

MOUNTAIN GAZETTE

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Smilie Elementary School fourth graders Alaynna Northrop and Nick Clayton await donations in the hallway of the school in Bolton. They raised money to help Vermont Guard troops get home for the holidays.
PHOTO BY TED TEDFORD

Bolton school children raise funds for troops

By Ted Tedford
Special to the Mountain Gazette

Two fourth-graders stood before an assembly at Smilie Elementary School here last week, proudly displaying handwritten signs showing they had raised a bunch of money for a good cause.

Alaynna Northrop and Nick Clayton, both fourth-graders, have raised \$523.78 in a drive they called "Cents for Soldiers" because they both have something else in common – a family member will be shipping out to Afghanistan in January.

The two children wanted to help raise money to bus Vermont Guardsmen and women home for the holidays from their readiness training camps in Louisiana and Indiana.

Alaynna's mother, Julie Northrop, a 14-year veteran of the Vermont Army National Guard, and Nick's brother, 19-year-old Kyle Fuller, are undergoing readiness training in Louisiana. They are due home tomorrow, Nov. 20 and will be home through the holidays. They are expected to leave for Afghanistan with about 1,500 other Vermont Army Guard soldiers in January.

"I'm glad people gave the money," said Nick, whose shyness gave way to a big smile as he and Alaynna stood behind a small student desk displaying a plastic box for donations in the school's hallway. A sign saying "Cents for Soldiers" was taped to the front of

the desk, along with a picture of Alaynna's Mom in full uniform.

Julie Northrop, a single mother, has arranged for Alaynna to stay with a day care provider who also will be her guardian during the deployment. Alaynna said she is happy about that since she went to the center when she was younger.

In the assembly, the two children displayed signs saying they had raised \$523.78, donated in only two days by faculty, staff, students' family members and friends. Within a half hour that amount had grown to \$523.78.

Alaynna's mother and Nick's brother already had money for transportation home, but the two students wanted to raise money for other soldiers who weren't so lucky.

Families and friends of Guard members all over Vermont have been raising money that goes into a fund called Operation Holiday Homecoming, which has raised more than \$150,000 to bus those Vermont soldiers who are given holiday furloughs. Donations are being accepted through Dec. 11 and the goal is to raise \$200,000. Any money over that amount will go to the National Guard Charitable Foundation to help families during the deployment to Afghanistan.

To learn how to help, go to www.supportvermontguard.org/donate.html, or send a check to National Guard Charitable Foundation, P.O. Box 683, Essex Junction, VT 05453.

Massingham retiring in July as superintendent at CESU

By Ted Tedford
Special to the Mountain Gazette

After 49 years as an educator, Jim Massingham will retire July 1 as co-superintendent of the Chittenden East Supervisory Union.

"It's time," said Massingham, who began his career teaching at the Highland Junior High School in Highland, Michigan in 1960.

"I'm going to finish the school year right to the last day," he said. "Then I'm going to take the summer off and look for another job in the fall that doesn't involve (school board meetings) three or four nights a week."

He said during the summer he plans to paint his daughter's town house.

His co-superintendent, John Alberghini, had high praise for Massingham and is already looking to future challenges to the supervisory union and its schools when he becomes superintendent.

"He's a terrific person," Alberghini said. "He's an excellent education leader and a man of absolute integrity. We couldn't want a better superintendent for our community. I have great deal of respect for him." Alberghini was named co-superintendent a year ago when Massingham indicated he wanted to retire soon.

Some of the school principals Massingham worked with also had high praise for him. "I love working with Jim," said Cindy Mackin, principal of the Underhill I.D. School. "He has a common sense approach to solving problems. I learned a lot from him. He was a terrific mentor to me."

One image Mackin remembers of Massingham was when he was principal at the Richmond Elementary School in the late 1980s and she was a teacher at Camels Hump Middle School. "I remember watching him standing outside the Richmond Elementary School waving goodbye to the students on the buses."

Underhill Central School Principal Michael Berry, who began working at that position three years ago, said Massingham has always been very supportive. "He is always there when I have a question," said Berry. He also cited Massingham's mentoring and leadership. "It's been a pleasure working with him."

The Busy Chef delivers delicious food to customers

By Phyl Newbeck
Special to the Mountain Gazette

When the health department inspector came to visit Cindy McKintrie's *Busy Chef* kitchen in Jericho he shook his head. "This is the third or fourth Jericho catering site I've visited," he told her. "What gives here?" McKintrie doesn't have an answer to that question, but she isn't worried about her local competition. After all, she has already made a name for herself with a business of the same name but slightly different business plan just one town over.

McKintrie opened *The Busy Chef* in Essex in August of 2005. At the time there was a national trend toward establishing locations where people could assemble their own dinners in a commercial kitchen and then finish cooking in the comfort of their own homes. As time went by, McKintrie found that fewer customers were interested in being part of the process: they wanted the meals to be prepared for them. Initially, she charged an extra \$2.00 for those who didn't want to get their hands dirty, but eventually she eliminated that part of her business and opened a café in the unused portion of the building. Soon, McKintrie was adding daily soups and specials that people could pick up at their leisure. She also stocked a freezer with ready-to-eat items.

Still, McKintrie found it hard to get by on the income and she reluctantly gave up her Essex location. The move was a painful one. "I loved what I did and some customers were really emotional," she

"It goes without saying that the Executive Committee and all the Board members feel Jim has done a great job for the kids, the teachers and the families," said Robert Letovsky of Jericho, chairman of the CESU Executive Committee.

Letovsky cited Massingham's work improving the teaching staff in the supervisory union's nine schools. "Before he took charge the evaluation of the teaching staff was uneven in Chittenden East," Letovsky said. "Jim took this on so successfully that CESU has a consistent and broad-based evaluation system. He assured that everyone was evaluated and everyone had opportunities for professional development. That's a huge accomplishment."

Letovsky said Massingham provided valuable support during negotiations with the teachers union and worked closely on student transportation to and from the rural schools in the supervisory union. "He is unflappable and has a tremendous base of knowledge," Letovsky said.

Massingham said one accomplishment of which he is most proud was revising the supervisory union's curriculum. "We made tremendous strides aligning the K-12 curriculum to Vermont standards and coordinating it building-to-building. We put in an assessment system to make it more likely that the curriculum would be taught in a consistent fashion school-to-school and grade-to-grade," Massingham said.

That was Massingham's job when he became curriculum coordinator and then assistant superintendent to then Supt. Gail Connelly in the late 1980s. Massingham took over as superintendent in July 2005.

Letovsky also lauded Massingham for grooming staff internally for promotion, rather than going outside CESU. He cited Alberghini as the most recent example. Alberghini takes over as superintendent in July. The supervisory union is scrapping the co-superintendent system, put in place just to groom Alberghini for the post.

Letovsky said Massingham "checks his ego at the door" when it comes time to work. "He is pleasant to work with, approachable at all times and as modest and hard-working a man as the day is long."

said. So, rather than leave the business behind, McKintrie simply changed locations. She now prepares food in the kitchen of her Jericho home and delivers to her customers. One loyal customer recently sent her an e-mail calling her "an absolute life saver." The woman enjoys entertaining, but isn't that crazy about cooking and twice, McKintrie has been able to accommodate her on short notice.

McKintrie believes she has found an important niche: people who want good food, but don't have the time to cook it, or are afraid to try something new unless someone else has prepared it first. Working from home, McKintrie is able to change her menu more frequently. Whereas she used to have twelve items available over the span of a month, she now has three each week. In addition, she has a well-stocked freezer with the contents listed on-line. When she started her business, McKintrie thought her clients would primarily be families with two working parents, but she discovered she had customers from every walk of life. McKintrie was also surprised at how many of her clients were empty nesters who were simply tired of cooking. When the economy worsened, she also saw an increase in more affluent customers who could no longer afford to eat out, but wanted something a little bit better than what they could prepare on their own. "I was that cusp in between," she said.

Support staff talks at impasse

By Ted Tedford
Special to the Mountain Gazette

Negotiations between the Vermont NEA and the Chittenden East Supervisory Union for a contract for the support staffs have broken down and a mediator has been called in.

Robert Letovsky, head of the CESU Board said last week the main issues still under dispute are salaries and health insurance.

This is the second set of contract negotiations in the supervisory union to reach impasse. The teachers union and the Board also are at impasse with salaries the main unresolved issue.

Letovsky said the negotiators for the Education Support Professionals (ESPO), the union, have asked for a 6 percent salary increase, while the Board's negotiators have countered with a 1 percent increase. He also said non-money issues still unresolved include bus routes. "It's difficult to stipulate routes in advance (of school opening), such as who drives what, when and where," he said.

This is the second year the support staff have negotiated a contract. They previously worked without union representation. Most of the support staffs at all nine schools in CESU are unionized. The only exception is at Underhill Central School whose staff is not unionized.

An attempt to reach David Boulanger, negotiator for the ESP has been unsuccessful.

The support staff includes teacher aides, secretaries, janitors, and bus drivers.

Jericho-Underhill Lions Club celebrates 30 years of dedication to community

By Phyl Newbeck
Special to the Mountain Gazette

Strawberry festivals, pancake breakfasts, blood drives, and onion rings at the United Church of Underhill's Old Fashioned Harvest Market. These are the things that most people associate with the Jericho-Underhill Lions Club. Now gearing up to celebrate their 30th anniversary, the group is much more than that.

The International Association of Lions Clubs is a worldwide, volunteer service organization with almost one and one-half million members in 185 countries. In 1917, a Chicago businessman named Melvin Jones asked members of the Business Circle of Chicago to "reach beyond business issues and address the betterment of their communities and the world." Before the year was out, a consortium of similar groups had met and branded themselves the "Association of Lions Clubs," adopting a constitution, by-laws, objectives and a code of ethics. The mission statement is a simple one: "To empower volunteers to serve their communities, meet humanitarian needs, encourage peace and promote international understanding through Lions clubs." Within three years, the Lions Club had spread beyond the boundaries of the United States and in 1925, inspired by a speech by Helen Keller, they decided to specialize in issues relating to sight. There are forty Lions Clubs in Vermont from Bennington to Derby.

Dave Crane is one of the founding members of the Jericho-Underhill Lions Club which was chartered with forty-two members in January of 1980. After dropping to a low of ten, the club rebounded and

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Pack 621 help plant trees



Pictured from left to right David Rosales, Kendrick Thurgate & Charlie Myers all Webelo II from Pack 621. PHOTO CONTRIBUTED

Pack 621 Scouting News

On October 31 (Halloween Day!) Some of our Webelo II den members from Pack 621 Jericho, joined Mr. John Shane from UVM College (Rubenstein School of Environment and Natural Resources) in helping to plant some White Pine seedling trees in the UVM Forestry Park on Tarbox Road, Jericho. But we did not just plant these trees anywhere in the park; we planted the trees on an old road that the park was not using anymore. The seedlings came from my dad's back

yard right here in Jericho, so I know that the plants were native to the area and were probably going to survive.

Mr. Shane explained to us that they were trying to populate the old road with new trees and natural forest plants so that the use of the old road would stop damaging the wet soil beside the old road. Because of the damage being done, they put in a new road instead.

POLICE REPORT

A home on Pinnacle Ridge in Underhill was burglarized sometime over the weekend, believed to be during the day on Saturday. Suspects forced their way into the residence and removed multiple items.

There are several leads on this investigation, but anyone with information is encouraged to call the State Police at (802) 878-7111.

Manuel Dutra, 40, of Underhill, VT, was stopped at 2:07 AM by Vermont State Troopers on Vermont Route 15 in Cambridge for speeding on Thursday, November 12, 2009. Dutra was found to be intoxicated and arrested for DUI, his second. Dutra was also found to have been operating on a criminally suspended license as a result of an earlier DUI in Richmond, VT. As a result of that charge, he was also on court ordered conditions of release not to consume alcohol. Dutra was released on a citation for Violation of Conditions of Release, Driving on a Suspended License and ordered to appear in Lamoille District Court on Tuesday, December 1, 2009.

On Wednesday, November 8, 2009, at approximately 2:40 AM the Vermont State Police initiated a motor vehicle stop on Fletcher Road in Fletcher, VT after observing a vehicle operating erratically. The subsequent motor vehicle stop revealed that the operator, 44-year-old Alan Wescott, of Cambridge, VT, was operating his vehicle while under the influence of alcohol. Wescott has three previous convictions for Driving Under the Influence. However, Wescott made a comment to Troopers about this being his seventh arrest for DUI. Additionally, further investigation yielded that Wescott had multiple active arrest warrants. One of these warrants was for Wescott's failure to appear to serve a prison sentence after being convicted of his third DUI. During the motor vehicle stop a 17-year-old female passenger was identified in the vehicle and was found to be heavily

intoxicated. Troopers learned that Wescott had provided the 17-year-old with alcohol and an empty liter of vodka was found in the vehicle at the 17-year-old's feet. Due to her extreme level of intoxication, the female was transported to the Northwestern Medical Center for evaluation. Wescott was subsequently transported to the St. Albans Barracks for processing. During the processing Wescott provided a breath sample which showed his BAC to be .126%. At the conclusion of the processing Wescott was transported to the Chittenden County Correctional Center where he was lodged pursuant to the arrest warrants. Wescott is scheduled to appear in Franklin County District Court on Monday, November 9, 2009 at 1:00 PM to answer the charges of DUI #4, Contributing to the Delinquency of a Minor, Furnishing Alcohol to a Minor, Driving while License Suspended (Criminal), and Attempting to Elude.

On Sunday, November 1 at 8:15 PM Vermont State Troopers responded to a residence on Old Pump Road in Jericho, VT to investigate a complaint about an unwanted male at a residence. Upon arrival the police identified the man as Michael Amend, 44, of Bolton, VT. Amend had driven to the residence with his seven year old child in the car, and was found to be under the influence of alcohol. Amend was arrested without incident and transported to the Williston State Police Barracks for processing. Amend was cited to appear in Chittenden District Court on Thursday, November 19.

State Police stopped Danny Ferland, 38, Jeffersonville, VT at 6:30 PM on Sunday, November 1, 2009 for speeding on Vermont Route 15 near the Johnson and Hyde Park town lines. Further investigation found that Ferland was intoxicated. He was arrested and later processed for DUI 4 at the Lamoille Outpost in Morrisville, VT. Ferland was lodged for lack of \$1,000.00 bail at the St. Johnsbury Correctional Center.

UNDERHILL JERICO FIRE DEPARTMENT

By Kitty Clark

EMERGENCY CALLS:

October 31, 1:12 PM, Responded to a fire alarm at 148 Browns Trace, Jericho.

November 1, 4:19 PM, Responded to the area of Cloverdale Drive for a report of an explosion, after searching that area and Poker Hill Road, nothing was found.

November 8, 10:04 AM, Responded to 42 Maple Leaf Road, Underhill for a residential fire alarm, set off by cooking.

November 9, 9:39 AM, Responded to the area of 44 Vermont Rt 15 in Jericho for a car and motorcycle accident with injury

November 12, 11:50 AM, EMS Assist.

On Sunday evening, seven cut scouts visited the fire station.

SAFETY MESSAGE: "The ABC's of Fire Safety" for children: A - always follow fire safety rules, B - Be smart about fire safety and learn how to prevent fires and how to escape from them, C - Count the number of smoke detectors in your home, D - Detectors save lives, learn the sound of your family's smoke detectors, E - Exits are a way out, know two ways out of every room in your home, F - fire escape plans show you the exits

from every room in your home, make a fire escape plan with your family, G - Get out fast in a fire, once you are out, never go back in, H - Have a family meeting place outside in case of fire, I - Inspect your home for fire hazards, J - Join others in helping to prevent fires, K - Keep away from things that are hot, they can burn you, L - Learn how to call 9-1-1 to report a fire, M - matches are not toys, stay away from matches and lighters, N - Never be afraid of firefighters or hide from them, O - Obey all fire safety rules, P - Pumper trucks pump water to put out fires, keep safely away from them when they are in action, Q - Quiz yourself to make sure that you know what to do in case of fire, R - Remember to practice your family fire escape plan often, S - Stop, drop and roll if your clothes catch fire, T - Test smoke detectors in your home once a month with your parents, U - Unplug small appliances when no one is using them, ask your parents to do this and never do it yourself, V - visit the fire station to learn how to firefighters help you, W - Warn adults about any fire hazards you see, X - eXample for others by staying fire safe, Y - You can make a difference by helping to prevent fires, Z - e-Z to be fire safe, just learn the ABC's of Fire Safety!

RICHMOND POLICE REPORT

Senior Officer Sarah Messier investigated a report of a theft from a residence on Borden St in the town of Richmond, VT. Victim Toni Goodroe, 45, of Richmond, reported that an associate of her son was suspected of stealing a digital camera from her home in late September 2009. Investigation revealed that the digital camera was sold at a local South Burlington store in early October 2009 and a suspect was identified as **Peter Chaplin**, 25 of Richmond. Peter Chaplin was issued a citation for petit larceny and possession of stolen property. Chaplin is being held at the Chittenden Regional Correctional Facility for a Violation of Probation charge stemming from an arrest earlier in Richmond for 1st degree aggravated assault. On Thursday, November 5, 2009 at approximately 8:30 PM,

Victoria M Gaylord of Jericho, VT was arrested by Richmond Police and charged with Driving Under the Influence. Her arrest came after she had backed into another vehicle at an apartment complex on Rt. 2 in Richmond.

Wednesday, November 4 at approximately 5:20 PM Richmond Police responded to a disturbance at a residence on East Main Street in Richmond. Investigation determined that a physical altercation occurred, involving the brandishing of a knife. Officer Rick Greenough apprehended **Peter Chaplin**, 25 and charged him with Aggravated domestic assault, Aggravated assault and unlawful mischief. Chaplin was lodged at the Chittenden Regional Correctional Center without bail.

COMMUNITY COLUMNS

Should you put a little Scrooge in giving?

By Jennifer Luitjens

It's that time of year again – the time to experience the joy of giving, whether due to holiday celebrations or end-of-the-year tax planning. It seems that most people are aware of charitable tax deductions and gift tax exclusions on annual gifts (\$13,000 per year per individual donee). But are folks aware of the gift "penalty" assessed on much lower amounts in the world of public benefits, notably Medicaid? The IRS rules and the Medicaid rules bear nothing in common. Medicaid offers no such blanket exemption for charitable donations or other gifts made in amounts less than \$13,000 per year.

While the current economic climate may cause one to pause and reflect upon gift-giving intentions, it cannot destroy the joy of giving. Does this sound like the story of Ebenezer Scrooge? Well, that's not quite the message here, for there are certainly instances where one should "put a little Scrooge in giving" and consider potential consequences *before* making gifts.

Individuals seeking eligibility for long-term care Medicaid benefits within the next 5 years must disclose on an application all transfers made by the individual or his or her spouse. Again, there is

no exemption amount. Medicaid presumes that transfers made, without due consideration, within 5 years of the eligibility request date were made in order to qualify for benefits. It is the burden of the applicant to prove otherwise, a burden which may be difficult to meet.

Let's consider an example. Granddaughter Katie got married in the summer of 2009, and Grandma and Grandpa gave her a wedding gift of \$10,000. In January 2010, Grandma's health seriously declined and she required nursing home-level care. The couple was otherwise financially eligible for Medicaid, but had to disclose this gift. The Medicaid-assessed penalty for this gift would be about 42 days of ineligibility for benefits, *unless* Grandma and Grandpa could successfully prove that the 2009 gift was not made in contemplation of applying for Medicaid. Factors would likely include Grandma's health in 2009 and any prior history of gifting.

Another common example includes charitable giving such as a church pledge or a particular fund donation. Again, these gifts will be scrutinized by Medicaid if they fall within the 5 year radar. Will the applicant be able to meet the burden of proof, to show that the "resources were transferred exclusively for a purpose other than to become or remain eligible for long-term care"? (*Quoted language from Vermont Medicaid Rule 4473D.*)

Does this potential risk of a Medicaid penalty suggest that all giving should cease? Of course not! Not everyone will need nor even contemplate applying for long-term Medicaid benefits within the next 5 years. Sadly, however, in some circumstances, the answer is "maybe," for some must weigh the joy of giving with the cost of losing potential Medicaid benefits. For those families, putting a little "Scrooge" in giving may be prudent.

Jennifer R. Luitjens is Certified as an Elder Law Attorney (CELA) by the National Elder Law Foundation, a non-profit organization accredited by the ABA. She lives in Jericho and practices in South Burlington with the Jarrett Law Office. This article is for informational purposes only and is not intended to constitute comprehensive or specific legal advice. The author stresses the need to engage appropriate legal and financial professionals when devising your individual estate plan.

Drawing - another way of communicating with Dad

By Wyatt Kitchen-Glodgett
Student Columnist

As the fall season changes to winter, my feelings also change and become better with my Dad's deployment. Now that the "send-offs" are over, I feel more relaxed knowing that there are no more sad moments and everything is just busy again, being busy helps keep my mind off missing my Dad.

Instead of writing my Dad a letter this time I just drew him a picture. Working on a blank paper can help express your feelings and can be easier than writing a letter when your mind is full of so many thoughts. I found just drawing was relaxing and still thoughtful to show my Dad that I am thinking of him even if there's not words that say it. I guess, "a picture is a worth a thousand words."

Now that it is almost Thanksgiving, I know that it will be hard not to celebrate the day with my Dad, but I will think of him and the other soldiers sacrificing being away from their loved ones.

Vermont Hand Crafters Support our Troops this Holiday Season

The Vermont Hand Crafters and the New Hampshire-Vermont Christmas Tree Association are working together to support a unique and wonderful program called Trees for Troops, which delivers real trees to military families around the world. The Vermont Hand Crafters have asked their members to donate holiday ornaments that will be used to decorate the trees. The live trees are being donated by the New Hampshire-Vermont Christmas Tree Association, which represents farms and retailers that produce and sell high quality trees, wreaths and related products.

Trees for Troops is run by the Christmas Spirit Foundation (www.christmasspiritfoundation.org), an organization that supports children, families and the environment. They created this program as a way to give something back to those who serve our country. Since its launch in 2005, Trees for Troops has delivered more than 50,000 real trees to military families at more than 50 bases in 17 countries.

The Vermont Hand Crafters will showcase the donated ornaments during their annual Holiday Show; November 19-22 at the Sheraton Conference Center in Burlington, VT. The tree lighting ceremony will be November 19 at 6:00 PM at the Sheraton.

Happy Thanksgiving

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Letters: maximum 400 words; one letter per writer, per calendar month. Must be signed for attribution, with writer's address and phone.
Letters accepted by mail or email.

ART / MUSIC / THEATER

ART

CEIJA STOJKA exhibition November 21 – January 3, 2009, **West Branch Gallery**, Stowe. *A Holocausts Thank You to America*, called "Live- Dance- Paint." It's a traveling exhibition of works by Austrian Romani ("Gypsy) Holocaust survivor, painter, singer and writer Ceija Stojka. The show includes works about Stojka's life before, during, and after the war, as well as large floral paintings. I'm enclosing a press release to tell you more about it, and attaching images of two paintings (of many!) included in the show.

Mistletoe Art Fair at the Essex Shoppes and Cinema, Mar-



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Sunday 4:00 PM - 8:00 PM

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Emile A. Gruppe Gallery presents an exhibition of watercolor and oil paintings by Michael Strauss, a painter who lives in So. Burlington Vermont. The public is invited to an artist reception on Saturday, December 5 from 2:00-4:00 PM at the gallery located at 22 Barber Farm Road in Jericho. The show will hang through January 17, 2010. Michael currently teaches drawing and writing classes at UVM. He grew up in California and moved to Vermont in 1968 and has enjoyed drawing and painting as hobbies most of his life. His brighter works in oil and acrylic are influenced, in both subject and style, by the California colorists as well as the Canadian impressionists. Gallery hours are 10:00 AM – 3:00 PM, Thursday through Sunday or by appointment (802) 899 3211. PHOTO CONTRIBUTED

garet M. Maffin and Valerie Ugro of Fairfax, and Caroline Brown of Westford plus Kathleen Berry Bergeron, Robert Brunelle, Kitty DiNicola of Jericho, Mary Pacifici or Underhill Center and Ken Tefft of Underhill are among 36 members of the Essex Art League participating in the Mistletoe Art Fair during the first three week-ends of December. The fair will be held at the Essex Shoppes and Cinema (the fashion outlet mall) on Rte. 15 in Essex Center. The shop space for the fair is between Hannafords and Factory Brand Shoes. The hours will be Fridays 5:00 to 8:00 PM, Saturdays and Sundays 10:00 AM to 4:00 PM.

The Essex Art League is an association of over 100 artists from the greater Chittenden County area who share their interests and expertise in fine art and photography and display their work throughout the year. Several members are full time artists while the majority are retired art and design professionals as well many others who have taken up art in retirement years. The artists will have originals, reproductions and other art products such as note cards available for sale. For more information call 862-3014 or visit essexartleague.com.

Several members of the **Essex Art league** will be exhibiting work through the months of November and December. These will all be original works with many being offered for sale. A Small Pictures Show will be held during November at the Burnham Library, Rte. 2A in Colchester. At the Fletcher Allen Health Care Center, 353 Blair Park in Williston, Monique Dewyea, Donna Owens, Ginny Baker, and Mary Pacifici will display their work. This exhibit will continue through December. Lynn Powers will display her pieces at the Essex Town Of-

fices, 81 Main St., Essex Jct. This exhibit will continue throughout December as well. For more information call 862-3014 or visit essexartleague.com.

Local artists – Jane Sandberg from Jericho and Mary Pacifici from Underhill – are exhibiting watercolor and mixed media art at the **Brownell Library in Essex Jct.** during the month of November.

Emile A. Gruppe Gallery presents a new exhibition entitled "Daughters and Fathers" featuring the watercolor pen and ink paintings of Harald Aksdal and the photography of his daughter Lauralee Aksdal Best, and the sculpture of Stanley Lutostanski and the drawings of his daughter Gabriela Lutostanski. The Gallery is located at 22 Barber Farm Road, Jericho, 899-3211. The show will hang through Sunday, November 29.

The New Flesh: The films of David Cronenberg, Thursdays at 7:00 PM, **Firehouse Center for the Visual Arts** - Second Floor. Corresponding with the Firehouse Gallery exhibition *Medicine & Mortality*, this four-film series explores the work of award-winning filmmaker David Cronenberg, known as the originator of the visceral horror genre. Not for the faint of heart, Cronenberg's films explore themes such as disease, disaster and the transformation of one's physical self. Other films by the director include *The Fly*, *The Dead Zone*, *Scanners*, and more recently *A History of Violence* and *Eastern Promises*.

November 5 - *Dead Ringers*, rated R; November 12 - *Existenz*, rated R; November 19 - *Crash*, rated NC-17. Mature audiences only - films contain adult subject matter. Donations accepted. The Firehouse Gallery, 135 Church Street, Burlington, VT.

The Future of Photography & Photojournalism: Discussion and Q & A with the photographers Eirik Johnson (in person) and Shawn Rocco (via live video), November 14, 4:30 to 6:00 PM. Helen Day Art Center members are free. The fee for all other attendees is \$20 at the door or \$15 in advance. This event is part of our special programming that comes with the benefit of a Helen Day Art Center membership.

Liz Kauffman: New Paintings, **Helen Day Art Center**, 5 School Street, Stowe, through November 28. Gallery Hours: Wednesday - Sunday, noon to 5:00 PM. This fall we're featuring the Johnson painter Liz Kauffman in our East Gallery as part of our showcasing of regional emerging artists. Liz will have a selection of new oil paintings on canvas and paper for viewing.

The Relentless Eye, Global Cellphone Photography 2009, now to November 28. The mobile phone is in our pocket, in our bag, at all times. Its small basic camera records our daily life, where we go, what we see and who we know. Then, in only a few seconds, we can send our images to friends and strangers alike throughout the world. This ability to share the human experience, to describe what we have seen with immediacy and elegant simplicity has opened the flood gates of creative opportunity. The images selected for *The Relentless Eye* reflect this creativity.

MUSIC/DANCE

Thursday, November 19

The Guthrie Family Rides Again with **Arlo Guthrie and Family** at 7:30 PM at the Flynn Center for the Performing Arts in Burlington. Contact 86-FLYNN or www.flynncenter.org.

Open Mic at 7:30 PM at the Purple Moon Pub in Waitsfield. First Thursdays. Contact 496-3422.

Friday, November 20

Contra and Square Dance with **Rebecca Lay** (caller) and **Katie Trautz, Julia Wayne, and Stuart Kenney** from 7:00 to 9:30 PM at the Elly Long Music Center in Colchester. Presented by the UVM Old Time Music Club and students at St. Michael's College. Contact wmentor@smcvt.edu or mrksustc@together.net

Will Patton Ensemble (David Gusakov, Anna Patton and Dono Schabner) with **They Might Be Gypsies** at 7:00 PM at the Old Brick Church in Williston. Part of the Brick Church Music Series. Benefits the Vermont Alzheimers Association. Contact www.brickchurchmusic.com or Rick McGuire 878-0919.

English Country Dance with **Judy Chaves, Val Medve** and friends (teachers) and **Joanne Garton, Aaron Marcus and Ana Ruesink** from 7:30 to 9:30 PM at the Elly-Long Music Center in Colchester. Bring finger food snacks to share at the break. For information more contact www.peter.burrage.net/lance_valandtom@myfairpoint.net or 399-2378.

Jay Ekis and Brian Clark at the Skinny Pancake in Burlington. Contact www.skinnypancake.com

Argentine Tango milonga from 7:30 to 9:30 PM at Salsalina Dance Studio in Burlington. Contact Queen City Tango arslonga@verizon.net

Saturday, November 21

'Cosmic Dance of the Four Elements' workshop with **Kevin Dann and Sara Doncaster** from 9:00 AM to 1:00 PM at the Lake Champlain Waldorf School in Shelburne. Contact 559 - 4915 or kdann@me.com

Art/Music/Theater continued on page 5



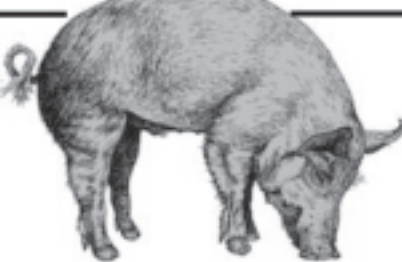
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20 lb. Box	5.50/lb
A selection of Chops, Bacon, Ham, Roasts, Sausage, and Ribs.	
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Whole Animal	4.50/lb
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COMING EVENTS

Friday, November 20
Transgender Day of Remembrance memorial. Chittenden Room at Burlington College, North Ave., Burlington from 5:30 – 8:00 PM.

English Country Dance. Elley-Long Music Center, 223 Ethan Allen Ave., Colchester. 7:30 to 9:30 PM. Music by Dominique Gagne (flute), Joanne Garton (violin), and Aaron Marcus (piano). All dances taught. Casual dress. Come on your own or with a partner. Bring a finger food snack to share at the break. \$8 (\$5 student/under 30). Info, 802-899-2378. Website: www.peter.burrage.net/dance.

Saturday, November 21
Christmas Cupboard Community Craft Fair. Underhill ID School, 10 River Road, Jericho, 9:00 AM - 2:00 PM. Free admission and refreshments. Local crafters with unique items and wonderful holiday gifts.

Holiday Showcase and Craft Fair, Bellows Free Academy, Fairfax from 9:00 AM to 3:00 PM. Admission free. Benefits BFA Football. For more information call Sarah Webb at 802-782-6874 or webbsa@myfairpoint.net.

Friday & Saturday, November 20 & 21
 Creative Women annual Holiday Studio Sale at the Chace Mill, 10:00 AM – 6:00 PM. Vermont-based importers of elegant home and women's accessories made from hand-woven Ethiopian and Swazi textiles.

Saturday, November 28
Huntington Crafters Holiday, Huntington Public Library, 9:00 - 3:00 PM. 15 crafters featuring everything from beaded jewelry, fleece wear, tote bags, Alpaca wool, metal critters, and knitted and felted products to baby clothing, photographs, and holiday items. Live music will be playing in the library balcony throughout the day. There will also be a raffle to benefit Huntington Valley Arts. Food will be available. Call coordinator Leta Watkins at 434-2243 before 8:00 PM or email lwatkins@gmavt.net.

Saturday & Sunday, November 28 & 29
Albany Berkshire Ballet to present the beloved ballet, *The Nutcracker*, at the Flynn Center for the Performing Arts, 3:00 and 7:30 PM shows on Saturday, November 28 and a 1:00 PM matinee on Sunday, November 29, will feature children ages 4 to 17 in roles of party children, toy soldiers, mice, angels, clowns, and reindeer. Show times for *The Nutcracker* are Saturday, November 28 at 3:00 and 7:30 PM, and Sunday, November 30 at 1:00 PM. Tickets may be purchased at the Flynn Theater Box Office, through www.flynnitix.org or by calling (802) 86-FLYNN. Discounted tickets are available for students, children and seniors.

Friday & Saturday, December 4 & 5
25th annual Holiday Fair, Lake Champlain Waldorf School, 802.985.2827; www.lakechamplainwaldorfschool.org. December 4, 6:30 to 9:00 PM, A European-style Craft and Gift Market featuring exquisite Waldorf toys and dolls, as well as over 40 Artisan vendors offering handcrafted gifts and goodies. Shop in a festive atmosphere with live music, lattés, and savory & sweet treats. Adults and older teens only. Shelburne campus directions: Harbor Road, turn right on Turtle Lane, proceed to the end of the dirt road. December 5, 10:00 AM to 3:00 PM. Fun for the whole family! Live music, gift making & activities for all ages, performances for young children, the "Crystal



Browns River, watercolor by Caroline Brown.

PHOTO CONTRIBUTED

more. Shelburne campus directions: Harbor Road, turn right on Turtle Lane, proceed to the end of the dirt road.

Saturday, December 5
CCS PTO Winter Craft Show, 9:00 AM to 4:00 PM at Charlotte Central School. Contact Kelli @ 985 2575 or beadedexpressions802@yahoo.com for more information.

Christmas Bazaar, St. Ann Church, 41 Main St., Milton. Decorated fresh balsam wreaths; homemade baked goods, doughnuts, pies, baked beans, and candies; handmade crafts; silent auction and raffle. A wide selection of items on our White Elephant Tables. Come enjoy lunch with a variety of homemade soups available!

Saturday & Sunday, December 5 & 6
First annual Ski/Ride and Skate Swap at Cambridge Elementary School, sponsored by Cambridge Rotary. Billed as the last local "swopportunity" of the season, area residents are encouraged to upgrade or resize their winter sports equipment at this event. Here's how it works: Drop off your good-condition contemporary boards, skis, skates and accessories (no straight skis, please) at the school between 6:00 and 8:00 PM on Friday the 5th. The sale will take place on Saturday from 8:00 AM – 5:00 PM, and Sunday from 8:00 AM to 2:00 PM in the lower level area of the school (cafeteria). Pickup of proceeds and unsold items will take place on Sunday after the sale between 2 and 3 PM. The Cambridge Area Rotary will retain 20% of the proceeds, which will directly benefit the Winter Wellness Days program for 4th-6th grades at Cambridge Elementary School. More information at www.rotarycambridge.org/swap

Sunday, December 6
Country Breakfast sponsored by the Knights of Columbus Council #7810 of St. Thomas Church in Underhill Center from 8:00 AM to NOON in the church hall. The menu will include eggs, bacon, sausage, potatoes, pancakes, fruit, juice, and coffee. The cost is by donation. Proceeds from the breakfast will help support the church's food and fruit baskets given out at the holidays. For further information, please call the church rectory at 899-4632.

The annual Jericho Center Christmas Tree Lighting and Library Open House will be held from 3:00 to 5:30. Enjoy cookies, punch, music, kid's crafts, stories and visiting with neighbors at the Library. Then watch Santa arrive by tractor and light the Holiday Tree on the Jericho Center Green. There are festive green jars on the counters of local stores to help raise money for the power and replacement lights for this annual community event. However, if you wish to make an additional donation to the Holiday Tree Fund, please send your tax-deductible contribution to the Jericho Center Preservation Association- Holiday Tree Fund, PO Box 1018, Jericho Center, VT 05465.

Jericho Center Christmas Tree Lighting a visit from Santa. The Jericho Center Library will host an Open House, from 3:00-5:00 PM, with holiday cookies, punch, music, children's crafts and stories read by local author, Tracey Campbell Pearson. This will be followed by an outdoor Christmas Carol sing-along. At 5:00 PM, Santa will be arriving by tractor and will turn on the lights on the giant Christmas tree in the Center Green. Everyone is invited to this very special annual holiday event!

Monday, December 7
Bestselling mystery author Louise Penny will read from and autographed her newest Inspector Gamache mystery, *The Brutal Telling*, at Phoenix Books and Cafe at the Essex Shoppes and Cinema, Essex, 7:00 PM. *The Brutal Telling* is a *New York Times* bestseller and an American Booksellers Association IndieNext Pick - and has earned glowing reviews from *Booklist*, *Publisher's Weekly*, and many other publications. This event is free and open to the public.

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Art/Music/Theater continued from page 4

'Small Town Dance' CD Release Concert with **John Gibbons** plus **Colin McCaffrey, Karen Mcfeeters, Craig Anderson, Andre Maquera, Andy Greene, Carol Hausner, Neal Brown, Alan Gratton, and Justin Olds** at 7:30 PM in Alumni Auditorium at Champlain College in Burlington. Contact www.JohnGibbonsMusic.com

Didgeridoo concert at 7:30 PM at the Town Hall in Shelburne. Monthly from November through May. Verify before traveling if weather is bad. Contact 309-2812.

Mark Struhsacker at the Bee's Knees in Morrisville. Contact www.thebeesknees-vt.com

Food in the Fizzy Factory at the Skinny Pancake in Burlington. Contact www.skinnypancake.com

Acoustic music session from 1:00 to 4:00 PM at the Foothills Bakery in Fairfax. Contact mrksustc@together.net

Sunday, November 22
 Drum Circle from 7:00 to 9:00 PM (6:00 PM potluck) at River Arts in Morrisville. Every Sunday. Contact Jessica Lawson 888-3934.

Monday, November 23
The Vermont Fiddle Orchestra session from 7:00 to 9:00 PM at the Capital City Grange in Montpelier. Jam session starts at 6:00 PM. Contact 877-343-3531, www.vtfiddleorchestra.org or info@vtfiddleorchestra.org

Friday, November 27
Tim Jennings and Leanne Ponder CD Release Party at 7:00 PM at the Wood Art Gallery in Montpelier. Bring a donation for the Food Shelf. Contact 828-8742 or info@twoodgallery.org

Gordon Stone Band at the Brewski in Jeffersonville. Contact 644-6366 or www.gordonstone.com

Saturday, November 28
 Cajun Music and Dance with **Andy Stewart, Mary Jo Slattery and Robin Russell** at the Middlesex Town Hall. Workshops from 1:00 to 2:00 PM (youth fiddle), 2:15 to 3:45 PM (Cajun fiddle) and 4 to 5:15 PM (Cajun guitar and vocals). Cajun Dance from 5:30 to 6:30 PM followed by Cajun Jam Session and Dancing from 6:30 to 10 PM. Sponsored by Woodbury Strings and Sap Run Fiddlers. Register by 11/25/09. Contact Sarah Hotchkiss 223-8945 x2 or woodburystrings@att.net

Gordon Stone Band at the Brewski in Jeffersonville. Contact 644-6366 or www.gordonstone.com

Wednesday, December 2
 Open Mic Night from 6:00 to 8:00 PM at Phoenix Books and Café at Essex Shoppes and Cinema in Essex. First Wednesdays. Contact 872-7111, michael@phoenixbooks.biz or www.phoenixbooks.biz

Thursday, December 3
Patrick Fitzsimmons at On the Rise Bakery in Richmond. Contact www.ontherisebakery.net

Friday, December 4
 (12/4/09 through 12/6/09) **Vermont International Festival** featuring non-stop multi-cultural music and dance at the Champlain Valley Exposition in Essex Junction. Presented by the Vermont Performing Arts League. Contact 863-6713, [\[us.org\]\(http://us.org\) or \[www.vermontinternationalfestival.com\]\(http://www.vermontinternationalfestival.com\)](mailto:VIF@vpal-</p>
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THEATER

Essex High School Theater Little Shop of Horrors opens November 19. "Come and see the mysterious plant, Audrey II, at Mushnik's Skid Row Florist Shop!" Essex High School Theater proudly presents *Little Shop of Horrors*, with performances November 19-21 at 7:00 PM. EHS is excited to feature the original Audrey II plant from the off-Broadway production of *Little Shop of Horrors*. It's a fascinating creation that will amaze and thrill as its appetite grows.

EXPERT CARE WITH A PERSONAL TOUCH

The care I got was excellent my family was treated with as much respect and friendliness as I was. And that is very important to me.
 Pauline Boyce, Wolcott

The nurse was very considerate and the doctor listened, explained my injury and then treated me- giving me ownership of my recovery. The way I envision personal health care to be conducted Myrna Locke, Hyde Park

The care (level of) was met with a family touch.
 Diane Kane Erwin, Morrisville



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ONGOING EVENTS

ADULT ACTIVITIES

The **Essex Art League** holds monthly meetings at the First Congregational Church, 39 Main St., Essex Jct. For information, 862-3014.

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.

The **Vermont French-Canadian Genealogical Society** library is now open every Tuesday from 3:00 to 9:30 PM (except for holidays). Our regular Saturday hours (every Saturday, except holidays, 10:00 AM to 4:00 PM) have resumed.

We offer Vermont and Canadian Catholic Parish records, Vermont Vital Records on Microfilm, Census records and other resources to assist with family history research. We also have Internet access for our members. Volunteers are available to assist individuals. Learn more about your ancestors, French and English. The library is located at the Dupont Building, Hegeman Ave. across from the VT State Police building in Fort Ethan Allen, Colchester. For more information or appointment call 862-8082, 878-8081, or go online at www.vt-fcgs.org or send an email to mail@vt-fcgs.org

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

HEALTH EVENTS & GROUPS

Alzheimer's Support Group - Free educational support group series for families coping with a loved one with Alzheimer's disease and related dementias. This series gives caregivers the opportunity to better understand and develop strategies for the future. Held monthly at The Arbors at Shelburne. For more information and to register, contact Nicole Houston, Director of Family Services, The Arbors at Shelburne, 985-8600.

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

TOPS Chapter 145 Jeffersonville meets 6:15 PM on Thursdays at the Eagles Club, Route 109, Jeffersonville. Weigh-in 5:15-6:00 PM.

Healing Circle Breast Cancer Network, support group for women with breast cancer, meets first Tuesday of every month at

5:30 PM, Northwestern Medical Center, Conference Room #1. RSVP at 524-8479.

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

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

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

Pilates Classes: New Wednesday class beginning at MMU at 6:45 PM. Late afternoon classes open to the public offered at Mt. Mansfield UHS, Browns River Middle School, and Underhill ID School. Evening classes at Dakini Studio in Underhill. Check website for new classes in Jeffersonville. For schedule information contact Lisa Timbers at 899-4191 or visit <http://dakinstudio.wordpress.com>

KIDS

Underhill Playgroup, kids ages 0-5 with their caregivers are always welcome to join us Fridays from 9:30 - 11:00 AM at Underhill Central School for playtime, crafts, stories, songs and fun! For additional information or questions, please contact Heather Lebeis at 899-4415 or Underhillplaygroup@yahoo.com.

Jericho Playgroup, Monday mornings 9:30 - 11:00 AM at the Jericho Community Center. Starting September 14, following the school calendar. For children from birth to age 5, with a caregiver. Please contact Mariah with any questions at jerichoplaygroup@hotmail.com or 899-1750.

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

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

SENIORS

Jeri-Hill XYZ Seniors meet at the Town Hall in Underhill Center on the first and third Wednesday of each month. All seniors are welcome! Dinners are served at 11:30 AM. For information, please

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

Westford Senior lunches - Join Westford Seniors for lunch at the Red Brick Meeting House on the Common the second Monday of each month. Lunch is served at 12:00 noon with a short meeting or presentation following. Call 878-7405 or 879-7382 for information or for a ride.

SPORTS ACTIVITIES

Adult coed volleyball in Westford, 8:00 - 10:00 PM, Mondays, Westford Elementary School gym. Fun, casual volleyball. \$2 at the door. Call coordinators Jon and Tammy Brown, 872-8333, for information.

Bolton Men's Basketball, Tuesdays, 7:00 - 9:00 PM, Smilie School Gym. For adults and young adults age 16 and up. Contact Bill Newton, 434-3348.

Pilates Classes offered at Jericho Community Center, Underhill ID School, Mount Mansfield UHS, Cambridge Elementary School and at Dakini Studio in Underhill. Please call Lisa Timbers for more information. 899-4191. dakinstudio.wordpress.com

SUPPORT GROUPS

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

Approach Autism With Advocacy, Recovery & Education (AAWARE) in the Lamoille Valley, third Sunday, 3:00 - 5:00 PM, Second Congregational Church of Jeffersonville Community Room, Jeffersonville. Special topics, guest speakers, resource information; playroom for kids, fenced side yard for outdoor play. For information, Terry Holden, 644-2759 (Jeffersonville) or Tina Karl, 888-3430 (Hyde Park.)

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

Lamoille Valley Kin as Parents, second and fourth Thursdays, 6:00 - 7:30 PM, Lamoille Family Center, Morrisville. Dinner and child care provided. For more information, Imelda at 888-5229 ext. 152 or Rhonda Barr, 888-1376.

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

TOWN GOVERNMENT AND ORGANIZATIONS

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

Tim Nulty, Jericho Selectboard member, at the Village Cup, first and third Wednesdays, 8:00 - 9:00 AM, and at the Flour Shop, second and fourth Wednesdays, 8:00 - 9:00 AM.

Westford Fire Department, Mondays, 7:00 PM, at the fire station next to the Town Garage. Volunteer for firefighting, dispatching, radio communications, computer operations, grant writing, equipment maintenance, fire police, education, and much more. For information, email John Quinn, jquinnvt@aol.com.

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

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

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


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

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HEALTH/PEOPLE

OBITUARIES



Norman W. Spiller, 89, died peacefully on Thursday, November 5, 2009 in the Green Mountain Nursing Home in Colchester, VT. Norm was born on September 5, 1920 in Wilmington, VT, the son of Leroy and Winona (Trombly) Spiller. He graduated from BFA in Fairfax, VT and purchased a dairy farm in Westford, VT where he farmed for many years. During his early years Norman enjoyed motorcycling; he also worked as a school bus driver and delivered eggs to customers as far away as Essex and Jericho, VT. He was a member of the Vermont Conservation Corp and Vermont Farm Bureau. He was also a Selectman in Westford for many years and a member of the Masons. Following retirement from farming, Norm worked for Dave Bartlett as a landscaper and was a jack of all trades. He enjoyed gardening, fishing, and history and was a member of the Grange. He is survived by his children June Ross and her husband Cliff of Westford, VT; Roy Spiller and fiancé Gail Laplant of Jericho, VT; Stephen Spiller and wife Pam of Westford, VT; and Randy Spiller of Essex Junction, VT; he is also survived by his grandchildren Sean, Jeremy, Craig, Alyssa, Jennifer, Stephanie, Belinda, Reg, and Matthew; his 9 great grandchildren, his step-brother Larry Leach of St. Albans, VT, and by several nieces and nephews. He was predeceased by his daughter Gail Spiller on December 20 of 1998; his daughter-in-law Sue Spiller on January 12 of 2001; and his sister Elaine Lavalley on September 25 of 2009. Norman's family would like to thank the nurses and staff for the wonderful care given to him during his stay at the Green Mountain Nursing home. A Funeral Service were held on Wednesday, November 11, 2009 at 10:00 AM in the United Church of Westford, VT. Burial will follow in the Pleasant View Cemetery in Westford, VT. Visiting hours were held on Tuesday, November 10 from 5:00 to 8:00 PM in the Minor Funeral Home in Milton. Memorial contributions may be made to the VNA, Home Care Program, 1110 Prim Road, Colchester, VT. 05446. Online condolences may be made to www.minorfh.com.



Jovian Neshobe Wilson, 31, of Jeffersonville, died suddenly on the evening of Thursday, November 12, 2009, from complications related to

asthma. His adoring wife, Jessica, tried desperately to save him. Jovian was born at home on August 24, 1978, in Goshen, VT, the son of Michael and Melody (Jones) Wilson. He was a graduate of Otter Valley Union High School Class of 1996, and attended Franklin Pierce College. On May 29, 2004, Jovian married his teenage sweetheart, Jessica Ellen Conti. Jovian is survived by his heartbroken and adoring wife, Jessica Ellen Conti Wilson of Jeffersonville, VT, his two baby daughters, Hayden Ellen Wilson, 2 years old and Devin Caroline Wilson, 4 months old; his parents Michael and Melody Wilson of Goshen, VT; his brother Caber Wilson of Goshen, VT; his brother Peter McLaughlin of Myrtle Beach, SC; his paternal grandparents, Leonard and Helen Wilson of Tucson, Ariz.; his parent-in-laws Earl and Penny Conti of Woodbridge, Conn.; his sister-in-law Christina Conti Wethington, her husband William, and their children Matthew and Tyler Wethington of Cincinnati, Ohio; and several aunts, uncles and cousins. Jovian was predeceased by his best friend, Tad Goldberg, and his maternal grandparents Elmer and Betty Jones. Jovian was a loyal employee of Stowe Mountain Resort where he worked at Spruce Peak Golf Course and groomed the gorgeous Stowe trails. All who knew and love Jovian, will remember his excited eyes and smile, his love of his wife and babies, Jessica, Hayden, and Devin, and his love of music, particularly Phish. "Home, is where I want to be, But I guess I'm already there, I come home, she lifted up her wings, Guess that this must be the place, I can't tell one from another, Did I find you, or you find me? There was a time before we were born, if someone asks, this is where I'll be, where I'll be." David Byrne. A funeral service celebrating Jovian's life were held at 2:00 PM on Tuesday, November 17, 2009, at Saint Paul's Episcopal Cathedral, 2 Cherry Street, Burlington, VT, with burial to follow. In lieu of flowers, donations in Jovian's memory may be sent to the "Education Fund for Hayden and Devin Wilson" in care of TD Bank, 111 Main Street Burlington, VT 05401. Arrangements were in the care of the Ready Funeral Services.

Sciatica

Sciatica is a severe, sharp, shooting pain or numbness and tingling that can be felt in any or all of the following locations: buttocks, back of thigh, back of knee, lower leg and foot. These symptoms can last days to months. Injury of or pressure on the sciatic nerve causes these symptoms. The sciatic nerve is the largest nerve in the body. It is comprised of nerve roots from the lumbar (low back), sacral and coccygeal (buttocks) regions of the spine. The sciatic nerve is the nerve supply to the leg.

What causes these problems? The most common reasons for sciatica are degenerative joint disease (aka osteoarthritis), disc herniation, piriformis syndrome (an entrapment of the sciatic nerve by a muscle in the buttocks called the piriformis or entrapment of the lumbar spine and the sacrum called the lumbo-sacrum ligament. Other causes of sciatica include obesity, pregnancy, spinal stenosis (a narrowing of the spinal canal) and psychological causes (aka emotional backache).

Treatment should be approached in two different ways: pain reduction and resolving the underlying cause. Patients should RICE, which stands for rest, ice, compress and elevate. These steps help reduce inflammation and give the body a chance to heal. Try to figure out what increases symptoms and what decreases symptoms; do what improves comfort and avoid what provokes pain! I recommend herbal anti-inflammatory such as turmeric, ginger, bromelain, boswellia, etc. Chiropractic adjustments and physiotherapies like ultrasound massage and electric muscle stimulation can also be beneficial in reducing pain.


Long term solutions may include improving posture, ergonomic improvements, custom fitted orthotics/foot beds and the use of other spinal support products. Also important is strengthening the "core" muscles in the trunk of the body. Yoga and Pilates both address this. If the problem is psychogenic, efforts should be made to discover what the real emotional problem is and strive to resolve that. Stress management often helps. Because lumbar alignment affects the sciatic nerve, regular chiropractic care can not only manage the pain but help prevent the problem in the first place.

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

American Red Cross recognizes donors

American Red Cross Blood Services awarded the following local residence their gallon pins. Ramon Astillero, Jericho, 52 gallons; Eric Bishop, Jericho, 54 gallons; Gary Bruening, Underhill, 54 gallons; Timothy Dubrow, Underhill, 54 gallons; Bradley Eldred, Underhill, 8 gallons; Katherine Koniuto, Underhill, 83 gallons; Ronald Berry, Underhill Center, 50 gallons; and Arthur Vigil, Westford, 2 gallons.


Place an ad to remember a loved one, celebrate a birthday, or anniversary. Call Brenda at 802-453-6354. Starting as low as \$25.00



In Loving Memory

Happy Birthday!

Dear Papa,
We are thinking of you and miss you dearly. We are sending you a balloon and hope you catch it, a note of love will be attached.



Love Tracy, Zachary, Devon and Danielle.

P.S. Keep sending the Rainbows.

HEALTH WORKSHOPS

Wednesday, December 2, 2009


Healthy Holiday Appetizers, One Federal Restaurant, 1 Federal St., St. Albans, 6:30 to 7:30 PM. Join Chef Hamblett to watch the preparation of some healthy appetizers that you can make for the holidays. Get a taste and recipes too. Pre-registration required call 524-1234 or email cjhw@nmcinc.org. Size limited to 40.

Thursday, December 3, 2009

Good for the Heart Gifts in a Jar, Hawk's Nest Senior Housing, Community Room, St. Albans, 6:00 to 7:00 Pm. A gift-in-a-jar is a simple and inexpensive homemade gift that is sure to please anyone on your gift giving list. Join us to make a heart-healthy layered soup-mix or a "healthier" cookie mix. Each participant will go home with a gift-in-a-jar complete with a fabric topping and printed recipe card. We'll also share other recipe ideas. All supplies will be provided. Call 524-1234 or email cjhw@nmcinc.org. Limited to 24

Happy Birthday

Wendy



For all you are
and how much you care.

Love your family and pets.

Libertarian Party
Underhill Caucus

Monday, November 30, 2009,
7:00 PM, at 27 Maple Ridge Road

All Underhill voters invited - may not have
caucused with another Party. Officers will
be elected, plus discussion of Less Government,
Lower taxes, and greater personal freedom.

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LIBRARY NEWS

Concept 2 receives award from UWLC

DEBORAH RAWSON MEMORIAL LIBRARY, UNDERHILL
Art for November are watercolors by Penny Moore and old tins collected by Rick Davis.

The Board of Trustees is preparing the budget for the next fiscal year. They will meet Thursday, November 19 at 7:00 PM to finalize the proposed budget. Please give them your input. A copy of the proposed budget is available at the library.

Friday, November 20 at 7:00 PM is the next Italian Movie night. The title is yet to be announced.

The library will be closed Thursday, November 26 and 27. Our regular hours will resume on Saturday, November 28.

On Monday, November 30, 6:30 to 8:30 PM please join us in creating colorful gift wrap and cards for the holidays. We will use potatoes, rubber stamps, stencils and paint to decorate the surfaces of our projects. We will work part of the time as a group to create the wrapping paper. Supplies are provided but feel free to bring anything that might be fun to play with. Mary Hill will have some examples of her work in the library for you to get inspired by.

All ages are welcome, we recommend children under 10yrs. be accompanied by an adult. Space is limited so please call to library to register.

This month the silent auction item is a seasons pass to Smugglers' Notch! Bids will be taken until November 19 for this incredible item. Come to the library to bid soon.

Join us for Music Sunday, December 6 at 2:00 PM.

Middle and High School Book Group - If you enjoy reading and are interested in helping to select books for the library collection please join us on Tuesday, November 24, 1:30 PM. Refreshments served. To register call 899-4962.

Preschool Story Times: Stories, songs, fingerplays, snack and craft for preschoolers and their caregiver. Drop in, no registration needed: Wednesdays at 11:00 AM, December 2 and 9; Thursdays at 10:00 AM, December 3 and 10.

Evening Story Time for Families: Parents with older preschoolers and children in kindergarten thru second grade are invited to join us for stories, craft and light refreshments. Thursday, December 3 and January 7 at 6:30 PM. Please call to register 899-4962.

Welcome Baby - Parents and infants, 1 year and younger, are invited to attend our welcome baby group. Participants will receive a welcome baby bag with gifts and information about community resources and have the opportunity to chat with other new parents. Friday, December 4 at 10:30 AM. Cosponsored with Building Bright Futures. Facilitator Eliza Kramer.

Hoo's Out There - Join us for this multi-media presentation featuring live owls. This terrific science program is funded by an anonymous donor wishing to honor the following teacher as the JES: Carol Bahr, Kim Burroughs, Gigi Devine, Mary Fran Holly, Ruth Nelson, and Joyce Siller. For kindergarten to adults. Friday, December 4 at 6:30 PM. Advance registration required. Call 899-4962.

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

JERICHO TOWN LIBRARY, JERICHO CENTER

Monday, November 30 from 6:00-7:30 PM, If you like to Write? Come check out the writer's club for adults. This is a free program open to the public (can register but not necessary). For more information call the library at 899-4686.

Saturday, November 21, 20, 9:00-10:30 AM, TAB (Teen Advisory Board-grades 7-12) Meeting. Join and have fun with the fabulous TABbers. Refreshments served.

Wednesday, November 25 at 10:00 AM Puppet show story hour. Come be entertained by the talented TAB (Teen Advisory Board) members as they present *The Fisherman and his Wife*. Make a spoon puppet with the teens and enjoy a snack.

The Jericho Town Library will host its annual open house on Sunday, December 6, from 3:00-5:00 PM to celebrate the season. The library will be open to the public. Children can gather to listen to Tracey Campbell Pearson read and join in a craft. Music and refreshments including the "famous" punch will be provided. The lighting of the tree by the Jericho Center Preservation Association on the Village Green will follow with Santa making an appearance



The staff of Concept 2 proudly displays their "Business of the Year" award, presented by the United Way of Lamoille County. Concept 2 runs an employee payroll campaign and matches all employee gifts 2:1. Concept 2's generosity has allowed the non-profit to expand their work in the community.

PHOTO CONTRIBUTED

by tractor. Everyone is invited to stop in for the fun!

Story time including craft and snack is held every Wednesday upstairs at 10:00 AM.

Come share the joy of books, songs, and finger plays! A special thanks goes to Elizabeth Bernstein for continuing to read and Jean Yungfleisch for her wonderful guitar music!

Upcoming themes:

Wednesday, December 2, 10:00 AM – Numbers

Wednesday, December 9, 10:00 AM – Angels

Wednesday, December, 10:00 AM – Reindeer/Deers

If anyone wants to volunteer to be a part of the catalog automation trouble shooting correction project which includes computer and non-computer tasks. So, if you have even an extra hour or two please consider helping. For more information call the library at 899-4686.

High School students needing to fulfill community service please volunteer at the library when your schedule permits. Your help is really appreciated. Call or stop by!

The Board of Trustees meets regularly the first Thursday of the month at 7:00 PM at the library. The public is welcome so join us at our upcoming meetings on Dec.3rd and Jan. 7th. The hours for the Jericho Town Library on the Green are Monday and Friday 1:00-5:00 PM, Wednesday 10:00 AM-12:00 PM and 2:00-6:00 PM, Saturday 10:00 AM-1:00 PM. For more information call 899-4686 or email us at Jerichotownlibrary@gmail.com.

WESTFORD TOWN LIBRARY

Upcoming Events:

Thursday, November 19, 11:00 AM: Storytime. Stories and activities for preschoolers. Theme: Cold Places.

Vermont Hand Crafters support our Troops this Holiday Season

The Vermont Hand Crafters and the New Hampshire-Vermont Christmas Tree Association are working together to support a unique and wonderful program called Trees for Troops, which delivers real trees to military families around the world. The Vermont Hand Crafters have asked their members to donate holiday ornaments that will be used to decorate the trees. The live trees are being donated by the New Hampshire-Vermont Christmas Tree Association, which represents farms and retailers that produce and sell high quality trees, wreaths and related products.

Trees for Troops is run by the Christmas Spirit Foundation

Friday, November 20, 6:30 PM: Family Night at the Movies! "Up" Rated PG. Popcorn provided.

Saturday, November 21, 6:30 PM. Women's Game Night. Join this fun and welcoming group for food, laughter and board games! Contact Becky Roy for more info (879-9511).

Thursday and Friday, November 26 & 27 Closed for the holiday. Happy Thanksgiving!

Thursday, December 3, 11:00 AM: Storytime. Stories and activities for preschoolers.

Friday, December 4, 6:00-8:00 PM: Westford Knitters. All needle-crafters welcome on the first Friday of the month. Contact Lynn Finn @ 878-9639 or knittilynnie@gmail.com.

New Additions to the Collection: Adult Fiction: *Lacuna* (Kingsolver), *Wolf Hall* (Mantel). **Juv Fiction:** *Love Lizzie: Letters to a Military Mom* (McElroy), *Fancy Nancy: Poison Ivy Expert* (O'Connor). ******Seeking Legos for Lego Club****** The Library is working with a young patron to start a Lego Club and is seeking donations of Legos. If you have extra or unwanted Legos, please drop them by the library during normal hours (Wednesday 1:00-7:00 PM, Thursday 10:00-6:00 PM, Friday 12:00-6:00 PM, Saturday 10:00-2:00 PM). We greatly appreciate it! Lego fans...the club is for children in grades K-4. The first meeting is scheduled for Saturday, January 23, 1:00 -3:00 PM. A reminder will be in the January newsletter.

Our hours are Wednesday 1:00-7:00 PM, Thursday 10:00-6:00 PM, Friday 12:00-6:00 PM, and Saturday 10:00 AM-2:00 PM. We can be reached at 878-5639, westford_pl@vals.state.vt.us or www.westford.lib.vt.us.

LETTER TO THE EDITOR

Thank you to our amazing community To the Editor,

To the amazing community whose outpouring of generous support helped us nurse our son and brother, TJ White, back to health after his emergency bowel resection...a heartfelt thank you. Our gratitude extends across the region, from the teachers and families of Poker Hill School, to Tammy Nadeau and the families of Tammy's Little Lighthouse, to the Cambridge Elementary School and greater

Cambridge/Jeffersonville community, to our employers at MMUHS and Green Mountain Power. It is because of the wonderful folks we know through these diverse and overlapping networks, that we had the strength to care for TJ through hours of wrenching pain and discomfort, weeks of hospitalization, and a long, challenging recovery. A special note of appreciation for the exquisite skill and care offered at Fletcher Allen Health Care, especially the Emergency, Pediatric Surgery, PICU, and Baird 5 teams-and those special folks at Child Life who work so hard to make it all feel "normal." The nourishing meals; armloads of books, toys, and videos; abundance of cards, prayers, and well wishes sustained us all through the most

grueling moments and most certainly contributed to his healing process. To Fiona, Jenn and Noel, Kim, Beth and David, Keta, Jena, Allison, Lindsay, Kelly, Amy, Kathi, Amanda, Morgan, Patty, Tyler, Jada, and Naia who were with us at the most critical moments, we are humbled by your love and we offer it back to you a thousand-fold. To everyone else whose names were left off the list, but whose love is not overlooked, THANK YOU!! We are so grateful to have landed in the loving nest that is our local community.

With sincere appreciation, Kevin, Talia, Shea, TJ and Rhiannon White

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MISCELLANEOUS

UWLC receives check from Stowe Kitchen Bath and Linens



Stowe Kitchen Bath and Linens presents our local United Way with a check from proceeds of their knife sharpening event this fall. PHOTO CONTRIBUTED

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Jericho Underhill Lions to light a Tree of Light

The Jericho Underhill Lions Club is once again sponsoring a community wide fundraising project. Called the "Tree of Light", we are giving community members the opportunity to HONOR, REMEMBER, or CELEBRATE a family member, friend or neighbor deserving of recognition at this holiday time of year. We are stringing lights on the statuesque pine tree at the GAR Park in Underhill Flats on Rte 15, but we can't light the lights without your help. A small donation of \$5.00 dollars will light up a bulb in the name of a family member, loved one passed, or even a member of our armed forces serving our country. The Lions Club will acknowledge your gift with a card of thanks indicating your gracious contribution to our project.

All funds raised by our "tree" will go directly to the Jericho Underhill Lions Club Mt. Mansfield HS Scholarship Fund. This fund allows the club to give up to three scholarship awards to students presently at MMU planning to attend a school of higher learning or an MMU alumnus already at college.

The Jericho Underhill Lions Club wish you holiday blessings and hope that you will consider being a part of this great community project.

Use the form to send your names and donation or for further information you can contact Dave Williamson at 802 899-3122.



JERICHO UNDERHILL LIONS CLUB

"TREE of LIGHT"

Thank you for participating in our community project; lighting a bulb to HONOR, REMEMBER, or CELEBRATE a special person in your life.

To make that bulb glow this holiday season, complete the form below and send with your check to:

**J U Lions Club, c/o Dave Williamson
PO Box 66, Underhill, Vermont 05489.**

We will send to you a card acknowledging your thoughtful gift and hope you will join us as we light the tree up on December 12, 2009.

Your name _____

Address _____

Phone No. _____

I would like to light _____ bulb(s) @ \$5.00 a piece.

Please write in name(s) and circle designated acknowledgement below.

Name _____ Honor, Remember, Celebrate

Name _____ Honor, Remember, Celebrate

Name _____ Honor, Remember, Celebrate

Thank you again for supporting our special community project.
For further information call 899-3122.



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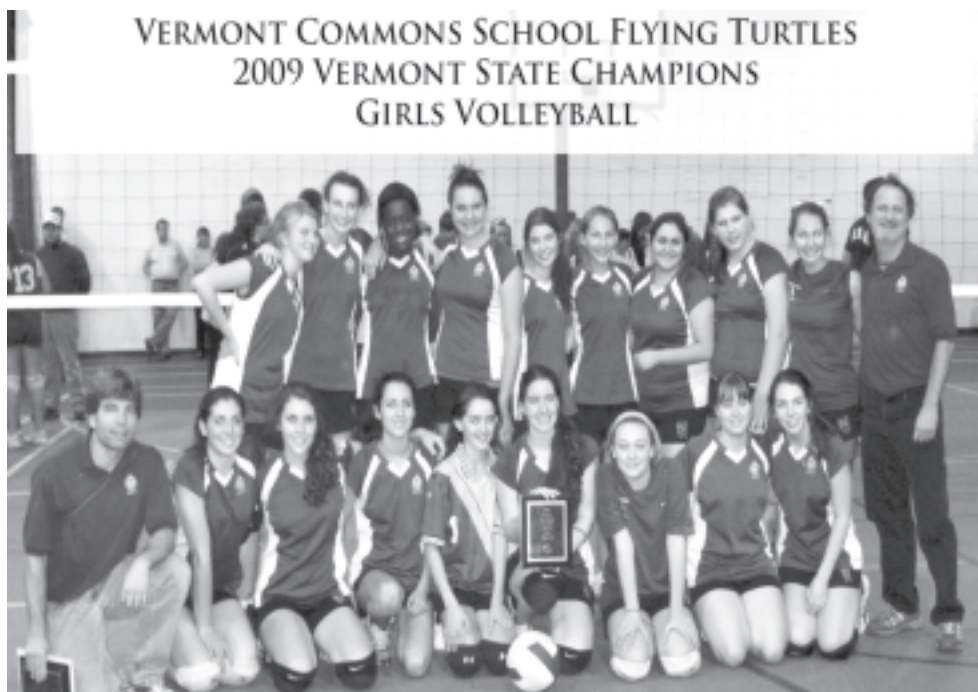
*Old Mill Craft Shop
and
Snowflake Bentley Exhibit
Jericho, VT*

Saturday, November 28 10 am - 5 pm
Sunday, November 29 10 am - 4 pm

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SCHOOL NEWS



Vermont Commons students make a difference with Hike for Hunger and Vermont Commons Flying Turtles become Vermont State Volley Ball Champ for second year. PHOTOS CONTRIBUTED

An introduction to the Underhill I.D. School Board

By Robert Letovsky, Chairperson

We thought I.D. district residents might want to get some insight into what the I.D. District is about, what the school board's role is and what board members have been working on over the past few months

The Underhill Incorporated District was created by an act of the Vermont Legislature in 1892. The District overlaps the neighboring towns of Jericho and Underhill, and is therefore unique in that it includes residents from both towns. The Underhill I.D. School, a K-4 building, is actually part of a larger administrative unit, the Chittenden East Supervisory Union (CESU). CESU includes Mount Mansfield Union High School, Camel's Hump and Brown's River Middle Schools, and five other K-4 buildings in Bolton, Huntington, Jericho, Richmond and Underhill. CESU has about 3,000 students, while the I.D. School currently has 109 students.

The Underhill I.D. School Board consists of five members, who are normally elected by voice vote at the District's annual meeting for terms ranging from two to three years. The current Board members are: Robert Letovsky (Chair), Les Kanat (Clerk), Valerie Banschbach (V-Chair), Jessica Dion and Tari Santor. The board exercises a fiduciary responsibility toward the school and the community. In other words, it has a responsibility to establish policies, develop budgets and hire

building leadership to ensure the ongoing successful operation of the school. To do this, the board must take into account the interests of a broad range of stakeholders in the community: taxpayers, students, parents, and teaching and administrative staff.

While the board is not directly involved in delivering educational services, it does have to build a budget that provides the teaching staff with the resources they need to meet the ever-increasing expectations of today. At the same time, the board has to ensure that the budget it presents to the public reflects the public's ability and willingness to support with their taxes. This can sometimes mean that the board has to make difficult choices in terms of balancing these potentially conflicting goals.

What's the I.D. board working on now and what are we doing going forward? Our main task in the short-term is building the I.D. School budget for Fiscal Year 2011. This is the budget that will be presented to voters for their approval at Town Meeting Day on Tuesday, March 2, 2010. We have already begun discussions with the I.D. Principal, Cindy Mackin, and staff from the CESU Central Office, to shape the proposed budget. The board has been given information from a variety of sources that suggest that we continue to face the impacts of an unprecedented economic downturn. As has been widely reported in the media, the

Douglas administration has proposed significant cutbacks in several areas funded by the State's General Fund in the face of looming deficits over the next three years. It is probable that the State's share of school funding will be reduced in a number of ways. We have noted several times, including in a recent article in the Mountain Gazette, that the connection between spending at the school board level and your property taxes is loose. The board nonetheless is very mindful of the fact that property taxes for our ratepayers will probably increase no matter how careful we are with the proposed budget.

Another issue that the I.D. board has been working on concerns governance of the entire CESU district. Many of you may recall that over the past few years, the I.D. School had initiated discussions with our neighbors at Jericho Elementary and Underhill Central on a possible min-district within CESU spanning the three buildings. As we explained at our last annual meeting, the I.D. Board arrived at the conclusion that this type of local consolidation offered very limited prospects for improving educational outputs or saving taxpayer funds. Instead, the I.D. board proposed to the other CESU boards that we work together to explore the prospect of a single school district, most likely encompassing all territory within the boundaries of the six CESU elementary school districts. In October, the CESU Ex-

ecutive Committee adopted as goal to have a ballot question for each CESU town at Town Meeting Day 2011 addressing the single board idea. To get to the point where voters would have a question in front of them however, CESU's boards have to follow a fairly complex series of legally mandated steps. The most fundamental of these is the formation of an exploratory committee composed of board members and the public. This committee will discuss a range of issues which the possible single board raises. At its October monthly meeting, the I.D. Board voted to participate in this exploratory process and to allocate a modest amount (about \$530) as its pro-rated share of the exploratory committee's proposed budget. If the other CESU boards approve their participation in this process the committee can begin its work sometime in the spring.

Another challenge the I.D. Board faces on an ongoing basis is to get our message out to the public. The Board meets monthly on the fourth Tuesday of each month at 7:00 PM at the I.D. School. However, in order to get some new faces out to discuss some of the issues the Board is facing, we are planning a special event to be held at the Deborah Rawson Library on Tuesday, December 8, 2009 at 7:00 PM. We don't have a long agenda, but we'd very much like to have a conversation with as many community members as possible.

MMU Select Chorus to perform in Celebrate America Tuesday, December 1

Mt. Mansfield Union High School, along with high school choirs from across Vermont, will perform with Tim Janis, his ensemble and special guest Rebecca St James in a new special called Celebrate America, created by Janis to spotlight our nation's youth and pull communities together in a celebration of music that uplifts and inspires.

Celebrate America, which airs on Tuesday, December 1 at 8:00 PM, was taped at Vermont Public Television in early October 2009. Buses rolled in from across the state, pulling together 500 students from Vermont high school music programs. Arriving well prepared and very professional, each

choir was brought into the station to record their performance for broadcast accompanied by the Tim Janis Ensemble with the Montpelier and Green Mountain Youth Orchestra.

The Mt. Mansfield Union students did an exceptional job singing "Danny Boy." Student Katherine Hobart said, "It was an experience of a lifetime. I hope that people get the message." Another student Da-Sol Yang, said, "I hope that people understand the piece and it is a memorable one."

Not only does Celebrate America give our youth a life-changing opportunity, but it also teaches children the importance of contributing to community through the arts, as

Celebrate America is also a fund raising event during Public Television's annual pledge drives.

Now, in the spirit of giving, Vermont Public Television has teamed up with Hal Leonard Music Publishing to give participating schools a \$500 Gift coupon to obtain music for their program. To secure a coupon, a school that is in Celebrate America, along with its community, needs to raise 50 contributions of \$40 in their school's name to Vermont Public Television, with online donations at www.vpt.org on or before December 1. The community can also contribute by calling during the broadcast of Celebrate America on December 1 at 8:00 PM.

One pledge of \$40 will not only count toward the 50 contributions needed for the Hal Leonard gift coupon, pertaining to the participating schools

listed below, but the donor will also receive the companion CD and DVD of the Vermont Celebrate America program along with a membership to Vermont Public Television.

To support your local music program, please go to Vermont Public Television's website and contribute under Mt. Mansfield Union High School - or consider giving during the program's broadcast on December 1, 2009 at 8:00 PM.

Tim Janis, well known for his "Music with a Mission" has worked on many philanthropic projects with artists such as Paul McCartney, Billy Joel, Ray Charles, Andre Previn, and The New York Philharmonic. He has also produced fund raising programs for PBS with George Clooney and James Earl Jones.

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How to know if school is closed due to weather

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In addition, all school closing information will be posted at the CCSU web-site (www.ccsuvt.org) and on all school web-sites.

School closing information is listed by school name and is posted as close to 6:00 a.m. as possible.

CESU meetings

November 24, Underhill ID School Board meeting, 7:00 PM at Underhill ID Elementary School

November 30, CESU Policy Committee meeting, 6:30 PM at the Central Office, Richmond Town Center.

December 1, Underhill Center School Board meeting, 6:30 PM at Underhill Central School.

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SCHOOLS

Lamoille North Outstanding Teachers recognized



Lamoille North's Outstanding Teachers, from left to right: Cori Rockwood, Maryann Paris, and Jeff Limoge

For twenty-nine years, The University of Vermont's College of Education and Social Services has partnered with supervisory unions to honor outstanding teachers. On October 21, the UVM hosted the annual "Vermont Outstanding Teachers Recognition Day." Nominees exemplify one or more of the Five Standards for Vermont Educators - learning, professional knowledge, advocacy, collegiality, and accountability. All of us within the Lamoille North Supervisory Union can be proud of our three local award recipients: Cori Rockwood, Lamoille Union Middle School; Maryann Paris, Cambridge Elementary School; and Jeff Limoge, Green Mountain Technology and Career Center.

Cori Rockwood joined the middle school eight years ago with the past five years as the social studies teacher on Team Challengers. Her many successes and contributions include being Team Leader, supporting her department's curriculum development efforts, and creating classroom opportunities that promote student investigation and application of knowledge. "Cori's dedication to her students and colleagues has been simply second to none," says

Principal Chris Hindes, "her unwavering commitment to academic excellence and professional development is a model for us all to follow."

Maryann Paris has worked at Cambridge Elementary School for over two decades. She has worn many hats over the years serving as a special educator, classroom teacher, and now a reading and math support teacher for grades 4-6. According to CES Principal Mary Anderson, "Students love Mrs. Paris and the feeling is mutual" and she goes on to say, "Maryann has a wonderful sense of humor. Combined with her friendly and laid back personality, she fosters and maintains a positive climate in her classroom for all of her students. She is a lifelong learner dedicated to doing what's best for students at all times. CES is proud of Maryann's accomplishments and thankful for her distinguishes years of service to the Cambridge Community."

Jeff Limoge has been the co-op coordinator at the Tech Center for over 22 years! Director Joe Teegarden said, "he expresses his passion from day one as he gets to know the student body, culti-

vates numerous contacts with local employers on their behalf, and writes curriculum for each student's program. His role can be best described as the main cog of the Center's wheel as he consistently develops strong bonds with the students, faculty members, administration, and community. We are fortunate to have such devotion."

Congratulations Cory, Maryann, and Jeff for the well deserved recognition, and thank you for your dedication to the students of Lamoille North.

Lamoille North Supervisory Union proudly serves the six towns of Belvidere, Cambridge, Eden, Hyde Park, Johnson, and Waterville with five elementary schools, the Lamoille Union Middle School, Lamoille Union High School, and the Green Mountain Technology and Career Center. Student enrollment is 2,045 and 450 staff members are employed. GMTCC receives students from five sending high schools serving the sixteen towns within the boundaries of Lamoille North, Lamoille South, and Orleans Southwest Supervisory Unions. Dr. Debra Taylor has served as Superintendent of Schools since October 2008.

Good Luck



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Boys Cross Country 2009 VPA Division I. State Champs

Mount Mansfield Union High School boys cross country coach Bill Eschholz didn't anticipate a state championship when the season started.

Two years removed from completing a three-peat, the Cougars were still young — 20 sophomores dotted the 57-man roster — with only three seniors. This wasn't the year, Eschholz thought, his squad could reach the top of Division I again.

"I didn't know what to expect back in August," Eschholz said. Fast forward to Halloween and the Cougars are back on top after another year of jostling with friendly rival Essex. MMU finished 70 points to outlast Essex (94 points). St. Johnsbury finished third with 107 points.

The individual D-I title went to Champlain Valley's Zach Pete, who edged defending champion David Sinclair of Green Mountain

Valley School in thrilling fashion.

Division I

Nick Marshall, MMU's second finisher at 11th overall, said off-season training paid off.

"Coach always says you win championships over the summer," Marshall said.

MMU's work showed immediate dividends when the Cougars defeated the Hornets at the Essex Invitational in early September. That was when Eschholz thought a championship-caliber team was in the making.

"I was hoping if we could be within 15 points of Essex ... and we beat them by two," Eschholz said. "All of sudden, the guys were like, 'hey we can run with them.' We went back and forth all season long. It was a good battle."

Saturday, MMU's good fortunate of health was Essex's demise. With Edmo Gamelin and Devin Sandon sidelined with illnesses and Charlie Kline and Aymeric Claude less than 100 percent, Essex valiantly gave MMU a run, but fell short.

Trevor Bibb was MMU's first runner across the line, finishing third overall. Grind-out efforts from Jason Hardacre (15th), Chris Scanlon (17th) and Hayden Bove (24th) aided the Cougars' fourth title in five years.

Reprinted courtesy MMU.

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OFFICIAL WARNING JERICHO UNDERBILL PARK DISTRICT BUDGET HEARING DECEMBER 2, 2009

THE LEGAL VOTERS OF THE JERICHO UNDERBILL PARK DISTRICT OF JERICHO AND UNDERHILL ARE HEREBY NOTIFIED AND WARNED TO MEET AT THE DEBORAH RAWSON MEMORIAL LIBRARY'S PROJECT ROOM AT 8 RIVER ROAD IN JERICHO, VERMONT ON WEDNESDAY, DECEMBER 2, 2009 AT 7:00 PM FOR A DISCUSSION OF THE FY2010 BUDGET FOR JUPD.

TOWN OF JERICHO DEVELOPMENT REVIEW BOARD

NOTICE OF PUBLIC HEARING

The Jericho Development Review Board will hold a public hearing on **Thursday, December 10, 2009 at 7:00 PM** in the Jericho Town Hall to consider the following:

- A request by Michael and Pamela Mallow for Preliminary and Final Plan Review of a 4-Lot Subdivision. The property is located at 130 Plains Road in the Rural Residential and Agricultural Zoning District.
- A request by Mary Alice Rivers for Preliminary and Final Plan Review of a 4-Lot Subdivision. Said property is located at 30 Bolger Hill Road in the Rural Residential and Forestry Zoning District.
- A request by Robert and June Bugbee for Preliminary and Final Plan Review of a 7-Lot subdivision. The property is located off Lee River Road and will be accessed by an extension of Twin Meadow Lane and is located in the Village Center District.
- A request by Dave Mulleady and Anne Morency for a boundary line adjustment. The property is located at 9 Plains Road in the Village Center District.

All interested persons may appear and be heard. Written materials may be viewed in the Zoning Office during regular business hours. Seth Jensen, Town Planner, Town of Jericho.



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Busy Chef continued from page 1

Back when customers could come in and help make their own meals, there were no secrets: McKinstrie's entire kitchen was open to scrutiny. Although that is no longer the case, McKinstrie promises that her cooking habits haven't changed. All her food is made from scratch and very few "extras" like sodium are added. McKinstrie is also more than willing to make alterations to her menu. For instance, her apple and cheddar quiche has bacon but she offers to leave that out for vegetarians or those who keep Kosher. McKinstrie happily accommodates those with allergies or those who "just don't like something." She thinks some children are more likely to eat what she prepares because their mother didn't make it; they are more willing to experiment with someone else's food.

McKinstrie has worked in the food industry for most of her life, but it has been on the administrative, managerial end. This venture is no different. McKinstrie readily admits that she is not the creative force behind *The Busy Chef*. That honor belongs to her friend Beth Garland who designs the food. "I can cook from a recipe," said McKinstrie, "but I'm not a creator." At present, Garland is McKinstrie's only employee aside from her two adult sons who help out once a week. She hopes that as business picks up, she'll be

able to pull her sons in for another day each week.

Despite the competition from other Jericho caterers, McKinstrie is confident she will do well because so many customers are following her from her previous location. The fact that customers no longer come to pick up may be extra work for her but it is a great convenience for them. She recalls one customer who lived half a mile from her Essex store, yet had trouble finding the time to visit her. Now, she simply delivers three frozen meals to him every Friday without him even having to pick up the phone.

McKinstrie develops her menu on Sunday nights. In addition to the three weekly items, she has a set list of freezer items which can be ordered. A seasonal specialty is an a la carte menu for Thanksgiving and Christmas including all the side dishes. McKinstrie offers the option of freshly baked pies or frozen ones that can be heated at the customer's house so they can enjoy the aroma. McKinstrie is proud of the fact that she supports local establishments like Misty Knoll chicken and LaPlatte Farm beef. She buys her vegetables from Paul Mazza, as well as using Squash Valley which is based in Stowe. She tries to keep her menu seasonal so she can buy locally as much as possible.

Some of the best selling items from McKinstrie's kitchen are what she refers to as comfort food like turkey bread pudding and chicken pot pie. One regular customer refers to the turkey bread pudding as her "happy meal." Other favorites include shepherd's pie, beef and mushroom pot pie and apple cider

chicken. However, McKinstrie notes that her gourmet food also has an appreciative audience with specialties like rack of lamb, as do her ethnic specialties such as a Moroccan dish called Lamb Tagine and Thai Coconut Saffron Scallops. McKinstrie keeps the spice level of these delicacies at mild to medium to attract a wider audience, noting that those who favor more extreme spices can always bump it up a notch on their own.

Despite all this time in the kitchen, McKinstrie said she is not gaining weight. "My whole life, whenever I'm cooking I get full from the fumes," she said. The only problem with her new set-up is that since the kitchen is smaller, she gets less exercise than she used to from running back and forth in an industrial sized room. McKinstrie concedes that her colleague, Garland, is a little on the plump side. At her previous location, the pair put together a cooking party for eight 7 year olds. One of the less tactful children turned to Garland and said "I guess this is why you're fat." The child's mother was mortified, but Garland only smiled. "Let me tell you a secret," she said to the child as the whole room hushed. "Never trust a skinny chef."

With her new business close to home, McKinstrie said she has greater flexibility. "I can finally take weekends off," she said, adding that she is still willing to accommodate someone with a weekend request if she is available. The plus side of her new establishment is being able to have dinner with her husband and fifteen year old son, practicing what she preaches: "time around the dinner table."

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Lions Club continued from page 7

now has forty members. Crane no longer lives in the area but he hasn't transferred his allegiance to a club closer to his home, and happily rattles off the litany of good that his club has accomplished. Crane said the Jericho-Underhill Club, like the parent organization, provides glasses and eye exams to needy children and adults. They have expanded those efforts to include hearing aids, and they donate money to the summer camp run by the Austine School for the Deaf in Brattleboro. They also collect used glasses for distribution to developing nations. The club delivers Christmas baskets to shut-ins, and turkeys and capons to the local food shelf. In 2008, they needed a pick-up truck to deliver a grand total of sixty turkeys in time for Thanksgiving. Some special projects have included the purchase of a book magnifier for a graduate student studying to become a teacher, and helping to build a Habitat for Humanity house in Underhill. The club has also been involved in building wheelchair ramps for those with accessibility issues.

In other local charitable work, the club raised funds to build a pavilion in Mills Riverside Park in 2005.

Musicians perform in the pavilion protected from the elements, and locals rent out the structure for parties and other events. The Lions Club also provides supplemental transportation for the SSTA, at one point serving as regular chauffeurs for a resident who travelled for his dialysis treatments. Annually, they endow three college scholarships for Mount Mansfield Union High School students who are short of funds.

David Damkot, another of the founding members, said working on big projects like the pavilion and the Habitat for Humanity house was a break from the previous work of the Club, but a trend he hoped would continue. Damkot was particularly proud of the Habitat home since

the club was able to get 100% funding from Lions Club International, saving Habitat for Humanity a great deal of money. Damkot believes this may be the only Habitat home in Vermont built entirely with Lions Club money.

Lions Club membership is by invitation only. Crane said several people who contacted him over the years to express interest have since become members. In contrast to some clubs, there is an understanding that busy schedules may impede attendance at meetings or participation in various events. Still, members are urged to try to attend the monthly business meetings and dinner meetings. The dinner meeting usually includes a speaker. The club's service area is Bolton, Huntington, Jericho, Richmond and Underhill, but they are more than willing to go beyond those boundaries to help those in need.

On November 14, the club celebrated their 30th anniversary. It wasn't a gala event; just a celebration for members and their significant others, and a time to reminisce. Three current members harken back to the founding of the club and many others have been involved for over twenty years. The club is currently planning their 30th anniversary project. The pavilion at Mills Riverside Park was done for their 20th anniversary and they are hoping to find another community-minded endeavor.

Membership has changed over the years. Damkot believes the Jericho-Underhill Lions Club was the first in the state to invite women to join after the international organization decided to combine the Lions and Lionesses Clubs. Today, both the President and Secretary of the club are women. The club hopes to expand and appeal to a younger demographic, but recognizes that those with young children generally have less discretionary time. No particular background or career is required to become a member; the club has laborers and CFOs. The only requirement is the desire to be a productive member of the community and to help those in need.

Damkot is pleased the club has bounced back from the days when membership threatened to drop into the single digits, although he noted that such a decline is not uncommon. "People get together and have a good time, and then the work starts and membership drops off," he said. "But we're back up there and happy that we're getting new members and new ideas." Damkot is clearly proud of the work the Lions Club does. "This is a service organization, not a social club," he said. "Every dollar we raise goes back to the community. If we go to a convention, it's from our own pockets." Damkot hopes that more people will contact club members to learn about the organization. "We like each other and we have a good time," he said, "but we're here to help those in need. We can do more together than separately."

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