

A co-op is born to save the Underhill Country Store

By Phyl Newbeck

Special to the Mountain Gazette

Like a phoenix from the ashes, the Underhill Country Store has been reborn. With a December 6 closing date looming, Scott Tower convened two community-wide meetings in the hope of finding a group to purchase the 130-year-old establishment. Less than two months after that first meeting, Tower is now a member of the seven-person Board of Directors overseeing what is about to become a community co-operative known as the Underhill Country Store Co-op.

Considering that the store had been on the market for a year, it's amazing how quickly things fell into place. After an initial meeting to gauge the level of local support, Tower invited Paul Bruhn of the Preservation Trust of Vermont to give a presentation on Vermont cooperatives on November 30. Community members embraced the idea and Kyle Clark put together a website to solicit pledges to buy shares in the co-op and purchase the real estate. Sufficient interest was shown for Peter and Nancy Davis to agree to keep the store open while the fledgling co-operative drafted by-laws and articles of incorporation, elected a Board of Directors, and prepared to purchase the store.

Using Clark's website, community members nominated a slate of twenty-two candidates for the Board. Peter Davis and Cindy Stotz, who made a sizeable financial contribution for the real estate purchase, were appointed, and elections for the remaining five positions were held on December 17. Seventy-eight people voted on-line and five used paper ballots at the store to choose Scott Tower, Kyle Clark, John Koier, Abigail Russell, and Damian Sedney as members of a six-month interim board. All members are rooted in the community and/or have backgrounds with non-profit endeavors. Koier, Russell, and Sedney all have small farms. In addition, Koier serves on the Board of the Jericho Underhill Land Trust and the Jericho Farmers' Market; Russell has worked on several non-profit boards and was the chair of her housing co-op; and Sedney has been a member of seven different co-ops, as well as the organizer for a farmers' co-op and a cross-country club. Tower also serves as president of the Underhill Historical Society.

The Board is meeting on a weekly basis and hopes that at the end of the six-month period, they will have a framework in place and will be able

Jericho awarded \$14,200 state planning grant

The Department of Housing and Community Development (DHCD) awarded \$14,200 to Jericho in state Municipal Planning Grant funds to amend the Commercial District standards in Land Use and Development Regulations. Jericho successfully competed against 72 communities and was one of 45 funded.

Planning Commission Chair Phyl Newbeck is excited about the opportunities that the grant provides. "The Commission has been discussing our vision of the Commercial District for over a year," she said. "We look forward to being able to extend that discussion with the help of a qualified consultant. We hope to be able to put forth a plan that balances commercial growth with the town's rural character." Jericho will have a year and a half to complete this project.

"Issues like how to make a village more vibrant, planning for the cost of new infrastructure, and reducing homelessness are complicated," said Department of Housing and Community Development Commissioner Noelle MacKay. "Solving these and other local issues takes hard work and this program has a proven track record in helping communities overcome their challenges and charting new directions."

Awarded annually and administered by the Department of Housing and Community Development, the Municipal Planning Grant program supports local community revitalization and planning initiatives. Since 1998, the program has provided over \$11 million to 232 cities and towns across Vermont to help breathe new life into communities, plan for future growth and development and improve our quality of life.

Follow the below link below to learn more.
http://accd.vermont.gov/strong_communities/opportunities/funding/overview/municipal_planning_grants

to hold another set of elections for longer terms. Board member John Koier noted that the stringent time frame for purchasing the store required so much initial work that it made sense to start with an interim board.

The Co-op is currently seeking a "progressive, reliable, highly motivated general manager," noting that they would like someone who can "balance professional management with a welcoming, warm personality." Their ideal candidate will have retail management, supervisory, strategic planning, and budgeting experience, as well as a commitment to the principles of a co-operative and ethical practices. The position is listed on Craigslist and is open until filled. Since Peter Davis has volunteered to stay at the store for the first two weeks of January, the hope is that someone can be hired during that time frame.

In the interim, the Board has received their official incorporation papers and their IRS Employer Identification, which has allowed them to open a bank account. They are in the process of getting a local post office box. Board members are currently conducting an inventory and are making plans to learn the invoicing system. Ann Linde has agreed to stay on at the deli counter and the Board anticipates hiring at least one full-time employee in addition to the general manager, as well as between two and six part-time workers who will probably be students.

"This is an opportunity that does not come along often for a town like Underhill, which lacks a community meeting spot," said Koier. "We have the opportunity to form something that meets the needs of the community, so it's both a dire need in order to maintain a sense of community and also an opportunity to get something that serves people well." Koier would like to see the co-op collaborate with the Underhill Farmers' Market, as well as with local producers of agriculture and value added products, which would further support small businesses in the area. "I believe in community," he said, "and this is a great way to enhance that."

Make a resolution – give blood

The American Red Cross asks people to make a resolution to give blood regularly in 2016, beginning with January – National Blood Donor Month. Donated blood has a limited shelf life and must be constantly replenished to treat patients in need.

The Red Cross and Dunkin' Donuts are celebrating National Blood Donor Month for the ninth year with an exciting offer for blood and platelet donors this January. Through the *Dunkin' Donors Make a Difference* campaign, all those who come to give blood or platelets in January at Red Cross blood drives in Connecticut, Maine, Massachusetts, New Hampshire, Vermont, and parts of New York will receive a \$5 Dunkin' Donuts gift card.

Healthy donors with all blood types are needed, especially those with types AB, O, B negative and A negative. To make an appointment to donate blood, download the free Red Cross Blood Donor App from app stores, visit www.redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767). Donors can now use the Blood Donor App to access their donor card and view vital signs from previous donations.

Upcoming blood donation opportunities include:

Wednesday, January 6, 12:00 – 5:00 PM, The Rock of Greater Burlington, 73 Thompson St., Burlington

Wednesday, January 6, 12:00 – 5:00 PM, Shelburne Town Center, 5420 Shelburne Rd., Shelburne

Thursday, January 7, 10:00 AM – 3:00 PM, Edlund Co., 159 Industrial Pkwy., Burlington

Thursday, January 7, 2:00 – 7:00 PM, Albert D. Lawton School, 104 Maple St., Essex Junction

Saturday, January 9, 11:00 AM – 4:00 PM, Burlington Town Center, upper level between Spencer's and Famous Footwear, Burlington

Saturday, January 9, 10:30 AM – 4:00 PM, University Mall, 155 Dorset St., S. Burlington

Wednesday, January 13, 12:30 – 6:00 PM, St. Jude's Parish Hall, VT Rt. 116, Hinesburg

Thursday, January 14, 10:00 AM – 3:00 PM, Stowe Area Assoc., 51 Main St., Stowe

Westford Music Series will bring the Front Porch Foursome to the United Church of Westford



The start of the New Year for the Westford Music Series will bring the Front Porch Foursome to the UCW white church, on the green in Westford, on Sunday, January 17 from 4:00 – 5:00 PM. The talented quartet is represented by Kathy Mulligan, Charlotte Reed, Britni Bigelow, and Nancy Geise, who deliver tight harmony with beautiful vocals and a variety of instrumentation. Front Porch Foursome is a local Vermont band featuring contemporary folk music ranging from covers of Brandi Carlile, The Wailin Jennys, Nickel Creek, Bob Dylan, and John Prine. Feel good music with energetic sound makes this one of the most popular groups on the local and Vermont scene. The concert has free admission followed by refreshments and opportunity to meet the performers. For more information, call Marge Hamrell, 802-879-4028.

PHOTO CONTRIBUTED

VT Senate update

By Tim Ashe, Chittenden County senator

Last month I spoke with a woman with a movie star name and rock star performance. Dr. Vivian Lee is the CEO of University of Utah Health Care, and her accomplishments in Utah should serve as a model for Vermont.

When Dr. Lee became the CEO of her hospital, she pulled her executive team together and asked a basic question: do we know what it actually costs to provide services? This simple question, which would be completely unnecessary in any other industry, elicited shrugs and shakes of the head from her staff. The "sticker price" for medical procedures in Utah, like here in Vermont, bore little to no relationship to the actual costs incurred by the hospital to perform them.

Dr. Lee articulated a simple directive to her staff: determine the true costs of everything we do. Rolling up their sleeves in what she described as "the Utah way," her staff sifted through the swamp of medical costs and emerged five months later with the true expenditures for every procedure and treatment at the University of Utah medical center.

Was it worth it? Boy, was it! Armed with the true costs, physicians and departments throughout the

hospital were, for the first time, able to see who the high spenders were and why. Actual expenditures were matched up to patient outcomes, reforming the way many physicians treated their patients, improving public health while saving money.

Importantly, Dr. Lee's work was motivated by pressures just like those we're experiencing in Vermont. Limited Medicaid funding, coupled with a move away from "fee-for-service," required transparent cost data in order to smartly manage her hospital budget moving forward.

Here in Vermont, we are rightly moving forward with payment reforms that will move us away from fee-for-service. But unless we know the true costs throughout the system, our hospital leaders will be flying blindly as they make decisions on where and how to restrain spending. It is my goal in the coming year to make sure that payment reform and transparent pricing work in tandem to lower costs for Vermonters. Perhaps in just this one instance, as goes Utah, so should go Vermont!

To learn more, read this New York Times article at http://www.nytimes.com/2015/09/08/health/what-are-a-hospitals-costs-utah-system-is-trying-to-learn.html?_r=1.

Donate blood, get a \$5 Dunkin' Donuts gift card

For the ninth year, the American Red Cross and Dunkin' Donuts will partner in January to help increase donations and reward generous donors during National Blood Donor Month. Through the *Dunkin' Donors Make a Difference* campaign, all who come to give blood or platelets in January at Red Cross blood drives in New England and parts of New York will receive a \$5 Dunkin' Donuts gift card.

The DD Card can be used toward the purchase of any item at participating Dunkin' Donuts. In addition, the DD gift card features a Red Cross logo, is reloadable and can also be enrolled in the DD Perks® Rewards program.

The Red Cross and Dunkin' Donuts partnership has achieved great success during the past eight years by supporting the collection of approximately 660,000 blood and platelet donations during January, which is often a challenging month for donations due to winter weather forcing blood drives to cancel and seasonal illnesses temporarily keeping some donors at home. During the 2015 campaign, nearly 100,000 blood and platelet donors rolled up their sleeves to become DD Donors. Throughout the campaign, Dunkin' Donuts franchisees will also participate by hosting blood drives, providing

refreshments and encouraging employees and customers to give blood.

National Blood Donor Month honors those who share their good health with patients in need, and the Red Cross and Dunkin' Donuts are proud to honor blood and platelet donors with the Dunkin' Donors Make a Difference campaign. Since 1970, January has been named National Blood Donor Month to honor the selfless people who give of themselves as blood donors.

How to donate blood: All blood types are needed to ensure a reliable supply for patients. 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, 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.

Blood donors can now save time at their next donation by using RapidPass to complete their pre-donation reading and health history questionnaire online, on the day of their donation, prior to arriving at the blood drive. To get started, visit redcrossblood.org/RapidPass and follow the instructions on the site.

NEWS BRIEFS

United Way Lamoille gets boost for holidays

Our local United Way received two new donations totaling \$25,000 just in time for the holidays. The gifts come from donors who wish to remain anonymous.

"This is an incredible boost to our campaign," said Dawn Archbold, Executive Director of the United Way of Lamoille County. She continued, "Our Investment Committee will be tasked with deciding how best to use these funds to enhance our work in the community in the coming year." She added, "This campaign will undoubtedly be the largest one we've ever had."

To learn more about our local United Way, or to make an end-of-year gift, call 888-3252.

COMING EVENTS

Friday, January 8

Contra Dance, 8:00 PM, Shelburne Town Hall, 5376 Shelburne Rd., Shelburne. Music by *Pete's Posse* (Pete Sutherland, Tristan Henderson, Oliver Scanlon); caller Luke Donforth. Presented by Queen City Contrás. All are welcome, all dances taught, no partner or experience needed. Beginner's session 7:45 PM. Admission \$9; under 12 free. Please bring clean, soft-soled shoes for dancing. Information: 802-371-9492 or 802-343-7166; www.queencitycontras.org.

Saturday, January 9

Saxon Hill Preschool Open House, 9:30 – 11:30 AM, Underhill I.D. Elementary School, 10 River Rd., Jericho. Join the families, teachers, and staff for a guided visit to this new location of Saxon Hill Preschool. Bring your children, play on our playground, explore our classrooms. Saxon Hill School offers half-day kindergarten and preschool classes for children ages 3 to 6. Inspired by the Reggio Emilia teaching philosophy, Saxon Hill's parent co-operative program emphasizes play-based exploration, discovery, and learning. NAEYC accredited; Act 166 tuition approved. For more information, www.saxonhillschool.org or 802-922-3610.

Sunday, January 10

Memorial Tree Lighting & Remembrance Ceremony, 2:00 – 4:00 PM, Williston Federated Church, Williston. This gathering is a time to honor and remember our loved ones. During the ceremony, the names of all Vermont Respite House residents in 2015 will be read. Afterward, all are invited to the Respite House to see the memorial tree and share light refreshments. You can also participate by sponsoring the Vermont Respite House Memorial Tree, which remains lit during the holiday season. For more information, <https://www.vnacares.org/event/memorial-tree-lighting-remembrance-ceremony/>.

VFW Sunday Brunch, 9:00 – 11:00 AM, VFW Post 9653, Pleasant St., Morrisville. Benefits Lamoille County VFW Auxiliary to Post 9653. Adults \$10; under 10 children \$5.

Winter Trees and Birds, 1:00 – 3:00 PM, Green Mountain Audubon Center, Huntington. Winter's a wonderful time to learn

**Essex High School Chamber Choir performs**

The Essex High School Chamber Choir performed on Wednesday, December 16 at the year-end Essex Rotary meeting. The fifteen young adults of the choir captivated Rotary members with renditions of holiday classics. The good cheer, beautifully performed songs, and fellowship at the meeting put those in attendance in a festive mood for the holiday season.

PHOTO CONTRIBUTED

your trees. Buds, bark, and branching provide ample clues to discern the differences between oak and maple, birch and beech. The Green Mountain Audubon Center offers a diversity of tree species and natural communities. We'll also keep our eyes and ears open for resident and irruptive winter birds. For adults and teens 15+; members \$10, non-members \$15. Please register, 434-3068 or vermont@audubon.org.

Thursday, January 14

Slavish Shore: The Odyssey of Richard Henry Dana Jr., 6:30 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Jeffrey Amestoy for a talk on his new book. The first full-length biography of Dana in more than half a century, *Slavish Shore* reintroduces readers to one of America's most zealous defenders of freedom and human dignity. Jeffrey L. Amestoy has served as Chief Justice of the VT Supreme Court and is a Fellow at the Center for Public Leadership, Harvard Kennedy School. Tickets \$3 per person include a coupon for \$5 off the featured book. Coupons expire at closing the evening of the event. Seating is limited. For information, www.phoenixbooks.biz or 448-3350.

Wednesday, January 20

VT Human Resources Seminar, 8:30 AM – 1:30 PM, Capital Plaza Hotel, Montpelier. Associated Industries of Vermont's seminar will focus on key human resource issues pending in the state legislature and otherwise facing VT employers in 2016. Registration required by January 18; go online to www.aivt.org and click on "events." For more information, info@aivt.org.

Thursday, January 21

The Guest Room Rock 'n' Roll Book Tour, 6:30 PM, Fletcher Free Library, 235 College St., Burlington. Phoenix Books and the Fletcher Free Library have teamed up to bring Chris Bohjalian's Rock 'n' Roll Book Tour to Burlington! Join the author of 17 books including ten *New York Times* bestsellers for a reading and Q&A.

"The *Guest Room* pulses quick as a page-turner, but its concerns run deep into the moral consequences following an eruption of violence in ordinary lives," says Charles Frazier, National Book Award winning author of *Cold Mountain*. Free and open to all, but seating is limited so best arrive early. For information, www.phoenixbooks.biz or 448-3350.

Saturday, January 30

Bird Monitoring Walk, 8:00 – 9:00 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Join fellow birders (and would-be birders) on the monthly monitoring walk on the Museum's property. We go out the last Saturday of every month. Most fun for adults, older children. Please bring your own binoculars. *Free*; please pre-register. Information, 802-434-2167, museum@birdsofvermont.org, or www.birdsofvermont.org.

Saturday, February 13

Midwinter's Night Benefit Concert, 6:00 – 9:00 PM, Emile A. Guppe Gallery, Barber Farm Rd., Jericho. Live music by *Blue Gardenias*. Wine and hors d'oeuvres; silent auction. All proceeds benefit the Jericho Town Library. \$15 per person. For tickets and information, www.jerichotownlibraryvt.org.

The Great Backyard Bird Count, 10:00 AM – 3:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Drop by the Museum to find out more! Information, 802-434-2167, museum@birdsofvermont.org, or www.birdsofvermont.org.

Saturday, February 27

Bird Monitoring Walk, 8:00 – 9:00 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Join fellow birders (and would-be birders) on the monthly monitoring walk on the Museum's property. We go out the last Saturday of every month. Most fun for adults, older children. Please bring your own binoculars. *Free*; please pre-register. Information, 802-434-2167, museum@birdsofvermont.org, or www.birdsofvermont.org.

COMMUNITY COLUMNS

Crossing the bridge from retirement: accumulation to distribution

By Scott Funk

While I'm not a financial planner or advisor, my job working with retirees over last 15 years has convinced me that most people have a better understanding of how to work towards retirement than how to live in retirement. This should not be a surprise, as saving and accumulating are ingrained in many of us from an early age. Spending down that money, however, is not something we got much training in.

Beyond the money math, there are challenges like timing, taxes, emergencies, longevity, and protecting the surviving spouse or partner. Did you retire into a bear or bull market? How do you limit how much of your savings go to taxes? If a loved one needs money badly or an unexpected expense imposes itself, can you manage? How long is long? It's likely one member of a partnership will live into his/her 90s. Is it even possible to live with the person you love most and plan for life without him/her? or without you?

Answering these questions is the bridge. They take you across from accumulation to distribution in a realistic manner. You'd be surprised how many people go into retirement with no concept of the impact taxes will have on their retirement savings. Or the role timing plays: you plan and do everything right, but retire in 2009 – the middle of a financial crisis you never anticipated.

Emergencies are tough because you don't retire expecting needs or events to derail you. One of my clients summed it up perfectly. "What are you going to do when your kid is in crisis? You can't just stand there and watch things go from bad to worse when you have money in the bank to help."

Longevity is a good thing, but few of us understand what it means to be ninety years old. Sharp and active for someone nearly a hundred is still frail, and maybe even befuddled, compared to that same person at sixty-five.

These are the challenges that make drawing down your savings different from accumulating it. You need to see things from a different angle: not as you expect life to be, but as life might turn out. It is no longer about how much money you made, but rather how long can you make the money last.

Sometimes, that means a different utilizing kind of advisor. Always, it means managing risk and accepting the inevitable realities of being in that phase of your life that is regrettably described as "the end of life."

Tough stuff, yes. *Aging in Place* doesn't happen by accident and it takes courageous planning.

Scott Funk is Vermont's leading Aging in Place advocate

**Mountain High Pizza Pie**

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

899-3718

Route 15, Jeri-Hill Plaza
Jericho

Letters

By Sue Kusserow
Special to the Mountain Gazette

I am writing one now but, in the interim while reheating a lukewarm cup of coffee, I felt it might make a worthy topic. Do you remember when you used to get letters? I mean personalized ones, handwritten letters on the envelope that had individual slants and curls that a computer can't do. Remember how easy, pleasant, and sometimes worrisome to recognize the handwriting? Most of the time the memorable clues were enough to give us hope, but occasionally, the letter turns out to be a request to save the wild horses of the plains, or one that promises the joy you will receive when you realize that one pane of window glass, for a house being built for a young mother and her two kids, will have your name on it. These are worthy requests, but the one you are waiting for is the announcement of your niece's new baby: 7½ lbs, 21", with your sister giving all the details of "an awful labor you wouldn't believe!" Or it might be an old boyfriend asking if you're going to the high school reunion. "Remember how we used to dance so well together, but I'm not as quick on my feet as I used to be... Ha ha"

One that took a unique look at the subterfuge of getting the addressee to continue opening was a heavy, creamy envelope with large flourishing letters beautifully centered, with the stamp placed by accurate measurement. It read:

Dear Suzanne,

I hope the weather in ...Vermont... is pleasantly ...cool... And may I presume you and your ...family... are well.

You do not know me, but as much as my henna-ed hands loved the initial prescriptive greeting to you, I must now address the business at hand. I have been given your overdue bill for furniture. I, in all sincerity, refer you to your company's policy as stated in *Section D, B 2 and also Section F, line A*. Therefore, your 4-piece bedroom set will be picked up on ... November 7, 2015... at 11 a.m. EST... Please have sheets, pillows, pillow cases and small children removed.

I am presuming and hopeful that ...Vermont... continues to have ...pleasant... weather.

Most genuinely sincerely,
Neera, ...the Acme Furniture Company... representative

I must say, this one fooled me. As you can see, handwritten letters are noticed with many wide variances, and even, with outright trickery.

I go back far enough to when SWAK on the back of any envelope meant Sealed With A Kiss. Now, even the Indian stenographers have an extensive list of cursive acronyms.

By now, my lukewarm coffee has boiled over into an acrid mess, so I will resume my letter writing. I have found that many of those cards that one receives can be filched from one appeal to another. I had an Audubon sample card to which I added some decorative additions to the wings, and wrote: "Flying away to wish you a Happy Birthday." One that didn't fit so well was part of an assortment of general greetings. The front was a beautiful scene inscribed in tearful letters: With Sympathy. I sent it to a recent high school graduate. It was rather petulantly dismissed.

We tend to use the same phrases: Hope you are doing well... Sorry I haven't written, but... I discovered your un-mailed letter six months later under the car seat... Don't know how I could have forgotten to put on a stamp! ... Jimmie's school called to say that the letter to Grandma thanking her for her birthday gift had been

found in the lunch line composting bin. We had shepherd's pie that day, so we are sending it back in a plastic wrapper... "How is Uncle Harold? Please turn to pages 2-5 for details of my recent operation."

Generally, the weather is a topic to write about, but if the recipient is from the same area, then a lengthy report is not necessary and indicates that you have nothing much else to say. Someone from Vermont knows that "It snowed last night." But some purloined cards can be pleasantly modified. I received a rescued one from a *Save Our Pets* appeal that had been cleverly personalized; on the cover was a garland of spring flowers scripted with personalized tenderness: "How we rejoiced to see this cheery yellow one;" "This was your Gramma's favorite;" "Remember picking these?" And inside, the simple words: "I love you, old friend."

An email can't beat that!

Shelling out some information on peanut allergies

By Lewis First, MD

Chief of Pediatrics at The UVMChildren's Hospital

Recently I have found myself being almost assaulted by parents eager to ask me questions about peanut allergies. Well, as humorous as that pun may be, peanut allergies are not, so let me shell out some information on this topic.

About two percent of children in the United States are allergic to peanuts. Half of those are also allergic to tree nuts such as almonds, walnuts, pecans, cashews, and sometimes even sunflower and sesame seeds. In fact, peanut allergy is the leading cause of food-allergy-related deaths in this country.

How do you know if your child is allergic to peanuts? Usually the first signs after eating a peanut may be a runny nose, skin rash, or a tingly tongue that can progress, if untreated, into difficulty breathing, a drop in blood pressure, and in turn becoming unconscious.

We used to recommend not trying to feed children peanuts until they were old enough to talk to us. But there is recent data to suggest that if there is no known family history of a peanut allergy, then exposing infants to peanut products such as a very thin layer of peanut butter on a cracker when they are old enough to take solids may reduce the chance of getting a peanut allergy as they get older.

On the other hand, if there is a family history of peanut allergy, then it is recommended that you talk with your child's doctor before introducing your child to peanuts. Usually a skin or blood test can determine if your child is at risk for a peanut allergy.

If the diagnosis is made, then the best way to deal with this problem is to avoid the foods that trigger it. This requires not just educating a child and family, but friends, relatives, caregivers, and teachers, too. It also means checking food labels and letting restaurants know about the allergy so an accidental exposure is avoided.

If an exposure occurs, peanut-allergic older children and adults should carry a prescribed, self-injectable shot of adrenaline with them. The shot should also be available to teachers, school nurses, and parents – especially if the child is too young to self-inject. Once the shot is given, the child should be brought to an emergency facility for continued observation and treatment, since this is a true medical emergency. A medical alert bracelet is also a good idea.

Hopefully tips like this will provide you with the nuts and bolts of what you need to know when it comes to dealing with peanut allergies.

HEALTH INFORMATION

Northwest Medical Center offers health classes

Cancer Exercise Rehab Group, ongoing Tuesdays and Thursdays, 11:00 AM – 12:30 PM, NMC Rehab gym, Cobblestone Building. A physical therapy evaluation is required to assure that the client is able to participate. Class pinpoints the common needs of patients, including decreased range of motion, decreased strength, cancer-related fatigue, and lymphedema. Wendy Lawrence, certified NMC Oncology Rehab Physical Therapist. Pre-registration required: 524-1064 to register or for more information. Free for the first 8 weeks, then \$40 for open gym access.

Fit Moms, Wednesdays beginning January 13, 7:00 – 8:00 PM, NMC Wellness & Fitness Room. Get in shape for a strong birthing experience. Join other moms as we prepare our bodies for labor. Please consult a physician before beginning this exercise program. Stephanie Preedom, AFAA. Pre-registration required: contact Stephanie, 802-288-1141 or stephanie.preedom@gmail.com to register or for more information. Free to Northwestern OB/GYN patients.

Vermont Quit Network: Freshstart tobacco cessation class, Thursdays, January 7, 14, 21, 28, 4:00 – 5:00 PM, Enosburg Health Center, NOTCH. Join others for this four-session series to help you *successfully* quit smoking. Sessions include: understanding why you have an addiction and how to quit; mastering the first few days, mastering obstacles; and staying quit and enjoying it forever. As a Vermont resident, you can get free patches, gum, and lozenges. To sign up for a session call Chari, 524-8480.

Breastfeeding: Keep it Simple. You are invited to the Department of Health's FREE Breastfeeding Prep class. Learn how your body makes milk, what to expect, tips for getting nursing off to a great start and who to call if you need support or help. Personalize your breastfeeding plan, line up your support, go over the basics, ask questions and get real-life answers. Monday, January 11, 12:00 – 1:30 PM, VT Dept. of Health, 27 Federal St., St. Albans. VT Dept. of Health staff. Pre-registration required: Call 524-7970.

Understanding and Responding to Dementia Behavior: an education program by the Alzheimer's Association, Tuesday, January 12, 6:00 – 8:00 PM, Northwestern Medical Center, Green Mountain Room. The Alzheimer's Association offers this program to help caregivers decipher behaviors and determine how best to respond. By the end of the session, attendees will be able to: identify common triggers for behaviors associated with dementia, explain the process for assessing and identifying challenging behaviors, and list strategies to address some common dementia-related behaviors.

Through practical information, resources, and interviews with experts, this program will help caregivers to address the challenges of dementia-related behavior. Speaker Amanda Wilson, Franklin County Home Health Medical Social Worker, BA and Professional Community Educator for the Alzheimer's Association-Vermont Chapter. Pre-registration required: 524-1234. Free.

Diabetes and You – This self-management educational program, accredited by the American Diabetes Association, is a five part, ten hour group education program, plus telephone follow-up sessions for people with diabetes and their families. Tuesdays, January 5-February 2, 1:30 – 3:30 PM, Swanton Public Library. Facilitator Deb Robertson, RN, BSN, CDE, Northwestern Medical Center. Call for pricing information. Pre-registration Required: contact 524-1031 or drobotson@nmcinc.org. Limited to 15 participants.

Healthier Living with Chronic Pain, Mondays, January 4-February 8, 12:30 – 3:00 PM, Richford Health Center. Learn how to manage the issues that go along with your chronic disease. Various facilitators. Free; pre-registration required: contact 782-5323, 524-1031, or hmesstier@nmcinc.org.

Look Good Feel Better, Monday, February 1, 4:30 – 6:00 PM, NMC Conference Room #1. For women with cancer who are experiencing appearance related side effects due to treatment. Join us to learn how to look good and feel better about the skin and hair changes that cancer treatment can cause. Free workshops led by trained, volunteer cosmetologists. Get help with cosmetics, skin care, and head covering options. Free interactive demonstration. Featuring Carol Lumbra, Beautician, Rail City Salon, and Bonnie Rainville, Beautician, Elite Body Boutique. Free; please RSVP to 524-8479 to register.

Saturday Childbirth Education Workshop
Saturday, January 9, 8:30 AM – 4:30 PM, Franklin County Home Health, 3 Home Health Circle, St. Albans. Join other expectant parents in a day-long Saturday workshop to prepare for the birth and care of your baby. You will learn about labor, birth, medications in labor, and relaxation and breathing techniques. You can also enroll in an optional breastfeeding class held on the Monday evening following your workshop. Fee: \$90; pre-registration required, 527-7531.

Foot Clinics – Regular care of your feet can prevent problems. If you are an elderly and/or disabled person who is unable to do your own foot care, please consider attending a Foot Clinic. Franklin County Home Health Agency offers monthly Foot Clinics throughout the year in St. Albans, Swanton, Franklin, East Fairfield, and Enosburg. To schedule an appointment, please call 802-527-7531. The cost for Foot Care Clinics is \$20.

Detoxification

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

Chiropractor and nutritional consultant in Jericho

After the excesses of the holiday season, do you feel toxic? A toxin is a substance that has harmful effects on cell structures and functions. Toxins come environmentally – from sources such as air and water pollution, heavy metals such as lead and mercury, cleaning solvents, herbicides, pesticides, food additives, alcohol, drugs, and microbes such as bacteria and mold. Toxins are also made internally through free radical production and even during detoxification itself!

Gastrointestinal problems such as stomach pain, gas, bloating, constipation, diverticulitis, and irritable bowel syndrome can be symptoms of toxicity. Asthma, chronic fatigue syndrome, and even cancer have been linked to toxicity.

The body rids itself of toxins primarily through the liver, the bowel, and the kidneys. The lungs and skin are secondary organs of elimination.

Lifestyle plays an important role in the detoxification process. Prevention is ideal. Avoidance of processed foods, herbicides, pesticides, alcohol, drugs, sugar, saturated fats, and tobacco reduces the toxic load. Toxins can be excreted through sweating so exercise is beneficial. Drinking adequate amounts of fresh water helps flush the body allowing excretion of toxins through the kidneys and skin.

Toxins are always present; therefore, dietary interventions are helpful. Dietary fiber from oat bran and flaxseed help bind toxins so they are easily eliminated. Protein is a source of amino acids, which are involved in the detoxification process. Vitamins A, C, and E are antioxidants, which help quell free radicals. B vitamins support detoxification. Fruits and vegetables provide fiber and minerals necessary for detoxification. Artichokes, asparagus, root vegetables, green leafy vegetables, and cruciferous vegetables such as broccoli are very beneficial in detoxification. Digestive enzymes taken between meals can help support the liver in detoxification. A high quality multivitamin and mineral product can help ensure the body has adequate nutrition to rid toxins. Silymarin, a.k.a. milk thistle, is very helpful for liver detoxification. Maintaining healthy flora in the intestines improves elimination, creates B vitamins internally, and reduces the likelihood that unhealthy microbes and their toxic byproducts will take up residence in your intestines.

Chiropractic can also help reduce toxicity by allowing the nervous system to regulate the organs of detoxification.

Good health depends on adequate detoxification. Avoid common toxins as much as possible, maintain a healthy diet, supplement as needed, and maintain proper spinal alignment to feel your best.

LETTER TO THE EDITOR

New JeriHill senior resident grateful for holiday dinner

To the Editor,

I would like to thank the folks responsible for preparing and

delivering a holiday dinner (with goodies!) to the residents of the Jeri Hill Senior Housing apartments in Jericho. I am a new resident here, and it's been a difficult year for me. The delicious dinner, delivered by a very nice young man, is very much appreciated. It is nice to know that there are people who care enough to devote their

time, energy, and resources to helping others have a happy holiday at this very busy time of the year. You have made my holiday brighter!

Janice Losgar
Jericho

Women take to the (Nordic) trails

To embrace winter takes practice and dedication. To appreciate blustery afternoons, the silence of the coldest mornings, and the seasonal pause of growth, one must commit to the warmth of a thick blanket as well as the bite of cold air. For the past seven years women have gathered at the *Ladies Nordic Ski Expo*, hosted by the *Trapp Family Lodge* in Stowe, to welcome the winter season and embrace its greatest offering: snow!

On Saturday, January 9, the Ladies' Nordic Ski Expo gives all women – regardless of age, experience, or skill – the opportunity to join a supportive and fun community of winter enthusiasts for a day of nordic ski instruction on the Trapp family's world class trail system that winds through picturesque hills and forests. A unique event, led by women for women, the Expo links participants up with skilled instructors teaching a variety of ski techniques including classic, skate, telemark, and backcountry.

Along with some phenomenal instruction, participants can enjoy the amenities of the Austrian-style Trapp Family Lodge. A midday lunch, included in the program, will be sure to drive out the cold from the morning session. Jan Reynolds, Stowe local and adventure writer/photographer, joins us as this year's guest lecturer. She is sure to inspire all with her tales and photos of adventure in some of the earth's most remote regions.

Winter can be cold and dark, but having the opportunity to get outside and exercise can make these months bearable and even something to look forward to each year. Nordic skiing opens up opportunities for affordable winter adventure, finding solitude in the snow-draped mountains of Vermont, a relaxing post-work jaunt through fields and forest, or a multi-day trip along the Catamount backcountry ski trail. At the 8th annual Ladies Nordic Ski Expo, you can expect to learn or improve techniques, gain confidence on skis, find good humor and camaraderie around every bend in the trail, and meet all kinds of women who are excited to make the most of winter. Don't get left out in the cold this year... without your skis! For information, contact the Catamount Trail Association: 802-864-5794 or www.catamounttrail.org.

[REHABILITATION SERVICES]

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MARGARET HIGGINS, Physical Therapist, Stowe Clinic

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 899-4911; officejcc@comcast.net; www.jccvt.org

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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.

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

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LIBRARY NEWS

DEBORAH RAWSON LIBRARY, UNDERHILL

This month our Sunday Music program, offered usually on the first Sunday of the month, will be on the second Sunday, January 10. We will welcome Allison Bankston and Gaylen Smith. They will be performing songs from their project, *the Songwriters' Table*. This is a great chance to hear songs written by talented folks with whom Gaylen and Allison have worked, as well as their own tunes. Allison is an extremely talented vocalist who has performed everything from classical music to jazz, and Gaylen is an extraordinary bassist, songwriter and performer of many kinds of music. Please join us to welcome these remarkable musicians on January 10, at 2:00 PM.

The art in January will be the work of Linda Amundsen, who has painted for over 60 years. Linda works in water color, oils, acrylics, fabric landscapes, pen and ink, and weaving. The silent auction item for the month of January is a gift certificate for health from Farrell Chiropractic. This will include an initial comprehensive exam including a state-of-the-art computerized spinal analysis and x-rays (if needed) at no extra charge. Bidding began on Saturday, January 2 and will end on Sunday, January 31 at 4:00 PM.

The Friends of the DRML will meet Wednesday, January 20 at 10:30 AM.

The library's annual meeting will meet Thursday, January 21 at 7:00 PM. The proposed budget for 2016-2017 will be voted on at this time. All registered voters are encouraged to attend.

Movie Night for Grown-ups, Friday, January 8: Join us for a screening of one of 2015's best films, a sequel to one of 2011's best! Call the library at 899-4962 for more information.

Deborah Rawson Book Lovers (DRBL) – Tuesday, January 12, 7:00 PM. This adult book discussion group meets monthly at the library. The January selection is *The Anansi Boys* by Neil Gaiman. New members are always welcome to drop in on any meeting, which is always the second Tuesday of the month at 7:00 PM. For more information, contact Christine@cstaffa.com.

Legislative Update – Tuesday, January 12, 6:30 PM. Bill Frank and George Till will be here to provide legislative information and answers to your questions. Please feel free to drop in and meet up with your representatives.

An armchair hike through the Grand Canyon – Wednesday, January 13, 6:30 PM. Join us to welcome Helen Hossley as she leads us through some of America's most beautiful landscapes – the Southwest. The former National Park Ranger will present a slide lecture through the Grand Canyon National Park and the Havasupai Indian Reservation to explore the turquoise waterfalls of the region. This promises to be an interesting and breathtaking presentation. Please plan on joining us for the evening.

Adult Coloring Party, Tuesday, January 19 at 6:30 PM. Remember how much fun you used to have coloring? Well, we do and so we're getting out our crayons and colored pencils and relaxing by the fireplace (maybe some quiet music playing?) and coloring some beautiful and intricate designs. Stop in and partake in this creative way to unwind. We will provide materials (coloring sheets, crayons...) and maybe some cookies, too! Adults only, please.

Mah Jongg is at DRML now twice a month! We play Mah Jongg on the first Monday evening of the month and on the third Monday afternoon of the month. So in January, that's Monday, January 4 at 6:30 PM and Monday the 18th at 1:30 PM. Whether you have never played before, would like to sharpen your skills, or just join a bunch of folks ready for a fun time, please join us as we explore the ancient Chinese tile game of winds, dragons, and number tiles. If you like card games, you'll probably love Mah Jongg!

Scrabble Night – Monday, January 18 at 6:30 PM. Do you love playing games? We love playing Scrabble, and are looking for folks who love any and all games and would like to get together for an evening of fun, so please join the Scrabble enthusiasts. We have some classic choices; feel free to bring along one you like – and a friend to play, as well!

For Children and Families

Calling all scholars! Feed yourself, then feed your brain! Stop in on Tuesday afternoons (January 5, 19, and 26) from 3:00 – 4:30 PM to make and enjoy a snack, and then get to work! A perfect place for getting a jump on your homework and getting some academic support. DRML should be your study headquarters!

Teen Electronic Gaming Group – Thursdays, January 7, 21, 28, 2:45 – 4:30 PM. Interact with others in a relaxing and fun setting that encourages communication and collaboration. In the Meeting Room.

Teen Book Group – Wednesday, January 13, 5:00 – 6:30 PM. This group is for teen readers who love the wit and wisdom of a good story well told. Read the book at home, then meet at the library for dramatic reenactments, and other creative projects, including book-related fun with food. For middle school-aged students. Call Thad, 899-4962 for more information.

January StoryHour! Drop in for stories, songs, projects and a

nutritious snack! Wednesdays, January 6, 13, 20, and 27 at 10:30 AM, and Thursdays, January 7, 14, 21, and 28 at 10:00 AM. No registration required.

Baby Time! Tuesday, January 12 and Saturday, January 30 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 with each other. Older siblings welcome. No registration required.

Tinker Time – Thursday, January 14, 3:00 – 4:30 PM. Come tinker with us – bring an old/broken device that you'd like to disassemble and have some tinkering fun.

Family Movie Night – Friday, January 15 from 6:30 – 8:30 PM. Plan on a fun family night viewing *Inside Out*. Wear your PJs, grab a pillow, and bring the whole gang! Arrive a few minutes early to settle in! We will provide the popcorn! Call 899-4962 for details. For information on the programs and services available at Deborah Rawson Memorial Library, visit www.drml.org. You can also find us on Facebook and Twitter.

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

JERICHO TOWN LIBRARY

Jericho Town Library is pleased to announce some exciting new programs to begin in January:

Knitting Workshops, Wednesdays, January 13, 20, and 27, 5:30 – 7:00 PM. Master basic knitting stitches in a simple project. This workshop is for beginners and those who would like to refresh skills. We will have knitting needles and yarn available. The project requires worsted wool. Feel free to bring your own knitting needles, crochet needle, and worsted yarn.

Open Mic Night, first Thursdays each month 6:30 – 8:30 PM. Get out of your house and onto the stage! Jericho Open Mic Night happens every first Thursday of the month! We'll provide the lighting and mic, you bring your instrument or poem or story. Come perform in front of a supportive crowd, or simply join us for a night of listening to local talent. All are welcome. Performers each have seven-minute slots. Sign up at jerichoopenic@gmail.com.

LEGO CLUB – second and fourth Thursdays, 4:30 – 5:30 PM. All new! Beginning Thursday, January 14: Lego, Lego, Legos! Join us for Lego missions, competitions, activities, and more! Ages 5-12. Please note: children ages 5-8 must be accompanied by an adult.

CHESS CLUB – Fridays beginning January 8, 3:00 – 4:00 PM. All levels welcome to join the after school chess club. Instruction, support, and snack provided. Ages 8 and up.

Save the date! Saturday, February 13, Jericho Town Library presents *A Midwinter's Night Benefit Concert* to be held at the Emile A. Gruppe gallery. Check our website for information about this marvelous evening and to purchase tickets: www.jerichotownlibraryvt.org.

Please Note: The library follows the Town schedule for holidays. Check our website www.jerichotownlibraryvt.org and/or Facebook www.facebook.com/jerichotownlibrary, for updates and daily information.

Library Hours: Mondays 1:00 – 7:00 PM, Wednesdays 10:00 AM – 12:00 noon and 2:00 – 7:00 PM, Fridays 1:00 – 5:00 PM, and Saturdays 10:00 AM – 12:00 PM.

For more information on news and events, please visit our website at www.jerichotownlibraryvt.org.

VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE

The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville, 802-644-2117; thevarnum@gmail.com. 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. Closed Sundays.

WESTFORD PUBLIC LIBRARY, WESTFORD

Early Literacy Storytime for birth to pre-school age children is every Thursday, 11:00 AM. No registration needed. Several stories around a theme, and a theme-based craft. All ages and levels of attention are encouraged to come. Don't worry if they fidget – they are still getting a lot out of it!

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

RICHMOND LIBRARY

If you spend time with a little person on Friday mornings, consider bringing them to *Early Bird Math*. We read books, sing songs, and play simple action games that introduce and reinforce early math concepts such as more/less, big/small, shapes, spatial comprehension, and more! No registration required, just come ready to count, sort, and measure. Fridays, 11:00 AM.

Did you know that we offer quiet work areas on all three of our floors, including a newly renovated lounge on our third floor? If you work from home and occasionally like a change of scenery, check out our spaces. We have Wi-Fi, and coffee (tea and hot cocoa, too!) and the newspaper at the ready for your mid-morning break.

Drop-in Knitting (or other crafts) is on every Wednesday, 6:30 – 8:00 PM, in the mezzanine lounge.

Visit our webpage for links to free eBook and audio downloads via *ListenUpVermont* or *OneClick Digital*. Tutorials for every device are available with both services. You will need your library patron barcode to access.

Not sure what to try next? Feel free to ask staff and we'll do our best to offer suggestions that fit your mood. Also, stop and browse our display counter of different books and movies. Each month presents a different theme.

Also good to remember – the Library subscribes to 80 different magazines you can check out, from *Adventure Cycling*, *Atlantic Monthly*, *Consumer Reports*, *Cooks Illustrated*, *Discover*, *Family Fun*, *Family Handyman*, *Fine Gardening*, *Kiplinger*,

Mother Jones, *The New Yorker*, *Practical Homeschooling*, *Utne Reader*, *The Week*, *Wired*, *Yes!* and other titles.

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

FAIRFAX COMMUNITY LIBRARY

The library recently added 11 new games to our collection. *Catan Dice Game*, *Star Trek Catan*, *Twilight New Moon* (donated), *Sherriff of Nottingham*, *Forbidden Island*, *One Night Ultimate Werewolf*, *Cranium*, *Bananagrams*, *Connect Four*, *Mousetrap*, and *Apples to Apples*. We are happy to accept donations of games from patrons!

We have nine pairs of snowshoes ready to get checked out. There are sizes from 19" child to 36" large adult. We may have a toddler pair donated soon too. Check out is for up to four days.

Two of our online resources recently have had log-in changes. First, *Consumerreports.org* has a new user name; contact the library to get access (and when you log in, ignore and click past the part where it says payment method needs updating). Second, *Heritage Quest* (genealogy research) has a different website which is now <http://www.heritagequestonline.com/ipbarcode?aid=11262>. The password is your library barcode number.

Beginning January 1, our non-resident annual membership fee went up to \$20. It has been \$15 for many years. Homecare patrons and those over 65 do not pay an annual fee. We believe it's still a great deal! Think about the cost of buying one new hardcover book and we bet you'll agree.

Winter weather closings at the Fairfax Community Library – For the safety of our staff and patrons, the library will likely be closed when school is cancelled, and when there is severe winter weather. If in doubt, we urge you to call ahead and see if we are open. If you get the answering machine during normal open hours, we are probably closed.

All events are free unless noted. Pre-registration encouraged – 802-849-2420 or libraryprograms@fwsu.org.

Thursdays, January 7, 14, 21, 28, 3:00 – 4:15 PM: Chess Club continues for those registered.

Thursday, January 7, 6:00 – 7:00 PM: PJ Story Hour. Kids age 0-6 listen to themed stories, followed by a craft and snack. Thanks to *Success by Six* for this wonderful program.

Saturday, January 9, 10:00 – 11:30 AM: Pendant Making. Participants will create a pendant using large and small stones. Cost is \$10 for materials. Ages 16+ Please register.

Monday, January 11, 3:00 – 4:00 PM: Crafternoon: Page Fashion. Kids 6+ will collaborate to design and create an item of clothing entirely out of pages of old books. Please register.

Tuesdays, 9:30 – 10:30 AM: Preschool Story Hour. January 12, I Can Count; January 19, Magnets; January 26, Senses: Sounds. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for story hour.

Wednesday, January 13, 3:00 – 4:00 PM: LEGO Club. Ages 6+ enjoy themed Lego play after school. Please register.

Thursday, January 14, 6:30 – 8:00 PM: Non-fiction Book Group discusses *Grand Obsession* by Perri Knize. Copies available now at the library.

Monday, January 18, 3:00 – 4:00 PM: STEM club I: Kids age 6+ will generate power using a DC motor. Must pre-register.

Wednesday, January 20, 3:15 – 4:15 PM: READ to a DOG. Kids ages 5-10 can read a book of their choice to a fuzzy, friendly dog. Call to reserve a 15-minute slot.

Saturday, January 23, 10:00 – 11:00 AM: Terrariums. Bring a little green into your home for the winter. Learn how to make one of these container habitats. Cost is \$15 for materials. Ages 16+ Must pre-register.

Wednesday, January 27, 3:00 – 4:00 PM: STEM club II: See January 18 for details.

Thursday, January 28, 5:30 – 7:30 PM: Tea and Bristles. Back by popular demand, Julie Griffin teaches step-by-step painting in a fun, informal environment. Recommended ages 16+. Cost \$25 for materials and snacks. Please register.

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.fairfaxvlibrary.org, where you can find a link to our interactive Google calendar. Fairfax Community Library: 75 Hunt St., Fairfax, VT, 05454; 849-2420. Program Planner Karyn Norwood, knorwood@fwsu.org; Library News: www.bfairfax.com/pages/communitylibrarynews.html.

DOROTHY ALLING MEMORIAL LIBRARY, WILLISTON

All events are free.

Preschool Music: Mondays, 11:00 AM with Peter Alsen; and Thursdays, 10:30 AM with Marcie Hernandez (except December 24 and 31, library closed). For children up to age 5 with a caregiver. No pre-registration. Limit: one session per week per family.

Thursday Playtime: Thursdays, 11:00 AM – 12:00 PM (except December 24 and 31, library closed). Children birth to age 5 and their caregivers are invited for an informal playtime following our Preschool Music program. Sponsored by Building Bright Futures.

Snowflake Suncatchers: Wednesday, January 6, 3:30 PM. Make a sparkling window decoration. K and up. Pre-register.

Food For Thought Library Volunteers: Thursday, January 7, 4:00 – 5:00 PM. Grade 7-12 Teen Advisory Group. Pizza, discussion, and library projects for teens. New members welcome!

Toy Hacking: Monday, January 11, 3:00 PM. Take apart electronic toys and make something new! Grades 3-8. Pre-register. New members welcome!

Pajama Story Time: Monday, January 11, 6:30 PM. Bring kids in PJs with their favorite stuffed animal for stories with Abby Klein, a craft, and a bedtime snack. Presented by Building Bright Futures.

Read to Van Gogh the Cat: Tuesday, January 12, 3:30 – 4:30 PM. Call 878-4918 to pre-register for 10-minute reading sessions. All ages.

Read to a Dog! Tuesdays, 3:30 – 4:30 PM. Starts January 19. Bring a book and read to one of our 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 Marcie Hernandez (except January 18, library closed). For children up to age 5 with a caregiver. No pre-registration. Limit: one session per week per family.

Thursday Playtime: Thursdays, 11:00 AM – 12:00 PM. Children birth to age 5 and their caregivers are invited for an informal

Libraries continued on page 5

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ART / MUSIC



The choral quartet Blue Gardenias will appear at a concert with wine and hors d'oeuvres to benefit the Jericho Town Library on Saturday February 13, 6:00 – 9:00 PM at the Emile A. Gruppe Gallery in Jericho. Come enjoy the harmonies of Juliet McVicker, Taryn Noelle, and Amber deLaurentis, accompanied by Tom Cleary on the keys. Tickets are available online at www.jerichotownlibraryvt.org. PHOTO CONTRIBUTED

ART/PHOTOGRAPHY

Jericho artist Dianne Shullenberger will be exhibiting in the winter show *Passages* at the Furgott Gallery in Shelburne, through January 30.

In Jeffersonville, Bryan Memorial's Legacy Collection includes a subset entitled *Hidden Treasures* that includes deceased artists' works owned by gallery members and available for sale. All exhibited works are oriented toward the current season, and will be changed throughout the course of the year. Bryan Memorial Gallery, 180 Main St., Jeffersonville, 802-644-5100. A preview of the exhibit can be seen at www.bryangallery.org. Gallery hours are Thursday-Sunday, 11:00 AM – 4:00 PM, and by appointment.

Works by Vermont Artist Linda DiSante will be featured at

Shelburne Vineyard, 6308 Shelburne Rd., Shelburne through February 28. An artist whose work covers a spectrum of subjects and styles, DiSante works primarily in watercolor but also enjoys work with graphite and pen and ink, depending on the subject matter. This show, titled *The Nature of Things* will display many of her works that focus in on the essence of things that make up the natural world—things like the pattern of pebbles and stones on the beach or the interconnected lines and colors that emerge as one looks through a deep woods. DiSante is also the author/illustrator of the children's picture book, *Will You Be My Friend?*

Birds of a Feather, organized by Shelburne Museum, will be on view at the Museum's Pizzagalli Center for Art & Education through May 1, 2016. The exhibition explores the illusory and deadly beauty of American wildfowl decoys. Culled from Shelburne Museum's own collection, the rare and historically significant decoys featured represent the work of master artisans. Thirteen bird species will be featured. Decoys are designed by hunters to lure game birds into gunning range by physically mimicking waterfowl in safe waters. Carvers of decoys are often also hunters, but no less naturalists and admirers of the beauty and diversity of their prey. The exhibition will also feature vintage duck-hunting gear including a Nova Scotia duck tub, a Punt Gun, and other related objects.

MUSIC/DANCE

At 2:00 PM on Sunday, January 10 at the Deborah Rawson Memorial Library in Jericho, Allison Bankston and Gaylen Smith will be performing songs from their project, *the Songwriters' Table*, where they gather songwriters and help promote their craft through a podcast supported by concerts and social media. You can expect to hear songs written by talented folks they've worked with all from over the country, as well as their own tunes. This is a great chance to hear undiluted songs written from the heart that Gaylen and Allison are working to collect and preserve. Gaylen and Allison have joined us previously to perform their music as *the Bangtown Swingers* in a program of jazz from the early 20th century. Allison is an extremely talented vocalist who has performed everything from duets at church with her mother to classical music and on to jazz. Gaylen is an extraordinary bassist, songwriter, and performer in jazz, folk, and Celtic music as well as theatrical productions. Gaylen says, "It is my honor to bring this show back to the area which inspired it, Jericho, VT!" Admission is free. Main Reading Room, DRML; for information, call 899-4962.

THEATER/FILM

Shelburne Players will be holding auditions for their spring comedy *The Foreigner* at Shelburne Town Center in Shelburne on Monday, January 18 and Tuesday, January 19, from 6:00 – 9:00 PM with call backs Thursday, January 21. Roles include five males and two females, variety of ages. Copy of script will be available for perusal at Shelburne Pierson Library. For more details, please go to www.shelburneplayers.com or email djccarpentry@comcast.net or shelburneplayers@aol.com. Performance dates are April 15, 16, 17, 21, 22, and 23.

Libraries continued from page 4

playtime following our Preschool Music program. Sponsored by Building Bright Futures.

Story Time: Tuesdays at 10:30 AM. Starts January 5. Preschoolers are introduced to a variety of books and authors while gaining early literacy skills. Includes a simple craft activity.

Spanish Musical Playgroup: Saturday, January 16, 10:30 AM. Spanish rhymes, books, and songs with Constancia. For children birth to age 5. Includes a craft activity and snack. Non Spanish-speakers welcome! Includes playtime and snack. Sponsored by Building Bright Futures.

Preschool Yoga with Danielle: Friday, January 22, 10:30 AM. Simple yoga poses, stories and songs for children birth to age 5 and their caregivers. No pre-registration.

Make It! Kinetic Sand: Monday, January 25, 3:30 PM. Presented by Food for Thought Teen Group. Grades K and up. Pre-register at 878-4918.

Children ages 8 and younger must be accompanied by an adult while at the library.

Dorothy Alling Memorial Library, 21 Library Lane, Williston. 802-878-4918, www.williston.lib.vt.us.

vote for their favorite to win the DCF Book Award in April. Group discussion is encouraged.

Wednesday, January 6, 9:00 – 10:00 AM, GMBA Book Discussion for Homeschooled Students. High School GMBA Book Discussion for homeschoolers: complete book trailer for *Bandette Volume 1: Presto!* Share your favorite GMBA book. Voting in May. For Grades 9-12.

Wednesdays, January 6, 13, 20, 27 10:00 – 10:45 AM – Story Time for 3-5 Year Olds – Picture books, songs, rhymes, puppets, flannel stories & early math activities for preschoolers.

Wednesdays, January 6, 13, 20, 27, 12:00 – 1:00 PM, *Tech Help with Clif*. Offering one-on-one technology help. Bring in your new gadget or gizmo and Clif will sit with you to help you learn its ways! Reservation required. Please call 878-6955 at least 24 hours in advance.

Wednesday, January 6, 7:00 – 8:30 PM, First Wednesday Lecture: *Shakespeare at the Cusp of Old and New*. Drawing on plays and historical scholarship, UVM professor Helen Scott describes Shakespeare's life at the heart of a dynamic Renaissance theater scene that saw a charmed generation of writers producing hundreds of plays, the proliferation of theaters and London companies, and large, diverse audiences.

Thursdays, January 7, 14, 21, 28, 3:15 – 4:00 PM, Read to Archie, Therapy Dog. Archie, certified by Therapy Dogs of Vermont, loves to listen to kids read. His owner is Christine Packard, Chair of Brownell Library Trustees. All ages.

Fridays, January 8, 22, 10:00 – 10:45 AM, Songs and Stories with Matthew. Matthew Witten performs songs about our world and tells adventurous tales. For all ages. Funded by the Friends of Brownell Library.

Fridays, January 8, 22, 6:00 – 8:30 PM, Dungeons and Dragons. Embark on imaginary adventure. Our Dungeon Master serves as the game's referee and storyteller. Grades 6 and up.

Fridays, January 8 and 29, 6:30 – 8:30 PM, Maggie's Fiber Friday for Adults. Maggie Loftus, veteran knitter, will be settled in front of the fireplace in the Main Reading Room. She invites adult knitters and crocheters to join her with their projects and engage in conversation. Bring patterns to share if you'd like. If you wish to contact Maggie: 6maggie2@myfairpoint.net.

Mondays, January 11 and 25, 12:00 – 1:00 PM, *Tech Help with Clif*. Offering one-on-one technology help. Bring in your new gadget or gizmo and Clif will sit with you to help you learn its ways! Reservation required. Please call 878-6955 at least 24 hours in advance.

Monday, January 11, 4:00 – 5:00 PM, Story Book Tea Party. Middle school students dress up as their favorite book character and share themselves and their books with the grade K-4 participants. "Tea" and homemade snacks will be served. Sign-ups required.

Monday, January 11, 6:30 – 7:30 PM – Must Read Mondays! *The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics* by Daniel Brown. Nine American boys rowed past Italy and Germany and Hitler left the balcony in a rage when the Americans won the gold in Berlin's 1936 eight-oared rowing medal race. Relive this story of how nine University of Washington rowers made a bold statement against a volatile Germany. Pick up a copy of the book at the main desk.

Tuesdays, January 12, 19, 26, 9:10 – 9:30 AM, Story Time for Babies and Toddlers. Picture books, songs, rhymes, and puppets for babies and toddlers with an adult.

Tuesdays, January 12, 19, 26, 10:00 – 10:45 AM, Story Time for 3-5 Year Olds. Picture books, songs, rhymes, puppets, flannel stories and early math activities for preschoolers.

Tuesdays, January 12, 19, 26, 3:15 – 4:00 PM, Read to Daisy, Therapy Dog. Daisy, certified by Therapy Dogs of Vermont, loves to listen to kids read. Her owner is Maddie Nash, retired school counselor. For all ages.

Wednesdays, January 13 and 27, 7:00 – 11:00 PM, Pathfinder Society. This fantasy role-playing game is similar to Dungeons and Dragons. For ages 16 and up. Open to newcomers.

Thursday, January 14, 3:00 – 4:30 PM, Lego Fun. Participate in fun and friendly building with LEGOs. For kids entering K and up.

(Kids under 5 are welcome to participate with parental supervision).

Friday, January 15, 10:00 – 10:30 AM, Drop-In Story Time for Kids of All Ages. Babies, toddlers and preschoolers are welcome to come listen to picture book stories and have fun with finger plays and action rhymes.

Friday, January 15, 3:00 – 4:00 PM, TAB. Warm up with hot chocolate and some active theater games led by TAB member Sydney. Then put your skills into a role-playing event. For grades 9 and up.

Friday, January 15, 6:30 – 8:30 PM, Family Movie: *Inside Out*. Emotions run wild in the mind of a little girl who is uprooted from her peaceful life in the Midwest and forced to move to San Francisco. Rated PG, 102 minutes, Walt Disney Pictures ©2015. Free popcorn and drink.

Monday, January 18 – Library closed for Martin Luther King, Jr. Day.

Monday, January 18, 10:00 AM – 12:30 PM, MLK Teen Volunteer Projects: Brownell Library, Essex Teen Center, and Essex Senior Center join in a collaborative event for Martin Luther King Day. Teen volunteer opportunities available at the above organizations plus Essex Fire Department. Middle and high school students sign up at CHIPS or Brownell Library. Event begins at 10:00 AM at CHIPS, volunteer sessions 10:15 – 11:30 AM, and lunch at Senior Center 11:30 AM – 12:30 PM.

Monday, January 18, 7:00 – 8:00 PM: Friends of Brownell Library Meeting

Tuesday, January 19, 7:00 – 8:30 PM: Library Trustees Meeting

Wednesday, January 20, 6:30 – 9:00 PM, *Mayhem of the Month Dine & Discuss Series. The Cruellest Month* by Louise Penny; discussion leader Ed Cashman. The cozy, seemingly idyllic town of Three Pines is thrown into chaos when an impromptu Easter seance turns deadly. In this complex, accomplished mystery, Chief Inspector Armand Gamache must confront a myriad of baffling questions surrounding the case. Copies available at the Adult Circ. desk. Potluck fare: Let the book inspire you! Library provides tableware, decaf and water.

Friday, January 22, 3:15 – 4:15 PM, Crafternoon. Come make Chinese lanterns from construction paper. For students grades 4 and up.

Friday, January 22, 3:30 – 5:30 PM, Axis & Allies. Play a WWII game of strategy using battleships, air fleets, and submarines to decide the fate of the world. Grades 6 up. Check out a sped-up version of the game here: https://youtu.be/KW1J-An_icU.

Monday, January 25, 4:30 – 5:30 PM, Star Wars Club. Max Holzman leads the Star Wars Club. This session focuses on the new movie, *The Force Awakens*. For all ages. Popcorn and drink!

Tuesday, January 26, 3:00 – 4:00 PM, Knitting for Kids. Knit a hat with our looms! You can check them out and take them home to finish. We have yarn, or bring your own favorite colors and knitting needles. For all skill levels.

Tuesday, January 26, 6:30 – 8:00 PM, Social-Emotional Literacy Workshop for Childcare providers. A workshop for child care providers to learn about incorporating social-emotional literacy into their day. Childcare providers will receive free books (one set per center/home). We will discuss Emotions, Self Regulation and Relationships, and Belonging. The focus is on children from birth to 36 months. Led by VELI (Vermont Early Literacy Initiative) trained librarians, Mary and Erna. Snow date: Thursday, January 28.

Wednesday, January 27, 4:00 – 4:30 PM, Fun with Fleming Musicians. Talented students from Thomas Fleming School share their instruments and perform live music. For all ages.

Friday, January 29, 6:00 – 8:00 PM, *Magic: The Gathering*. Whether you know the game or are curious to find out more, come have tons of gaming fun! Grades 6 and up.

Brownell Library, 6 Lincoln St., Essex Junction. Hours: Monday, Wednesday, Friday: 9:00 AM – 9:00 PM; Tuesday, Thursday, Saturday (July until after Labor Day, closed Saturdays): 9:00 AM – 5:00 PM. Call Main Desk 878-6955, Youth Desk 878-6956, Reference Desk 878-6957, or email frontdesk@brownelllibrary.org.

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Wednesday 8:30 AM - 5:00 PM
Thursday 8:30 AM - 7:00 PM
Friday 8:30 AM - 5:00 PM
Saturday 9:00 AM - 12:00 PM • Sunday Closed



OBITUARIES



Robert "Bob" Arnold Pecor, 82, of Bolton, VT passed away peacefully at the Birchwood Terrace Nursing Center in Burlington, VT on Saturday evening, December 19, 2015. Born in Burlington on April 2, 1933, he was the son of the late Adelbert and Lena (May) Pecor. On January 19, 1957 he married the former Joan Lawrence in Waterbury, VT. Bob attended schools in Waterbury, VT, Bolton, and Richmond, VT and then went on to serve his country during the Korean War as a member of the U.S. Army. Following his discharge from the military, Bob went to work for the Plant and Griffith Lumber Co. in Jonesville, VT until it closed. He later was employed at Gallagher Lumber Co. in Middlesex, VT before working as a carpenter many years for the Noyes and Noyes Construction Co., from which he retired due to declining health. Bob was also a member of the Vermont Army National Guard in Waterbury. A man of many hobbies, he loved fishing, hunting, playing cards, and horseshoes. His memberships included the Harry N. Cutting American Legion Post 59 in Waterbury.



Bette Jane (Garrapy) Workman, 82, passed away on Thursday, December 10, 2015 at her home in Underhill, VT. She was born in Underhill on November 19, 1933, daughter of the late Charles and Ruth (Davis) Garrapy. Bette is predeceased by her husband William Workman, who passed away in 1985. Bette flourished in the company of her friends and family. She belonged to the Green Mountain Bonsai Society, the Jeri-Hill Senior's club, and was a supporter of the Lyric Theater. She loved gardening, genealogy, and travel. She especially loved the occasions when her family could all be together on the farm in Underhill. There was such a gathering just two months before her passing, and she had a wonderful time with her children, grandchildren, and great-children. She is survived by her three sons William Workman and wife Carolyn of East Dorset, VT, David Workman and wife Beth of Burlington, and Scott Workman and wife Jessica of Essex Junction, VT; her three daughters Cynthia Lindman and husband JD of California, Sandra R. Workman-Miles and husband Ben of New York, Wenda Workman of Cornwall, VT; her brother Ronald Garrapy and wife Linda of Colchester, VT; and her sister-in-law Betty Garrapy of South Burlington, VT; by eleven grandchildren: Jack and Ella Workman, Eleanor Workman, Felix and Caleb Workman, Jeremy Lindman and wife Alyssa, Jessica Johnson and husband Steffin, James Bliemeister, Laura Taylor and husband Christopher, Christopher Workman, and Heather Workman; and by four great-grandchildren: Brayden Lindman, Layla Ward, Corey Griffin, and Maya Griffin. She was also predeceased by her brother Charles Garrapy and her grandson William W. Workman. Per Bette's wishes no visiting hours were held. A memorial service was held on Thursday, December 17, 2015 at the United Church of Underhill with Reverend Kevin Goldenbogen officiating. Interment will be private and at the convenience of the family. Memorial contributions in Bette's memory may be made to the United Church of Underhill, P.O. Box 265, Underhill, VT 05489. The family invites you to view and share your memories by visiting www.awrfh.com.



Robert Mosca, 53, of Jericho, VT died suddenly and unexpectedly on December 24, 2015. He is survived by his wife, Lisa and their four children: Marcello, 20; Dominic, 18; Letizia, 16; and Isabella, 13. In addition he leaves his older brother James Mosca, and six loving nieces and nephews. Rob was born in Wantagh, NY to James and Phyllis Mosca, who predeceased him. He was raised in Bayville, Long Island, NY and graduated from Locust Valley high school where he played football for the Falcons. He went on to receive his B.A. in business administration at Northeastern University, Boston, MA in 1984. He began his career in sales in the Boston area and then Connecticut and in 1993 he moved north to Vermont where he worked for Emery Worldwide as a plant manager. From there he went to UPS as an account manager. For the past several years he has been with AN Deringer, a logistics brokerage company. What he enjoyed most about work, however, was the company of others, be it customers or coworkers. In 1994, he married the love of his life, Lisa Corso, and from that union came four beautiful children. The essence of Rob, the core of his soul, his legacy, was his love for his family and community. He was a devoted husband and father. Spending quality time with his family, coaching youth sports, hiking the beautiful mountains of Vermont, meeting new friends, and hosting wonderful parties including the now famous Thanksgiving "turkey bowl" as well as the "Nicky P Wiffle ball tournament" represent the generous, affable, and engaging man that was Rob Mosca. Rob was always very active in his community. For many years he coached his children in youth football at CEYFA, as well as Jericho-Underhill Little League and Mini Metro basketball. Rob was ahead of his time in his coaching philosophy: when the focus was only on winning, Rob bucked the trend and made sure his teams played with integrity and sportsmanship, but above all had fun. Regardless of the outcome, creemees and a pool party surely followed most games. He was the coach who, years later, kids would approach and say, "Hi, Coach Mosca," and he invariably would remember that child regardless of how long ago he coached him. After his years of coaching, he moved toward refereeing youth and high school football. More recently Rob underwent a physical transformation. He ate healthily and turned himself into a half-marathoner as well as a Spartan race warrior. He devoted his free time to hiking the beautiful green mountains of Vermont with his loyal dogs. He is also survived by his sister-in-law Linda, her husband T.J. and their five sons of Fairfield, CT; brother-in-law James and his wife Elizabeth and their son of Fairfield, CT; sister-in-law Cristina and her husband Tony of Monaco; an aunt, an uncle, several cousins, and his beloved pets Jeter, Jordan, and Juliet. Visiting hours were held on Wednesday, December 30, 2015 at A. W. Rich Funeral Home - Essex Chapel. A Mass of Christian burial was celebrated on Thursday, December 31, 2015 at St. Thomas Catholic Church in Underhill Center, VT with Reverend Francis Prive officiating. Burial followed in the family lot in Underhill Flats Cemetery. The family invites you to share your memories and condolences by visiting www.awrfh.com.

ONGOING EVENTS

ADULT ACTIVITIES

Essex Art League meets the first Thursday of the month, September-June, 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

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, 2nd and 4th Wednesdays, 7:00 PM, Holiday Inn, 1068 Williston Rd., S. Burlington. Do you want to develop your speaking and leadership skills? Ace an interview? Ignite your career? If so, Toastmasters of Greater Burlington is the place for you. You'll find a supportive learn by doing environment that helps you achieve your goals. For information, 802-782-4832.

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

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

Eagles Auxiliary #3210 holds bingo at the club house, VT Rt. 109, Waterville, Friday nights. Doors open at 5:30 PM. Bingo starts at 6:45 PM. For information, contact Sally, 644-5377.

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

Mt. Mansfield Scale Modelers, 3rd 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.

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 2nd Monday of the month, 6:30 PM. Anyone welcome.

HEALTH EVENTS & GROUPS

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

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

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

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

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

Alzheimer's support group, monthly on the 3rd 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: 4th Fridays at the YMCA in Winooski 11:00 AM - noon; 1st Wednesdays at Fanny Allen in Colchester, 5:30 - 7:30 PM; and 2nd Tuesdays at the Saint Albans Diner in Saint Albans. Call the BIAVT help line, 877-856-1772.

Mom's Night Out, first Thursday of each month, 6:00 - 8:00 PM, LaQuinta Inn (Franklin Meeting Room), 813 Fairfax Rd., St. Albans. Are you the mother of a child with special needs? Is your life just too busy? Too stressful? Have you got too many things to do? Are you up to your armpits with paperwork? Do you have to advocate for your child and family? Do you wish you had someone to have conversations with, who understands because they are the mother of a child with special needs too. Take some time once a month for you. Contact: Betty Morse, Family Support Consultant, 1-800-800-4005-ext. 201 or betty.morse@vtfn.org. **Al-Anon** meetings, Jericho United Methodist Church, Thursdays 10:00 AM, and Saturdays, 10:00 AM.

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

Approach Autism with Advocacy, Recovery & Education (AAWARE) in the Lamoille Valley, 3rd 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 3rd Wednesday, 7:00 - 9:00 PM, Covenant Community Church, VT Rt. 15, Essex Center. For parents of children with, or at risk of, anorexia or bulimia. We focus on being a resource and providing reference points for old and new ED parents. For information, Peter, 899-2554.

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

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

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

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

Champlain Valley Prostate Cancer Support Group, 6:00 - 8:00 PM, 2nd Tuesdays (January 12), 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 1st Tuesdays 5:30 PM, Northwestern Medical Center, Conference Room #1. RSVP at 524-8479.

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

Franklin County Prostate Cancer Support Group, monthly, 1st Tuesdays, 5:15 - 7:00 PM, Northwestern Medical Center Conference Room #2, St. Albans. This support group offers men opportunities to educate themselves and each other; share and learn from each other's experiences; offer support to each other, a spouse or partner; and advocate early detection of prostate cancer. Information: Fern Mercure, 524-0719.

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

KIDS

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

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

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

SENIORS/COMMUNITY MEALS

Jeri-Hill XYZ Seniors meet at the Catalyst Church on the Raceway, Underhill on the 1st and 3rd 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 - 2nd and 4th 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.

Westford Senior Lunches - Join Westford Seniors for lunch at the Red Brick Meeting House on the Common, monthly on the 2nd 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 3rd Tuesday, 12:00 noon at the Community Baptist Church, Huntington Center.

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

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

SPORTS ACTIVITIES

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

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

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

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

TOWN GOVERNMENT & ORGANIZATIONS

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

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

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

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

Jericho Historical Society, monthly on 2nd Thursdays, 7:30 PM, Old Red Mill, Jericho.

Jericho Underhill Park District Board meeting, 1st and 3rd 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, 2nd Thursdays, 7:00 - 8:30 PM, Jericho Town Hall, VT Rt. 15, Jericho.

THRIFT SHOPS & FOOD SHELVES

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

Westford Food Shelf, open monthly, 3rd 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.

CVAA Community Senior Meals

Call CVAA, 865-0360, if you have questions or to make reservations for the following month on, or after the 22nd of a month, at 10:00 AM. If the 22nd is a weekend day, reservations may be made the following Monday. Reservations are on a first-come, first-serve, month-by-month basis only. Milk is served with all meals. Donations are accepted for all of these meals.

Thursday, January 7 – Dutch Mill, Shelburne Rd., Shelburne, 10:30 AM check-in, 11:00 AM lunch. Baked stuffed chicken.

Friday, January 8 – Hinesburg meal site, 11:30 AM.

Monday, January 11 – Covenant Church, Essex Ctr., 12:00 PM. Tomato topped meatloaf, wax beans, roasted potatoes, pumpernickel bread, brownies.

Monday, January 11 – Papa Nick's, 3:00 PM. Meatloaf.

Tuesday, January 12 – Pizza Hut, Susie Wilson Rd., Essex Jct., 10:30 AM check-in, 11:00 AM lunch. All you can eat pizza buffet.

Wednesday, January 13 – American Legion, Colchester, 10:30 AM check-in, 11:00 AM lunch. Baked ham.

Thursday, January 14 – Ray's Seafood, Essex Jct., 10:30 AM check-in, 11:00 AM lunch.

Friday, January 15 – United Church, Hinesburg, 12:00 PM. Shepherd's pie with gravy, carrot and raisin salad, pumpernickel bread, hot fruit compote with topping and sugar cookie.

Monday, January 18 – closed for Martin Luther King Holiday, no meal site.

Tuesday, January 19 – IHOP Lunch, University Mall, S. Burlington, 10:30 AM check-in, 11:00 AM lunch. Pot roast.

Wednesday, January 20 – JP's Diner & Deli, River Rd., Essex Jct., 10:30 AM check-in, 11:00 AM lunch. Chicken 'n biscuits.

Thursday, January 21 – Holiday Inn, S. Burlington, 11:00 AM check-in, 11:30 AM lunch. Turkey buffet.

Friday, January 15 – United Church, Hinesburg, 12:00 PM.

Monday, January 25 – Covenant Church, Essex Ctr., 12:00 PM. Pork riblets, whipped sweet potatoes, broccoli and cauliflower, wheat bread, mandarin oranges.

Tuesday, January 26 – IHOP, University Mall, S. Burlington, 8:30 AM check-in, 9:00 AM breakfast. Two eggs, hash browns, choice of breakfast meat, pancakes, small juice.

Wednesday, January 27 – Ray's Seafood, Essex Jct., 10:30 AM check-in, 11:00 AM lunch.

Thursday, January 28 – JP's Diner & Deli, River Rd., Essex Jct., 10:30 AM check-in, 11:00 AM lunch. Meat loaf.

Friday, January 29 – United Church, Hinesburg, 12:00 PM. Vegetable lasagna, tossed garden salad with ranch dressing, garlic bread, gingerbread with applesauce.

For the following special restaurants requiring ticket, the suggested donation is \$5 per ticket; this non-returnable and non-exchangeable universal ticket is available the first of each month and must be used in the month it is purchased. The tickets are available from Pat Long at the different meal sites, or at the CVAA office (the office has a limited amount of money available to make change) located at 76 Pearl St., Suite 201, Essex Jct. – in the plaza with the post office and Big Lots and across the parking lot from Kinney's (across from the fairgrounds). There is an elevator on the side across from Kinney's. Tickets must be presented before ordering. Restaurants have the right to offer limited menus.

AJ's, 10 Railroad Ave., Essex Jct.: Sunday-Thursday, 5:00 AM – 2:00 PM; Friday-Saturday, 5:00 AM – 8:00 PM.

Athens Diner, Colchester: Monday-Saturday, 6:00 AM – 4:00 PM; Sunday, 6:00 AM – 3:00 PM.

Dutch Mill, Shelburne Rd., Shelburne: every day, 7:30 AM – 2:00 PM.

Holiday Inn, Williston Rd., S. Burlington: Early Bird Dinner, Monday-Sunday, 5:00 – 7:00 PM with choice of one of four entrees (chicken, haddock, quesadilla, or soup and sandwich). No longer offering turkey buffet on Thursdays.

IHop, UMass, S. Burlington: Monday-Friday, 11:00 AM – 8:00 PM – breakfast served all day; order off special senior menu.

Pearl St. Diner, Pearl St., Burlington: Tuesday-Friday, 6:30 AM – 3:00 PM; Saturday-Sunday, 8:00 AM – 3:00 PM – breakfast served all day.

Pizza Putt, Airport Pkwy., S. Burlington: lunch or dinner, seven days a week – choice of spaghetti with marinara or baked ziti with tomato sauce and cheese. Each with salad, garlic bread or roll, soda, coffee, or milk.

Trader Duke's, S. Burlington: Mondays, 4:00 – 6:30 PM – choice of grilled chicken or meatloaf meal.

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SCHOOL NEWS

Vermont Commons School takes Shadow Puppet Show on the road

“Shadow puppetry originated 2000 years ago during the Han Dynasty... The puppets are made of leather, usually cowhide or donkey leather. Therefore it is called “pi ying – leather shadow” in Chinese. UNESCO, the United Nations Educational, Scientific and Cultural Organization, has designated the Chinese shadow puppetry as an Intangible Cultural Heritage.” Lilah Nieder, a Vermont Commons School 7th grader from Milton explained to the Bellwether School audience.

The 7th grade has been studying aspects of Chinese culture in their Introduction to Chinese class this semester. “Creating this production was a completely student-driven activity, much of it done outside of class time, with different members of the class digitally designing the 15 puppet actors, adapting the original play *The 12 Animals of the Zodiac* into a shortened version, acting the parts, orchestrating the puppets, and designing the sets,” said Hua Zhang, Vermont Commons Chinese teacher.



Left: VT Commons students (from right) Sophie Lee of Underhill, Charlie Harder of Shelburne, Sheridan Dodds of Burlington, and Clara Retzloff of Underhill work the puppets.



A rapt audience of Bellwether students watches puppeteer Sophie Lee of Underhill.

PHOTOS CONTRIBUTED

Memorial tree lighting and concert at Mater Christi School

Probably one of the few people in Vermont to be pleased about the lack of snow on Thursday, December 10 was Mustasa Semic, MCS maintenance staff member. Mustasa helped the drivers of approximately 200 cars find places to park as they gathered for the Mater Christi School second annual Memorial Tree Lighting ceremony and the K-4 choral concert.

Actually, the mild weather helped make the evening comfortable as hundreds of people gathered on the front lawn for the Tree Lighting in memory of Emily Lyman, a graduate of MCS who died while a freshman at Rice Memorial High School, and Ryan Collins, who died while he was a fifth grader at the school.

In addition to Emily and Ryan’s parents, there were many other MCS students, parents, friends, faculty members and Sisters of Mercy at the Tree Lighting. Sr. Laura Della Santa, Superintendent of Catholic Schools in VT, led the opening prayer; Msgr. Bernard Bourgeois, principal of RMHS, blessed the newly planted tree; and Mrs. Barb Gaida, former MCS principal, gave a reflection.

Glow sticks of blue, green, red, and yellow had been handed out to each person present making the scene magical when the tree’s large LED blue (Emily’s favorite color) lights were formally turned on by Lily and Megan Collins.

The ceremony ended with some poetry

readings and carols by MCS students, and then everyone walked over to the school gym for the choral concert, directed by Mrs. Barb Heath, MCS Music and Band Director. Mr. Brian Lyman, RMHS music director, helped to accompany some of the songs.

The concert began with an excellent performance by the MCS Beginners Band. This was followed by a rousing, action-packed *Jingle Bell Rock* by the kindergarteners.

A high point of the concert was the story of the Nativity of Jesus performed by the first graders. Several of the youngsters read the Scripture story as their classmates played parts of angels, shepherds, kings, sheep, donkey, Mary, and Joseph. The lovely scene ended with the children singing *Mary Did You Know?*

The second and third graders filled the stage to overflowing as they did a dance routine to *Rockin Around the Christmas Tree* with giant candy cane walking sticks as props. The evening ended with a beautiful rendition of the *Carol of the Bells*, which the fourth graders played with hand bells and xylophones.

As the concert goes filed out, they were tempted by piles of delicious-looking cakes and cookies. The eighth graders wisely chose concert night to help them raise money for their French luncheon in the spring. They probably had a very successful sale after such a very memorable evening.



Voice actors and sound effects: VT Commons students Lilah Neider of Milton, Will Kusserow-Lair of Underhill, and Austin Mital-Skiff of South Burlington.



Three Wise Men – Xavier, Vincent, and Moses – ready to present their gifts.



First grade angels take time out to pose. PHOTO CONTRIBUTED

Below: Grades 2 and 3 are shown performing *Rockin’ Around the Christmas Tree*.

PHOTOS CONTRIBUTED



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