

## China: Year of the Cougar



Two 2013 graduates of Mount Mansfield Union High School, studying in China, at the Great Wall of China for a hike. Robert “Jake” Devost of Jericho (left) is studying urban planning at the University of Cincinnati (OH), and Shelbe Van Winkle of Underhill (right) is studying international relations at Northeastern University in Boston, MA. Both are working as interns in China and met up in Beijing to celebrate the Lunar New Year. PHOTO CONTRIBUTED

## Underhill PC seeks feedback on draft town plan

The Underhill Planning Commission has recently completed the year-long process of updating the Town Plan. Beginning in January 2014, the Planning Commission has met monthly to discuss and update each individual chapter of the plan. The Town Plan identifies goals and strategies for the long range planning and development of Underhill and serves as guidance to town leaders. The Planning Commission’s intent was to create a Town Plan that reflects the shared vision for Underhill and provides clear direction on important community planning issues.

Although the proposed 2015 Town Plan does not contain any major changes, the updated plan does include several new sections including a chapter on Historic and Cultural Resources, as well as an in-depth discussion on flood resiliency and the Underhill Flats designated village center. The updated plan reiterates the goal of maintaining the historic settlement pattern of the town’s two compact village centers – Underhill Flats and Underhill Center – separated by areas dedicated to agricultural and forestry activities and low density residential development. The Planning Commission relied on assistance from the Energy Committee and Conservation Commission for their expertise in energy and natural resource planning and has worked closely with the Chittenden County Regional Planning Commission to ensure the updated plan incorporates the required statutory requirements and is compatible with state planning goals.

The Planning Commission initiated the Town Plan update because the current plan will expire in May. Vermont statute requires that Town Plans be updated every five years, and include a current description of the community, an analysis of what facilities and services will be needed in the future, and a vision for the Town’s future. Most importantly, the Town Plan charts a course for Underhill and includes a set of priorities to achieve the vision of the community.

The Planning Commission will hold a public hearing on Wednesday, March 18 at 6:30 PM to receive public comments on the proposed plan. If you’re interested in participating but cannot attend the hearing, please contact the Planning & Zoning Administrator to share your comments. The draft 2015 Town Plan and associated maps are available on the Town website ([www.underhillvt.gov](http://www.underhillvt.gov)) for public review and comment. Following the Planning

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## Husband and wife talent at the Gruppe Gallery

By Phyl Newbeck  
*Special to the Mountain Gazette*

Art and music will join hands at the Emile Gruppe Gallery in Jericho Center on March 15 when a fiddler and a flautist will play at a reception for Montpelier artist John Weaver. The reception will take place from 1:00 – 3:00 PM.

Weaver, an engineer with the Vermont Agency of Transportation, has been painting for over forty years. He is a member of the Bryan Memorial Gallery in Jeffersonville, Studio Place Arts in Barre, the Art Resource Association, and the Paletteers. Weaver’s artwork has been exhibited at a number of local venues. His work has been at the Gruppe Gallery before as part of the annual Jericho Plein Air Festival, but this will be his first solo exhibit at the gallery. Twenty-five of Weaver’s paintings will be on display. His favorite medium is oils, although he also uses soft pastels. His preferred subject matter is landscapes but he also does some portraiture and still life work.

Gallery owner Emilie Alexander had assumed the opening for Weaver’s show would be like most of the gallery’s receptions: a quiet affair with drinks and light refreshments. However, after attending a fiddle recital with her daughter and grandchildren, all of whom are fiddlers, Alexander discovered that John’s wife Sandy played the instrument. “I jokingly said that Sandy should play at the reception,” she recalls, “and John took me up on that.”

An admirer of the work of Emile Gruppe, the artist whose works are on permanent display at the gallery, John was thrilled when Alexander invited him to have a solo show in Jericho. “I find the opportunity quite exciting,” he said. John said he chose paintings he felt would fit in well with the post and beam interior of the renovated 1860s sheep barn. Although he is more a studio painter than a plein air (outdoors) painter, he loves landscapes and the interplay of color and lighting, with a preference for fall and winter scenes.

Sandy Weaver has fiddling in her blood. Her father, Clement C. Myers, founded the Northeast Fiddlers Association and the North American Fiddling Judges Association. Originally a guitar player, Sandy began playing the fiddle in her 20s and soon followed in her father’s footsteps as a judge at fiddle competitions and a competitor (often winning trophies) at others. She is a member of the board of the Vermont Fiddle Orchestra, a community orchestra founded in

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## MMU wins community service contest against EHS



WHEN WE BEAT EHS, THE WHOLE COMMUNITY WINS!

DONATION DAYS: FEBRUARY 9TH-13TH  
BRING IN NON-PERISHABLE DONATIONS TO BENEFIT OUR LOCAL FOODBANKS.

By Kristin Kany  
MMU students, faculty, and staff battled against those at Essex High School the week of February 9 in a new kind of competition: a community service contest. The school that brought in the most donations for their local food shelf would be crowned the Competitive Giving League victor at the trophy ceremony on February 16 at the boys’ basketball game between the two rivals. Ben & Jerry’s will graciously provide an ice cream/frozen yogurt party to the winning school.

Right up to the final buzzer on Friday the 13<sup>th</sup>, both schools competed throughout the week, bringing in items to help families in their respective communities. MMU chose to give to the Underhill-Jericho Food Shelf, and, to the food boxes created by educators at the Camels’ Hump Middle School. EHS donated to the Heavenly Food Pantry.

From the get-go, MMU Cougars vowed to beat the Hornets and utilized various strategies to achieve that goal. Athletic Director David Marlow took advantage of “Spirit Week” enthusiasm to promote the idea and encouraged a “high school class war,” with each group able to gain points for Winter Carnival. Motivational battles on Twitter were also a popular competition strategy.

The Competitive Giving League began in the fall of 2013 when educator and former U.S. World Cup rugby player Kristin Kany approached EHS Athletic Director Ed Hockenbury with the premise that there’s more than one way to win. She proposed a “community service competition at EHS where student-athletes get to tap into their inherent competitive nature to go head-to-head for a common good.” Kany suggested that the students could be just as competitive in other areas of their lives as they are on the playing field, court, or ice. Hockenbury felt the Competitive Giving League’s focus meshed well with the school’s Athletic Leadership Council, whose mission is to have student members engage in community service and help promote positive school spirit.

During the 2013-2014 school year, EHS had three Competitive Giving League competitions, one during each of the sports seasons. Fall, winter, and spring teams competed against each other to become the champion for that season. Student-athletes recruited their friends, teachers, families, and neighbors to contribute on their behalf. During the spring season, ADL and Essex Middle School also participated. In the end, the equivalent of almost 1000 meals for a family of four was donated to the Heavenly Food Pantry.

This year, EHS Athletic Leadership Council



Top: MMUHS students appeal for donations. Bottom: MMU Juniors receiving CGL winners’ trophy on Monday, February 16. Kristin Kany, CGL founder, is in the middle, and MMU Athletic Director David Marlow is on the right.

PHOTO BY PAUL LAMONTAGNE, VT SPORTS IMAGES

and new AD Jeff Goodrich wanted to branch out and compete against another high school and their community. MMU stepped up to that challenge. AD David Marlow was excited about the challenge. “Whenever you are able to give back to a community that continues to give so much to the school, it is a great feeling. It’s easy for students to take simple things like this for granted, therefore, being able to raise the awareness and help support the community; there is no better type of competition to be a part of.”

To ensure an even playing field, the winner is determined by a ratio formula of donations per student so that any disparity in student population is not a factor. Kany believes the CGL competition is a wonderful win-win: it’s a great way to engage young people to help their local communities and people, all while having fun and enhancing school spirit. Branching out and challenging other schools will expand the ability to “give back” to Vermonters.

David Marlow agrees. “There has been a HUGE buzz around the school this week with this competition. I couldn’t be happier that we were asked to do this with Essex, and ultimately, I would love to see more schools get involved with CGL and create awareness and good, competitive fun, all for a GREAT cause!” Well Dave, as a matter of fact, South Burlington High School has already committed to next fall’s competition.

For more information or to contribute in any way, contact Kristin Kany at [competitivegivingleague@ccsuvt.org](mailto:competitivegivingleague@ccsuvt.org) or via [www.competitivegivingleague.com](http://www.competitivegivingleague.com).

## NEWS BRIEFS

## UNDERHILL-JERICHO FIRE DEPARTMENT

By Kitty Clark

## EMERGENCY CALLS:

Thursday, February 12, 6:55 PM – Mutual aid to Williston for structure fire.

Friday, February 13, 12:15 PM – EMS, Jericho.

Saturday, February 14, 4:59 PM – 268 Pleasant Valley Rd., Underhill, furnace problem.

Monday, February 16, 12:19 AM – 373 VT Rt. 15, Jericho, carbon monoxide alarm.

Tuesday, February 17, 8:52 AM – 49 Mullen Rd., Underhill, structure fire.

Tuesday, February 17, 12:19 PM – Intersection of Browns Trace and Packard Rd., Jericho, two-vehicle accident with injury.

Wednesday, February 18, 11:00 AM – EMS, Underhill.

Friday, February 20, 11:42 AM – 154 Schillhammer Rd., Jericho, basement fire.

Monday, February 23, 10:32 AM – Area of 268 Pleasant Valley Rd., Underhill, accident involving rubbish truck and vehicle, with injury.

Thursday, February 26, 12:51 PM – EMS, Underhill

## MEETINGS AND DRILLS:

Tuesday, February 17, Weekly drill was held, was a mandatory drill on General Conduct and Vehicle Response, instructor was 1<sup>st</sup> Assist. Chief Tim Clark. Second part of the drill was annual refresher on radio conduct, instructor was Chief Mat Champlin.

Tuesday, February 24, Weekly drill was on Cold Water / Ice Rescue, instructor was Lieut. Calvin Caswell. Several members of the Essex Fire Department also attended.

Reminder to keep snow away from your outside heating vents and do not forget to check your smoke and carbon monoxide detectors make sure they are working properly. If your CO detectors are more than five years old, they should be replaced.

Practice fire safety every day.

## A history of Jericho and Underhill online

From the early days of the Internet, residents of Jericho and Underhill could communicate online. In 2000, Toby Brown (yes, from the family that gave the Browns River its name) launched a Yahoo list serve. In 2006, he and a few others launched Two Towns Online, a website offering a range of online services, such as message boards, local information, calendars, and business directories.

Nine years later, our two towns have access to a unique range of local communication options:

- Most, if not all local organizations maintain their own website
- Twice monthly the *Mountain Gazette* offers an amazing amount of local information
- Front Porch Forum reaches almost all households with a daily email bulletin
- Two Towns Online is our unique online community center.
- Mount Mansfield Community TV produces a steady stream of videos, broadcasted 24/7 on Comcast channel 15
- Four Facebook groups cater to a limited local audience
- Clark's electronic sign presents information and the time and temperature to passing cars
- Participation in the Yahoo list serve never grew above 250. It was discontinued in 2015

While we can communicate with anyone, anywhere, anytime, we clearly value our local community and cherish our local contacts.

## Dawn Archbold joins LRCC



*UWLC Executive Director Dawn Archbold has recently joined the Lamoille Region Chamber of Commerce board of directors. "This is a great board for me to serve on," she stated, adding that it is difficult for her to serve on other non-profit boards because of a potential conflict of interest if they apply for funding from UWLC. "Serving on the chamber board will provide me with an excellent opportunity to network with local businesses and find out what they're passionate about. We can use that information to drive our work plan to make an even greater impact in the community."*

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## Westford Music Series presents Maple Jam



*Expect an afternoon of music with Vermont's premier a cappella singing group, Maple Jam, at the Westford Music Series Sunday, March 15, 4:00 – 5:00 PM at the Westford United Church. The jazz octet specializes in close-harmony vocal arrangements of sweet love songs and swinging big band favorites. With their rich blend of voices and smooth jazz harmonies, their repertoire ranges from classic jazz, bebop, and swing to sultry tangos and love songs to warm a winter's night. Formed in 2004 by members of the VT Symphony Orchestra Chorus, the group has delighted audiences at venues around Vermont, Québec, and Ontario. Over the years, they have condensed their sound to produce the purest Grade A Fancy harmonies possible. Free concert. Refreshments. For information, contact Marjorie Hamrell, 879-4028.*

PHOTO CONTRIBUTED

## Jericho's Village University

The Village University is a project of the Community Center in Jericho, and has been held on a random basis since 2005. The purpose of the events is to foster thoughtful discussion, provide information, and bring community members together to shape our collective future. The Spring 2015 Village University is co-sponsored by the Jericho Conservation Commission and the Jericho Community Center.

The Natural Landscape and Resources of Jericho – Take a break from sugaring! Sunday afternoons in March, the latest session of the Village University will introduce you to the volunteers and organizations that focus on land conservation, protection, preservation, and management of natural resources in Jericho. Meet at the Jericho Community Center, 2:00 – 4:00 PM, in Jericho Center.

The Town of Jericho is committed to its natural setting, as reflected in the Town Plan where the first stated goal is "To protect the natural environment." (Town of Jericho, Comprehensive Town Plan, adopted February 17, 2011; p. 1) The following organizations will explain how they are working to meet this goal:

March 8, 2:00 – 4:00 PM, Jericho Conservation Commission – See the recently completed three-tiered map of conservation areas in Jericho. The Conservation Commission has been adding information to this map for many years. Additionally, the Commission has worked to manage invasive species and conducts summer programs to highlight the Town's natural areas.

March 15, 2:00 – 4:00 PM, Jericho Trails Committee – Find out about the network of biking, skiing, and pedestrian trails that exist in Jericho, and see proposed non-motorized trails, all for travel for schools, businesses, and recreation.

Jericho Energy Task Force – Tour the Community Center and see the energy-efficient improvements that are being funded by the Task Force. They won the Home Energy Challenge in 2013 to the tune of \$10,000.

March 22, 2:00 – 4:00 PM, Mobbs Farm Committee – The committee works to manage the Mobbs Farm by maintaining safe trails and provide stewardship for wildlife, timber, and open land.

Jericho-Underhill Land Trust – Established in 1989, the Land Trust has worked with local landowners to conserve working landscapes, scenic vistas, and wildlife habitat. They own 683 acres in the two towns.

March 29, 2:00 – 4:00 PM, Friends of the Winooski River – Working to raise awareness of pollution in the Winooski River, the Friends recently received a grant to study and disseminate information about storm-water runoff. Find out what you can do to reduce runoff, including building a rain barrel.

## Gruppe continued from page 1

2003, which is open to all ages and all levels of playing ability. Sandy will be joined by a good friend who is a flautist. The two have been playing together for years and although they haven't finalized the playlist, they intend to include some Irish and perhaps Scottish music due to the reception's close proximity to St. Patrick's Day. Sandy thinks it's only natural that she be part of John's opening reception. "I'm always playing music in our home and John is always doing his art," she said, "so it made sense to play at the reception." Sandy thinks there is a lot of overlap between the two forms of expression and expects that fellow fiddlers will be attending the reception together with artists and art lovers. "It feels natural," she said. "Our art and music just go together."

The Emile Gruppe Gallery is located in Jericho at 22 Barber Farm Road. The gallery's hours are 10:00 AM – 3:00 PM, Thursday through Sunday, or by appointment at 899-3211.

## The Mountain Gazette

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Must be signed for attribution with writer's address and phone number.

## Jericho Board of Water Commissioners to meet

The Board of Water Commissioners of the Village of Jericho, Inc. will hold their monthly meeting on Thursday, March 19 at 7:00 PM at the Old Red Mill on 4B Red Mill Dr., Jericho.

## Pesticide applicator training in April

On Thursday, April 9, University of Vermont (UVM) Extension and the Vermont Agency of Agriculture, Food and Markets will offer pesticide applicator training and the written examination for initial certification for anyone required to have a Vermont pesticide applicator license. This includes farmers, lawn care specialists, greenhouse or nursery owners and employees, university personnel, municipal employees, pest control operators, and anyone else who uses restricted-use pesticides to produce agricultural commodities. Licensed pesticide applicators also may attend the meeting at VT Technical College in Randolph Center to receive two Vermont recertification credits.

The session will be held at the Red Schoolhouse on campus, 9:00 AM – 4:00 PM. The fee is \$20 if received by March 27, \$30 after that date, with space limited to the first 50 people to register.

Registrations will be accepted online at [www.regonline.com/2015initialcertificationmeeting](http://www.regonline.com/2015initialcertificationmeeting). To request a disability-related accommodation to participate, please contact Sarah Kingsley-Richards at 802-656-0475 by April 2.

The exam will be based on information found in the third edition of the Northeast Pesticide Applicator Core Manual, which participants must study in advance. Copies (\$41) may be ordered through [http://agriculture.vermont.gov/pesticide\\_regulation/applicator\\_dealer\\_resources](http://agriculture.vermont.gov/pesticide_regulation/applicator_dealer_resources).

In the morning, representatives from UVM and the VT Agency of Agriculture will answer questions and review topics to be covered in the exam including state and federal pesticide laws and regulations, pest identification and control, protective equipment, pesticide formulations, equipment calibration, personal safety and first aid basics, and proper use, storage, and disposal of restricted-use pesticides. The exam will be offered from 2:00 – 4:00 PM.

After passing the pesticide applicator initial exam, individuals whose work requires them to also have commercial or non-commercial certification in a specific category should contact the VT Agency of Agriculture, 802-828-3482, for information about fees, required manuals, and scheduling of category certification exams.

## United Way Volunteer Connection listings

By Sue Alenick

United Way Volunteer Columnist

Choose one of the options below or go to [www.unitedwaycc.org/volunteer](http://www.unitedwaycc.org/volunteer) to check out more than 300 other volunteer options from local nonprofits, schools, and public partners or call us at 860-1677.

UPCOMING EVENTS – A number of local agencies are planning special events in March and need volunteers to help make their efforts a success:

Women Helping Battered Women – Volunteers are needed for the annual phone-a-thon. Call donors or help behind the scenes processing paperwork. Food and prizes! Monday-Tuesday, March 9-10, 5:30 – 8:30 PM. Contact Caley Holden, 658-3131 or [caleyh@whbw.org](mailto:caleyh@whbw.org).

Vermont FEED – The Jr. Iron Chef VT competition for middle and high schoolers needs volunteers to help with team registration, activity room, set up, and clean up at the Champlain Valley Expo in Essex Junction. Saturday, March 21, two-hour shifts between 8:00 AM – 5:00 PM. Contact Amy Gifford, 434-4122 or [amy@nofavt.org](mailto:amy@nofavt.org).

The Nature Conservancy of Vermont – Help mark nature preserve boundaries throughout Vermont by replacing blazes and hanging signs. Field days can be strenuous, especially in snow and on steep topography. Thursday, March 12, 9:30 AM – 2:30 PM. Contact the Volunteer Coordinator, 229-4425 or [emailvolunteervt@tnc.org](mailto:emailvolunteervt@tnc.org).

Women Helping Battered Women – Volunteer for the Zumbathon and help support domestic violence programs. Tasks include set up, clean up, and event chores at the Higher Ground. Saturday, March 28, two-hour shifts between 10:00 AM – 4:00 PM. Contact Caley Holden, 658-3131 or [caleyh@whbw.org](mailto:caleyh@whbw.org).

Howard Center – Volunteer at the Curling Challenge at Cairns Arena in S. Burlington and help with registration, set up, operations, and clean up. Saturday, March 14, two- to three-hour shifts between 7:00 AM – 9:00 PM. Contact Martie Majoros, 488-6913 or [mmajoros@howardcenter.org](mailto:mmajoros@howardcenter.org).

CARD COMPANION – Cathedral Square Corporation is looking for a volunteer to play cards with a delightful senior. Patience and a sense of humor a must. References and background check required. Contact Beth Alpert, 861-3297 or [alpert@cathedralsquare.org](mailto:alpert@cathedralsquare.org).

Volunteer listings continued on page 3

## Underhill continued from page 1

Commission public hearing, the plan will be forwarded to the Select Board for adoption. The Select Board will hold an additional two public hearings prior to final adoption.

The Underhill Planning Commission is an appointed nine-member board charged with the long-range planning, conservation, and development of the town. The Planning Commission sets goals and policies and works with the Development Review Board (DRB) to implement the Unified Land Use & Development Regulations and the Town Plan. The Commission also works with the Select Board and other town boards and departments to ensure that the goals and recommendations of the Town Plan are implemented. Currently, there are two vacancies on the Planning Commission. Individuals interested in serving on the Planning Commission are encouraged to contact the town.

The Planning Commission meets at 6:30 PM on the first and third Wednesday of the month at the Town Hall. All Planning Commission meetings are open to the public. For more information regarding the proposed Town Plan, please visit the Town of Underhill website at ([www.underhillvt.gov](http://www.underhillvt.gov)).

To submit comments on the draft 2015 Town Plan, please contact Planning & Zoning Administrator at 899-4434 x 106 or [smcshane@underhillvt.gov](mailto:smcshane@underhillvt.gov).

## COMMUNITY COLUMNS

## On "Being Mortal"

By Sue Kusserow

Special to the Mountain Gazette

Atul Gawande wrote an excellent book, *Being Mortal*, which gives an empathic retrospective analysis of his years in medical school, then as an outstanding surgeon, and finally his years specializing in oncology surgery. His book is based on both documented research and personal experience, and refers to previous WHO-supported work in quite disparate hospitals in the world, using a simple checklist for surgical procedures. (This is reported in his previous book: *The Checklist Manifesto*.) Both are beautifully written, easy (syntactically) to read, but emotionally hard in approaching the realities of the ending of the only days one can remember and relate. The series *Frontline* (PBS 2/11/15) gave a wonderful summation of the cases Gawande has faced and the resources he used to face them with more realism than most medical personnel. He personalized the writing with his last journey with his father as the older man faced decisions about his dying.

Doctors are curers. A success is cure, a patient going home albeit in a wheelchair, but going... out of the immediate eyesight of daily rounds, to be seen in a week. The wife has lifted the wheelchair out of the trunk, positioned it so that her husband can slide himself from the car seat onto the wheelchair, and then is rolled into the controlled hierarchy of the office visit. When success is impossible, the clinician must "admit defeat," which is a way of *still* defining by diagnosis and experience... a horrible phrase for describing a normal life cycle. A physician is obligated to relay the medical possibilities and impossibilities. He need not go beyond his area of expertise, and within such boundaries he must speak truthfully and well. This does not mean that he negates empathy, sorrow, pity, and reaching! It does mean that he is now with the rest of us in an unprotected, uncharted, and bewildering number of small choices, in which there is only one narrow path that we all have to ultimately walk alone.

Gawande's book and the resultant *Frontline* video was a doctors' story, stating realistically that doctors are not well-prepared to carry the patient beyond the diagnostics, nor perhaps should they be. Their eagerness to help and their awkwardness in trying to cover areas of resignation were touching.

What the book covered and the video did not were the ancillary personnel who are worthy companions and friends along this path; the doctors can turn their social and cultural prestige to the "experts" who, in the face of inevitability, do not consider themselves powerful at all. In the video was one oncology nurse, sitting to the side in both chair-position and comments. The families at home were illustrated by wonderfully warm partners, united in suffering. I did not see a morphine drip with its numbing control of pain; a hospice nurse having a cup of tea with the caregiver, and sometimes "kicking her out" to go for a walk; an older aide sitting, "being there," gently touching without busily chatting.

As an RN formerly working in Hospice care, watching this video, I winced at the bright blue surgical gloves being slapped on as the team, en masse, entered a severely ill woman's room. The bright rustle and quickness of this routine established who was in and who was out. The woman was in a hospital costume with bare knees and legs. She was lying almost flat and looked up at the ruddy healthy faces of the white-coated entourage. Thankfully, they didn't have the badge of authority: stethoscopes around their necks. None of them sat, or bent, or knelt, to achieve eye-level communication. As they left, I remember one of them touched her knee: a blue glove on white skin: comfort with a layer of sterility between.

In the home scenes the family narrowed and intensified to a

patient and a caregiver, with the family drifting in and out. They are stymied: is it a visit to a hospital where we can cheerfully chat and then cry going down the hall? Or is it a casserole bursting with love and futility? We cannot call the doctor; he feels as hopeless as we do, and much more fettered by a culture that preaches the perilous chance of hope.

The base upon which we build our lives is that of all living creatures: a will to survive. We are raised in a culture that hides us from death and intellectualizes rather than visualizes. Patients often want to hide their pain and depression: a gift to those who are giving care... another mixed "blessing" of our life-obsessed society. It is also a gift to those who will be giving care; Hospice is not easy; being surrounded by familiarity is both protective and realistic. A hospital offers white covers, strange noises, brief encounters. Which is more protective? To illustrate some of the blessings and hardships of Hospice as an end-of-life service, I would like to tell a story:

I was a professor teaching courses in various parts of the country and in Africa as well, mainly to RNs who were going back to school part-time, to obtain their Bachelor of Science in Nursing. They were wonderful groups: feisty, experienced, eager and often resentful of being forced to climb the ladder of nursing's increasing theoretical knowledge, expectations, and promotions, without adequate recognition of their experiential learning. I taught nursing as seen in the home: in all social groupings, with all diagnoses of disability and need, including Hospice services. The first visit to any home the student and I made together. In this case, the student, Amy, was in her 40s and an exceptionally-skilled OR nurse.

We left the warmth of the car to hit the wind blowing down a tidy street of small homes. There was a raggedy picket fence to get through and then the dirty piles of snow that showed March was reluctantly leaving. A sturdy middle-aged woman answered the door, and gave us a silent nod that Martha was still alive. She was technically employed by the Cancer Society, but stayed many hours past her "contract." We entered the makeshift bedroom, re-located to the living room. Martha was valiantly sitting up in bed for awhile, attended by the neighbor, who had brought a casserole: "Macaroni and cheese, would you believe it! But I know the kids like it." The bed was covered with a worn and patchwork quilt, the reds faded to rose and the blues nearly out of sight. A gray cat snuggled next to Martha's legs, which barely made a ripple in the quilt. "Amy, remember to watch for whatever hints you can see as to how this family lives, what is important to them, how much help the caregiver gets, the warmth of the house, not only in heat, but in love... the crucifix over the bed, the scarlet geraniums that line the window sill, the smell of cocoa, the still-full glass of water on her bedside table..."

There was a rush of feet up the path, and the door banged violently, with a stop first in the kitchen to ask the caregiver: "Is she still alive?" "Yes, dears, but have some cocoa first." But they were gone, falling on the edge of the bed and reaching for Mom. Martha winced, but she hid it in a fit of coughing. The papers from school needed to be seen by us all; the cat couldn't take the rustle and skittered under the bed. Amy and I went about our official jobs: Was the morphine pump calibrated properly? What had been the fluid intake for the day? How long had she been sitting up, and could we rearrange the nightstand so it was a little closer? What gauzes on her legs needed changing, and were the medicines all refilled? "Now, make a judgment, Amy. Does she want a touch, a hug, or is that too much?" Martha said, "Thank you," and Amy answered: "No, thank YOU."

We made our way out into the cold again, and the wind grabbed the tears on her cheeks.

"I didn't know it would be this hard!"

simply bring people together to help save lives. Campaigns can be created online at [redcrossblood.org/SleevesUp](http://redcrossblood.org/SleevesUp).

The Blood Donor App allows individuals to find a local blood or platelet donation opportunity, schedule appointments, and track their donation history. Plus, it lets users create teams and recruit friends and family to roll up a sleeve with them. The Blood Donor App is available for download by texting BLOODAPP to 90999 or by visiting [redcrossblood.org/BloodApp](http://redcrossblood.org/BloodApp).

"It doesn't take superpowers to be a hero for a patient in need – just a little time," added Brant. Blood donors with all blood types – particularly O negative, A negative, and B negative – and platelet donors are encouraged to make an appointment to give.

To donate blood, download the American Red Cross Blood Donor App, visit [redcrossblood.org](http://redcrossblood.org), or call 1-800-RED

tag items at their stores in Burlington, Essex, and St. Albans. Volunteers should be able to lift donated bags which can weigh up to 25 lbs. Contact Lisa Kroll, 864-6991 or [lisa.kroll@salvationarmy.org](mailto:lisa.kroll@salvationarmy.org).

EVENT PLANNING – Several organizations are looking for help planning and preparing for upcoming events:

Alzheimer's Association needs volunteers to assist staff in planning their annual Reason to Hope Dinner in the spring. Tasks include helping determine the look and feel of the event, providing logistical support and doing other pre-event projects. Contact Jane Mitchell, 316-3839 or [jmitchell@alz.org](mailto:jmitchell@alz.org).

Community Health Center needs volunteers for their Wine Auction Committee to help plan and organization the 3<sup>rd</sup> annual "Salud" wine auction fundraiser. Volunteers will help secure wine as well as donated hotel stays and restaurant gift certificates. The event takes place Thursday, April 16. Contact Kim Anderson, 264-8193 or [kanderson@chcb.org](mailto:kanderson@chcb.org).

Essex CHIPS needs volunteers to help plan & prepare for their 5K Fun Walk/Run fundraiser in late spring. Tasks include distributing flyers, logistics, gathering food and in-kind donations, as well as helping with set up and take down. Contact DarcyCaryl Evans, 878-6982 Ext. 100 or [darcycaryl@essexchips.org](mailto:darcycaryl@essexchips.org).

Vermont CARES is looking for volunteers to help with their annual ChampRide Committee. Tasks include publicity and outreach to riders and teams, soliciting food donations, staffing the event. Volunteers can decide what they would like to help with. Contact Christian Pinillos, 863-2437 or [Christian@vtcares.org](mailto:Christian@vtcares.org).

Women Helping Battered Women needs volunteers for their annual Run for Empowerment Committee which takes place in June. Volunteers with public relations, website, graphic design, and event experience are needed. Contact Caley Holden, 658-3131 or [cholden@whbw.org](mailto:cholden@whbw.org).

## Lowering the pressure of hypertension

By Lewis First, MD

Chief of Pediatrics at UVM Children's Hospital

February was American Heart Month, and parents have been pressuring me for information regarding high blood pressure in children. Let me see if I can provide some off-the-cuff remarks about this important topic.

Hypertension or high blood pressure is rare in children, but can still occur in three percent of children who otherwise appear healthy. That is why the American Heart Association and the American Academy of Pediatrics recommend that all children age three and older have a yearly measurement of their blood pressure, which will increase with age.

Your child's doctor will have a table based on your child's age, sex, and height that will determine if the value measured is too high. Three high measurements taken at three separate visits confirm the diagnosis of hypertension.

How might you suspect hypertension? It's difficult, but a young child may be irritable, fail to gain weight, or eat poorly. As it persists, high blood pressure may result in headache, vomiting, and heart palpitations. If severe, it can cause seizures, heart failure and kidney failure – and stroke and heart disease in adults.

In younger children, high blood pressure may be largely due to kidney disease, or, in very few cases, heart disease. Another possible cause is a child being overweight. It can also run in families.

It is important to know that early detection of hypertension will result in fewer complications up the road for your child.

Once detected, the first line of treatment involves a heart-healthy diet and exercise to encourage some weight loss. The diet should be low in salt, high in fiber, and include low-fat dairy products. If a case of hypertension is severe, medications to lower blood pressure can be used – but these are not often needed for treatment of this condition in childhood.

Hopefully tips like these will not make you hyper or tense when it comes to making sure your child's blood pressure gets checked each and every year to help avoid the complications of hypertension.

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.

## NMC PT in Cambridge opens in March

Northwestern Medical Center Physical Therapy has begun offering services at Cambridge Health Center.

NMC's Physical Therapy (PT) team will provide evaluation and individualized treatment plans for patients in Cambridge and surrounding areas using a variety of techniques. NMC physical therapists strive to help people move better, reduce pain, and restore function and disability. Using science and motivation, NMC PT teaches you to manage health conditions and gain the greatest mobility possible.

Our evidence-based treatments offered at the 272 North Main St., Cambridge location range from addressing sports injuries, joint pain/dysfunction, improving balance, muscle spasms, neurological conditions, and/or postural issues.

NMC's Rehabilitation Services is passionate about serving their patients and seeing the positive results of their high-quality care. They will be working with patients in the Cambridge Health Center Building Mondays and Fridays from 8:00 AM – 4:00 PM. For more information about the new Cambridge satellite or to make an appointment, call 802-644-8317.

CROSS (1-800-733-2767) to make an appointment or for more information. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental consent in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

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

"Worshipping 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,

email: [stthomas5@myfairpoint.net](mailto:stthomas5@myfairpoint.net), Website: [www.stthomasvt.com](http://www.stthomasvt.com)

## UNITED CHURCH OF UNDERHILL

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[www.unitedchurchofunderhill.com](http://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](http://www.becauseyoumay.com)

HEALTH NEWS

The Dirty Dozen

Conventionally raised foods are grown with pesticides and herbicides. These are chemicals designed to kill. Consequently, it does not make sense to ingest these products if you can avoid them. Some conventionally grown foods are more contaminated than others. These are called "The Dirty Dozen."

The Dirty Dozen foods are: red and green bell peppers, celery, spinach and other greens, grapes, strawberries, raspberries, peaches, nectarines, apples, cherries, pears, and potatoes. Avoiding these foods can reduce your exposure to pesticides and herbicides substantially. Andrew Weil, a Harvard trained M.D., has said he would not eat a grocery store strawberry!

Some conventionally grown foods are relatively safe in terms of exposure to pesticides and herbicides. These are: broccoli, cauliflower, avocados, asparagus, pineapples, pears, and onions. If you need to economize on organic foods, these are good choices to buy conventionally.

There are other ways to reduce your exposure to toxic agricultural chemicals. One is to buy in season. Foods grown in warmer climates often come from countries with less rigid health standards. Eat locally grown foods. Vermonters tend to be conscientious about environmental issues and therefore are more likely to use fewer toxic chemicals. Peeling fruits and vegetables can also reduce your exposure because the skin is where most contaminants are found. Eat a variety of foods – not only will you reduce the likelihood of any one toxin to build up in your system, but you will also increase your overall nutrition.

While not everybody can afford eating organically grown foods, if you avoid eating the Dirty Dozen you can substantially reduce your exposure to the chemicals toxicity of pesticides and herbicides. Having a perfect diet is a tough feat. Fortunately there are ways to maximize your nutrition while avoiding toxins: avoid the Dirty Dozen, eat locally and enjoy a wide variety of foods.

Dr. Mary H. Kintner is a Chiropractor in Jericho who uses nutrition to support the care of her patients

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or call Brenda at (802) 453-6354.

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www.mmctv.vimeo/album/2821251

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Cast members (from left) Robin Simpson, Claire Giroux-Williams and Cynthia Seckler practice lines and blocking for Shelburne Players' spring production 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. Tickets may be purchase at Shelburne Supermarket, or reserved online at www.shelburneplayers.com for pickup at the door. For information, 343-2602. PHOTO CONTRIBUTED

LETTER TO THE EDITOR

Join the MOW March!

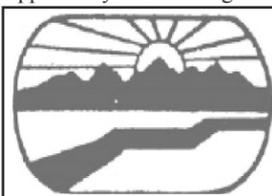
To the Editor,

My grandmother lived alone in her house until she died at the age of 93. Our family always worried about her. She didn't eat right, often opening up a can of green beans for dinner, and her health was failing. She was a proud woman who rarely asked for help and refused to go to a 'facility' because home is where she wanted to be. If you are 'lucky' enough to live until you're 93, you have lost many if not all of your friends and family, and it can be a very lonely and isolating experience.

Unfortunately, there are many seniors in our community in the same situation. Like my grandmother, they want to remain in their homes but lack the mobility to get out and socialize, or don't have the energy or desire to cook and wind up eating things that are not healthy and nutritious.

We are fortunate to have a wonderful agency in our midst – Meals on Wheels of Lamoille County (MOWLC) – to help our local seniors have quality of life in their later years. Our local MOWLC served just shy of 42,000 meals last year to our local seniors! This provided them not only with a healthy and nutritious meal, but also something to look forward to every day – a visit from their MOWLC delivery driver offering a warm smile, a safety check and a chance for a little socializing. And in regards to the safety check, I occasionally deliver meals when MOWLC is short on drivers. One time, we found a senior who had fallen in his house and had been on the floor all night until we arrived at 11:30 AM. Since this man didn't have many visitors, he may have been lying on the floor for a really long time had it not been for his MOWLC delivery.

March is 'March for Meals month'. I thought I'd take this opportunity to encourage our community to support MOWLC any way they can. It's a really good bang for your buck. For the cost of keeping someone in a nursing home for six days or in the hospital for only one, you can provide a full year of meals to a MOWLC recipient! MOWLC also has a real dynamo director in Brynn Evans. Brynn is always thinking of ways to improve what they do and how they do it for maximum efficiency. These are some of the many reasons United Way supports MOWLC.



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Sunday 4:00 - 8:00 PM

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Jericho

Please help if you can by making a financial contribution or volunteering to deliver meals. It's a great way to keep our seniors safe, properly nourished, and less lonely. We will all be seniors some day and will appreciate services like MOWLC.

Dawn Archbold,  
Executive Director  
United Way of Lamoille County

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Dr. Mary H. Kintner

Email:  
DrMaryDC@comcast.net  
www.JerichoChiro.com

COMING EVENTS

Thursday, March 5

Free Community Soup and Bread Supper, 4:30 – 7:00 PM, Covenant Community Church, Essex. Stop in on your way home to eat in, or take out. Choose from a variety of hearty soups, breads, and a sweet dessert. Call Pastor Peter Norland, 879-4313, for information. Donations accepted.

Saturday, March 7

Bolton Backcountry Celebration, 2:00 PM, Bolton Valley Nordic Center, Bolton. The Vermont Land Trust, Catamount Trail Association, Friends of Bolton Valley Nordic & Backcountry, and Green Mountain Club are hosting the Second Annual 'We Saved Bolton Nordic and Backcountry Lands' Celebration – all are welcome! \$10 for VLT, CTA, and GMC members; \$15 for non-members. Tours and activities begin at 2:00 PM, après ski starts at 4:00 PM; catering by Bon Temps Gourmet. Details and registration information: www.vlt.org/events or 802-262-1222.

3rd Annual Underhill Benefit Game Dinner, 4:00 – 9:00 PM, Underhill Town Hall, Underhill Center. Local food from local folks with local music by Underhill's own Eric Bushey and his band Bluerock Boys. A family event with chef-prepared specialties. Limited seating; please RSVP to Mike at fullem64@gmail.com with how many will attend. This event will benefit Addie Cross as the recipient of this year's donations. Menu includes last years favorites Bacon and Moose Sliders, Spicy Goose Stromboli, Venison Underhill (Philly) Cheese Steak on baked rolls, and hand-cut fries; new this year are a taco bar with crispy fried pike fillet, seasoned ground venison, man dip (seven layer dip), and smoked Alaskan Silver salmon. As most of us hunters forget our veggies, please bring a vegetable side or dish to share and your own beverages.

No Safety in Numbers, 2:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Calling all fans of young adult lit! Join S. Burlington author Dayna Lorentz to discover the thrilling No Safety in Numbers trilogy and celebrate the paperback release of the third book, No Dawn Without Darkness. Free. For information, www.phoenixbooks.biz or 448-3350.

Chronicling America: Using Historic Newspapers in Genealogical Research, 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. This talk will cover the National Digital Newspaper Project (NDNP) and its VT counterpart. NDNP's website Chronicling America provides online access to US newspapers published from 1836-1922. The Vermont Digital Newspaper Project is approaching 230,000 digitized pages from the state's newspapers for those same years. Class is \$5; parking and entrance are across from the State Police Building. More information –802-310-9285 or www.vtgenlib.org.

Sip, Ski, & Snowshoe, 12:00 – 3:00 PM, Shelburne Vineyard, Shelburne. Join Catamount Trail Association and the SkiRack for free ski and snowshoe demos and clinics among the vines at Shelburne Vineyard. Bring your own equipment or try out the demos provided. Delicious lunch snacks and wine (by the glass) will be for sale, and free Lake Champlain hot chocolate. Free. All ages welcome. Information: www.shelburnevineyard.com or Shelburne Vineyard on Facebook.

Sunday, March 8

Extreme Skiing Challenge, 11:00 AM – 3:00 PM, Smugglers' Notch Madonna Mountain, VT Rt. 108, Jeffersonville. This is an opportunity for junior and adult freeskiers to show their stuff on some of the most difficult terrain Smugglers' Notch has to offer! The course is planned for the Madonna headwall, an ungroomed steep with a double fall line descent filled with cliffs, bumps, trees, chutes, and stumps. For information including cost, 802-644-1177.

Tuesday, March 10

Researching Your Irish Ancestors, 7:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. Offered in conjunction with The Burlington Irish History Festival. Come learn about the records, tools and techniques for searching here and in Ireland. The session will be followed by tours of our resources and subscription databases. BIHF raffle tickets available, refreshments; Irish genealogy books for sale. Class is free; parking and entrance are across from the State Police Building. More information –802-310-9285 or www.vtgenlib.org.

Author Erin Belieu, 5:30 PM, Stearns Performance Space, Johnson State College, Johnson. As part of its observation of Women's History Month, JSC will host the author reading from her work and discuss the importance of women's voices. Belieu is co-founder of VIDA: Women in Literary Arts and co-editor of The Extraordinary Tide, which features the work of contemporary American Women poets. She is the author of four books of poetry and is a professor in the MFA/Ph.D. Creative Writing Program at Florida State University. Free and open to the public.

Wednesday, March 11

Embroiders' Guild meeting, 9:30 AM, living room / dining room, The Pines, 5 Aspen Dr., S. Burlington. Held by the Green Mountain Chapter of the Embroiderers' Guild of America; all abilities welcome. We will be having a stitch-in, so bring something to stitch. First meeting complimentary. Bring a bag lunch. Car-pooling available from many areas. Information: 372-4255 or gmc.vt.ega@gmail.com.

Thursday, March 12

Dante, beyond Inferno, 6:30 PM, Phoenix Books Burlington, 191 Bank St., Burlington. "Only reading Inferno is to remain in Inferno," says UVM's Professor Tom Simone. Join him to discover the importance and relevance of Dante beyond Inferno. Tom Simone has taught at the University of Vermont for more than 30 years. He is the author of books on Shakespeare and on the beginnings of the Western tradition as well as numerous articles on Joyce, Beckett, Shakespeare on film, and the history of recorded classical music. He has translated both Dante's Inferno and Purgatorio. Free. For information, www.phoenixbooks.biz or 448-3350.

Friday, March 13

Contra Dance, 8:00 PM, Shelburne Town Hall, Shelburne. Queen City Contrasts' regular dance with music by Atlantic Crossing; caller Adina Gordon. All ages welcome, no experience or partner needed, beginners' session at 7:45 PM. Adults \$8; under 12 free. Please bring clean, soft-soled shoes for dancing. For information, 802-371-9492, 802-343-7166, or www.queencitycontrasts.org.

Coming events continued on page 5

OBITUARIES



**Rhonda Lynne Vogelzang**, 60, of Scarborough, ME and recently of Jericho, VT died peacefully on Saturday, February 7, 2015 surrounded by her family. She had faced lung cancer for two and a half years with serenity and grace. Rhonda was born in Orange City, IA on May 19, 1954. She graduated in 1976 from Dordt College with a degree in music. Rhonda married her beloved husband, Mark Vogelzang, on June 4, 1977. They raised five children in their 37-plus years together: Robin Marie, Daniel Mark, Sarah Lynne, Aaron David, and Benjamin Lee. During their years in Kentucky and Pennsylvania Rhonda taught piano, led school choirs, and directed church music. When the family moved to Vermont in 1993, when Mark worked for Vermont Public Radio, Rhonda expanded her piano studio, taught at Mount Mansfield Union High and Browns River Middle Schools, and blessed Jericho Congregational Church for 16 years as organist and director of music. Mark and Rhonda came to Maine in 2012, where she loved walking on the beach, enjoying the marsh and wildlife in a place where she could host her growing family. Rhonda had a radiant spirit and a beautiful voice, both in song and speech. A woman of deep faith in the Lord, she had an astute mind, was a gifted teacher and accompanist on piano and organ, and conducted her choirs to great heights on Sunday mornings. To know Rhonda was to be graced by her ready smile and exuberant laugh. She helped everyone around her find the music in their hearts, always with the aim of reflecting the glorious love of Jesus. Rhonda is survived by her husband, Mark; her children and daughters- and sons-in-law, Robin Vogelzang and Marti Grau, Daniel and Jennifer Vogelzang, Sarah and David Jones, Aaron and Alisha Vogelzang, and Benjamin Vogelzang; her 11 grandchildren, Andrew, Isaac, Tyler, Gabriel, Collin, Eloi, Eden, Olivia, Julian, Annalise, and Hannah; her mother, Helen Huizenga; and sisters, Brenda Dokter and Stephanie Wilson. She was preceded in death by her father, Elmer Huizenga. A private burial took place on Monday, February 9, 2015. We celebrated her life with a memorial service on Saturday, February 28, 2015 at Park Street Church in Boston, MA where all were welcome. In lieu of flowers, memorial contributions can be made to the Jericho Congregational Church Music Fund, P.O. Box 1022, Jericho Center, VT 05465-1022.

**Betty Jane Fuller**, 65, of Cambridge, VT passed away at her home on Sunday, February 22, 2015. Visiting hours were held on Wednesday, February 25, 2015, followed by a service with the Reverend Mick Comstock officiating at A.W. Rich Funeral Home - Fairfax Chapel, Fairfax, VT. Inurnment will be at the convenience of the family. Memorial contributions in Betty's memory may be made to the Eagles Club, P.O. Box 326,



Jeffersonville, VT 05464. The family invites you to view further information and share your memories by visiting [www.awrjh.com](http://www.awrjh.com).

*In Loving Memory*

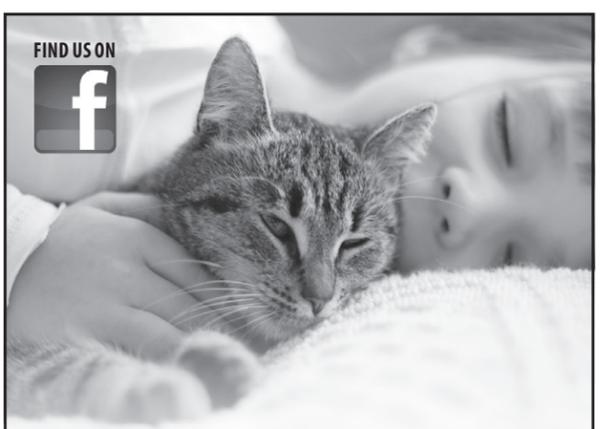


**Philip Earl Playful - February 28, 1941-March 16, 2014. Remembering you, Dad, on your birthday and always. We'll never forget all the good times we shared while growing up in our younger years - trips to Maine every August, fun with the horses, weeding the garden, harvesting all those fresh vegetables, all your funny joking around, playing tons of games on Christmas morning, your home-cooked camp food, telling us wilderness stories at bedtime, ice fishing, taking us skating on the pond, teaching us to drive on the old Scout, haying with Mr. White, picnics at our "picnic place" under the old maple tree, walking the fence lines, all your traps and pelts and going on your trap-line early in the morning, coming home with a "mess of fish," your excitement during hockey playoffs, going out on call during bad snow storms, and just the way we all used to be together. We have always missed you, but we know we will be reunited in Heaven someday. May you be at Peace with the Lord until we meet again. All our love - Dennis, Wanda and Greta**

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Coming events continued from page 4

**Saturday, March 14**  
**Molly Rowlee Benefit Rail Jam**, 2:00 PM, Smugglers' Notch Resort, VT Rt. 108, Jeffersonville. This 5<sup>th</sup> annual event supports families with children undergoing treatment for cancer. Come out and have some fun and support this great cause! Music, giveaways, and a raffle. The cost to participate is \$25. Register from 12:00 - 1:00 PM at the yurt in parking lot #1. The event begins at 2:00 PM in the Zone. For information, 802-644-8851.

**Legal & financial planning for Alzheimer's and dementia**, 9:00 AM - 12:00 PM, your local VT Interactive Technology site. Overview of pertinent legal documents such as wills, powers of attorney, and health care proxies, as well as an overview of financial issues and options like Medicare, Medicaid and veteran's benefits. Free. Find your local VT Interactive Technology site at [vitlink.org/location](http://vitlink.org/location). For more information and to register, call the Alzheimer's Association 24/7 Helpline at 1-800-272-3900.

**Spring stories for young readers**, 2:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Kate Messner to celebrate spring with three stories for young readers! *Up in the Garden and Down in the Dirt* is a picture book, while *Rescue on the Oregon Trail* and *All the Answers* are perfect for middle readers. Messner is an award-winning author and an engaging speaker. She lives on Lake Champlain with her family and loves spending time outside, whether kayaking in the summer or skating on the frozen lake when the temperatures drop. Free. For information, [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 448-3350.

**Recording Your Ancestry with Family Tree Maker**, 10:30 AM - 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. Family Tree Maker is one of the most popular programs for recording, organizing & publishing your genealogical research. Learn about the basic features of the current versions (2009-2015), discover hidden capabilities and watch several of our staff demonstrate their favorite features. Class is \$5; parking and entrance are across from the State Police Building. More information -802-310-9285 or [www.vtgenlib.org](http://www.vtgenlib.org).

**Sunday, March 15**  
**Bolton to Trapp Back-Country Ski Tour**, 7:30 AM - 3:00 PM, Bolton Valley Resort, Bolton. Come explore one of the most challenging and beautiful backcountry ski trails in North America and help support the Catamount Trail Association's Ski Cubs Youth Ski Program. Section 22 of the Catamount Trail runs

between Bolton Valley Resort and the Trapp Family Lodge. The Catamount Trail Classic is designed for experienced skiers who have a true sense of adventure and are prepared for the unexpected. For information, 802- 434-6804 or [events@boltonvalley.com](mailto:events@boltonvalley.com).

**Monday, March 16**  
**Documentary film Mothers of Bedford**, 6:00 PM, 207 Bentley Hall, Johnson State College, Johnson. The 2011 documentary follows five imprisoned women trying to remain connected to their children. Eighty percent of women in U.S. prisons today are mothers of school-age children. Filmmaker Jenifer McShane spent four years visiting Bedford Hills prison in New York and following the women and their families. A mother herself, McShane was drawn to the universal themes of motherhood and the staggering power of the mother-child relationship. Free and open to the public.

**Thursday, March 19**  
**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](mailto:Bill@RepBillFrank.com).

**Vermont Trout Ponds**, 6:30 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Peter Shea will discuss his book *Vermont Trout Ponds*, a personal selection of some of the angling author's favorite lakes and ponds. Shea has a 35 year history of writing and publishing on outdoor topics, mostly trout fishing and mostly Vermont. \$3 per person. For information, [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 448-3350.

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"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."

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## LIBRARY NEWS

**DEBORAH RAWSON LIBRARY, UNDERHILL**

The art displayed in March is by Underhill photographer Tim Durbrow.

The silent auction item for March is a Roscoe Teddy Bear from Village Gifts in Jericho. Stop in and make a bid!

DRML is pleased to present *Freedom & Unity: The Vermont Movie*, the first-ever documentary series about Vermont. The six-part 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. Part One, *A Very New Idea*, was shown on Tuesday, March 3. The remainder of the six-part film will be shown through the month of March and early April on Tuesdays, March 3, 17, 24, 31 and April 7 and 14. Join us!

Parlez-vous francais? French Conversation Group will meet on Thursday, March 5th at 6:30 PM. Join the group for casual conversation and some cultural exchange! For more information call Henry at 899-3349. A bientôt!

Join other readers and Deborah Rawson Book Lovers for our library's first 2015 VERMONT READS event: a book discussion of *Haroun and the Sea of Stories* by Salman Rushdie on Tuesday, March 10, 6:30 PM in the Fireplace Room. All are welcome; light refreshments will be served. Hope to see you then! If you haven't gotten your copy of the book yet, drop in and pick one up at the front desk and sign up to be part of the events we are planning to celebrate this book.

Adult Writers Group, Wednesday, March 11 at 6:00 PM. Whether you've been working on your novel for years or have just picked up a pen, we would love to welcome you to our community of writers. We meet the second Wednesday of every month. For more information about the group please contact Elise Doner at 899-2644 or [busyfeet4kids@gmail.com](mailto:busyfeet4kids@gmail.com).

Calling all game players! Our next game night for Scrabble, bridge, and chess is on Monday, March 16, 6:30 – 8:30 PM. Come join your neighbors for an evening of challenging games, fun, and laughter!

The Friends of DRML will meet on Wednesday, March 18 at 10:30 AM. Join with others who care about the library and work to make a difference!

Let's Talk about Compost! Local gardeners will share how to improve your lawn and garden AND reduce waste! Join Jericho Master Gardener Barb Willis to learn practical composting tips and how to use the "black gold" in your home garden. Beth Albright will demonstrate and talk about how worm composting can easily add nutrients to your plants and gardens! Find out now so you (and your gardens!) can reap the benefits of compost. Wednesday, March 18, 6:30 PM, Fireplace Room.

Legislative Update with Bill Frank and George Till will take place on Thursday, March 19, 6:30 PM in the Fireplace Room. Our local representatives will discuss topics of political interest from the 2015 Legislative Session.

The DRML Board of Trustees will meet on Thursday, March 19, 7:00 PM in the meeting room. All are welcome and encouraged to attend!

Designers Club on Fridays, March 6 and 27 from 3:00 – 4:00 PM. "Think it, Bring it, Make it, Share it, Take it." Have an idea? Are you interested in something but have yet to delve into it? Your reading, writing, gaming, collecting, organizing, digital project? Bring your necessary supplies and come share with others as they delve into their project interests. Middle schoolers and up. Call 899-4962 for details and to sign up.

Baby Time! Tuesday, March 10 and Saturday, March 28 at 10:30 am. Introduce your littlest ones (infants and babies up to 18 months) to the wonders of language with nursery rhymes, songs, fingerplays, and board books. This is a great time for parents and childcare providers to connect, chat, and share ideas. Older siblings welcome. No registration required.

March StoryTime! Drop in for stories, projects and a nutritious snack! Wednesdays, March 11, 18, and 25 at 10:30 AM, and Thursdays, March 12, 19, and 26 at 10:00 AM. No registration required.

Join friends on Thursday, March 12 from 3:00 – 4:30 PM for TINKER TIME! Do you like creating new things from craft materials, recyclables, scraps, etc.? Curious about how to make things work, enjoy taking things apart, and experimenting and inventing? Kids in grades 3 and up can join Thad to take things apart and look inside and then use the parts to build something else! Call 899-4962 to sign up and reserve your spot in the workshop.

For more information on the programs and services available at Deborah Rawson Memorial Library visit [www.drml.org](http://www.drml.org). You can also find us on Facebook and follow us on 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 899-4962.

**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>.

Wee Read: Jericho Town Library Story Time, Wednesdays, 10:00 – 11:00 AM, join story teller Elizabeth Bernstein and musician Derek Burkins for an animated story time, a fun filled hour featuring stories, live music, movement, finger plays, craft, and a healthy snack.

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](http://www.jerichotownlibraryvt.org), or email [Jerichotownlibrary@gmail.com](mailto:Jerichotownlibrary@gmail.com).

**VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE**  
The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville, 802-644-2117. Please visit Varnum Library's website, <http://thevarnum.org>.

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

**WESTFORD PUBLIC LIBRARY, WESTFORD**

The library is accepting donations of books, DVDs, and audiobooks for the 4<sup>th</sup> 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 out of it!

Building Bright Futures Playgroup on Mondays, 9:30 – 11:00 AM. For children 6 and under. For more information contact Janice, [Janice@fjsh.net](mailto:Janice@fjsh.net).

Library Hours: Wednesday 1:00 – 7:00 PM, Thursday 10:00 AM – 8:00 PM, Friday 1:00 – 7:00 PM, Saturday 10:00 AM – 2:00 PM; website [westfordpubliclibrary.wordpress.com](http://westfordpubliclibrary.wordpress.com); Email: [westfordpubliclibrary@gmail.com](mailto:westfordpubliclibrary@gmail.com). Like us on Facebook. 878-5639, Bree Drapa, Librarian.

**RICHMOND LIBRARY**

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

**FAIRFAX COMMUNITY LIBRARY**

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

It's tax time! The library has printed out some copies of basic VT and Federal tax forms for patrons to use, and we have a copy of the VT instruction booklet for in-house use. In addition, you can print out forms (10 cents a copy) and instructions from [irs.gov](http://irs.gov) and the VT Department of Taxes here. Staff can help you find what you need on their websites.

Summer Camp at the library is in the works – save the week of July 20-24. We will again be offering the wonderful art camp with Lisa Bird in the mornings from 9:00 AM – 1:00 PM, and new this year – a game camp in the afternoon from 1:00 – 5:00 PM. You can sign your child up for one or both. The cost will be \$125 for Art Camp and \$100 for Game Camp, or \$225 for both. The camps are geared for children ages 5-12. The Library Trustees are offering two half-price sponsorships for either camp. Please speak with Debbie at the library about those if you are interested.

Thursday, March 5, 6:00 – 7:00: PJ Story Hour. All welcome for a story and craft. Thanks to Fairfax Building Bright Futures.

Saturday, March 7, 9:00 – 1:00 PM, Bring Your Child to the Library Day! A drop-in celebration of the library and Dr. Seuss' birthday. Thematic crafts and activities all day.

Tuesday, March 10, 9:30 – 10:30 AM, Preschool Story Time: Sugaring. Themed stories, songs, and activities for ages 0-6. No registration necessary.

Wednesday, March 11, 3:00 – 4:00: LEGO Club. Ages 6+ enjoy Lego play after school. Please register.

Thursday, March 12, 6:30 – 8:00 PM, Non-Fiction Book Group discusses Tracy Kidder's book *Mountains Beyond Mountains*. Copies available at the library.

Monday, March 16, 3:00 – 4:00 PM, Crafternoon. Creative Creatures. Kids ages 6+ make a fun craft after school. Must pre-register. Limited to 12 participants.

Tuesday, March 17, 9:30 – 10:30 AM, Preschool Story Time. Puppet Show!

Thursday, March 19, 3:15 – 4:15 PM, Read to a Dog.

Thursday, March 19, 6:00 – 7:00 PM, My Library has What? An informative session about digital library resources including *Listen Up Vermont*. Bring your tablet or e-reader for individualized help. Please register.

Tuesday, March 24, 9:30 – 10:30 AM, Preschool Story Time: Colors, and Music with Nicole.

Wednesday, March 25, 3:00 – 4:00 PM, Young Engineers Challenge: Teams work together to build the tallest tower out of toothpicks and marshmallows. Ages 6+ Must pre-register!

Thursday, March 26, 6:00 – 8:00 PM, Tea and Brushes. Sip some tea while Julie from *Blue Jay Creative Common* leads a painting party for all skill levels. Step-by-step instructions let you bring home your own work of art at the end of the night! \$25 for materials and goodies. Registration required. Ages 16+

Tuesday, March 31, 9:30 – 10:30 AM, Preschool Story Time. Dairy comes to the library with special guest Farmer Virginia.

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](http://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](http://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@fvsu.org](mailto:knorwood@fvsu.org); Library News: [www.bfafairfax.com/pages/communitylibrarynews.html](http://www.bfafairfax.com/pages/communitylibrarynews.html).

**DOROTHY ALLING LIBRARY, WILLISTON**

All events are free.

Geek the Library Photo Booth: Mondays after 4:00 PM. Come get your photo taken while sharing with us what you geek. Whatever you geek (to love, to enjoy, to have a passion for), serious or fun, Dorothy Alling Library supports you!

Gentle Yoga with Jill Lang: Tuesdays at 5:30 PM, presented by Williston resident Jill Lang. Please bring your own mat.

Quit Tobacco: Fridays, March 6-April 3, 12:00 PM. Support group with local specialist. Free NRT available to participants. Open to all, but preregister.

Makerspace: Circuit Board Clocks: Monday, March 9, 6:00 PM. You'll use power drills and other tools to create wall clocks using old computer parts. See what's inside and tear it apart to make your own design. Presented by Andy Mosedale of MISmakers. Ages 9 to adult. Pre-registration required, space limited.

The Tech Tutor: Wednesdays, March 11 and 25, 5:30 – 7:30 PM. Stop by anytime during tech hours for one-on-one technology help from a teen. Guarantee a time by making a 15-30 minute appointment, 878-4918.

Heliand Consort: A Brick Church concert benefitting the Friends of the Library, Friday, March 13, 7:00 PM. Tickets \$12 in advance. A woodwind trio will perform classical music, from the baroque era through 20<sup>th</sup> century. Opening music by cellist Ben Kulp; art display by Dan Donnelly.

Shape and Share Life Stories: Mondays, March 16 and 30, 12:30 – 2:30 PM. Learn to craft engaging stories from life experiences, led by Recille Hamrell.

Current Events Conversation: Wednesday, March 18, 11:00 AM. Gather with others interested in informal discussion on current newsworthy topics.

Brown Bag Book Club: Friday, March 20, 12:30 – 1:30 PM. Looking to meet others who love to discuss books? This month we will discuss *Orange is the New Black* by Piper Kerman. Books available at front desk. Dessert provided.

Me Power: Monday, March 23, 6:30 PM. Frustrated by difficult relationship issues with someone in your community, at work, or with your child? Are you at a loss with how to handle it? Join Williston's Deb Chisholm, M.Ed. to learn powerful strategies to make your best choices and act on them.

Williston Author: *Everyday Gourmet*: Wednesday, March 25, 6:30 PM. *Observer* food writer Kim Dannies, author of *Everyday Gourmet*, shares her columns written over the past decade. Kim chronicles her busy family life and provides recipes that are delicious and celebrate eating and living well every day. Book signing available.

Movie: Saturday, March 14, 12:00 PM. Based on a memoir about the relationship between the famous physicist Stephen Hawking and his wife. Drama and Romance. Snacks provided.

Food for Thought Library Volunteers: Thursday, March 5, 4:00 – 5:00 PM. Teens meet for pizza, discussion, book/DVD selection, and planning special events for the library. Community service opportunity. Gr. 7-12. New members welcome! Free.

Toddler Yoga and Stories: Saturday, March 7, 10:30 AM. Simple yoga and books for children ages 1-5. Presented by Karen Allen. Free.

Count Me In! Exploring Math with Your Preschooler: Wednesday, March 11, 6:00 – 7:00 PM. Introduction to hands-on activities that families can use in everyday life. Open to any parent or caregiver and their preschool child. Free. Pre-register at 878-4918. Co-Sponsored by Williston School District and the library.

Make-It! Leprechaun Traps: Monday, March 16, 3:30 – 4:30 PM. Stop by and build a leprechaun trap using a variety of recycled materials. Children ages 8 and younger must be accompanied by an adult. No pre-registration.

Pajama Story Time with Abby Klein: Monday, March 16, 6:30 PM. Look for leprechaun gold! Bring kids in PJs with their favorite stuffed animal for stories, a craft, and a bedtime snack. Presented by Building Bright Futures of Williston and the library.

Read to a Dog: Tuesdays, 3:30 – 4:30 PM. Bring a book and read to one of our registered therapy dogs. All dogs registered with Therapy Dogs of Vermont. All ages. Call 878-4918 to pre-register for individual sessions.

Preschool Music: Mondays, 11:00 AM with Peter Alsen, and Thursdays, 10:30 AM with Derek Burkins. For children up to age 5 with a caregiver. No pre-registration. Limit: one session per week per family. Free.

Story Time: Tuesdays at 11:00 AM. Includes a simple craft activity. For children ages 3-5. Free.

Read to a Cat: Thursday, March 19, 3:30 – 4:30 PM. Meet Van Gogh, a therapy cat registered with *Love on a Leash Foundation*. Sign up for one-on-one reading sessions. Call 878-4918 to pre-register. Free.

Wildlife Encounter! Saturday, March 21, 11:00 AM. Join us for a live-animal presentation by *Wildlife Encounters*, an organization dedicated to protecting global biodiversity. Meet a variety of amazing animals and learn about their natural habitats. Find out how these animals survive, and hear their personal stories as well. Sponsored by Friends of the Dorothy Alling Memorial Library. Free.

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ONGOING EVENTS

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, <http://www.queencitycontras.org>. Admission charged.

**Chittenden County Postage stamps** and post card club, 1<sup>st</sup> Wednesday of the month 6:15 – 8:30 PM, IDX Circle GE Healthcare Building. South Burlington Information email: [Laineyrapp@yahoo.com](mailto:Laineyrapp@yahoo.com) or call me at 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 more info contact Sally, 644-5377.

**Essex Art League** meets the 1<sup>st</sup> Thursday of the month, from 9:00 – 11:00 AM, at the Essex Junction Congregational Church, VT Rt. 15. Meeting includes a business and social time, and a guest artist presentation. Detailed calendar listing featured speakers at [www.essexartleague.com](http://www.essexartleague.com).

**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 on the 2<sup>nd</sup> Saturday of each month, 8:00 AM at the Church located at the park, 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.

HEALTH EVENTS & GROUPS

**Al-Anon** meetings, Jericho United Methodist Church, Thursday mornings 10:00 AM, and Saturday mornings, 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 charge for the 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 Flats.

**Alzheimer's support group**, monthly on the 3<sup>rd</sup> Wednesday, 9:30 – 11:30 AM, The Arbors, 687 Harbor Rd., Shelburne. Free education for individuals and families in the early stages of Alzheimer's disease and related dementias. For information and to register, contact 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, 877-856-1772.

**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.vicfids.org](http://www.vicfids.org). Lainey at 802-660-4817, or 800-296-1445 ask for Rik.

**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. Support group 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](mailto: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 recurrence? General discussion and sharing among survivors and those beginning or rejoining the battle. Information: Mary L. Guyette RN, MS, ACNS-BC, 802-274-4990.

**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](mailto:ccamire@lhha.org) for more information.

**Franklin County Prostate Cancer Support Group**, monthly, 1<sup>st</sup> 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

Ongoing events continued on page 8

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Directory can be viewed online at [www.mountaingazetteofvermont.com](http://www.mountaingazetteofvermont.com)

The 2015-16 Jericho Underhill Community Directory will be distributed after September 15, 2015.

Deadline for advertising is May 30, 2015.

4000 directories are distributed throughout Jericho and Underhill, as well as Hannafords in Essex Center and other Essex businesses. The entire phone book appears on our website, and your ads are hyperlinked to your own website. Additionally each advertiser receives a free bold line listing among the phone number listings.

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## Ongoing events continued from page 7

events and information, and more – an opportunity to play with the children in your life, meet other playmates, and connect with other parents and caregivers. Playgroups follow the school calendar. Come to any or all groups that fit your schedule. For information on any playgroup, contact Heather Lebeis, 899-4415 or [underhillplaygroup@yahoo.com](mailto:underhillplaygroup@yahoo.com). Mondays: 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](mailto:westford_pl@vals.state.vt.us), or visit [www.westford.lib.vt.us](http://www.westford.lib.vt.us) and click on Events @ Your Library.

### SENIORS/COMMUNITY MEALS

**Community Soup & Bread Supper**, 1<sup>st</sup> 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.

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

**Westford Senior Lunches** – Join Westford Seniors for lunch at the Red Brick Meeting House on the Common, monthly on the 2<sup>nd</sup> Monday. Lunch, 12:00 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<sup>th</sup> 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<sup>nd</sup> Thursday of the month, United Church of Underhill, VT Rt. 15, Underhill Flats, 5:00 – 7:00 PM; and on the last Thursday of each month at Calvary Episcopal Church, VT Rt. 15, Underhill Flats, 5:00 – 7:00 PM. Everyone in the communities is invited.

### 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](http://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](http://www.riverartsvt.org) for more details.

### TOWN GOVERNMENT & ORGANIZATIONS

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

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

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

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

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

**Jericho Energy Task Force** meets monthly, 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.

**Send your engagement and your wedding stories, with photos, to [mtgazette@earthlink.net](mailto:mtgazette@earthlink.net) or call Brenda at (802) 453-6354**

## ART / MUSIC / THEATER

### ART/PHOTOGRAPHY

OLLI at UVM presents *Water Journeys in Art and Poetry* with artists Dianne Shullenberger and Mary Jane Dickerson on Friday, March 6, 5:00 – 6:30 PM at UVM's Continuing and Distance Education, 322 S. Prospect St., Burlington.

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](mailto:blgreene@myfairpoint.net) or 802-899-2974.

Emile A. Gruppe Gallery presents an exhibition of oil paintings by Montpelier artist John Weaver Sunday, March 15-Sunday, April 19. An artist reception March 15, 1:00 – 3:00 PM, will be accompanied by fiddlers of the Vermont Fiddle Orchestra including Sandy Weaver, John's wife, and a flautist friend. They haven't finalized the playlist, but they intend to include some Irish and perhaps Scottish music due to the reception's close proximity to St. Patrick's Day. 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](http://www.emilegruppegallery.com) or 899-3211.

Bryan Memorial Gallery presents *Romancing The Garden*, a juried exhibition, on exhibit through Sunday, March 29 featuring paintings, photographs and sculpture by over 50 gallery artists. One hundred artworks juried from over 200 works conjure wintertime fantasies of spring: flowers, fauna, farms, gardens, bouquets, climbing vines, plants, buds and blossoms. To preview the exhibit, visit [www.bryangallery.org](http://www.bryangallery.org). Bryan Memorial Gallery, 180 Main St., Jeffersonville, [www.bryangallery.org](http://www.bryangallery.org). Thursday-Sunday, 11:00 AM – 4:00 PM and by appointment, 802-644-5100. School and seniors groups encouraged to arrange in advance for a free guided tour. For information, Mickey Myers, 802-644-5100.

Join Helen Day Art Center Friday, March 6 at 6:00 PM for the artist's talk and opening reception for *Experiments: recent paintings and sculptures by Richard Whitten*, a solo exhibition in the East Gallery. Richard Whitten is an artist and professor from Rhode Island College who creates gorgeously imagined architectural spaces and invented objects, painted realistically in the style of the Renaissance. The display includes large and small exquisitely executed paintings and the accompanying study models he creates for the paintings. Whitten is Professor of Painting at Rhode Island College. Classes at Helen Day: registration for spring afterschool classes, spring break camps, and summer camps are open and available online. Helen Day Art Center, 90 Pond St., Stowe, 802-253-8358, [www.helenday.com](http://www.helenday.com). Hours: Wednesday-Sunday, 12:00 – 5:00 PM, and by appointment.

Exhibits at the VT Metro Gallery: *In Motion*, through Saturday, March 7, 4<sup>th</sup> floor, features Vermont artists Nancy H. Taplin and Ethan Bond-Watts. *Taking Pictures*, through Saturday, April 4 on the 1<sup>st</sup> and 2<sup>nd</sup> floors, features Pictures Generation Artists Gretchen Bender, Dara Birnbaum, James Casebere, Sarah Charlesworth, Nancy Dwyer, Jack Goldstein, Louise Lawler, Robert Longo, Allan McCollum, Cindy Sherman, and Laurie Simmons. Burlington City Arts Center, 135 Church St., Burlington. Information: [bca@burlingtoncityarts.org](mailto:bca@burlingtoncityarts.org).

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

### MUSIC/DANCE

New Music With an Old Soul, 2014 New England Music Awards Live Act of The Year, Frank Viele has made a name for himself on the shoulders of his high energy soulful live performances. With his full-length debut, *Fall Your Way*, dropping on April 7 featuring members of funk/fusion super group *Kung Fu* and famed blues guitarist Joe Bonamassa, Viele is rapidly emerging on the scene as a unique singer/songwriter with a sound vibe all his own. Viele will perform locally on Friday, March 13, 10:30 PM at Radio Bean, 8 N. Winooski Ave., Burlington in a free show for all ages. For information, 802-660-9346.

The Burlington Civic Symphony will present a spring concert under the direction of Daniel Bruce on Saturday, March 14, 7:30 PM at the Elley-Long Music Center in Colchester. The program will feature Tchaikovsky's *Romeo and Juliet Fantasy-Overture*, Schubert's *Symphony No. 8 (Unfinished Symphony)*, Richard Strauss' *Tod und Verklärung*, and Vermont composer Erik Nielsen's *Matt's Tune*. Tickets are available through the Flynn Regional Box Office; for information including price go online to [www.flynnitix.org](http://www.flynnitix.org) or the orchestra's website, [www.bcsvt.org](http://www.bcsvt.org).

Young Tradition Vermont in collaboration with the Burlington Irish Heritage Festival and St. Michael's College will be presenting the annual Concert for St. Patrick at the St. Michael's

### Westford School Board meeting agenda

Westford School Board meeting will be at the Westford School at 6:30 PM on Monday, March 9 at 146 Brookside Rd., Westford.

#### Agenda

1. 6:30 PM Call to Order
2. 6:31 PM Visitors and Staff to be Heard
3. 6:40 PM Board Re-Organization \*\*
  - Elect Chair, Vice-Chair, Clerk of the Board, and Three SU Board Representatives
  - Appoint Members to Task Teams
  - Appoint Legal Counsel
  - Set Monthly Meetings
  - Authorize Superintendent to Accept/Administer Grants and Funds
  - Grant Authority to Pay Bills
  - Authorize the Clerk or Chair to sign warrants on behalf of the Board
  - Establish Newspaper of Record
  - Members' Acceptance of VSBA Code of Conduct
4. 6:55 PM Town Meeting/Vote Results
5. 7:20 PM 2015-2016 Westford School Calendar \*\*
6. 7:25 PM Needs Assessment for the Annual Work Plan
7. 7:35 PM RED Update
8. 7:50 PM Visioning Summit Recap
9. 8:15 PM Principal's Report
10. 8:20 PM Reports from Board Task Teams
11. 8:30 PM CCSU Board Update
12. 8:35 PM Consent Agenda \*\*
  - Approve Warrants
  - Approve Meeting Minutes: 12/16/14; 12/18/14; 12/30/14; 1/7/15; and 2/3/15
  - Reduction in Force
  - Issuance of Employment Contracts
  - Approval of Letter of Resignation
13. 8:40 PM Future Agenda Items
14. 8:45 PM Adjourn

\*\*Denotes Action Item



Frank Viele will perform on Friday, March 13, 10:30 PM at Radio Bean, 8 N. Winooski Ave., Burlington in a free music show for all ages. For information, 802-660-9346.

PHOTO CONTRIBUTED

College McCarthy Arts Center, 7:00 – 9:30 PM, on Saturday, March 21, featuring Sligo-Bound-Six, The Zeichners, Gus La Casse, and McFadden Academy of Irish Dance. Suggested \$15 donation at the door. For reservations, email Mark Sustic, [mark.sustic@gmail.com](mailto:mark.sustic@gmail.com).

First Thursday Music in the Loft – Tiffany Pfeiffer's solo soul/jazz/pop performance of originals and covers Thursday, March 5, 6:00 PM at Shelburne Vineyard, 6308 Shelburne Rd. (US Rt. 7), Shelburne. *Headless Barbecue* will provide fresh, local BBQ supper specialties; Shelburne Vineyard wine and Fiddlehead for sale by the glass. All are welcome to listen in the Loft or mingle in the Tasting Room. Admission free; part of beverage proceeds benefit The Humane Society. For information, [www.shelburnevineyard.com](http://www.shelburnevineyard.com).

Choral Services at St. Paul's Episcopal Cathedral, 2 Cherry St., Burlington. *Evening Prayer in the style of the Community of Taizé*, 7:30 PM, Monday, March 30; Sunday June 7. Candlelight, chanted prayer, meditation, silence, in the manner of the French monastic community.

### THEATER/FILM

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](mailto:marcus@lyrictheatrevt.org).

Escape is easy. Redemption is hard. Vermont Stage Company presents *Slowgirl*, at the Flynn Theatre in Burlington, March 11-29 in Wednesday and Thursday evening performances, 7:30 PM, and Saturday and Sunday matinee performances, 2:00 PM. A teenager flees to her reclusive uncle's retreat in the Costa Rican jungle to escape the aftermath of a harrowing accident. The week they spend together forces them both to confront who they are as well as what they are running from. Continuing the company's collaboration with Shelburne playwright Greg Pierce, this play is an intimate and elegant glimpse at two people seeking forgiveness and finding the courage to confront the past. For information and tickets, contact the Flynn Box Office, 802-863-5966, [box@flynncenter.org](mailto:box@flynncenter.org).

The Vermont International Film Foundation is holding a free film festival in March to showcase films from the home countries of some of the new Americans living in Vermont. The 2015 Global Roots Festival takes place at Community College of Vermont in Winooski. The three films are free and open to the public. They include the film *Highway*, about a bus trip to Kathmandu, Nepal, that will be shown on Friday, March 20; and *Zarafa*, an animated film from Sudan about the friendship between a boy and an orphaned giraffe, which will be shown Friday, March 13. There are an estimated 7000 refugees living in greater Burlington, from more than two dozen countries.

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. Tickets may be purchased at Shelburne Supermarket, or reserved online at [www.shelburneplayers.com](http://www.shelburneplayers.com) for pickup at the door. For information, 343-2602.

SCHOOL NEWS



**Eighth graders learn Thai carving in art class**

Art teacher Mrs. Hannah Robertson recently invited an exchange student from Bangkok, Thailand to visit her classroom and perhaps give a lesson in Thai carving. Mr. Supanya Khienjarern graciously accepted the invitation to guide 22 Mater Christi School eighth graders through the intricacies of turning fruits and vegetables into art forms. After a brief PowerPoint on the history of this type of art and learning how to handle the paring knives, the students created vases holding flowers out of cucumbers and grapes. Mr. Khienjarern also demonstrated other carving possibilities using watermelons, carrots, and green tail onions. It was apparent that the students were intrigued with the idea that, in addition to strengthening the body, vegetables and fruit, could also be a means of broadening one's art world. Supanya Khienjarern graduated from the Bangkok Christian College (BBC) in Bangkok and has just completed 10 years of teaching social studies in Thailand. He is spending four months in the United States as an exchange student.

Mater Christi boys concentrating on getting the carving just right: (from left) Christian Tarr, Colchester; Ryan Byrnes, Colchester; Patrick Tousignant, Shelburne; Davis Lavoie, Burlington; Tre' Diemer, Shelburne; Gunho Youn, Colchester. PHOTO CONTRIBUTED

PEOPLE IN THE NEWS

**Campus news and honors**

**Bradley Adair** of Jericho, VT has been named to the Dean's List for the 2014 fall semester at the University of Delaware, Newark, DE.

**Trevor A. Bibb** of Jericho, VT, a senior majoring in history, has been selected for the Dean's List for the spring semester at St. Lawrence University in Canton, NY. Bibb attended Mount Mansfield Union High School in Jericho.

**Brenden Blair** of Cambridge, VT, who is majoring in environmental sciences, has been named to the Dean's List for the Fall 2014 semester at Paul Smith's College in Paul Smith, NY.

**Moya R. Cavanagh** of Underhill, VT, a junior majoring in global studies, has been selected for the Dean's List for the spring semester at St. Lawrence University in Canton, NY. Bibb attended Mount Mansfield Union High School in Jericho.

**Bethany M. DeMuynck** of Underhill, VT, a freshman, has been selected for the Dean's List for the spring semester at St. Lawrence University in Canton, NY.

**Joseph Faryniarz** of Jericho, VT, who is majoring in fisheries and wildlife sciences, has been named to the Dean's List for the Fall 2014 semester at Paul Smith's College in Paul Smith, NY. Faryniarz has also been named an Adirondack Scholar.

**India Harvey** of Waterbury, VT, a freshman, has been selected for the Dean's List for the spring semester at St. Lawrence University in Canton, NY.

**Adele Julianelle** of Underhill, VT, a freshman student in the diagnostic medical sonography program the College of Health Sciences and Technology, has been named to the Dean's List for the Fall 2014 semester at the Rochester Institute of Technology, Rochester, NY.

**Maria Y. Leech** of Underhill, VT, a freshman, has been selected for the Dean's List for the spring semester at St. Lawrence University in Canton, NY.

**Emily A. Mulvihill** of Underhill, VT, a junior majoring in English and multi-language, has been selected for the Dean's List for the spring semester at St. Lawrence University in Canton, NY. Bibb attended Mount Mansfield Union High School in Jericho.

**Alexis Perry** of Westford, VT has been named to the Fall 2014 Dean's List at Merrimack College in North Andover, MA.

**Austin Tremblay** of Underhill, VT, who is majoring in environmental sciences, has been named to the Dean's List for the Fall 2014 semester at Paul Smith's College in Paul Smith, NY.

**Anastasia Wright** of Jericho, VT, who is majoring in Marine Biology Small Vessel Operations, has been named to the Dean's List at the Maine Maritime Academy in Scarborough, ME.

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SPORTS NEWS

Jericho Youth League registration

Registration is now open for the 2015 season of the Jericho Youth League (JYL). Please visit the JYL website at www.jerichoyouthleague.org to download a registration form or register online, or come sign up in person at Jericho Elementary School on Tuesday, March 10 and Wednesday, March 11 from 6:00 - 7:30 PM. The deadline to register is Monday, March 16. Boys and girls ages 5-12 who live in the towns of Jericho and West Bolton are eligible to participate.

Farm league, minor, and major little league divisions are available. Softball for the MMU district will be managed by the Richmond Area Softball League. To register and for more information, go online to http://www.eteamz.com/richmondarealittleleague/.

For questions about registration, please contact Sue Kasser at susan.kasser@uvm.edu or 802-881-8075. For other questions about the Jericho Youth League, please contact Sean Luitjens, sean.luitjens@gmail.com.

Catamount Trail Classic fundraiser

Come explore one of the most challenging and beautiful backcountry ski trails in Vermont and help support the Catamount Trail Association's Ski Cubs Youth Program. On Sunday, March 15 the CTA will hold its annual event, the Catamount Trail Classic, a fundraising ski tour of the historic Bolton-to-Trapp Trail.

The route leaves from the Bolton Valley Nordic Center and follows Section 22 of the Catamount Trail up and over Bolton Mountain to Nebraska Valley Road, ending at the Trapp Family Lodge, where tour participants will gather to enjoy food, refreshments, and social time. All tour proceeds will go to benefit the Catamount Ski Cubs Program, which through cross-country skiing introduces youth to the benefits of a healthy lifestyle and provides a fun, winter alternative to typical indoor entertainment.

The Ski Cubs Program, now in its fifth year of operation, continues to support or offer free cross-country skiing to Vermont youth in Chittenden, Addison, Bennington, and Orange counties. All proceeds from the Catamount Trail Classic will go towards funding this program and ensuring that it remains free for youth with limited resources and limited access to winter sports opportunities.

The Catamount Trail Classic is designed for experienced skiers who have a sense of adventure and are prepared to tackle intermediate to advanced terrain. Each individual is required to bring a small backpack with food, water, and extra clothes, as there will be no official aid stations on the course. Climbing skins are highly recommended. Skiers will be challenged by the terrain and rewarded with great descents, spectacular views, and the satisfaction of supporting youth education.

For information, go online to http://catamounttrail.org/events/bolton-to-trapps/.

Cochran's Nordic X Challenge

The 2nd annual Cochran's Nordic X Challenge - the first Nordic Ski Cross Event in New England - will be held on Sunday, March 15 at Cochran's Ski Area on Cochran Rd. in Richmond.

The event is festive and competitive fun for all ages - hilarious, challenging and loads of fun! Uphill, downhill, slalom gates, jumps, and obstacles, all on one pair of skis. Spectator friendly! Don't want to race? Come watch and bring the whole family! There will be a free pancake feast, with hot Slopeside Syrup, for all competitors.

The Challenge features an interval start and seeding based on ability, age, and sex, and a shorter course for kids, 12 and under. There are prizes for top three placers in all age categories.

For information including cost and to register online, go to www.cochranskiarea.com by Wednesday, March 11. Registration is limited to 250 adults and 50 kids. Start time is 11:00 AM for kids, 12:30 PM for adults. For more information contact Laura Farrell, laura@cochranskiarea.com or 802-291-1348, or Pennie Rand, mrand@gmavt.net 802-373-7204.

REAL ESTATE

4 Corners Mini Mart in North Troy 7.7± Acres • Near Jay Peak!

AUCTION

Thursday, March 12 @ 1PM

298 VT Route 101, North Troy, VT



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LEGAL NOTICE

TOWN OF JERICHO - SELECTBOARD NOTICE OF PUBLIC HEARING

Pursuant to 24 V.S.A. § 4442, the Jericho Selectboard will hold a Public Hearing on Thursday, March 19, 2014 at 7pm in the Jericho Town Hall, 67 VT Route 15, Jericho, Vermont, to hear public comment regarding proposed amendments to the Jericho Land Use and Development Regulations.

SUMMARY OF AMENDMENTS TO REGULATIONS

STATEMENT OF PURPOSE: The primary purpose of the proposed amendments is to clarify the existing development review and land use regulations, meet the requirements of state planning laws (24 VSA, Chapter 117), and to comply with the 2011 Jericho Comprehensive Town Plan.

amendments include minor technical corrections to the following sections: Section 2, Definitions; Section 3, Zoning Districts; Section 7, General Provisions; Section 10, Permit and Review Procedures; and Section 11, General Development Standards. A new section was added, Section 13, Character-Based Zoning Ordinance and Regulating Plan. Section 13 will only pertain to a portion of the Riverside/Underhill Flats Village Center, as shown by the regulating plan. The new ordinance would add standards to ensure that new construction is in keeping with existing village character of that area.

GEOGRAPHIC AREA AFFECTED: These amendments have the potential to affect all geographical areas of the Town. Section 13 will only pertain to a portion of the Riverside/Underhill Flats Village Center, as shown by the regulating plan.

PLACE WHERE FULL TEXT MAY BE EXAMINED: The complete text of the amended regulations may be found at www.jerichovt.gov under Documents and Forms > Planning and Zoning Documents. Alternatively,

a full-text copy may be examined in the Planning and Zoning office, Jericho Town Hall, 67 VT Route 15, Jericho, Vermont.

PERSON TO CONTACT: Additional information pertaining to these proposed amendments may be obtained by contacting Todd Odit, Town Administrator, at the Jericho Town Hall by calling (802) 899-9970 x 3 during regular office hours.

Kim Mercer, Chair Jericho Selectboard

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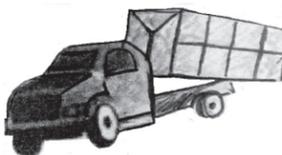


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