.

#### Blood drive April 9 at Catalyst Church

Area residents and visitors alike are encouraged to give blood on Wednesday, April 9 at Catalyst Church on Raceway (United Christian Assembly) in Jericho. Donor hours are 1:00-6:00PM. The need is constant... the gratification is instant. As always, delicious snacks await you after your donation. All presenting donors will receive a movie pass to Essex Cinemas. Also, please bring a nonperishable food item for the local Food Shelf.

# Horse-savvy 4-H'ers in annual quiz bowl



The top 10 highest scorers in the Junior Division (ages 12-13) at the State 4-H Horse Quiz Bowl, held Saturday, March 14 in Woodstock, proudly show off their ribbons. Front row from left: Olivia Suker, Shrewsbury; Faith Ploof, Essex Junction; Eva Joly, Essex Junction. Back row: Miranda Martin, Proctor; Abigail Young, Barre; Halle Jean; Essex Junction; Anna Bower, Rutland; Breanna Johnson, Shrewsbury; Ashley Ingham, Milton; Lillie Tuckerman, S. Woodstock.

PHOTO BY AMANDA TURGEON

#### 4-H annual State Horse Quiz Bowl

Competition was keen at the 2015 4-H State Horse Quiz Bowl on Saturday, March 14 at Woodstock High School, as contestants quickly hit their buzzers to accumulate points by answering questions on equine topics. The annual contest, which attracted 112 4-H'ers this year, is sponsored by University of Vermont (UVM) Extension 4-H and Windsor County 4-H.

Ribbons were awarded to the top 10 finishers in each age group, with the four seniors (ages 14 and up) with the highest individual scores earning a spot on the state team that will compete nationally. Questions covered a range of topics including anatomy, nutrition, breeds, horsemanship, horse care, and history of the horse as well as general knowledge about 4-H.

Seniors chosen to represent Vermont at the Eastern National 4-H Horse Round-up in Louisville, Kentucky, in November were Lexy Brooks, Whitehall, NY; Shelbie Gebert, Windsor; Ashley White, Northfield; and Hailee Blades, Jeffersonville.

Rounding out the top 10 in the senior division, in order of placement from fifth through tenth, were Courtney Bronson, Shoreham; Lilly Williams, Rutland; Brianna Wardwell, Hartford; Catherine Thrasher, Rupert; Arin Kenyon, Chester; and Pauleena Kapoukranidis, St. Johnsbury.

Teens 14 to 18 who are either new to 4-H or first-time entrants in this contest competed in the Novice Senior Division. Haleigh Tyerman of Nutley, NJ, a member of the Horse Crazed 4-H Club in Wilmington, finished first, followed by Emme Fairbanks, Rutland; Alexis Staab, East Dover; Cassie Manning, Brandon; Mackenzie Butts, Brattleboro; Olivia Peer, West Rutland; Alexia Diaz, Rutland; Yachne Nilges, Townsend; and Rachel Parker, Brattleboro.

Other 4-H'ers who did well in their respective divisions, in order of placement, included:

Juniors (10 and 11): Julia Hulett, West Pawlet; Carly Jenkins, Jericho; Sophie Lee, Underhill; Grace Parks, Essex; Chloe Barewicz, Jericho; Allison Tourville, Georgia; Laura Mount, Westfield; Emma Cushman, Barre; Ryley Dubois, Addison; Tanya Wheeler, Wilmington.

To learn more about the 4-H horse program and upcoming events, contact Wendy Sorrell, UVM Extension 4-H livestock educator, 802-656-5418 or 800-571-0668, ext. 2, or wendy. sorrell@uvm.edu.

# VT 4-H'ers eggs-cel in Quiz Bowl, Skill-A-Thon

Vermont 4-H'ers flocked to Johnson State College in Johnson on Saturday, March 7 for the annual State 4-H Poultry Quiz Bowl and Skill-a-thon. The event, sponsored by University of Vermont (UVM) Extension 4-H, featured a number of activities including an egg salad contest and poultry- and egg-related games. Participating in the competition were poultry project members from six 4-H clubs: the Champlain Shamrocks, Grand Isle; Clever Clovers, Tunbridge; Critter Creek 4-H Club, Salisbury; Feathered Friends, S. Burlington; the Lamoille Localvores, Jeffersonville; and Weybridge Willing Workers, Weybridge.

The quiz bowl consisted of three rounds of 20 questions each, requiring contestants to know about breeds, anatomy, nutrition, grading and storage of eggs, and related topics. For the skill-athon, the 4-H'ers answered questions and completed tasks like identification of poultry breeds and eggs, egg grading, and egg judging of broken-out eggs. The scores from these two contests were combined to determine the overall winners in each age division.

Winners, in order of placement, were:

8- and 9-year-olds: Zach Johnson, Tunbridge; Quincy Boardman, Bakersfield; Regan Johnson, Woodstock; Ryleigh Johnson, Woodstock.

10- and 11-year-olds: Keenan Thygesen, Tunbridge; Land Boardman, Bakersfield; Audrey Chairvoloitti, Grand Isle; Heidi Beal, Charlotte.

12- and 13 year-olds: Noelani Rupp, S. Burlington; Annika Cooper, Colchester; Nora Allen, Colchester; Ava Carroll, Huntington.

Seniors (14 and up): Madeline Chairvolotti, Grand Isle; Raymond Bushey, Addison; Addy Parsons, Weybridge; Matthew Ouellette, Weybridge.

The winner of the egg salad contest, which was judged by the contestants, was Quincy Boardman of Bakersfield.

To learn more about the 4-H poultry project, call UVM Extension 4-H state office, 800-571-0668 (toll-free) or 802-656-5433.

We are gathering information for the 2015-16 Jericho-Underhill Community Directory. Please send us any updates for your line listings to mtgazette@earthlink.net.



Adam Ashe

The Alan Ashe Insurance Agency is pleased to announce that Adam Ashe has joined their team. Adam is a graduate of Essex High School and St. Michael's College with a degree in Business and Economics. For the past 17 years, Adam has worked for Progressive Insurance in a variety of roles, but most recently as Regional Claims Manager. Adam brings experience within the insurance industry and is excited to be part of the family business working more directly with the local community.

Adam resides in Essex Junction with his wife Jennifer and their 3 children.

Keep Company With the Company People Keep



www.alanasheinsurance.com 8 Essex Way · PO Box 8537 Essex, Vermont 05451 802-878-3608



Verd Mont Button Club
Open House

Saturday, April 18th

11 AM - 4 PM

Rutland Free Library Nella Grimm Fox Room

> 10 Court Street Rutland Vermont

Educational Videos
Meet Button Club "Experts"
Browse Button Resource Books
See Vintage Button Displays
Enjoy Children's Button Activities
Learn About Button Collecting
Bring Your Lunch and Sit a Spell
Free Admission



Bring your button box. Let club members help you identify your collection pieces.

#### **COMMUNITY COLUMNS**

# Trimming back a fear of haircuts

By Lewis First, MD

Chief of Pediatrics at UVM Children's Hospital

Parents have been asking me some hair-raising questions about how to handle their child's fears about getting a haircut. Let me take a moment to cut to the chase on this issue.

You can imagine that going to the barber shop or hair salon can be potentially frightening. Children have to enter a strange-smelling environment, get cooed over by customers, climb into a large chair, and get wrapped in plastic. Then, to top it off, they get approached with sharp scissors.

So it's best to plan ahead. Start with calling a haircut "a trim" since the word "cut" may make your child feel there will be pain involved. Call ahead and make sure the salon or barbershop you choose is child-friendly. That could mean they make adjustments for children, such as using a spray bottle to wet your child's hair rather than lowering your child's head back into a sink. Also, consider taking your child in to watch you or someone else get a haircut (or trim) first so you can explain about the sights and sounds.

You might need to first cut a little of your child's hair or your own hair at home to show that it doesn't hurt. It might also help to do it without a mirror so they don't have to watch the action. You may also have to explain that the hair grows back.

You might also consider having your child sit in your lap the first time in the chair rather than on a booster seat. You can also help them to keep their face away from the mirror so they cannot watch what is happening, unless they ask to. Bring your child's favorite stuffed animal along for the ride – and for a trim of their own.

If your child does well when finally getting that haircut, praise them and share the news with other family and friends. And don't forget to save a lock of that first haircut for the baby book.

Hopefully tips like this will allow your child's worries to be "hair today" and gone tomorrow when it comes to enjoying these early haircuts.

Lewis First, MD, is chief of Pediatrics at UVM Children's Hospital and chair of the Department of Pediatrics at the UVM College of Medicine.

## When should I call an ambulance? By Dan Manz

**Executive Director, Essex Rescue** 

We are often called to medical emergencies where patients say, "I'm not sure if this is a real emergency," or "I didn't want to bother you," or "I didn't want to tie up the ambulance in case someone else really needed it." I hope to shed light on when to think about dialing 9-1-1 and asking for emergency medical services.

Cases where someone collapses suddenly or has some other possibly life-threatening onset of symptoms are usually intuitively obvious. Injuries such as car crashes or falls, where someone is bleeding or not able to move without causing more pain, are also fairly clear.

Symptoms that could indicate a heart attack or stroke are ones where patients sometimes wait longer to call than is wise. We treat chest discomfort unrelieved within 10 minutes by rest as a heart attack until proven otherwise. A heart attack can also present as chest pain radiating to the arm, jaw, or into the back. Women frequently present with symptoms somewhat different than men. A common presentation in women is a sudden onset of feeling very tired. A patient with a new onset of facial droop on one side, weakness on one side, or difficulty speaking is a stroke until proven otherwise. Both of these problems require very fast assessment and care to improve a person's outcome.

A person with difficulty breathing is another clear indication to call 9-1-1. There are many reasons a person may be in respiratory distress. We can do a lot in the field to make these individuals more comfortable and improve their breathing.

Any other time you find yourself wondering if you should call 9-1-1, the answer is usually yes! We are often called for situations where the patient or their family simply don't know how to judge whether a case is serious or not. It is never a problem for us to have a crew respond and help assess the need to go to the hospital or seek care in some other way. We have crews available 24 hours per day. If our ambulances are unavailable for any reason, we also have a system of mutual aid where a squad in an adjacent community will respond.

The bottom line is: If you're concerned enough to consider calling 9-1-1, it's wise to make the call.

#### The Mountain Gazette

6558 VT Rt 116 Starksboro, VT 05487 (802) 453-6354 • mtgazette@earthlink.net wwwmountaingazetteofvermont.com

#### Deadline: April 9, Publication: April 16

Brenda Boutin publisher/ad sales /delivery News writer - Phyl Newbeck, Editing - Sara Riley **Letters Policy:** 

Maximum 450 words; one letter per writer, per calendar month. Must be signed for attribution with writer's address and phone number.

#### **WATCH THE VIDEOS**

for *Moment in Time* interviews at www.mmctv.vimeo/album/2821251

This series is produced by The Mountain Gazette & MMCTV



SERVING JERICHO, UNDERHILL & RICHMOND SINCE 1997 www.mmctv15.org, (802) 434-2550

# Why does Essex Rescue do some of those things I see them do?

By Dan Manz Executive Director, Essex Rescue

I'm entering my fortieth year as an emergency medical services (EMS) provider and a lot has changed in that time. New technologies have been developed. Research has taught us important lessons. Injury prevention efforts have reduced the number of serious trauma cases. Despite logical progress in many areas, I suspect we in EMS often do things that look odd to the public. I thought it might be helpful to explain why we do some of the things we do.

I saw an Essex Rescue ambulance driving down the road with lights and sirens on and then they just turned them off and kept going — Driving an ambulance with the lights and siren on is among the most hazardous things we do in EMS. Asking for the right of way in an emergency is a risk for both the EMS crew and everyone else driving on the road. Often, our ambulance will get an update from a first responder at a scene who has determined the case is not time urgent. Sometimes the ambulance may have been cancelled by another emergency responder who arrived at a scene and determined there is no patient requiring EMS treatment or transport. These are reasons you will sometimes observe the ambulance turning off its lights and siren while driving in traffic.

I got a subscription mailing from Essex Rescue recently. Is that really just a request for a donation? — No. Essex Rescue's subscription program is a benefit to persons living in our service area to help them control costs. By paying \$50 to become a subscriber, you and others in your household will not receive any bill from Essex Rescue if we provide you with emergency ambulance service during the year. We will bill your health insurance and accept whatever payment they provide as payment in full. You will not be billed for any other amount. Any payment above the \$50 is gratefully accepted by Essex Rescue as a charitable contribution. Go to www.essexrescue.org or call us at 802-878-4859 for more information.

The other day there was a medical call at my neighbor's house. I saw a fire vehicle, the ambulance, and two or three private cars with red lights on them there. Why do so many people need to come to help just one patient? — When Essex Rescue receives an emergency call, our priority is to get a trained person with EMS equipment to the scene as promptly as possible. These first responders often arrive with basic and advanced care minutes before the ambulance arrives. Sometimes we are handling multiple calls simultaneously and our ambulance will respond to a scene with only one person on board. In that case, we may meet one of our other members at the scene to make up a crew. While many patients can be safely and effectively managed by two persons during transport to the hospital, we often need more personnel to help move a large patient down a flight of stairs or perform some medical procedures such as a CPR resuscitation.

An Essex Rescue ambulance pulled off the road with its emergency lights on and sat there for a minute or two before continuing. — Our ambulances are sophisticated vehicles with some very impressive tools for diagnosing and treating life threatening problems. Sometimes for EMS monitors to get an accurate reading or for sensitive procedures, we need to stop momentarily. A common reason is be to obtain a 12-lead EKG reading for a patient who may be having a heart attack. Obtaining the EKG and transmitting it to the hospital saves valuable time by allowing the hospital to assemble the resources needed to provide the best care once the patient arrives. Sometimes you will see the ambulance pull to the side of the road while the crew is starting an IV or doing some other procedure that isn't easily done while travelling over rough roads.

Two Essex Rescue ambulances approach each other from opposite directions. As they pass, they both stop. A person gets out of one ambulance and into the other. Only one ambulance continues with its emergency lights on. — Essex Rescue is one of a small number of squads in this area licensed and staffed to provide Paramedic level interventions. Our Paramedic personnel are highly trained to use a wider range of pharmacology and provide interventions that are beyond the scope of practice for other EMS personnel. Not every crew we have is staffed with a Paramedic. Often we will have two crews available and only one Paramedic on duty. If the crew who does not have a Paramedic needs one, we will often arrange an intercept to deliver the Paramedic to the other crew. Sometimes these intercepts happen at an emergency scene and sometimes they take place while the patient is being transported to the hospital. We also provide Paramedic intercepts

#### Before you take that next road trip...

# MAKE NEW SUMMER TIRES YOUR PRIORITY!

#### Make your appointment now!

- Foreign & Domestic Auto Repairs
- Wrecker Service Brakes Exhaust
- Shocks & Struts Lifetime Muffler
  - Maintenance ServiceVermont State Inspection
  - Windshield Replacement
- Visa Mastercard American Express

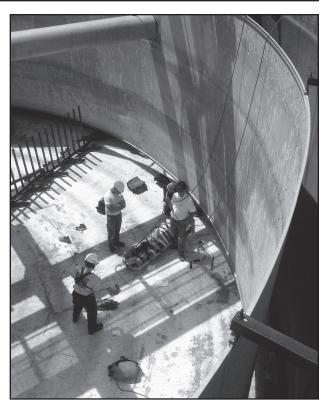
# Village Service & Auto Repair

Bridgestone and Nokian Hakkapeliitta Tires

Ted & Jeff Alexander Route 15, Underhill

899-2056

Underhill's Family Owned, Locally Operated Automotive Center for 35 Years



for other squads travelling through our service area to reach the UVM Medical Center hospital.

I'm in a left turn lane waiting to turn left. An Essex Rescue ambulance came up behind me and passed me on my left, which meant they had to go into the oncoming lane of traffic. Isn't that dangerous? Why didn't they just pass me on my right when that lane was wide open? – The law in Vermont requires drivers to pull to the right and stop when approached by an emergency vehicle coming from either direction. Having the ambulance pass on the right is risky because the instinct of many drivers who may have heard but not yet visually located the emergency vehicle is to pull right. If our ambulance is able to pass left turning vehicles on the left, we avoid collisions from drivers who pull to the right at the last second before we pass them. When an emergency vehicle steers into a lane facing oncoming traffic, the oncoming vehicles have excellent visibility of it. Presuming the oncoming drivers follow the law, by pulling to the right, there is usually enough room for the ambulance to pass by everyone.

Essex Rescue is a private non-profit ambulance service staffed

by mostly volunteer personnel who provide EMS coverage to Essex, Essex Junction, Underhill, northern Jericho and southern Westford. Please visit our website at www.essexrescue. org or call us at 802-878-4859 to find out how to get involved.

Send your news to mtgazette @earthlink.net or call Brenda at (802) 453-6354.



# Mountain High Pizza Pie

Monday - Thursday 11:00 AM - 8:30 PM Friday 11:00 AM - 9:00 PM Saturday 11:00 AM-8:30 PM Sunday 12:00 - 7:00 PM

899-3718 Route15, Jeri-Hill Plaza Jericho

#### **Area Worship Services**

#### CALVARY EPISCOPAL CHURCH

Calvary Episcopal Church is a welcoming, caring,
Christian Community called to live the Gospel of Jesus Christ, grow our
spiritual gifts, and serve our neighbors. 372 VT RT 15, Jericho Sunday
Worship Service 9:30 AM Rev.

Regina Christianson Rector Karen Floyd, Parish Administrator, 899-2326 www.calvarychurchvt.weebly.com

#### JERICHO CONGREGATIONAL CHURCH

"An Historic Church Proclaiming an Eternal Message"
On the Green in Jericho Center, VT
Interim Pastor Doug Walker and Youth Pastor Glenn Carter
Sunday Services at 8:00 AM & 11:00 AM
Nursery care provided

Sunday School at 9:30 AM for all ages
Fellowship at 10:30 AM Youth group 6:15 PM
Sundays in Sunday school building
Signing for the deaf upon request 899-4911;
officejcc@comcast.net; www.jccvt.org

#### MOUNT MANSFIELD UNITARIAN UNIVERSALIST FELLOWSHIP

A Liberal Spiritual Community 195 VT RT 15, Jericho, VT 05465 Phone: 899-2558 website www.mmuuf.org We gather at 9:30 AM at the newly renovated space at 195 VT RT 15, Jericho (red barn across from Packard Road) All are welcome.

#### ST. THOMAS ROMAN CATHOLIC CHURCH

"Worshiping God in Spirit and in Truth in the Holy Sacrifice of the Mass'
On Green Street in Underhill Center Weekend Masses:
Saturday 4:30 PM Sunday 8:30 AM
Pastor: Rev. Charles "Rick" Danielson
Deacon: Peter Brooks Religious Ed. Coordinator: Laura Lynch Wells,
899-4770 Parish Secretary: Theresa Gingras Phone: 802-899-4632,

899-4770 Parish Secretary: Theresa Gingras Phone: 802-899-4632, email: stthomas5@myfairpoint.net, Website: www.stthomasvt.com

#### UNITED CHURCH OF UNDERHILL

"Welcoming, Worshipping, Working for God"
At the Green on VT RT15 - Rev. Kevin Goldenbogen - 899-1722

www.unitedchurchofunderhill.com

Worship and Sunday School 10:30 AM

Local and Global Mission and Service Outreach Opportunities
for families, men, women and youth Streaming audio sermons:

www.becauseyoumay.com

#### **HEALTH NEWS**

#### Understanding the health news

Parents have been reporting to me that they need some help figuring out what to believe and not to believe when they hear health stories on the news. Well, let me see if I can anchor some information about how to better understand all the health news you hear.

When you hear a health story on the news it's important to first ask, is that story based on a scientific study or is it a story about one patient and their experience? While personal stories are interesting, they cannot prove anything like a study can.

And yet, not all studies are the same. If the study did not include human testing, it may not necessarily mean the finding works in people even if it works in a test tube or lab animals. If the study was done in adults, it may not be applicable to children and vice versa. Be careful of studies that are based on the ability to remember or recall something in a survey. A stronger more reliable study is one that follows children or adults over years to see what happens to them in the setting of having a certain medical problem or receiving a specific type of treatment especially if the study also compares the results to children or adults who lack the disease or treatment.

Also be careful how numbers are used. If only a few people were involved in a study, that is less powerful than many people. When a study says something is double the risk, it could simply mean you go from a one percent to a two percent chance of getting an illness. That's still very low and not necessarily concerning.

A reporter only has a limited amount of space or time to share study results. So it is worth your time to see if the study is available online in a reputable medical journal. Then you or your child's doctor can look it up and learn more, if you are concerned about the findings.

My best advice is if you hear a health story on the news that concerns you, talk about it with your doctor or your child's doctor. Together you can make sure it's valid and reliable before you apply it to your family's health.

Hopefully tips like this will headline what you need to know when it comes to understanding how a health news story might affect you and your child.

Lewis First, MD, is chief of Pediatrics at UVM Children's Hospital and chair of the Department of Pediatrics at the UVM College of Medicine.

### **K&R AUTOMOTIVE**

• Hunter 4W Alignment Machine State Inspections Transmission Power Flush

 Mufflers Brakes • Front End Parts

We do it all - mini to major jobs! Visa/Mastercard • Discover

7:00 AM - 5:30 PM • Monday - Friday

Saturday by Appointment Located on Route 15 between Underhill & Cambridge

802-899-1043

Russell and Karen Bushey, owners/operators



# Country Glitz Hair Design

51 So. Main St., PO Box 17, Cambridge, VT. 05444

802-644-8484

Haircuts, Color, Perms, Highlights, Waxing, Manieures, Pedieures, Facials, Tanning

Tues. & Wed. 9-7 \* Thurs. 9-5 \* Fri. 9-6 \* Sat. 9-2 Gift Certificates Available Walk-ins Welcome

Stylist – Stephanie, Jordan, Becky, Tamra and Jen

#### **EYE CARE**

Charles R. Cyr, O.D.

**Doctor of Optometry** 

Williston Family Eyecare 5399 Williston Rd., Suite 102 Williston, Vermont 05495 Tel: (802) 864-5428

• Eye Examinations • Quality Eyeware Fax: (802) 865-1288

• Contact Lenses • Laser Correction Consultation

Advice on vision concerns for all ages

#### It's National Volunteer Month - please donate blood

The American Red Cross encourages eligible donors to give blood during National Volunteer Month this April and make a difference in the lives of patients in need. The Red Cross salutes the hundreds of thousands of volunteers who help fulfill its lifesaving mission and encourages others to join their ranks as volunteer blood donors. Volunteer donors are the only source of blood products for those in need of transfusions.

Donors of all blood types - especially those with types O negative, A negative and B negative – are needed to help ensure blood is available for patients this spring. Those who are unable to give blood can support blood donations and invite others to make a lifesaving donation by creating a SleevesUp virtual blood drive at redcrossblood.org/SleevesUp.

To make an appointment to give blood, download the Red Cross Blood Donor App, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767).

Upcoming blood donation opportunities:

April 6, noon - 5:30 PM, Saint Paul's Methodist Church, 11 Church St., St. Albans

April 9, 1:00 - 6:00 PM, Catalyst Church, 100 Raceway Rd.,

April 11, 10:30 AM - 4:00 PM, University Mall, 155 Dorset St., Ŝ. Burlington April 13, 1:00 – 7:00 PM, University of Vermont Patrick Gym,

97 Spear St., Burlington April 15, 2:00 – 7:00 PM, Edmunds Middle School, 275 Main

St., Burlington

#### Mansfield Orthopaedics named best orthopedist

For the third year in a row, Vermont Sports Magazine readers recognize Copley's orthopedic practice, Mansfield Orthopaedics, as "best orthopedist or group." The Copley practice was honored with the 2015 Black Diamond of Excellence Award by sports enthusiasts from all over New England. "Mansfield Orthopaedics has been caring for the orthopedic needs of this community for more 20 years," states Copley Hospital President Melvyn Patashnick. "This recognition is a testament to the personal commitment our orthopedic team makes to patient-centered care. We are honored by this award."

The Black Diamond Award honors businesses and organizations who contribute to Vermont's remarkable outdoors. A complete list of winners can be found on Vermont Sports website at www.

A practice of Copley Hospital, Mansfield Orthopaedics is known as a leader for providing top orthopedic medical care close to home. The practice works in collaboration with Copley Hospital's Rehabilitation Services offering physical therapy, occupational therapy, aquatic therapy, and athletic training care. Mansfield Orthopaedics has clinics in Morrisville and Waterbury. For more information visit www.mansfieldorthopaedics.com

#### National day of recognition for long term care physicians

The role of physician leaders in quality, person-centered long-term care was celebrated on the annual National Day of Recognition for Long Term Care Physicians, Friday, March 20. This initiative started as an effort to honor the memory and work of William Dodd, MD, CMD, founder of AMDA - The Society for Post-Acute and Long-Term Care Medicine. The U.S. Congress formally designated the special day in 2010. "The postacute and long-term care physician is there when knowledge, empathy, skill, and teamwork matter the most," said 2015-2016 AMDA President Naushira Pandya MD, CMD, FACP.

"Our team of physicians delivers exemplary care to our residents," Lynn Smith, Administrator at The Manor in Morrisville said. "We are fortunate to have person-centered care provided by a knowledgeable staff of long term care physicians practicing here in Lamoille County.

Dr. Dodd was a community physician who recognized that residents of nursing homes were patients with complex medical problems and that physicians needed to be involved in establishing the standards of management and clinical care for the frail elderly and other long-term care facility residents. A pioneer who espoused the value of teamwork, Dr. Dodd once said, "We promote peer education, assistance, and consultation among physicians on nursing home staffs. We assist in establishment and maintenance of high standards of care for patients of all ages in nursing homes. We assist the family and laymen in understanding and accepting nursing home medical patient care.'

"A long-term care (LTC) physician is not only a dedicated practitioner, but a tried and true manager and passionate advocate of often overlooked PA/LTC patients. LTC physicians inspire me daily to provide the highest quality of care to my patients and their families. AMDA is pleased that The Manor has taken this opportunity to honor physicians and the good work they do every day," said 2014-2015 AMDA President Leonard Gelman, MD,

#### CHIROPRACTIC CARE

- · Gentle Head to Toe Care
- · Unhurried Appointments · Flexible Scheduling
- · Emergency Care
- Practicing Since 1989
- Former Registered Nurse
- Nutritional Counseling
- · High Quality Supplements · Orthotic/Foot Beds
- · Spinal Support Products



Kintner Chiropractic Center



397 VT Route 15, Jericho P.O. Box 63 Underhill, VT 05489

Phone (802) 899-5400 Fax (802) 899-5497

Email:

DrMaryDC@comcast.net www.JerichoChiro.com

#### Free health programs offered by NW Medical Center

Living Strong in Vermont Program (light strength training) Mondays and Wednesdays, starting April 6, 3:00 – 4:00 PM; Tuesdays and Thursdays, starting April 7, 4:00 – 5:00 PM. This strength training course has been designed for those over the age of 50 to reduce the effects of osteoporosis, but participants of all ages are welcome. After age 40, we begin to lose a half pound of muscle mass each year. By age 65, an inactive person has lost as much as one third of their muscle mass, leading to frailty and increased risk of osteoporosis. Strength training can rebuild lost muscle and strength, while increasing bone density. Through a series of simple chair-based or standing weight bearing exercises, you will build bone and muscle strength. This is not an aerobics fitness program. Participant must have had a physical exam in the past year and will need their physician's approval to participate. CVAA Certified Instructors Lynne Marie Villareal, Louise Doyle, and Charlene Gless. Hawk's Nest Senior Housing, Community Room, St. Albans. Pre-registration required: 524-1234 or cfhw@nmcinc.org

Cholesterol Class – Wednesday, April 29, 8:30 – 9:00 AM. The dietitian discusses foods and eating habits that may help to manage your cholesterol levels. It will include practical suggestions for overcoming the barriers to eating in a heart healthy way. Topics will include saturated and unsaturated fats, fiber, portion sizes, and other American Heart Association guidelines. Northwestern Medical Center, Cobblestone, Cardiac Rehab Gym. Speaker Kay Tran, Registered Dietitian, MS, CDE, NWMC. Limited seating; pre-registration required: 524-1234 or cfhw@nmcinc.org

Breastfeeding: Keep it Simple – Thursday, April 9, 6:00 – 7:30 PM. You are invited to the Department of Health's FREE Breastfeeding Prep class. Learn how your body makes milk, what to expect, tips for getting nursing off to a great start and who to call if you need support or help. Personalize your breastfeeding plan, line up your support, go over the basics, ask questions and get real-life answers. Northwestern Medical Center, Family Birth Center Conference Room. Speaker: VT Department of Health staff. Pre-registration required: 524-7970.

**Healthy Weight Support Group** – Mondays, noon – 12:30 PM. A weekly support group for those working on weight management, combining behavioral and nutritional strategies to increase physical activity and decrease calorie intake. It will provide you with techniques to help you manage your eating behaviors. Come 15 minutes early for a weight check. Northwestern Medical Center, Grand isle Room. Speakers: Kay Tran, Registered Dietitian, MS, CDE, and Leslie Gardzina, Registered Dietitian, NWMC. No registration required, just drop

Start the Conversation – End of Life Planning – We plan for all life's milestones - marriage, birth, retirement. But few of us have plans in place for our end of life. Planning for endof-life starts with understanding your care options, including hospice and palliative care options. An advance directive can provide this information for your family and physician. Start this conversation with your family before you are in a health crisis. Information and materials to help facilitate your conversation are available on a new website for the Start the Conversation statewide initiative, www.starttheconversationvt.org. You can also contact Franklin County Home Health Agency to learn more about your hospice and palliative care options, 802-527-7531 or www.fchha.org. Start the Conversation today. It's a gift.

**Diabetes Support Group** – The Diabetes Support Group meets the second Monday of every quarter (March, June, September, and December) in The Green Mountain Room at Northwestern Medical Center. The lunch session starts at 11:30 AM (complimentary lunch provided); topic is from noon - 1:00PM. The evening session starts at 5:00 PM (complimentary dinner provided); topic is from 5:30 - 6:30 PM. There is usually a guest speaker. Call Debbie Robertson to indicate which session you would like to attend, 524-1031.

Parkinson's Disease Outreach group will meet Wednesday, April 8, 10:00 AM at NWMC, The Grand Isle Room and on Wednesday, May 13, 10:00 AM at Duke's Fitness. The Support Group provides an opportunity for people with Parkinson and their families and caregivers to give and receive support and share information. Participants can learn from each other, meet new people, have discussions, and listen to presentations. Call Pat Rugg, 524-5520.

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

Are you breastfeeding or thinking about it? Come and join other moms, babies, and families at our regular breastfeeding support/social group. The group is offered by the VT Department of Health and is free to all. You can ask questions and get help, join in group discussion, and most important - meet moms just like you and share your experiences. There are four meeting times each month: 1st Saturday, 9:30 – 11:30 AM, Bent Northrop Memorial Library, Fairfield (by Fairfield Center School); 2nd Wednesday, 9:30 – 11:30 AM, Family Center in Alburgh; 3<sup>rd</sup> Thursday, 10:00 AM - noon, Family Birth Center conference room, NWMC. Call 524-7970 for more information.

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

Chronic Disease support group workshops - Are you, or is someone you know, living with a chronic health condition? Then the Healthier Living Workshop is for you! Learn to feel better by learning how to deal with frustration, fatigue and pain,

Free Health continued on page 5

#### **COMING EVENTS**

#### Wednesday, April 1

The Living, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Matt de la Peña for a discussion of his new young adult book, The Living. Matt de la Peña is the author of six critically-acclaimed young adult novels (including Mexican WhiteBoy, The Living and The Hunted) and two award-winning picture books (A Nation's Hope and Last Stop on Market Street). This will be de la Peña's first open-to-the-public event in Vermont. Free. For information, www.phoenixbooks.biz or 448-

Thursday, April 2
9th Annual Vermont Organics Recycling Summit (VORS), 8:15 AM registration, Vermont Technical College, Randolph. Learn about organic residuals to produce compost, energy, and resilient communities. Eight workshops including one on Vermont's Universal Recycling law. For information including cost, contact Nicole Duch, 802-456-1094 or vorsummit@gmail.

Tuesday, April 7

Community Medical School, 6:00 - 7:30 PM, Carpenter Auditorium, Given Building. UVM College of Medicine, Burlington. Featuring Saving Lives: Kidney and Pancreas Transplants by Carlos Marroquin, M.D., Prof. of Surgery and Chief, Transplant and Hepatobiliary Surgery. The field of transplant surgery is evolving at a tremendous rate and has experienced enormous success, with many lives saved, lengthened, or improved thanks to the generosity of organ donors. Find out which health conditions can lead to a need for a transplant, how surgeons perform kidney and pancreas transplants, and details about post-care for transplant recipients. Free and open to the public, plenty of free parking. For information, 802-847-2886 or the Community Medical School website, www.uvmhealth. org/medcenter/Pages/Wellness-Resources/Classes-and-Events/ Community-Medical-School.aspx.

Wednesday, April 8

Battlefield Surgery and Medicine in the Civil War, 12:00 noon, Fleming Museum, 61 Colchester Ave., Burlington. Gerald S. Davis, MD and John Leppman, MD demonstrate medical instruments from the Civil War, discusse available treatments, and focus on excerpts from the illustrated casebook of Dr. Henry Janes, Regimental Surgeon of the 3<sup>rd</sup> Vermont Infantry. After the Battle of Gettysburg, Janes was placed in charge of all army field hospitals in the area. Information, 802-656-0750.

**Embroiderers' Guild meeting**, 9:30 AM, living/dining room, The Pines, 5 Aspen Dr., S. Burlington. All abilities welcome to this meeting of the Green Mountain Chapter of the Embroiderers' Guild of America. It's a stitch-in, so bring something to stitch. First meeting is complimentary. Bring a bag lunch. Car-pooling is available from many areas. For information, contact 372-4255 gmc.vt.ega@gmail.com.

Thursday, April 9

Mean Little Deaf Queer, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Terry Galloway, writer, director and performer for stage, radio, video and film, for a discussion of her memoir Mean Little Deaf Queer. Before her cochlear implant in 2010, Galloway was a deaf lip reader with a lateral lisp. In 2009, her memoir became a Lambda Award finalist and won the Golden Crown award for non-fiction, and garnered Galloway one of her three Florida Division of Cultural Affairs Individual Artist Awards, Tickets \$3 at either Phoenix Books location and include a coupon for \$5 off Galloway's book, good through the end of the event. For information, www.phoenixbooks.biz or 448-3350.

Friday, April 10

Contra Dance, 8:00 PM, Shelburne Town Hall, Shelburne. Regular Queen City Contras' dance with music by Audrey Knuth, Guillaume Sparrow-Pepin, and Everest Whitman; caller Peter Johnson. All are welcome, all dances taught, no partner/ experience necessary. Beginners' session 7:45 PM. Admission \$8 adults, under 12 free. Please bring clean, soft-soled shoes for dancing. Information: 802-371-9492, 802-343-7166, or www. queencitycontras.org

Saturday, April 11

 $Daughters\, of the American\, Revolution: their\, history\, and\, the$ DAR research process, 10:30 AM – 12:00 noon, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. Founded in 1890, the DAR boasts 177,000 members in 3000 chapters and has one of the nation's premier genealogical libraries. In this class, learn about the DAR's history, deep resources, and superb methodologies. Class \$5; parking and entrance are across from the State Police Building. More information – 802-310-9285 or www.vtgenlib.org

Free Health continued from page 4manage symptoms and medications, and improve strength and flexibility. If interested, call 524-8831 or 524-1031. Each session is 21/2 hours once a week, for six weeks. Your interest will help decide locations, dates and times.

Grief and Recovery Support Group - Experiencing a loss can be painful to face alone. Franklin County Home Health's Grief and Recovery Support Group serves as a safe place to share feelings with others who are coping with grief. This support group is offered free of charge to anyone who would like to talk to others and help one another. It also provides a resource for grief education in our community. The group meets the first and third Wednesday of each month from 7:00 PM - 8:00 PM at the Franklin County Home Health office in St. Albans, 3 Home Health Circle. For more information, contact Lori Wright, lwright@fchha.org, 527-7531, ext. 268.

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

Mom's Night Out, first Thursday of every month, 6:00 – 8:00 PM, the LaQuinta Inn (Franklin Meeting Room), 813 Fairfax Rd., St. Albans. Are you the mother of a child with special needs? Is your life just too busy? Too stressful? Have you got too many things to do? Are you up to your armpits with paperwork? Do you have to advocate for your child and family? Do you wish you had someone to have conversations with? Who understands because they are the mother of a child with special needs too? Take some time once a month for you. Contact: Betty Morse, Sunday, April 12

**VFW Sunday Brunch**, 9:00 – 11:00 AM, VFW Post 9653, Pleasant St., Morrisville. Brunch to benefit Lamoille County VFW Ladies Auxiliary to Post 9653. Adults \$9; kids under 10 years old \$5.

Wednesday, April 15

Mapping Found Sounds, part 1, 5:00 – 8:00 PM, Fleming Museum, UVM, Burlington. Track the sonic footprints of Burlington and create an experiential sound map of obscured ambient noise, inspired by John Cage's experiments with everyday sound. In part one, participants make a simple electronic listening device by repurposing the ubiquitous and inexpensive contact microphones (piezos) found in old cellphones, computers, and other devices. In part two on Saturday, April 18, noon -3:00 PM, participants discover hidden sounds and contribute to the creation of a unique sound map of Burlington. With Jenn Karson, Project Collaborator on Staring Back, and Supervisor, UVM's Fablab; Griffin Jones, 2015 Electrical Engineering, UVM College of Engineering and Mathematical Sciences. Cosponsored by the Fleming Museum of Art and UVM's College of Engineering and Mathematical Sciences' Fab Lab. Materials fee, \$25. For information and to register, fleming@uvm.edu or call Christina, 656-8056

Thursday, April 16

Poetry Fest 2015, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Celebrate National Poetry Month with Neil Shepard, David Cavanagh, and Carol Potter! Neil Shepard has published six books of poetry, including his latest, Hominid Up, from Salmon Poetry. David Cavanagh's new book, Straddle, just out from Salmon Poetry, is his fourth collection. Winner of the 2014 FIELD Poetry Prize from Oberlin College Press, Carol Potter's fifth book of poems is Some Slow Bees. All are invited to join these Vermont writers for a poetry extravaganza! Tickets \$3 at either Phoenix Books location beginning April 2, and include a coupon for \$5 off a book by one of the featured authors, good through the end of the event. For information, www.phoenixbooks.biz or 448-3350.

Saturday, April 18

Cambridge Area Rotary BUNCO FUNdraiser, 6:00 – 10:00 PM, the Barn at Boyden's, VT Rts. 15 and 104, Cambridge. Join us for a night filled with BUNCO, silent auction, prizes, and raffles; snacks and a cash bar for beer and wine at the event. Tickets \$15, available at Jack F. Corse Inc., Cambridge Village Market, The Varnum Library, Susan Lassiter at the Union Bank, Anita Lotto, from any Cambridge Area Rotarian, or message us on our Facebook event page to make arrangements for tickets. For up to date event information, visit us on Facebook: https:// www.facebook.com/events/754061141375125/.

Life's Helpers rummage sale, food drive, 9:00 AM - 4:00 PM, Hinesburg Fire Dept., Hinesburg. Sale proceeds benefit the Hinesburg Fire Department / Food Shelf. Come check it out, and bring a non-perishable food item for the food shelf. For questions or to donate, contact Penny,

802-434-6053 or Phyllis, 802-434-2559.

Using Drouin's LAFRANCE Website and its **Databases**, 10:30 AM – 12:00 noon, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. Genealogie has the Drouin Ouébec Institute databases available for research. Various methods of finding information will be demonstrated on the most popular one, LaFrance. This is a great help when searching the 1800-1850 time frame, but it also covers from the 1600s to 1900 and later. Class \$5; parking and entrance are across from the State Police Building. More information – 802-310-9285 or www.vtgenlib.org.

Verd Mont Button Club, 11:00 AM - 4:00 PM, Nella Grimm Fox room, Rutland Free Library, 10 Court St., Rutland. The Verd Mont Button Club, founded in 1979,

Family Support Consultant, 800-800-4005 ext. 201 or betty.morse@vtfn.org.

Shadows of the Moon - A support group for families and individuals living with Autism Spectrum Disorders (ASD). Please come and join us to talk, learn and even teach each other. Last Tuesday of every month. 6:30 - 8:30 PM. La Quinta Inn & Suite (Franklin Conference Room), Fairfax Rd., St. Albans. For more information, please call: Cheryl at (802) 868-3658 or Laura at (802) 849-2817

Franklin/Grand **Families** Counties VFN Together – A support group for parents and caregivers of children/youth/adults special needs meets the third Thursday of every month, 6:00 – 8:00 PM, Holy Trinity Episcopal Church Parish Hall, 38 Grand Ave., Swanton. Free pizza will be served, RSVP required by noon on Thursday to Laura Weber, Family Support Consultant, laura. weber@vtfn.org.

will hold its first annual Open House. Club members will be on hand to present information about the hobby of button collecting and to help you identify your button treasures. Activities include video presentations, button "experts," button reference library, button displays, and children's button projects and games. Coffee and cookies will be provided, or bring your favorite snacks or lunch. The Verd Mont Button Club Open House is free to the public. Children should be accompanied by adults.

Tuesday, April 21

Legislative Forum, 6:30 - 8:00 PM, Deborah Rawson Memorial Library, Jericho. Representatives Bill Frank and George Till will hold monthly legislative forums to discuss and answer questions about what is happening in the legislature this session. Thursday, February 19. For more information, contact Representative Frank at 899-3136 or Bill@RepBillFrank.com.

Saturday, April 25

VT Gear Swap & Clothing Sale, 9:00 AM - 3:00 PM, Monitor Barn, US Rt. 2, Richmond. Fourth annual swap & sale. Local and national retailers' discounted outdoor gear, apparel, and equipment to raise money for the VT Youth Conservation Corps (VYCC) and the social mission of the Burlington Sunrise Rotary Club. Food; live music by Celtic band Longford Row. To donate or sell gear, go to the "Gear Guidelines" page on www. gearswapvt.org for clarification on gear that can be sold and the condition guidelines. If you have gear that qualifies, visit the 'Sell My Gear" page to create a label for your gear. Last, bring your gear to the Barn at the designated drop-off times (details can be found on the "Drop Off My Gear"). For early drop off, volunteers and drop-off locations ready to accept your labeled gear at WCAX-TV3 Monday-Friday, 8:00 AM – 5:00 PM, 30 Joy Dr., S. Burlington. Email gearhead@gearswapvt.org to make other arrangements. You can also drop off your gear to the VYCC at West Monitor Barn Thursday-Friday, April 23-24, between 3:00 – 6:00 PM, around the back of the barn – follow the service road and look for the big open barn door.

Campus news and honors

Hope Denison of Jericho, VT was named to the Dean's List at Fairfield University, Fairfield, CT for the fall 2014 semester.

Alyse Faith Cindric Henderson was awarded a degree in Veterinary Medicine from the University of Wisconsin-Madison School of Veterinary Medicine in May of 2014. Dr. Henderson grew up in Underhill, VT and attended Rice Memorial High School, Burlington, VT and completed a double major/minor at the University of Vermont. Dr. Henderson accepted a position with Dr. Barbara Kasprowicz, owner of Country Vet LLC in Almond, WI focusing on dairy and expanding equine services. Dr Henderson was greatly influenced by the compassion and expertise she saw in local veterinarians. Doctors Roger Prior, Peggy Larson, Steve Barningham, Ann Finlayson, Steve Levine, and Kristin Haas exemplified integrity, selflessness, and education to a young girl who followed their footsteps and her dream!

Campus news continued on page 6



"The pain was excruciating," says Francis Wilder about carpal tunnel in both of his hands. Wilder turned to Dr. Joseph McLaughlin at Mansfield Orthopaedics. "Dr. McLaughlin is a great communicator. He told me what was going on and why. He and his surgical team at Copley fixed me up. I'd go back to see him in a heartbeat."

At Copley, patients benefit from expert physicians attuned to the latest research and techniques, matched with the warm, personalized feel of a community hospital. Top medical care close to home. That's what we're here for.



Dr. Joseph McLaughlin with Physician Assistant Alexis Gagne and Medical Assistant Savannah Droney, They specialize in Orthopedics with an emphasis on the hand, wrist, elbow, and shoulder. They are dedicated to providing top quality care, close

To make an appointment with a Mansfield Orthopaedic Specialist at Copley Hospital, call **802.888.8888** 



OBSTETRICS & GYNECOLOGY | EMERGENCY SERVICES GENERAL SURGERY | ORTHOPEDICS | CARDIOLOGY | ONCOLOGY UROLOGY | REHABILITATION SERVICES | DIAGNOSTICS IMAGING

528 Washington Highway, Morrisville, VT

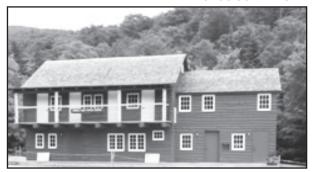
copleyvt.org

EXCEPTIONAL CARE. COMMUNITY FOCUSED.



Left, prior to restoration, the structure with the south wing an unsafe removed, balcony, and with public access denied. Right, the restored Barnes Camp, now open as a visitors' center at the southern gateway to Smugglers' Notch.

PHOTOS CONTRIBUTED



#### **DIRECT CREMATION SERVICES** Locally Owned & Operated **Providing Families with Compassionate Care** at an affordable price. A member of the A. W. Rich Funeral Home family serving

Certificate Transit Permit

families for over 100 years.

No Cremation Society Fees Compare our prices and save Service Charge: \$1,065.00 Crematory Charge \$390.00 Medical Examiner \$25.00 Permit Certified Death \$10.00

**Total Direct Cremation** Charges: ~\$1495.00

\$5.00

Also included at no extra charge is a cremation container, your choice of 1 of 3 urns, newspaper

## **Barnes Camp earns**

Public Place Award

The Barnes Camp Restoration has been awarded a Public Place
Merit Award from the Vermont Chapter of the American Society of Landscape Architects. Barnes Camp, built in 1927 on the site of a logging camp, is situated along VT Rt. 108 at the southern "gateway" of Smugglers' Notch. VT Public Place Awards recognize special public spaces, the corridors that connect them, and networks of public spaces that have been defined or enriched by planning or design.

Over the winter of 2013/14, Barnes Camp was carefully restored to its original appearance as depicted in historic photographs. The building's exterior has been returned to the appearance of an earlier era, including restoration of missing or blocked windows and reconstruction of the unique cantilevered second story porch. The interior, with its focus on a majestic restored stone fireplace, has been adapted to provide a warm, welcoming environment for visitors.

With the restoration complete, Barnes Camp will serve as a visitors center for the Smugglers' Notch Scenic Highway and the State Park, and will act as a hub for educational and conservation activities occurring throughout the Notch. The visitors center is managed through a partnership of the Lamoille County Planning Commission, Green Mountain Club, Stowe Mountain Resort,

and the VT Department of Forests, Parks, and Recreation. The restoration was funded through a Scenic Byways Grant from the Federal Highway Administration managed by the VT Agency of Transportation, a direct grant secured by Senator Bernie Sanders, and generous support from numerous public and private partners.

#### Discover the outdoors at Family Camping Weekend

Becoming an Outdoor Family Weekend, May 29-31, offers campers a chance to learn basic outdoor skills, sample various recreational activities, and spend time together as a family.

The annual event, which will be held at Stillwater State Park in Groton, is organized by University of Vermont (UVM) Extension and the VT Departments of Fish and Wildlife and Forests, Parks and Recreation. Although tailored to families new to camping or exploring the outdoors, veteran campers are welcome to participate.

Throughout the weekend, experts will teach workshops on everything from native wildlife and plants, orienteering, and geocaching to outdoor wild game cooking, shooting sports, kayaking, and mountain biking. New offerings this year include sessions on backyard forestry, basic knot tying, Vermont's furbearing animals, backcountry first aid, and wilderness survival for families with young children, among others.

The \$189 fee per family (up to eight people) includes three workshops per person along with the campsite, Friday night ice cream social, and Saturday night potluck supper. Other activities include a raffle, evening bonfire, and bottle rocket-making station

There will be plenty of free time to enjoy the park, located on Groton Lake in the 28,000-acre Groton State Forest, has to offer including swimming, boating, bird watching, and hiking. Canoes

and kayaks will be available

for free rental. The deadline for registration

May 15. Registration information and other details may be found at www.uvm.edu/ extension/outdoorfamily. Due to the event's popularity, early registration is recommended. To request a disability-related accommodation to participate, please contact Gail Makuch, 802-257-7967 ext. 301 or 800-278-5480 (toll-free in Vermont) by April 30.

Assignment of campsites will be on a first-come, first-served basis requests for sites adjacent to extended family or friends accommodated whenever possible. Tent, lean-to, and RV sites are available.

interested Families extending their stay may camp for no charge on Sunday night. Arrangements should be made at the park office upon arrival.

Past attendees who refer a new family will be entered in a drawing for a free weekend stay at any Vermont state park, courtesy of the VT Department of Forests, Parks, and Recreation. Check the Becoming an Outdoor Family Weekend web site (noted above) for details. Questions? Contact Debbie Fajans, UVM Extension 4-H Youth and Family Program coordinator, 802-257-7967 ext. 306, 800-278-5480 (toll-free in VT), or debbie.fajans@uvm.edu.

#### Campus news continued from page 5

Alexandra Caroline Orsky of Underhill, VT was named to Dean's List at Washington University in St. Louis, MO.

**Charles R. Wood** of Westford, VT received a bachelor of science degree with distinction in mechanical engineering and aeronautical engineering from Clarkson University, Potscam, NY on December 31, 2014.

#### 2015 Relay for Life NordicStyle has many to thank

To the Editor,
From humble beginnings with the hope of finding a cure for all cancers, Relay for Life NordicStyle just completed its twelfth winter relay.

With money still coming in, to date nearly \$63,000 has been raised going toward research to find a cure for all cancers, support and education

Being a NordicStyle Relay, challenges of this all-night event can be difficult. However, this year with a mix of freezing rain, snow, and gusting winds blowing most of the night, 27 teams and 150 participants gathered in the meadow at the Trapp Family Ski Touring Center and we thank them wholeheartedly on behalf of the 42 caregivers, 45 survivors, and for future generations that will someday live in a cancer free society.

Thank You to the *Trapp family* once again for their support in allowing us to use their nordic facility.

Thank Yous to our corporate sponsors: Star 92.9, Harley D's, Radio Vermont Group, Fox 44, ABC 22, 802Cars, SymQuest, Darn Tough, Avalon Tent Company, Waterbury Pharmacy, Stowe Mountain Resort, and Turtle Fur.

Thank You to our Survivor Reception Sponsors: Bath and Body Works, Stowe Mercantile, Laughing Moon Chocolate, Ziemke Glassblowing, Stowe Mountain Resort, Great Glen Trails, City Market Co-Op, Cold Hollow Cider Mill, and Stowe Wine and Cheese.

Thank You, to our food and drinks providers for this year's event: Ben and Jerry's, The Pizza Joint, Cold Hollow Cider Mill, The Commodores Inn, McCarthy's, Picasso, Dunkin Donuts, Shelburne Bay Retirement Center, Laughing Moon Chocolates, Cabot Cheese, Myers Bagels, and Culligans Water.
Thank You, to *our entertainers*: Sean Casey, Bethany Conner,

Rose Newton, Troy Millette, Kyle Stevens, and Isaac French for their individual wonderful acoustic sounds that spread out across the evening to the enjoyment of everyone at the event.

And Thank You to Teams: Amigos de Pablo, Stowe Mountain Resort, Two Buds Crew, DebSki, FACT, Andiamo, Purple Persisters, Monkton Families Gone Wild, Stowe Snow Pros, Narcoleptic Insomniacs, Ladies of the Lake, CVU Nordic, Essential Physical Therapy, Ice Blizzards, Twinfield for the Cure, Chilly Cats, Singing for a Cure Nordic Style, Snowshoeing for Cure, Team TLC, Trail Trekkers, Jimmy Sea Dawgs, A to Z, Stowe Mountain Lodge, CVU Power Butts, On the Trail for a Cure, Radio Relayers, and Team NEK, who all gave their time and energies, put the fun into fundraising, and came together for one day... one night... one moment in time to find a cure for cancer.

Susan Russo, Publicity Chair Relay for Life NordicStyle, Stowe

#### Registration open for Military Kids Discovery Camp

Planning ahead for summer for your kids? Registration is now open for the Military Kids Discovery Camp, open to teens 13-17, from military families from all branches of the service, both active and reserve. The overnight camp is planned for Monday-Friday, August 3-7 at the Mount Norris Scout Reservation in Eden Mills.

Campers will participate in leadership and teambuilding activities along with fun outdoor adventures and traditional camp activities, including evening campfires. The camp, sponsored by UVM Extension 4-H and 4-H Military Partnerships, is offered at no cost to campers.

Accommodations will be in lean-tos, with all meals provided. Although the camp runs for five days and four nights, campers and their families may stay an extra night for free on Friday night.

Space is limited to 24, so early registration is advised. Register online at https://military-discovery-camp-vt2015.eventbrite.com. Registration ends Wednesday, July 1 or when all spots are filled. To request a disability-related accommodation, contact State 4-H Program Director Sarah Kleinman, 802-656-0311 or sarah. kleinman@uvm by July 1.

In addition to participating in archery, boating, hiking, rock climbing, crafts, first aid certification, and other camp activities, the teens will visit a wind farm to learn how wind turbines work. They also will explore ways to become more effective leaders in their school and community as well as hone skills such as decision-making, problem solving, and conflict resolution to help them better cope at home during deployment of a family member.

Funding for this Department of Defense Deployment Support Camp is through a grant with Kansas State University in partnership with the U.S. Department of Defense between the Office of Military Community and Family Policy, the U.S. Department of Agriculture's National Institute of Food and Agriculture, and several state 4-H programs, including UVM Extension 4-H. For more information, call the State 4-H Office 800-571-0668.

#### Ohio expert to discuss soil health and water quality

An Ohio State University (OSU) Extension specialist will help Vermont farmers unlock the secrets of soil health at a day-long event on Tuesday, April 21 in Addison County at the American Legion Hall in Vergennes.

Jim Hoorman, who works with farmers in the areas of cover crops, no-till, manure management, and water quality, will share strategies to improve soil structure, retain nutrients, and increase crop yield on farm fields. The Soil Health Workshop and Field Day, co-sponsored by University of Vermont (UVM) Extension's Champlain Valley Crop Soil and Pasture Team and the Champlain Valley Farmer Coalition, also includes a visit to a local dairy farm.

Event is free for farmers and \$30 for others. Lunch included. Registration is requested by April 17. Register online at www. regonline.com/soilhealth. Anyone requiring a disability-related accommodation should contact Kirsten Workman, 802-388-4969 ext. 347, or 800-956-1125 by Tuesday, April 14.

The day gets underway at 9:00 AM. Hoorman will discuss the biology of soil compaction, the economics of cover crops and weed suppression, and cover cropping as a means of keeping nutrients on fields and out of surface water. In addition to his work with OSU Extension, Hoorman conducts cover crop research trials on his 40-acre farm in northwestern Ohio.

For more information, contact 802-388-4969 or champlain. crops@uvm.edu.

bituary notice assistance and life tribute placeme on our website. Price effective January 1, 2013. ~No Hidden Fees Follow us on Facebook at | f /A. W. Rich Funeral Home and launch www.directcremationservices.com (802) 878-2220

# Keeping you active we do that here

New to the Cambridge community, we welcome you to visit and meet our staff. Our highly trained therapists work closely with you to evaluate your health, set therapy goals, and customize a treatment plan. With research-based approaches, we help athletes get back in action and help others achieve their maximum performance.



Open Monday & Friday 8 am-4 pm

802-644-8317 NorthwesternMedicalCenter.org

Conveniently located at the Cambridge Health Center 272 N Main Street, Cambridge, VT 05444

#### LIBRARY NEWS

#### DEBORAH RAWSON LIBRARY, UNDERHILL

DRML is pleased to present Freedom & Unity: The Vermont Movie, the first-ever documentary series about Vermont. The sixpart film is a collaboration of over four dozen critically acclaimed Vermont filmmakers. Advisors include well-known historians, educators, curators, authors, artists, politicians, and activists. The film is thematic rather than in chronological order, and explores themes in the state's history that recur and circle back, from 1777 to the present. Early parts of the series have been shown. The remainder of the six-part film will be shown Tuesdays, April 7 and 14. Join us!

For information on the programs and services available at Deborah Rawson Memorial Library visit www.drml.org. You can also find us on Facebook and Twitter.

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-

#### JERICHO CENTER LIBRARY

Crafters' Circle - Do you find the time to work on your craft projects at home? Join other craft enthusiasts at the Monday evening Crafters' Circle, which meets at the library at 6:00 PM. If you embroider, quilt, crochet, knit, create paper arts, or want to learn, this is the group for you. Join us any Monday – everyone is welcome whenever you can attend. Bring your current projects or try something new. Check our Facebook page for weekly craft ideas: https://www.facebook.com/JerichoTownLibrary.

Board Members Needed – Jericho Town Library is directed by an elected Board of Trustees whose job it is to oversee the running of the library. At present, the board is short two members. The Jericho Town Library is seeking two people, one to be the Treasurer on the Board of Trustees and another to help with grant writing. Candidates must be Jericho residents. One meeting a month, on the first Monday from 7:15 – 9:00 PM, and periodic check-ins with the librarian are all that is required. The rest can be done at home. If interested, please contact Barb Adams at 899-4818 or adams67@aol.com.

Seed Lending Catalog - Those of you who did not participate in Let's Grow Jericho, our seed launching program, might not be aware of our seed lending catalog. Our historic town library has a collection of vegetable, herb, and flower seeds to lend to the public. You do not need to be a library patron to borrow seeds; anyone is welcome to participate, The Jericho Town Seed Lending Library focuses on local, organic, and heirloom varieties. It works much like checking out books or DVDs from the library, only this time it's seeds. We have an extensive inventory of seeds that are available for you to take, and all we ask is that when your plants are grown, you save some seeds and return them to the library. You can also donate seeds that you might presently have. Get your garden started with seeds donated from High Mowing Seed Company, Renee's Gardens, and your neighbors!

If you are new gardener, we have plenty of books and resources to help you get started. We even have books available to purchase on our sale shelf. Workshops will be offered throughout the growing season. For more information, visit our website at www. jerichotownlibraryvt.org.

We also wish to extend a big thank you to all presenters who contributed to our Let's Grow Jericho event: Kelly King, Christa Alexander, and Charlie Nardozzi. And a special thanks to all who came out and made the events so successful.

Poetry Month: March 30-April 27 – Once again, Jericho Town Library is excited to host Poetry Month with Mary Jane Dickerson. The 2015 topic is "History and the Poetic Imagination." In this workshop, we will draw on the historical materials of our own lives to see ourselves beyond the immediacy of our own times and places. As always, what participants are inspired to write about is always appropriate, and we place a premium on encouraging critiques of each others' work in the spirit of helping us make the most of the potential inherent in what we want to express. Please feel free to bring poems you admire to share with others. Schedule of Events: March 30, April 6, April 13, 6:30 – 8:00 PM: Jericho Town Library on the Green; April 20-25, Individual sessions with MJD at times to be scheduled at her house, 327 Browns Trace, beside the Community Center of Jericho; April 27: Public reading at the Deborah Rawson Memorial Library in Underhill. For more information, see the webpage at www.jerichotownlibraryvt.org and click on "Programs and Events."

Library hours are: Monday 1:00 - 7:00 PM; Wednesday 10:00 AM - noon (includes children's story time) and 2:00 - 7:00 PM; Friday 1:00 – 5:00 PM; Saturday 10:00 AM – noon. For more information call 899-4686, go online to www.jerichotownlibraryvt.org, or email Jerichotownlibrary@gmail.com

#### VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE

Crafting Circle on Mondays at 5:00 PM: April 6, intro to no-needle crafts; April 13, fiber arts – traditional and non; also April 20, 27.

Crafting Circle on Thursdays at 4:00 PM: April 2, hand-piecing made easy; April 9, beading and embellishing; April 16, social craftin and potluck.

Tuesday, April 14 at 7:00 PM, Poetry People.

Story Time & Crafts with LN, Thursdays, April 2, 9, 16, 23. The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville,

802-644-2117. Please visit Varnum Library's website, http://

**Unit Sizes:** 5' x 10'

> 10' x 10' 10' x 15'

10' x 20'

## Planning a move or perhaps you just need more space?

Call or e-mail us today.

We have great rates and are ready to serve your self-storage needs. From cars to household items, we have you covered.

25 North Main Street, Jericho

802-899-2900 Info@JerichoMiniStorage.com

Hours: Mondays and Tuesdays 12:00 - 7:00 PM, Wednesdays 3:00 – 7:00 PM, Thursdays 9:00 AM – 7:00 PM, Fridays 2:00 – 5:00 PM, and Saturdays 10:00 AM – 3:00 PM.

#### WESTFORD PUBLIC LIBRARY, WESTFORD

The library is accepting donations of books, DVDs, and audiobooks for the 4th of July book sale. Books in good condition (would you give it to a friend?) accepted; please, no textbooks, encyclopedias, magazines, cassettes, or VHS.

Early Literacy Storytime every Thursday, 11:00 AM. No registration required. Storytime consists of several stories around a theme and a theme-based craft. All ages and levels of attention are encouraged to come - even if they fidget, they are still getting a lot

Building Bright Futures Playgroup on Mondays, 9:30 - 11:00 AM. For children 6 and under. For more information contact Janice, Janice@tfish.net.

Library Hours: Wednesday 1:00 – 7:00 PM, Thursday 10:00 AM – 6:00 PM, Friday 1:00 – 7:00 PM, Saturday 10:00 AM – 2:00 PM; website westfordpubliclibrary.wordpress.com; Email: westfordpubliclibrary@gmail.com. Like us on Facebook. 878-5639, Bree Drapa, Librarian.

#### RICHMOND LIBRARY

Watch Your Numbers – The VT Department of Health is working with a network of 15 libraries statewide to make blood pressure monitors available to borrow for up to a month. Material on how to track and reduced your blood pressure included. Making the monitors available is part of the U.S. Department of Health and Human Services (HHS) Million Hearts® initiative to prevent one million heart attacks and strokes by 2017. Check out a monitor now while they are still available!

The April Wall Exhibit will feature the paintings and drawings of mother-daughter team Lynn and Maya Butler-Dube. The April Display Case will feature the Library's collection of Danbury Mint Storybook dolls. Come see Goldilocks, Sleeping Beauty, Miss Muffett, and many others.

Senior film: Join others from the Community Senior Center at 12:30 PM on Wednesday, April 15 for a screening of the film *Mash* starring Donald Sutherland and Elliott Gould. Free and open to all.

Book Group will be discussing Tracks: A Woman's Solo Adventure by Robyn Davidson on Tuesday, April 7 at 6:00 PM. Mystery Book Group will be discussing the book Death on Demand by Caroline Hart on Thursday, April 16 at 7:00 PM.

English Country Dance - Beginner-friendly classes taught by Val Medve to recorded music, Fridays, April 3 and 17 and Friday, May 1, 7:00 - 9:00 PM. Try this accessible and popular form of community social dance enjoyed by people all over the world. Adults and youths 12 and over are welcome. Attend on your own or with a partner. Casual dress. Smoother soles (rather than treaded soles) are helpful. No advance registration needed. Just show up for a fun evening of dance and camaraderie. Contact Val Medve, val.medve@gmail.com with questions. \$3-\$5 suggested donation.

Gardening with Rich Dube – two Saturday workshops, 10:00 AM – 12:00 noon. To register, contact Rich, 802-434-4834 or *richdubegeo@cs.com*. First workshop: "Autumn's Abundant Garden Display," April 18. Plan and plant now for an abundant garden display in the fall. From Bugbane and Bears Breeches to Windflower and Fleece Flower, see perennials that rival Asters and Mums. Add late native blooms to nourish pollinators for winter and migration. View how bold foliage in an array of color, texture, and form plays a distinguished role juxtaposed to fall blooms. Fee: Cash donation to the Richmond Food Shelf, which is working to improve the lives of our neighbors in the Richmond area. Second workshop: "Beneficial Wildflowers for Diverse Habitats." Provide for monarchs, other butterflies, pollinators and birds. The use of native plants creates diverse, healthy, and beautiful native landscapes supporting pollinators essential to the production of flowers and food that we and wildlife depend on. Garden-worthy Milkweed, Blazing Star, Penstemon, Bee Balm, Goldenrod, and numerous other natives can be added to existing gardens or to create special Monarch and pollinator habitats. Non-stop natives nourish us and nature! Fee: Cash donation to benefit Our Community Cares Camp (OCCC), a non-profit day camp providing enriching activities and nutritious

meals for Bolton, Huntington, and Richmond children. Green Mountain Club Taylor Outdoor Series: "Travels in Gaspé," Friday, April 10, 7:00 PM. The Gaspé Peninsula in Québec has a lot of attractions - beautiful scenery, great hikes, wildlife, and more. Sheri and Rich Larsen decided to head there last summer with stops in Ouébec City and the north shore of the St. Lawrence River on the way. On the return they hiked the high points of New Brunswick and Maine. Their slideshow presentation will feature photos of the places they visited, the wildlife they saw (including whales, caribou, and a colony of Northern Gannet birds) as well as their hikes in Gaspé Peninsula, New Brunswick, and Maine.

Playgroup meets on Wednesdays at 8:45 AM, except during school vacations.

Early Bird Math is an interactive math literacy storytime for young children and their caregivers. Through books, songs, and games children are exposed to many early math skills and will enjoy a chance to play with their peers. Join Wendy in the community room on Fridays at 11:00 AM.

Digitial Downloads: The Library gives patrons access to

thousands of audio books and eBooks. Check out the webpage for ListenUpVermont and OneClick links. Got questions, ask staff.

Remember the Library has WiFi connections, computer workstations with scanners, Fax (\$1/ page to send, .20 to receive), copy or print, .20/ page. To make your work experience even more productive, we also have a Keurig machine and K-cups of regular coffee, decaf coffee, cocoa, tea, chai latte at \$1.

Support the Library! Please support our programs and acquistions. Our webpage has an easy to use donate

button via PayPal. Richmond Free Library, 201 Bridge St., P.O. Box 997, Richmond, VT 05477; 434-3036; 434-3223 (fax); www. richmondfreelibraryvt. org. Open Monday and Wednesday, 10:00 AM – 8:00 PM, Tuesday and Thursday, 1:00 - 6:00 PM; Friday, 10:00 AM 6:00 PM; Saturday, 10:00 AM - 2:00 PM.

Send us your obituaries, births, and weddings. We print them for free. mtgazette@earthlink.net

#### FAIRFAX COMMUNITY LIBRARY

All events are free unless noted otherwise. Pre-registration encouraged.

Wednesday, April 1, 3:15 – 4:15 PM: READ to a DOG. Kids ages 5-10 can read a book of their choice to a fuzzy, friendly dog. Call to reserve a 15-minute slot.

Thursday, April 2, 6:00 - 7:00 PM: PJ Story Hour. All welcome for a story and craft. Thanks to Fairfax Building Bright Futures for this event.

Tuesday, April 7, 9:30 – 10:30 AM: Preschool Story Time: Spring! Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for story hour.

Tuesday, April 7, 6:00 – 8:00 PM: Family Game Night. Join us for this fun monthly tabletop game event! Bring a game if you like.

Ages 5+. Wednesday, April 8, 3:00 – 4:00 PM: LEGO Club. Ages 6+ enjoy

themed Lego play after school. Please register.

Thursday, April 9, 6:30 – 8:00 PM: Fiction Book Group discusses Geraldine Brooks' novel People of the Book. Copies available now at the library.

Saturday, April 11, 10:00 AM - 12:00 PM: Fiber Arts Maker Space. An open time to sit and knit, crochet, felt, rug hook, whatever inspires you.

Monday, April 13, 3:00 - 4:00 PM: Crafternoon: Altered Books. Kids ages 6+ make a fun craft after school. Must pre-register. Limited to 12 participants

Tuesday, April 14, 9:30 - 10:30 AM: Preschool Story Time: Chickens.

Thursday, April 16, 3:15 – 4:15 PM: READ to a DOG. Saturday, April 18, 10:00-11:00 AM: Computers and Safety: An informative session about how to protect your information online. Taught by BFA's I.T. expert Jason Smith. This program is geared towards adults. Please register.

Tuesday, April 21, 10:00 - 11:30 AM: Preschool Story Time: Pirate Party! Avast maties! Calling all scallywags to the Library where ye'll harken to a tale or two and maybe walk the plank! Ages 0-6. Register ye today.

Tuesday, April 21, 6:00 – 7:00 PM: Put Your Money Where Your Dreams Are. Financial consultant JoAnn Thibault joins us for a financial planning seminar about saving for the future. Please register.

Thursday, April 23, 6:00 - 7:30 PM: Special PJ Story Hour with the Travelling Storyteller. Kids will love this special guest. Thanks to Building Bright Futures for this event.

Tuesday, April 28, 9:30 - 10:30 AM: Preschool Story Time: Sink or Float.

Wednesday, April 29, 3:15 – 4:15 PM: READ to a DOG. Thursday, April 30, 6:00 – 8:00 PM: Dr. Who Night. A fun evening of Dr. Who themed activities, trivia, and a prize for best costume. All

Parents, did you know that a child needs to be 8 years of age to be in the library without a parent or supervising babysitter?

We have passes! Shelburne Museum and the Museum Store are open year round! Visit now to view our exhibitions of exquisite jewelry, renowned American paintings, and historic Civil War era textiles! Winter admission is \$8. www.ShelburneMuseum.org.

Library closed? E- and audio books are always available via http://listenupvermont.org.

School Year Library Hours: Monday, Wednesday 8:00 AM – 5:30 PM; Tuesday and Thursday 8:00 AM – 8:00 PM; Friday 8:00 AM – 3:15 PM; Saturday 9:00 AM - 1:00 PM.

For up-to-date information about programs, visit our website www.fairfaxvtlibrary.org, where you can find a link to our interactive Google calendar. Fairfax Community Library: 75 Hunt St., Fairfax, VT, 05454; 849-2420. Program Planner Karyn Norwood, knorwood@fwsu.org; Library News: www.bfafairfax.com/pages/ communitylibrarynews.html.

#### **A.J.'S AUTOMOTIVE AND TIRE** 810 RT 15, UNDERHILL 802-899-2202

3.8 MILES FROM UNDERHILL FIRE STATION

#### SUMMER TIRE SALE

- BRAKES TUNE UPS
- EXHAUST REPLACEMENT
- CAR-TRUCK- AND RV STATE INSPECTIONS

ALSO UNDERCOATING, LIGHT BODY WORK AND RUST REPAIR



Factory scheduled maintenance

> MENTION GET 10 OFF ANY ERVICE



Cannot be combined with other offers. Ad required for discount.

#### ADULT ACTIVITIES

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

**Toastmasters of Greater Burlington**, 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays, 7:00 PM, Holiday Inn, 1068 Williston Rd., S. Burlington. Do you want to become a confident public speaker and strong leader? If so, Toastmasters of Greater Burlington is the place for you. You'll find a supportive learn by doing environment that helps you achieve your goals.

**Yoga**, Tuesdays, 6:30 – 8:00 PM, Collins-Perley Sports Complex, St. Albans. For information including cost, 802-527-1202

**Contra Dance**, Shelburne Town Hall, Shelburne. Monthly dances presented by Queen City Contras, <a href="http://www.queencitycontras.org">http://www.queencitycontras.org</a>. Admission charged.

Chittenden County Postage stamps and post card club, 1st Wednesday of the month 6:15 – 8:30 PM, IDX Circle, GE Healthcare Building, South Burlington. Information email Laineyrapp@yahoo.com or 802-660-4817.

**Eagles Auxiliary #3210** holds bingo at the club house, VT Rt. 109, Friday nights. Doors open at 5:30 PM. Bingo starts at 7:00 PM. For information, contact Sally, 644-5377.

Handbell ringers, Tuesday evenings, United Church of Underhill. All are welcome at rehearsals. Two ensembles; opportunity for small groups/shorter time periods. We ring a variety of music in a variety of settings and look forward to new faces joining us. Beginners welcome. Call Roger, 899-3106, for information

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

The Women of the United Church of Underhill meet the 2<sup>nd</sup> Saturday of the month, 8:00 AM at the Church, VT Rt. 15, Underhill Flats. Women interested in sharing Christian prayer and discussions are welcome. Contact Julianne Nickerson at 899-3798 for more information.

Smugglers Notch 55+ Club meets Wednesdays at Smugglers' Notch for a social time, then breaks into groups to ski. Brief organizational meeting, coffee and rolls, and then head out to the trails in self-selected ability groups. Gather informally in summer for a wide variety of outdoor activities. Membership benefits include various discounts at Smuggs. Information: Deborah, 644-5455 or just attend a meeting at the Morse base lodge, 9:00 AM every Wednesday.

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

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

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

Alcoholics Anonymous Meeting "Wing It" group meets Sundays, 11:00 AM, Maple Leaf Farm, Stevensville Rd., Underhill. Open Speaker meeting followed by a brunch (\$10 for brunch).

Alcoholics Anonymous Meeting, "The Firing Line" group meets Wednesdays, 7:15 – 8:15 PM, Maple Leaf Farm, Stevensville Rd., Underhill. Open Step meeting.

**Alcoholics Anonymous Meeting** "The Firing Line" group meets Saturdays, 8:00 – 9:00 PM, Maple Leaf Farm, Stevensville Rd., Underhill. Open Speaker Discussion meeting.

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

**Alzheimer's support group**, monthly on the 3<sup>rd</sup> Wednesday, 9:30 – 11:30 AM, The Arbors, 687 Harbor Rd., Shelburne. Free education for individuals and families in the early stages of Alzheimer's disease and related dementias. For information and to register, contact Nicole Houston, 985-8600.

**Brain Injury Support Group** – a place for survivors and family members, caregivers, friends, and the community to receive valuable resources and information about brain injury. The support group is a place to share experiences in a safe, secure, and confidential environment. Monthly meetings: 4<sup>th</sup> Fridays at the YMCA in Winooski 11:00 AM – noon; 1<sup>st</sup> Wednesdays at Fanny Allen in Colchester, 5:30 – 7:30 PM; and 2<sup>nd</sup> Tuesdays at the Saint Albans Diner in Saint Albans. Call the BIAVT help line, 877-856-

CFS, Fibromyalgia, Lyme Disease, Chemical Sensitivity, and Gulf War Syndrome, 1:00 – 3:00 PM, monthly, 3<sup>rd</sup> Thursdays, The Bagel Cafe, Ethan Allen Shopping Center, Burlington. For information, *www.vtcfids.org*, Lainey at 802-660-4817, or 800-296-1445 ask for Rik.

#### ONGOING EVENTS

Approach Autism With Advocacy, Recovery & Education (AAWARE) in the Lamoille Valley, 3<sup>rd</sup> 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.)

Eating Disorders Parental Support Group, monthly on the 3<sup>rd</sup> 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

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

**Healthy Weight Support Group,** Mondays, 12:00 – 12:30 PM, Northwestern Medical Center, Conference Room 3, St. Albans. For those working on weight management. Behavioral and nutritional strategies to increase physical activity and decrease calorie intake; techniques to help manage eating behaviors. Come 15 minutes early for weight check. Kay Tran, Registered Dietitian, MS, CDE, & Leslie Gardzina, Registered Dietitian. No registration required, just drop in.

**International Cesarean Awareness Network** supporting mothers and families recovering from or learning about cesareans and VBACs. Information: *ICANvt@gmail.com* or call Jessilyn at 802-363-5499.

**Overeaters Anonymous** meets 6:00 – 7:00 PM Wednesdays, Jericho United Methodist Church, VT Rt. 15, Jericho.

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

**TOPS Chapter 145** meets Thursdays 6:15 PM, Eagles Club, VT Rt. 109, Jeffersonville. Weigh-in 5:15 – 6:00 PM.

**Healing Circle Breast Cancer Network**, support group for women with breast cancer, monthly meetings 1<sup>st</sup> Tuesdays 5:30 PM, Northwestern Medical Center, Conference Room #1. RSVP at 524-8479.

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

**Franklin County Prostate Cancer Support Group**, monthly, 1st Tuesdays, 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. Information: Fern Mercure, 524-0719.

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

#### KIDS

**Saturday Story Times** at Phoenix Books, 191 Bank St., Burlington. Every Saturday through April 25, 11:00 AM; free. Enjoy timeless tales and new adventures with your little ones. Wondering what we'll read? Each week a new picture book, a classic, or a staff favorite. We might even take audience requests!

Playgroups free of charge and open to all children birth-5 years, and their caregivers. Stories, songs, crafts, free play, local events and information, and more — an opportunity to play with the children in your life, meet other playmates, and connect with other parents and caregivers. Playgroups follow the school calendar. Come to any or all groups that fit your schedule. For information on any playgroup, contact Heather Lebeis, 899-4415 or *underhillplaygroup@yahoo.com*. Mondays: Jericho Community Center, 9:30 — 11:00 AM; Wednesdays: Richmond Free Library, 8:45 — 10:15 AM; Fridays: Underhill Central School, 9:30 — 11:00 AM; Fridays: Huntington Public Library, 11:00 AM — 12:30 PM.

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

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

#### SENIORS/COMMUNITY MEALS

**Community Soup & Bread Supper**, 1st Thursday of the month, 4:30 – 7:00 PM, Covenant Community Church, 1 Whitcomb Meadows Lane, Essex (across from John Leo's). Eat in or take out. Variety of soups, breads, and sweet dessert. Stop in on your way

home. Stay to eat with family and friends or pick up to take home! Donations gladly accepted. Call Pastor Pete Norland, 879-4313 for more information.

**Jeri-Hill XYZ Seniors** meet at the Town Hall in Underhill Center on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month. All seniors welcome. Dinner served at 11:30 AM. Information, Bette Workman, 899-4446. Loreen Teer. 899-1363, or Doug Keith. 899-2582.

4446, Loreen Teer, 899-1363, or Doug Keith, 899-2582.

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

**Westford Senior Lunches** – Join Westford Seniors for lunch at the Red Brick Meeting House on the Common, monthly on the 2<sup>nd</sup> Monday. Lunch, 12:00 noon; short meeting or presentation after. 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. Meal at 5:00 PM. Open to adults 60+. Contact Doris Wheelock at 434-3769.

**Huntington senior meal site** – The Huntington senior meals are served monthly on the 3<sup>rd</sup> Tuesday, 12:00 noon at the Community Baptist Church, Huntington Center.

**St. Jude's Church senior meals**, Hinesburg, 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month. Bingo games afterward. Everyone welcome, including caregivers. Dinners \$4 per person. Information: Ted Barrette, 453-3087.

Starksboro First Baptist Church senior meals, Starksboro,  $4^{th}$  Thursday of the month, 11:30 AM. Call Brenda Boutin, 802-453-6354 for more information. (No meals in November and December.)

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

#### SPORTS ACTIVITIES

**Ongoing Pilate classes**, Dakini Studio, Underhill, Mondays and Thursdays, 6:00 PM. Register at 899-4191. For more information and other scheduled classes, *www.dakinistudio.wordpress.com*.

**Qi Gong**, the ancient Chinese art of movement, classes: Saturdays 9:00 – 10:00 AM, 562 VT Rt. 15, Johnson; Saturdays 11:00 AM – noon, River Arts, Morrisville; and Sundays 11:15 AM – 12:15 PM, Artful Cup, Jeffersonville.

**Zumba**, Tuesdays, 5:30 PM, Red Brick Church, Westford, with Heather Sanders, \$5, first class free; Saturdays, 9:15 AM, BFA, Fairfax, \$5; Sundays, 9:00 AM, Meeting House, Fletcher, \$5; with Kathy Bourdeau Mondays, 7:30 PM, BFA, Fairfax, \$5; Wednesdays, 7:00 PM, BFA, Fairfax, \$5.

**Zumba Fitness,** Monday evenings only, 5:30 – 6:30 PM, River Arts Center, Morrisville. Certified instructor Karen Machia. No registration required, drop in. 888-1261 or *www.riverartsvt.org* for more details

#### TOWN GOVERNMENT & ORGANIZATIONS

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

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

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

**Jericho Historical Society**, monthly on  $2^{nd}$  Thursdays, 7:30 PM, Old Red Mill, Jericho.

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

**Jericho Energy Task Force** meets monthly, 2<sup>nd</sup> Thursdays, 7:00 – 8:30 PM, Jericho Town Hall, VT Rt. 15, Jericho.

#### THRIFT SHOPS & FOOD SHELVES

**Clutter Barn**: Donations are accepted on Saturdays, 8:30 AM – 12:00 PM, through September 13. The Clutter Barn is located in Underhill Flats, between the Brick House and the United Church of Underhill.

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

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

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



# Your Home & Garden will be included in the April 16 issue. Deadline April 9

This publication will include information on gardening, home projects, and more. Distribution: 4500 copies throughout Underhill, Jericho, Bolton, Cambridge, Jeffersonville, Fairfax, Westford, Richmond, Huntington, and Hinesburg. Plus this section is online free at <a href="https://www.mountaingazetteofvermont.com">www.mountaingazetteofvermont.com</a>

#### ART / MUSIC / THEATER



# BRMS students produce Once On This Island musical

Eighth-grade actors, singers, and dancers at Browns River Middle School in Jericho performed the *Once On This Island* musical on Thursday-Friday, March 19-20. The story is about a peasant girl name Ti Moune (Audrey Pearl) who rescues and falls in love with Daniel (Zachary Burns), a wealthy boy from the

other side of her island. When Daniel is returned to his people, the fantastical gods who rule the island guide Ti Moune on a quest that will test the strength of her love against the powerful forces of prejudice, hatred, and even death.

The gods were played by Sebaastian West, Natalie Codding,

Lindsey Rusnock, and Isabelle Pilo. The production was directed by Dave Tisdell with choreography Lily Wolf. Over 90 students had a great time working together to put on an outstanding performance

### VYD to present Between the Raindrops, A Journey to Oz April 11 and 12

Vermont Youth Dancers (VYD) will present *Between the Raindrops, A Journey to Oz* at Mount Mansfield Union High School in Jericho on Saturday, April 11 at 6:30 PM, and on Sunday, April 12 at 1:30 PM, using dance and popular music to tell the beloved story of Dorothy and her loyal friends, mesmerizing witches, an elusive wizard, and the true meaning of home and friendship. The show appeals to young kids, teens, and adults with its magical effects, cool vibe, and timeless message.

VYD follows Dorothy from her farmland home, through a dangerous tornado brewed by witches, to the strange and exciting Land of Oz. Audiences will enjoy mischievous Munchkins, flamboyant Ozians of the Emerald City, and of course, the

mysterious Wizard himself. VYD brings this classic tale to life with exciting music, electrifying hip-hop, and vibrant lyrical choreography.

This year's cast of 45 includes dozens of local talented dancers from Jericho, Colchester, Underhill, Huntington, Essex, and Fletcher in a dynamic large scale production complete with imaginative set and costumes, lively characters, and best of all, choreography and music that tell a story about things that matter – leaving home, building friendships, and finding unexpected strength to face our fears.

VYD is a community dance troupe of area elementary, middle and high school students founded in 2006, by Jericho resident and Director Mia Groff, and co-directed by Theresa Robinson. VYD grew from its original five dancers into a top-notch performance experience for local youth, ages 7-18, who commit to a rigorous rehearsal schedule and learn choreography and drama to animate their characters on stage.

Tickets are \$5 presale, and \$7 at the door. Call 802-448-0893 or email *vydtix@gmail.com* to reserve tickets in advance; reserved tickets not picked up 20 minutes prior to the performance will be released. First come first served seating, wheelchair accessible. Show runs approximately two hours, including a short intermission.



From left: Janet Dufresne, Michaela Ryan, Claire Giroux-Wiliams and Alise Certa in Shelburne Player's spring production of Calendar Girls. PHOTO CONTRIBUTED

#### ART/PHOTOGRAPHY

Call to artists: 5<sup>th</sup> Annual Jericho Plein Air Festival – Come paint outdoors and enjoy the fellowship of other artists of all levels and experience, both established and emerging, in a beautiful and visually inspiring locale. Saturday, July 18, rain or shine. Festival headquarters: the Emile A. Gruppe Gallery, 22 Barber Farm Rd., Jericho Center. Registration \$20; deadline: May 15 or until full, whichever occurs first; waiting list thereafter. For information and registration: blgreene@myfairpoint.net or 802-899-2974.

**Jericho artist Dianne Shullenberger** is among those featured at the exhibit *Interpreting the Surface* at the Furchgott Sourdiffe Gallery, 86 Falls Rd., Shelburne, with an opening reception Friday, April 17 from 5:30 – 7:30 PM. For information, call 802-985-3848.

2011 Northwestern Vermont

Call to artists – Romantic? Moody? Blue or made of cheese? Established and emerging artists are invited submit two-dimensional artwork in any medium for *Moonlight in Vermont*, an exhibit scheduled for May-August at the Jericho Town Hall. Register by Wednesday, April 15; for information and registration, 899-2974 or *blgreene@myfairpoint.net*. The exhibit is one of an ongoing series of shows that are part of a collaborative project between the Town of Jericho and a committee of volunteers involved in the arts. The Committee includes Jericho Selectboard member Catherine McMains, artists Dianne Shullenberger and Barbara Greene, and gallery owner Emilie Alexander.

Emile A. Gruppe Gallery presents an exhibition of oil paintings by Montpelier artist John Weaver through Sunday, April 19. John has been painting for over 40 years and is currently a member of the Bryan Memorial Gallery, the Paletteers, Art Resource Association, and Studio Place Arts. He has exhibited at many local venues participated in several plein air events at the Gruppe Gallery, in Jericho, and Waitsfield. Oil painting is his favorite medium, although he prefers soft pastels for some subjects and circumstances. Emile A Gruppe Gallery, 22 Barber Farm Rd., Jericho. Gallery owner Emilie Alexander. Gallery hours: Thursday-Sunday, 10:00 AM — 3:00 PM or by appointment. Information, www.emilegruppegallery.com or 899-3211

UVM professor Kelley Helmstutler Di Dio will explain how art influenced politics in Renaissance Florence in a talk at Brownell Library in Essex Junction on Wednesday, April 8 at 7:00 PM. Her talk, "The Medici Grand Dukes: Art and Politics in Renaissance Florence," is part of the Vermont Humanities Council's First Wednesdays lecture series and is free and open to the public. (Note this talk takes place on the second Wednesday on a special date.) Professor Di Dio will consider how, despite scandals and even murder, the Medici Grand Dukes maintained their power for nearly two centuries by giving gifts of art by the great Florentine masters to kings, popes, and emperors. Di

Dio is Associate Professor of Art History at the University of Vermont, and a specialist in Italian and Spanish sculpture of the sixteenth and seventeenth centuries. In addition to many articles and essays, she has published several books: Leone Leoni and the Status of the Artist at the End of the Renaissance; Sculpture Collections in Early Modern Spain (with Rosario Coppel); Leone Leoni: Faith and Fame (with Rosario Coppel); and Making and Moving Sculptures in Early Modern Italy. She has lectured in Spain, London, and Italy, as well as at numerous conferences across Europe and North America.

Essex Art League meets the first Thursday of the month, from 9:00 – 11:00 AM, at the Essex Junction Congregational Church on VT Rt. 15. The meeting agenda includes a business and social time, and features a guest artist presentation. A detailed calendar of meetings, speakers, and online gallery is published on the League's website, www.essexartleague.com.

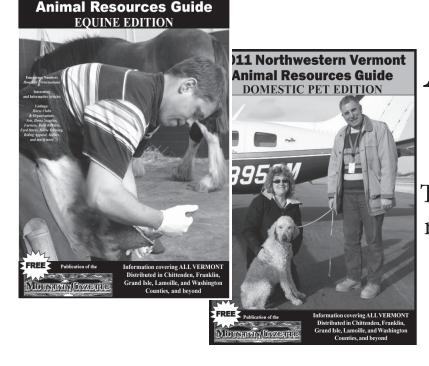
Helen Day Art Center in Stowe offers classes, workshops, and school vacation camps for adults and kids. For information, contact *education@helenday.com* or 802-253-8358. Helen Day Art Center, P.O. Box 411, 90 Pond St., Stowe, VT 05672.

#### MUSIC/DANCE

Roland Pigeon and friends will be at the UCW White Church, VT Rt. 128, Westford for their annual country music concert, from 4:00 – 5:00 PM. All are invited to join Roland, family, friends and fellow musicians for a wide variety of country, folk, and old time fiddle music. Both young and older talent will be participating and offer a broad appeal to audiences of any age group. Special guests Rosie Newton, Neil Rossi, and Eric George will be joining fellow country musicians from Roland's past country bands. A fun afternoon is always in store for those attending this popular event. Concert is free. Refreshments will follow the entertainment. For more information, 802-879-4028

**First Thursday Music in the Loft** on Thursday, April 2 at the Shelburne Vineyard, US Rt. 7, Shelburne at 6:00 PM will feature

Art / Music / Theater continued on page 10



# Northwestern Vermont Animal Resources Guide will be included in the June 18 issue. Deadline April 30

This publication is a phone book with everthing petrelated we can find in Vermont. Distribution: 10000 copies throughout Franklin, Grand Isle, Washington, Lamoille, and Chittenden Counties. Plus the directory is online free at

www.mountaingazetteofvermont.com

concerts at the Cathedral Arts Center, Cathedral Church of St

Paul, 2 Cherry St., Burlington. Bring a bag lunch; coffee and

tea are provided. April 14: Twentieth Century Variety with

#### **Art / Music / Theater** continued from page 9

local singer/songwriter Maryse Smith, whose music reflects the complexities of human relationships with songs. Free; all are welcome. Shelburne Vineyard wines for sale by the glass along with Fiddlehead and light supper fare from Southern Smoke BBQ. A portion of proceeds will benefit Food for Farmers. For information, www.shelburnevineyard.com or Gail Albert, galbert@shelburnevineyard.com or 802-985-8222

The Spring Weekend Series at the Cathedral Arts Center, Cathedral Church of St Paul, 2 Cherry St., Burlington means music, beginning Friday, April 24 at 7:30 PM with *Solo Marimba* – Jane Boxall. Playing the marimba with up to eight Adamant Music School since 1998. Full price \$15, under age 15, rarely heard works for woodwinds and brass - without strings or keyboard – by composers Handel, Molter, Hertel, and Michael Haydn. Admission free, donations accepted.

Tuesdays 12 to 1 is a series of free, informal noontime

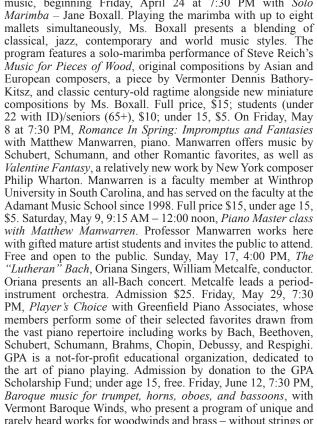
**Foreclosure: Great Country Home** 

with Views • Newer 4BR House

Wednesday, April 15 @ 11AM

1850 Codding Hollow Road, Waterville, VT

Thomas Hirchak Co. · 800-634-7653 · THCAuction.com



Merryn Rutledge, soprano and Martin Poppe, tenor. Songs by Samuel Barber, George Gershwin, Lee Hoiby, Roger Quilter and Gwyneth Walker - and a bit of Broadway. April 28: Music from Spanish lands with Full Circle, five women playing recorders, harp, guitar, hammered dulcimer, and percussion offering music from meditative medieval cantigas to Renaissance love songs to lively dances from Galicia and South America. May 12: Bach Sonatas and Partitas for Solo Violin. New to Vermont audiences, Elizabeth Chang, Visiting Associate Professor at University of Massachusetts, Amherst, performs three works by JS Bach for solo violin. May 26: Early Vocal Music for Springtime: Flowers and fertility with Anima Early Music Ensemble, Liz Thompson, Director. The ten-voice women's chorus Anima sing 12th century chants of Hildegard of Bingen; Renaissance polyphony of Lassus, Dunstable, and Allegri; Icelandic and Russian hymns; and compositions by members of the group. June 9: Syrinx Sings Missa Luba, Glenn Sproul, conductor. Syrinx returns to St. Paul's with a program that includes a lively rendition of Guido Haazen's arrangement of the traditional Latin Mass set to Congolese songs with percussion, and the beautiful Brahms motet Schaffe in mir THEATER/FILM

The UVM Film Series, with pre-film discussions 6:00 PM, screenings 6:30 PM at the Billings Lecture Hall, UVM, Burlington. Thursday, April 16: uncle boonmee who can recall his past lives. This film weaves the painfully ordinary story of a humble man confronting his death into tales of a princess seduced by a talking fish, the gentle ghost of a dead spouse, and lost children who return as hairy, red-eyed beasts. At once a meditation on the literal past lives of the title character and a reflection on the many lives – and possible death – of the movies. Go online to learn more at UVM Film Series, or call 802-656-

Lyric Theatre Company needs volunteers to serve on the many committees that are the backbone of the organization. The Show Selection, Development/PR, Education, Building, Web, Finance and Membership Committees could benefit from your time and experience. Contact Marcus Certa at 658-1484 or marcus@lyrictheatrevt.org.

**Shelburne Players**' spring production is *Calendar Girls* by Tim Firth, presented at Shelburne Town Center Friday-Saturday, April 10-18. When a woman's husband dies of leukemia, she and her best friend resolve to raise money for a new settee in the local hospital waiting room. They manage to persuade four fellow WI (Women's Institute) members to pose nude with them for an alternative calendar, with a little help from a hospital porter and amateur photographer. Performances Fridays-Saturdays, April 10-11 and 16-17 and Saturday, April 18, all at 7:30 PM; matinee Sunday, April 12, 2:00 PM. Tickets (\$15 and \$12) available at Shelburne Supermarket or can be reserved at www. shelburneplayers.com or by calling 343-2602.

#### E-Textiles at Mater Christi School



Mater Christi students Hannah Roberts of Fairfax, Juliet Hassenberg of Shelburne, and Sara Beth Marroquin of S. Burlington figuring out how to do the next step of the "bookbinding" process. PHOTO CONTRIBUTED

Mater Christi School 6th graders have been engaged in an unlikely pairing of technology and prayer books. This multi-

buses, trucks and heavy equipment.

wall size mirrors and beyond, we can service.

phased project began with the students learning the prayers required by the diocesan curriculum standards. In addition to printing by hand these prayers, the 6th graders also composed and wrote original prayers. In some instances, the prayers

#### Cambridge Area Rotary welcomes new member Jen Dezotelle



Cambridge Area Rotary Treasurer April Tuck, left, and Membership Chair Susan Lassiter, center, welcome Jen Dezotelle (right), CAR's newest member who was inducted on Thursday, March 19, 2015. If you have a sincere desire to serve and to make life better for people while enjoying fun and fellowship with other Rotarians, come find out more. We meet upstairs at 158 Main in Jeffersonville, Thursdays 7:00 - 8:00 PHOTO CONTRIBUTED

#### **OBITUARY**

Collin Edward Reynolds, 20, of Jericho, VT passed away peacefully on Wednesday, March 11, 2015, at home, surrounded by his family and pets. Throughout his lifelong battle with cystic fibrosis, he always managed to make those around him feel better no matter how he was feeling at the time. As an active member of the Burlington music community, Collin was happiest playing his drums and making great music with others. He will always be loved, remembered, and missed. Collin is survived by his mother and father, Debra and Bill Reynolds; sister and almost sisterin-law, Jillian Reynolds and Julie Mullen; grandmother and grandfather, Brenda and Edward Girvan; aunt and uncle, Renee and David Girvan; and cousins, Ryan and Declan Girvan. A celebration of his life was held at the Jericho Community Center, at 329 Browns Trace, Jericho Center, VT on Saturday, March 28, 2015. In lieu of flowers, please consider a donation to either the Cystic Fibrosis Foundation or The Make A Wish Foundation of

## Classified Ad Rates

\$6.50 for 25 words and ten cents

for each additional word.

Email to: mtgazette@earthlink.net for more information, call Brenda Boutin at 802-453-6354 or mail to: 6558 VT RT 116, Starksboro, VT 05487  $\,$ 

were accompanied by creative illustrations.

The second phase was to make covers for these prayer books, but not ordinary covers! These would have a cloth binding that would light up on command from finger pressure, and this is where the technology came in. The students were given a lesson in circuitry and were provided with coin cell batteries, tiny LED lights of a variety of colors, switches, and stainless steel or conductive silver threads and needles. Next, they chose a rectangular piece of cloth which, after being wrapped around a piece of cardboard from cereal boxes, would form the book's cover. Before the cloth could be attached to the cardboard, the big activity of the project would take place.

The students had to create a circuit by sewing the lights, switch, and battery holder to the cloth, setting up a means by which power from the battery could flow to the lights without crossing the thread and shorting out. This meant running the silver thread to each light, tying a knot and continuing on to the next. This is when the students – with the aid of their teachers, Mrs. Julia Melloni and Ms Tricia Finkle - learned to forgive themselves and to practice patience!

With the use of the switch, the students can turn on the lights, creating an unusual cover for a special set of prayers. Gutenberg may not have had this type of cover in mind when he with his first printing press printed the Bible. Of course, if he had not come up with his marvelous invention, this process would have taken weeks, and would have been a combination of religion and calligraphy. The forgiveness and patience needed, however, would most certainly have been the same.

#### **CLASSIFIED ADS**

Quality Glass Service for Over 30 Years

Auto Glass: All your auto glass needs; from a small chip in your windshield, to a total replace-

ment, back and side glass as well as side view mirrors. We also do commercial auto glass, including

Glass for Your Home: We are a full-service glass shop providing services including: Glass

Repair, including insulated glass replacement, storms and screens; Home Improvements: tub and

bath enclosures, custom showers and mirrors; Energy Efficiency: Vinyl replacement windows

using the highest insulating value available; Porch Enclosures: WeatherMaster Vertical Window

Commercial Glass: From storefront plate glass windows and doors to office walls of glass to

#### EMPLOYMENT

Johnson Farm and Garden is looking to hire a part-time experienced retail sales person with excellent customer service skills to work in our clothing and footwear store in Johnson.

Must be a multi-tasker, Ace Glass and Windows self-motivated, player, have a positive attitude, and be computer Family Owned and Operated for over 30 Years literate. Must be able 237 Brooklyn St., Morrisville • 4968 VT 15, Jeffersonville to lift 50 lbs., and work 1-800-624-9059 • 802-888-5406 • 802-644-2905 www.aceglassvt.com • Mon.-Fri. 8-5 • Sat. By Appointment Saturdays until 4:00 PM. Come in to the store for a Auto Glass and a Whole Lot More job application from Erin

#### plehouiller@gmail.com. FOR RENT Westford - apartment

or Patty, email resume to

rent. constructed high-end, furnished. one fully Panoranmic bedroom. views on ten acres. Call 802-373-0280 for an appointment.

#### SERVICES

Tile & Veneer Precision Kitchen & Bath, Tenacious Fireplace & Wall Décor, 802.373.811, plantandstone.com, sunshinemosaics.com





NANCY JENKINS REAL ESTATE

802-846-4888

**TOLL FREE** 

888-567-4049

Your

Source for

VERMONT

REAL ESTATE!

Jericho - \$600,000 Privacy and 14 acres of ommon land. Exquisite detail •1.46 acre site. Cooks kitchen vith custom cabinetry and expansive marble topped island Master w/reading corner & gas fireplace. 2 additional bedroo

• Great Country Home

4 BR, 1.5 BA on 6± Ac.

Detached 2-Story Barn

Room to Grow & Roam

Reputation for Results!

with Views!



New!! Jericho - \$435,000 Great sunset views! 4 bdrm pl den home w/3400 sa ft. •Open kitchen, bfast nook, hrdwd floors & FP in family rm 1st floor guest suite. Lg master with walk-in closet & bath. 3 addtional bedrooms up. Great fenced in vard and



New!! Underhill - \$560,000

Great views of the Adirondack

counters & SS appliances. Large

addtional bedrooms & bath up.

•76 common acres for hiking

Cook's kitchen with granite

family room with built-ins.

•Master with bath up. 2

and exploring.

ange! Open floor plan.

Underhill - \$329.900 3 bedroom Colonial, Master w walk-in closet and full bath Formal living rm. Dining room with hardwood floors. Open kitchen to family room Lookout basement finished wit open family windows to oackyard. Lots of storage. Large leck. 2 acre lot w/ valley views

E-MAIL: Info@NancyJenkins.com WEBSITE: www.NancyJenkins.com

#### **BUSINESS DIRECTORY**

#### **AUTOMOTIVE**



Phil Potvin • 899-3305 27 Moose Run, Pleasant Valley Rd, Underhill **Factory Subaru Trained and Certified** 

- Automotive Service and Repair
- Scheduled Maintenance
- Struts
- Tires
- Brakes & Exhaust Windshield Repair
- and Replacement
- VT State Inspection
  - Visa / Mastercard / Discover

#### **ELECTRICAL CONTRACTOR**

## Fletcher Electric

Reliable, Reasonably Priced

- New Construction
- Additions
- Electrical Repairs

to small! **And Generator Installations** 

You Schedule and We Arrive as Promised 802-849-2127

#### **FORESTRY MANAGEMENT**

NATURAL RESOURCES CONSULTING . FOREST MANAGEMENT IPLANNING



GLForestry@aol.com

No job

Providing forest management services for over 20 years

> Scott Moreau PO Box 39 Westford, VT 05494

office 802-849-6629 cell 802-343-1566

GREENLEAF CONSULTING, INC

#### HOME IMPROVEMENT

#### **Dan Marcotte Construction LLC**

Replacement Windows and Vinyl Siding Building, Remodeling, Repairs

899-2926

355-1092

danieljmarcotte@aol.com • Jericho



- Customs Homes Remodeling
- Design
- Handyman





# TREETOP

**Custom Homes, Remodeling** & Timber Frames

Roy Dunphey

20 Stevensville Rd., Underhill, VT Cell 802-363-9881 www.TreetopBuilders.com

Fully Insured

#### HOME IMPROVEMENT

# Lumber Superior Quality Great Prices Mill Direct

**Great Prices** 

Kiln Dried 6-8%

HARDWOOD FLOORING 5 3/4" finished thickness. Random length 4' - 12' (some longer)tongue and groove, recessed back (not end matched). MAPLE, CHERRY, OAK, BIRCH

Price & availability can vary. Call ahead to confirm.

HARDWOODS ROUGH

Hard & Soft MAPLE, CHERRY, Red & White OAK, ASH, BASSWOOD MAHOGANY, WALNUT & YELLOW POPLAR. No quantity too small.

ALMOST WHOLESALE

500' BF pkgs of lumber - Hard Maple, Yellow Birch, Cherry & Red Oak. Select & better. Ask Ken for details.



CARTER CARPENTRY

Remodeling & Design

HOME REMODELING

KITCHENS & BATHS • BASEMENTS

**Tom Carter** 

35 Hanley Lane, Jericho VT 05465 • 802-899-5070 email: tcarter1@comcast.net • www.cartercarpentry.com

**Randy Bishop** 

Construction LLC

Superior Quality Building

Residential / Commercial

• Remodeling & Additions • Roofing / Siding

• Custom Building & Design

• Top Quality Building Materials

**Free Estimates** 802-899-4442

Cell 363-7467

 Custom Finish Work New Construction • All Phases of Construction

The A. Johnson Co. WHOLESALE . RETAIL LUMBER

995 South 116 RD Bristol, VT 05443 802-453-4884

7am - 4pm Mon-Fri

#### • FIREPLACES & OVENS

LANDSCAPING/PROPERTY MAINTENANCE



PLANT & STONE

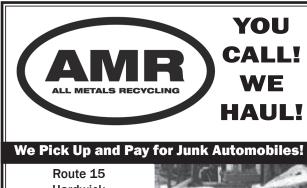
LANDSCAPING/MASONRY

• Water Features

sunshinemosaics.com

• RAISED BEDS 🛫 SPRING 802.373.8111 PLANTINGS plantandstone.com

#### TRUCKING - METAL RECYCLING



Hardwick 802-472-5100

3842 Dorset Lane Williston 802-793-9133



#### TRUCKING - RUBBISH REMOVAL

#### AT YOUR DISPOSAL TRUCKING **Residential Rubbish Removal**

Underhill / Jericho / Essex



\$20 a month Every other week pickup

\$30 a month Every week pickup

65 Gal. Totes Available Nate Guay • (802) 279-1367

snowguay@yahoo.com • Route 15, Underhill

Roll Off Dumpsters & Full Service Junk Removal

#### TRUCKING - TOWING





**Specializing in Emergency** Towing and Recovery • 878-8467

24 Hours a Day

Wreckmaster Certified

• NATA Certified in Light and Medium Duty

• 4x4 Wrecker with Plow • Flatbed w/Side Puller

• Accident Scene Restoration

• Specializing in Dealing w/Insurance Companies

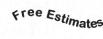
Anytime Towing Snowplowing

Call 878-8467 now for Winter 2016

Place your ad here and reach readers in Jericho, Underhill, Bolton, Cambridge, Jeffersonville, Fairfax, Westford, Richmond, Huntington, Hinesburg, Essex, and Essex Junction.

# LANDSCAPING/PROPERTY MAINTENANCE

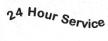
# All Phase Property Maintenance, LLC



LIcensed & Fully Insured

Serving the Champlain Valley





Lawn Care & Gardens, Fence Installation/Repair, Pressure Washing, Stone-Concrete Walkways, Walls and Patios, Firewood, Light Trucking, Driveway Installation & Repair, Yorkraking, Brushhogging, Snow Plowing, Sanding & Salting, Electrical & much more....

Office: 899-2919 - Cell: 734-8247

Stephan Griffiths Jr. - Owner Essex, VT 05452 allphase87@gmail.com

# **Business Directory Ad Rates**

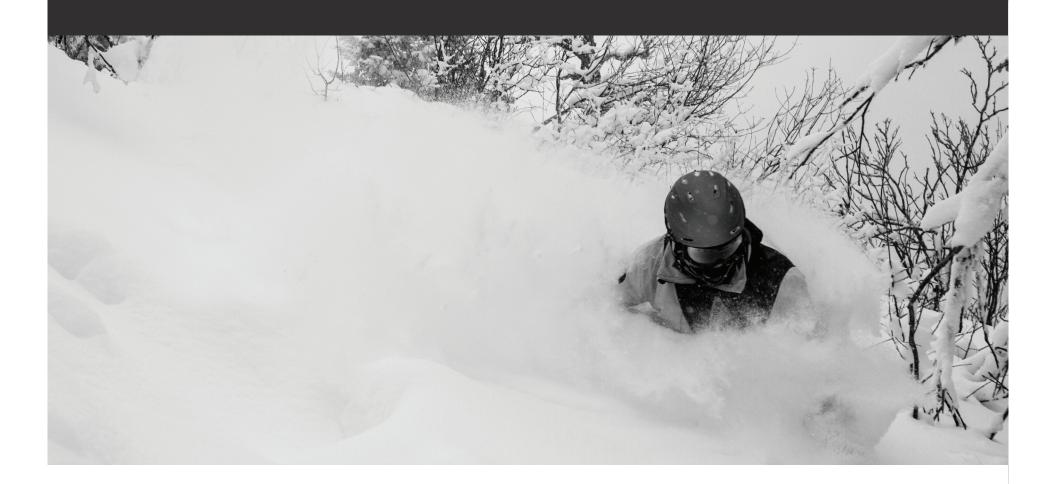
3.25"x1.5" • \$90.00 for 5 issues, 3.25"x3" • \$115.00 for 5 issues, 3.25"x4" • \$175.00 for 5 issues

All ads must be prepaid prior to running. Email: mtgazette@earthlink.net for more information or call Brenda Boutin at 802-453-6354

12 month contracts at reduced rates available



# 2015-2016 ALL ACCESS SEASON PASSES



# Prices Increase After April 7

# PASSES FOR AGES 7-17 start at \$99<sup>1</sup>!

Save \$400<sup>2</sup> on a family of four when you purchase by April 7th!

2015-16 Season Long Ski and Snowboard Leases on sale now for just \$79.

Adult: \$449

Value (not valid Saturdays): \$349

Youth (7-17): \$991

Senior (65-74): \$199

Senior Plus (75+): \$29

Night Pass (All Ages): \$119

<sup>1</sup>When purchased with parent's Adult All Access Season Pass. Multiple youth passes may be purchased for \$99, provided all youth are dependents of the adult. <sup>2</sup>Savings based on two adult and two dependent youth passes compared to anticipated pricing after April 7th.