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Merry Christmas  
and Happy New Year!  
Have a safe holiday.

# MOUNTAIN GAZETTE

Vol. 13 No. 16 Serving Bolton, Cambridge, Jeffersonville, Jericho, Underhill and Westford, VT December 19, 2013

## Brian Bigelow returns to Underhill

By Phyl Newbeck  
Special to the Mountain Gazette

Brian Bigelow has returned to Underhill. The Essex resident is back for his second stint as Town Administrator, having first held the position from 1993 to 1997. Bigelow's return follows municipal jobs in St. Albans Town, Shelburne and Essex Town.

Bigelow started his duties on August 5. In his previous positions he had been working strictly in land use administration so he was excited to reclaim the title of Town Administrator. "I enjoy the variety of the position," he said. "Since the early 90's everything has gotten bigger and more complex and the position has changed. When we're fully staffed in Underhill we'll have a full-time Town Administrator and a full-time Planning and Zoning Administrator."

Among the challenges Bigelow sees for the upcoming year are the budget and road issues. "We've got a good road crew that bounced back from - most notably - the two recent events on Memorial Day and the Fourth of July," Bigelow said. "Issues had to be deferred while the more pressing emergencies were dealt with. We'll get back to those after the road crew gets us through the winter."

One item on Bigelow's agenda for 2014 will be overseeing the \$428,000 grant from VTrans to construct a multi-modal path in Underhill Flats. The path will extend roughly half a mile from Park Street to Dumas Road and connect with the existing sidewalk in Jericho. Bigelow is Underhill's representative to the Chittenden County Regional Planning Commission which is partnering on the project but he defers any praise for his role noting that the application was submitted before he joined. "All the hard work was done before me," he said.

In addition to serving as Town Administrator, Bigelow is a first sergeant for a medical group

of the Air National Guard; an administrative position rather than a medical one. Bigelow notes that since September 11, the time commitment for the Guard has grown but adds that he is happy to fulfill his duties. "There have been some periods when it became my full-time job," he said "either with security here or being deployed." Bigelow has traveled to Saudi Arabia, Qatar, Bosnia, Senegal and Japan with the Guard. His most memorable deployment was in Senegal where he provided humanitarian assistance. "That was very rewarding," he said. "A lot of highly skilled people did a lot of great work in a region that always appreciates the help and unfortunately always needs it."

Although it has been over 15 years since he worked in Underhill, Bigelow was pleased to see a lot of familiar faces upon his return. "I knew a lot of people who were active in the early 90's and are still active," he said. "I look forward to working with them. A lot of people who made a good impression on me when I was just starting are still around." In addition to the familiar faces, Bigelow was pleased to see new residents who appeared to be equally generous with their time. "The boards are full of committed people who have also been very patient and understanding with the staff shortage," he said.

Obviously there have been some changes in Underhill since Bigelow's first go-round at Town Hall. The town garage is new and Town Hall, itself, has been enlarged and renovated. "There are new people, new facilities and new co-workers," said Bigelow. "You still have the benefit of being in Chittenden County but in a smaller town on the outer ring. It's nice to be back." The feeling is a mutual one. "The Town is very pleased to have Brian back on staff," said Select Board Chair Brad Holden. "He is an excellent administrator."



Mountain Memories by Jericho Artist Kathleen Berry Bergeron, www.kathleenberrybergeron.com

## CHMS APEX Initiative

By Mark Carbone,  
Principal of Camels Hump Middle School  
Camels Hump Middle School has taken on a new initiative to help students and their families learn problem solving skills, enhance communication, and make healthy choices in a fun and productive environment. Starting in January, the APEX (Aspire, Persevere, EXcel) program will engage a sample (approx. 20%) of 6<sup>th</sup> grade families in conversation and learning about adolescent development. Adolescence and the middle school years can be a challenging time in many ways: academically, physically, emotionally, and socially.

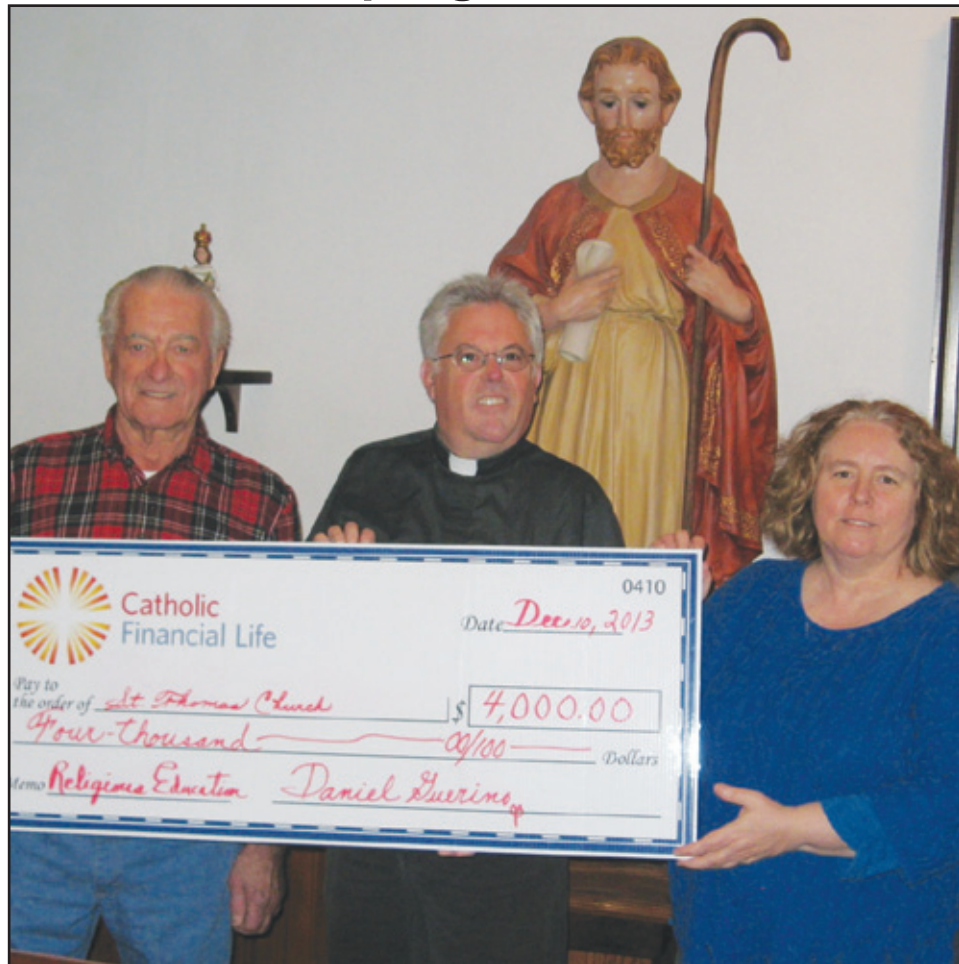
CHMS, in partnership with UVM Extension and PROSPER Partnerships will offer the APEX program to provide hands-on learning opportunities through evidence-based programs. Participants experience a weekly seven-session program which includes family dinner, fun games and activities, and childcare for younger

siblings. For a portion of the time, parents will attend workshops on topics such as setting limits and computer/Internet safety, while the student group may learn about saying no, advocacy, and problem solving. The two-year APEX program will continue into the 7<sup>th</sup> grade year through the CHMS health curriculum and parent education and outreach.

Studies similar to APEX have shown to have significant positive impact on youth, family, school and community. It is our hope that participating families enjoy more quality time together; parents gain more confidence in their parenting and communication skills; and students have fun and learn tips for surviving and thriving in middle school.

The next CHMS/MMU school board meeting will be held on January 9, at 7:00 PM, at Mount Mansfield Union High School. The public is welcome, and encouraged, to attend.

## St. Thomas receives \$4000 donation for education program coordination



Father Charles "Rick" Danielson, pastor at St Thomas Parish, Underhill Center, VT accepts a check in the amount of \$4,000.00 from Catholic Financial Life. Also accepting the check is Laura Lynch Wells, religious education program coordinator. The money will be used to help support their religious education program. Presenting the check is, John Lehouiller, member of Catholic Financial Life, Winooski Chapter N0 35." PHOTO CONTRIBUTED

## Merchant family receives Thanksgiving visit from Fresh Air child Ja-Heem

Richmond residents, the Marchants, celebrated Thanksgiving this year with their Fresh Air child Ja-Heem. The family flew Ja-Heem up to Vermont from the Bronx, NY. Ja-Heem has been visiting the Marchant family for the past three summers through The Fresh Air Fund's Volunteer Host Family Program.

During Ja-Heem's nine day stay, he and the Marchants enjoyed playing outside in the snow and playing and watching hockey together. "He is one of our family, he fits in," Natasha Marchant said.

The Fresh Air Fund, an independent, not-for-profit agency, has provided free summer experiences to more than 1.7 million New York City children from low-income communities since 1877. Fresh Air children are boys and girls, from six to 18 years old, who live in New York City. Children on first-time visits are six to 12 years old and stay for one or two weeks. Children who are reintivated by host families may continue with The Fresh Air Fund through age 18 and can enjoy extended trips. Over 65 percent of all children are reintivated to stay with their host families, year after year.

For more information on hosting a Fresh Air child next summer, please contact Mary Sherman at 1-802-868-2771 or visit The Fresh Air Fund online at [www.freshair.org](http://www.freshair.org).



Remember your friends and neighbors in the new year!  
A special thank you to the community for making this newspaper possible for the past 13 years. See you in the New Year.



## POLICE REPORT

**Motor vehicle accident** - On December 12, 2013 7:53 AM time emergency responders responded Vermont Route 15 at intersection of Wild Berry LN, Town of Westford for a report or a two vehicle crash with minor injuries. Investigation revealed that both vehicles were traveling east bound on Route 15. Rachel Clokey, 24 of Burlington, VT, had slowed down and activated her right turn signal in order to turn onto Wild Berry Lane. At that time Giles Russin was behind Clokey. Russin was unable to slow down and rear ended Clokey. The crash caused traffic delays for about 30-40 minutes. Both vehicles were towed from the scene. CASE#: 13A105043

On December 3, 2013 at approximately 1:01 PM, Vermont State Police arrested **Samantha Houghton** 22 of Jericho, VT for suspicion of driving under the influence of drugs. Houghton was issued a citation to appear in Chittenden County Superior Court on December 10, 2013 for the DUI charge but lodged on a related Domestic Assault charge. CASE #: 13A104918

## Jericho Town Library tree lighting a success

Sunday December 8, the community of Jericho Center gathered together for the Library Open House and Tree Lighting. While adults visited and children made paper wreaths and worked on other crafts,

Elizabeth Bernstein read seasonal and holiday stories and Derek Burkins played the guitar and sang with the children. Tracey Campbell Pearson entertained everyone by reading her newest book,

“Elephant’s Story”, as well as some old favorites like “Bob” and “Where Does Joe Go?”

The Library Trustees provided the cookies and Dennis Pearson made his secret recipe punch!

Following these activities, Colton Wheeler rang the Library bell, informing us it was time to go outside to the Green to await Santa. When Santa arrived by Kubota tractor, the lights miraculously turned on. This “miracle” was accomplished by the hard work of Jim Adams, Matt Malmgren, Terry Hook, Jim Carroll and Jake Loeffler. Children received candy canes and good wishes from Santa and shared their Christmas wish list with him. A wonderful time was had by all. A special thank you goes to Heather Hill for the beautiful gingerbread replica of the Jericho Town Library, as well as Clark’s Trucking for advertising this event on their sign.

Donations will be accepted through the first of the new year to pay for the electricity and lights.

Collection jars are located at area businesses or can be mailed to the Jericho Center Preservation Association, Holiday Tree Fund, POB 1018, Jericho, VT. 05465.

## Sympathy for the President’s website

By Scott Funk

Aging in Place Advocate

OK, I am not trying to get political here. It is just that we’ve spent the last several months rolling out our new website. The goal was to have an online repository for these columns and a platform where I could blog regularly and folks could get information.

Well, the Computer Geeks’ capacity for delivering more than I wanted intervened. More than I could imagine possible, actually.

They were determined to do their best to keep the job interesting, but my goal was not so lofty. My expectations were simple, basic even: I just wanted to pay for what I wanted to get. Then I wanted to get what I was paying for.

I was willing to pay for this, as I already have a real job. If I had to spend all my time on the website, I would lose more income than the task was worth to me. And I don’t have the skills; the geeks do.

So, here is the deal: I pay the money and that makes me the boss so I get to make the rules. They take the money and that means they are going to do what I want. Or so I thought. Expectations were not aligned. For them, this is a challenge and opportunity to achieve what has not yet been accomplished in the Ethernet. After all, this is their world I have entered. I am a guest paying for my entrance, but not (apparently) enough to give me authority.

After months of effort on all sides, their creation went online with a name so complex no one could remember it. (Yes, my fault.) It continues to be a work in progress between what is possible and what I actually want.

I’m not making an excuse for how the ObamaCare site turned out. I’m just saying that he could either run the country or the website, but probably not both. Just imagine the shape we’d be in if all he had done for the last 6 months was worry about the geeks.

The good news is you can now go to [scottfunk.org](http://scottfunk.org) (new name) and find an archive of all the last 7 years’ columns on Aging in Place. You will also find 2 blogs posted each week. Is it perfect? No, but it operates and no one’s life but mine is being complicated by it.

In the end, things happen and nothing is as easy as one expects it to be. After all, if it was that easy, Aging in Place could just happen by accident.

*Scott Funk is Vermont’s leading Aging in Place advocate, writing and speaking around the state on issues of concern to retirees and their families.*

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## COMMUNITY COLUMNS

## Christmas 2013

By Suzanne Kusserow

Senior Guest Columnist

I should write a Christmas essay – a decent, cheery homily – something nice with bells ringing, the sweet surprise of a mistletoe kiss, and the riotous colors slowly climbing up the branches of the sacrificial Balsam in the living room. I should sing loudly about sweetly-singing angels and a king walking barefoot through snowdrifts, and two spiritual brothers who put together cold stars and dark nights and sleep that is calm and peaceful.

And I shall and I will. But something aches in me to write something different, not for the novelty of it, but to give expression to some of the grief I feel because of the disjuncture of my world with the horror of many other worlds that have become a macabre background to the traditions of my Christmas. In many ways, though, I know this is inappropriate to the season, and I would not want to create a somber reminder when there is so much joy we all derive from this time of year.

Christmas is thought of as a big holiday and commercially it is. From the day known as Black Friday (that title surpasses Good Friday as the most ludicrous) we are hounded by voices: funny, earnest, pleading, pushy, who graphically describe the social ostracism, the rejected children, the feelings of guilt if we don’t join the happy throng rushing to buy the last 1000 games of “Turtleman”. So Christmas has caught the hearts and minds and pockets of the American business community. Most of us feed into this, particularly in the last frenzy of having nothing for Aunt Ethel who has decided to join the family tree lighting after 5 years of choosing the Bahamas over Vermont.

To ease the financial and emotional invasion of commercialism, we send pigs to Malawi and chickens to Thailand and funds for unknown neighbors so they can have a turkey for the holidays. Perhaps now, as part of our protection from the drain of too many items on our lists, we are more apt to hide within the soothing sanctity of churches, although even there, we may find a few more ways to contribute to the lessening of “heavenly peace”. Perhaps we can use the bustle of shopping and the major decisions of who gets the Cabot’s socks and who gets the Land’s End leggings, as a way of blotting out this disjuncture of reality and Christianity, the feeling of being reduced to a choice between money and manna.

We all have sayings that soothe the feeling of smallness over what we can and can’t do. My favorite is: “Do all the good you can, by all the means you can, in all the places you can, at all the times you can, to all the people you can, as long as you can.” (John Wesley). We are truly united by our compassion, our empathy, the deeds that have the magic of growing larger just by the virtue of the love that creates them and the action that sends them to their mark. So, rejoice in the finite becoming infinite, the beauty of hands old and young bringing gifts large and small to people known and unknown. That is the saving spirit and grace of this season. *Merry Christmas!*

## Making a holiday out of home safety!

By Dr. Lewis First

Chief of Pediatrics at Vermont Children’s Hospital

(Opening paragraph sung to the tune of “The 12 Days of Christmas”)

“On the month with all the holidays,

I like to give some clues,

So everyone stays safe,

And you don’t sing the holiday blues!”

Yes, it’s holiday season once again, and what better time to remind everyone of some simple things you can do to keep you and your children safe and sound.

First, if you have a tree, secure it well to keep it from tipping. If it is a live tree, make sure it’s fresh, green and that the needles are hard to pull off. Keep it well watered and away from floor heaters, fireplaces, or other heat sources. If it is artificial, make sure it is fire resistant.

As for ornaments, keep no more than three strands of lights linked together on an extension cord, and never use electric lights on a metal tree. Don’t forget to inspect those light strings each year for frayed cords, cracked lamp holders or loose connections.

If there are children in the home, tinsel and small decorations and bulbs can be a choking hazard and should not be at the bottom of the tree where small children can reach for them and then put into their mouths. In addition, some of the light products bought at stores warn about lead content in the wires that come with the lights. While the amount of lead contained in these wires is small, it is still a good idea not to ask children to hang lights and for adults to wear protective gloves when stringing the lights.

As to candles, avoid candles on trees and please keep candles placed elsewhere out of reach of small children or just don’t light them up at all with children in the house. Battery operated candles can be a much safer alternative as long as they don’t heat up to the point of causing a burn if touched.

Turn off all lights and blow out all candles when you sleep or leave the house to avoid a potential fire hazard – and make sure your smoke detector is working.

Most holiday plants are safe, but remember that mistletoe and holly berries eaten in excess can be dangerous. If your child does snack on a holiday plant, you can always call the Northern New England Regional Poison Center at 1-800-222-1222.

If you are hosting a party in your home, don’t forget to clean up the night of the party so your child doesn’t discover alcohol or small snack foods that can be choking hazards the morning after.

(Closing paragraph sung to “The Christmas Song”)

“And so I’m wishing you safe holidays,

So no one has to flip their lids.

This is pediatrician Dr. Lewis First,

Hoping you’ll be safe and always First with Kids.”

## Huntington Holiday Boxes

The Annual Holiday Boxes will be delivered on Saturday, December 21. Right now, the number of households receiving a visit is over 60. The recipients include a spectrum of people: 26 gift bags will be delivered, mainly to older residents; 7 small boxes of food; 30 food boxes.

Wish List

Please consider donating some suggested items (in any amount):

- 63 jars of peanut butter
- 126 cans of tuna
- 111 cans of soup
- 74 mac and cheese kits
- 30 boxes of cereal (Rice Krispies or similar with no sugar)
- 26 boxes of crackers (Wheat Thins or similar)
- 63 cans of fruit cocktail
- 126 cans of vegetables (corn, peas, green beans)
- homemade cookies, sweet breads, etc.
- baking mixes (brownies, cake, pie crust)
- paper towels or toilet paper
- 15 stuffing mix
- 15 canned cranberries

Drop off point: Town Clerk’s Office, BPMS, Beaudry’s Store, Post Office, Library by December 20. Donations of money can be made. Check payable: Huntington Holiday Boxes. Leave with Town Clerk Heidi Racht or Linda at Beaudry’s.

Volunteer: Some items need to be picked up on Friday and left at Brewster-Pierce School. Call 434-2690 for details and leave a message.

If you are able to deliver on Saturday, December 21, around noon, please call: 434-2690 (Heidi) or 434-4223 (Lucinda). We are trying to do delivery assignments early as things get chaotic as boxes go out the door - and we want to be sure everyone gets a complete delivery.

Thanks! And happy holidays!

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COMING EVENTS

Sunday December 22

**Let the Museum wrap your bird books at Barnes & Noble,** 10:00 AM – 10:00 PM. For a small donation, we will wrap your Christmas presents—any! Not necessarily about or for birds!—while you enjoy a chat with us or a cuppa joe in the bookstore cafe. **Volunteers welcome!** Call or email us by December 18th, (802) 434-2167 to reserve a time. Thanks!

Saturday December 28

**Bird Monitoring Walk** at the Bird Museum of Vermont, Huntington, 8:00 - 9:30 AM. Join experienced birders on the monthly bird monitoring walk on the Museum's property. We go out the last Saturday of every month. Coffee and tea after! Most fun for adults, older children, and somewhat

more experienced birders. Please bring your own binoculars. Free • Please pre-register by emailing [museum@birdsofvermont.org](mailto:museum@birdsofvermont.org) or calling (802) 434-2167

Tuesday December 31

**Perpetual Motion**, Edmunds Middle School, 8:00 – 8:40 PM. "Perpetual Motion" is a collaborative effort of Vermont Youth Dancers and Bird's Nest Dance Studio. Fly through the window with Peter Pan to visit familiar and never-before-seen places in Neverland through dance. There will be swordplay; there will be Bollywood dancers. Discover that pirates can be devilishly good hip-hop dancers, and go walking on the stars. We will finish with a preview of this year's full length performance by Vermont Youth Dancers coming in the spring. Great fun!!!! This performance is

appropriate for all ages.

Sunday February 23, 2014

**2014 Camel's Hump Challenge**, base of Camel's Hump Nordic Ski Area, Handy Rd., Huntington, all day. Registration/ Cost: Free! Registration is REQUIRED. Contact Information: Joany Simonds @ 802-316-3839, [Joany.Simonds@alz.org](mailto:Joany.Simonds@alz.org). Description: One of New England's premier backcountry skiing events, The Camel's Hump Challenge (CHC) is a highcountry traverse around the perimeter of Camel's Hump (4083') -- the third highest peak in Vermont's Green Mountains. The CHC raises funds and awareness to support the Alzheimer's Association, Vermont Chapter. Visit [Camelshumpchallenge.com](http://Camelshumpchallenge.com) more information!

ONGOING EVENTS

ADULT ACTIVITIES

**Chittenden County Postage stamps** and post card club meets every first Wed. of the month 6:15 -8:30 PM, A IDX Circle GE Healthcare Building. South Burlington Information email: [Laineyrapp@yahoo.com](mailto:Laineyrapp@yahoo.com) or call me at 802 660-4817

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

**Drop in Watercolor Painting**, Every 3rd Saturday, 9:00 - 11:00 a.m., at the River Arts Center in Morrisville. An opportunity to refine your watercolor skill set or learn new techniques if you're a beginner. Bring your own materials, no registration required, drop in. Suggested donation \$8. Call 888-1261, or visit our website: [www.riverartsvt.org](http://www.riverartsvt.org) for more details. Join us.

**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.

**Essex Art League** meets the first Thursday of the month, from 9:00 – 11:00 am, at the Essex Junction Congregational Church on Rt. 15. The meeting agenda includes a business and social time, and features a guest artist presentation. A detailed calendar, listing featured speakers, is published on the League's website: [www.essexartleague.com](http://www.essexartleague.com)

**Essex Art League** meets the first Thursday of the month, from 9:00 – 11:00 am, at the Essex Junction Congregational Church on Main Street. The meeting agenda includes a business and social time, and features a guest artist presentation. A detailed calendar of meetings is published on the League's website: [www.essexartleague.com](http://www.essexartleague.com).

The **Green Mountain Chapter of the Embroiderer's Guild of America** will meet on Wednesday, November 13 at 9:30 AM at the Pines Senior Living Community, 7 Aspen Dr, South Burlington. Crazy Quilting and Quaker Ball embroidery will be the topic. First meeting is complimentary. Bring a bag lunch. Contact number 372-4255.

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

**Mt. Mansfield Scale Modelers** gather on the third Thursday of the month from 6:30 to 8:30 PM. Modelers encompassing all categories of interest and skill levels are welcome. Brownell Library, Kolvoord Community Room, Lincoln Street, Essex Junction.

The **Women of the United Church of Underhill** meet on the second Saturday of each month at 8:00 AM at the Church located at the park on Rt. 15 in Underhill Flats. Women interested in sharing Christian prayer and discussions are welcome. Contact Julianne Nickerson at 899-3798 for more information.

**Smugglers Notch 55+ Club** meets every Wednesday at Smugglers Notch for a social time then break into groups to ski. We start with a brief organizational meeting, coffee and rolls, and then we head out to the trails in self-selected ability groups, gather informally throughout the summer for a wide variety of outdoor activities. Membership benefits include various discounts at Smuggs. For more information call Deborah at 644-5455 or just attend a meeting at the Morse base lodge starting at 9:00 AM every Wednesday.

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

HEALTH EVENTS & GROUPS

Al-Anon meetings in Jericho to be put in the Gazette. Thursday morning 10:00 a.m. at the Jericho United Methodist Church and Saturday morning 10:00 a.m. at the Jericho United Methodist Church.

**Alcoholics Anonymous Meeting**, "Wing It" group meets Sundays - 11:00 AM at Maple Leaf Farm on Stevensville Road, Underhill - it's an Open Speaker meeting followed by a Brunch (there is a \$10 charge for the brunch)

**Alcoholics Anonymous Meeting**, "The Firing Line" group meets Wednesdays, 7:15 PM - 8:15 PM at Maple Leaf Farm on Stevensville Road, Underhill - it's an Open Step meeting

**Alcoholics Anonymous Meeting**, "The Firing Line" group meets Saturdays, 8:00 – 9:00 PM at Maple Leaf Farm on Stevensville Road, Underhill - it's an Open Speaker Discussion meeting

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

**Brain Injury Support Group** - offer survivors and family members, caregivers, friends and the community a place to come and receive valuable resources and information about brain injury. The support group is a place to share experiences in a safe, secure and confidential environment. Meets the 4<sup>th</sup> Friday of the month at the YMCA in Winooski from 11:00 AM-noon, the 1<sup>st</sup> Wednesday of the month at Fanny Allen in Colchester from 5:30-7:30 PM, and the 2<sup>nd</sup> Tuesday of the month at the Saint Albans diner in Saint Albans. Call the BIAVT help line at 877.856.1772.

**International Cesarean Awareness Network** supporting mothers and families recovering from or learning about cesareans and vbac's. ICAN support groups next meeting is October 14 at 4:00 PM at Maitri Health Care in Bouth Burlington with special guest Polly Perez. For more information email [ICANvt@gmail.com](mailto:ICANvt@gmail.com) or call Jessilyn at 644-6700.

**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, VT. 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.

**Lamoille Home Health & Hospice**: Offering Hospice Volunteer Training during the month of September. Health care professionals for the area will be sharing their knowledge and passion for hospice, Please contact Charlene at 888-4651 or [ccamire@lhha.org](mailto:ccamire@lhha.org) for more information.

**Franklin County Prostate Cancer Support Group**, 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 more information, Fern Mercure, 524-0719.

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

**Tobacco Cessation Classes**, Wednesdays from 5:00-6:00 PM in the Cambridge Regional Health Center Conference Rm. This is a free, 4 sessions, ongoing class. Free Nicotine Replacement is available for participants. For more information or to sign up contact Rorie Dunphy at 644-5114 or Shannon Chauvin at 253-4853 x147

**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.

KIDS

**Playgroups** are free of charge and open to all children birth through age 5 and their caregivers. At playgroup you will find stories, songs, crafts, free play, local events & information, and more. It is a wonderful opportunity to play with the children in your life, meet other playmates, and connect with other parents

Ongoing continued on page 4

The Mountain Gazette

6558 VT Rt 116 Starksboro, VT 05487  
(802) 453-6354 • [mtgazette@earthlink.net](mailto:mtgazette@earthlink.net)  
[www.mountaingazetteofvermont.com](http://www.mountaingazetteofvermont.com)

Deadline: *January 2*

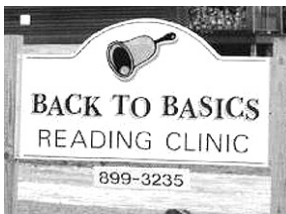
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JERICHO CONGREGATIONAL CHURCH

3 Jericho Center Circle, Jericho VT  
Pastor Peter Anderson, Youth Pastor Glenn Carter  
899-4911; [www.jccvt.org](http://www.jccvt.org); [officejcc@comcast.net](mailto:officejcc@comcast.net)  
Dec. 22 – Lessons and Carols 8:00 & 11:00am Readings of the Christmas story from the bible interspersed with illustrative music & carols; Fellowship from 9:30 – 11:00am with birthday cakes for Jesus  
Dec. 24 - The center circle will be lit by 125 luminaries all evening  
Children's Pageant 6:00 pm  
Candlelight & Communion service 9:00 pm  
Dec 25 - Come to the Manger service 7:00 am. A short Christmas morning service to welcome Christ to the world.  
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Sunday Worship Service, 9:00 AM  
Children's Sunday School, 9:00 AM  
Men's breakfast - third Sunday, 7:00 AM  
[jerichoumc@jumvt.org](http://jerichoumc@jumvt.org) [www.jumcv.org](http://www.jumcv.org)

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**Ongoing** continued from page 3

and caregivers. Playgroups follow the school calendar. Come to any or all groups that fit your schedule. For more information on any of the playgroups, please contact Heather Lebeis at 899-4415 or [underhillplaygroup@yahoo.com](mailto:underhillplaygroup@yahoo.com).

Mondays: Jericho Community Center, 9:30-11:00 AM  
Wednesdays: Richmond Free Library, 8:45-10:15 AM  
Thursdays: Bolton's Smilie School, 9:00-11:00 AM the 1st and 3rd Thursdays of the month

Thursdays: Huntington, 11:00 AM-12:30 PM at Huntington Public Library

Fridays: Underhill Central School, 9:30-11:00 AM

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

**Early Literacy Storytime**, Thursdays, 11:00 AM at Westford Public Library. Stories and activities utilizing early literacy concepts for age's birth-preschool. Drop-in; no registration needed. We welcome new families. For more info, contact Victoria at 878-5639 or [westford\\_pl@vals.state.vt.us](mailto:westford_pl@vals.state.vt.us), or visit our website [www.westford.lib.vt.us](http://www.westford.lib.vt.us) and click on Events @ Your Library.

**SENIORS/COMMUNITY MEALS**

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

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

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

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

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

**St. Jude's Church**, Hinesburg, senior meals held on second and

fourth Tuesday of each month with bingo games after the dinners. Everyone is welcome including caregivers. Dinners are \$4.00 per person. For information call Ted Barrette at 453-3087.

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

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

**SPORTS ACTIVITIES**

**Ongoing Pilate classes** at Dakini Studio in Underhill. Mon. and Thurs. at 6:00 PM call 899-4191 to register. Find more information and other scheduled classes at [dakinstudio.wordpress.com](http://dakinstudio.wordpress.com).

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

**Zumba**, Fairfax - Tuesdays 7:00-8:00 PM and Saturdays 9:00-10:00 AM. Contact Pam Adams 370-4437 or [pamaj68@aol.com](mailto:pamaj68@aol.com).

**Zumba Fitness**, Monday evenings only, 5:30 - 6:30 PM, at the River Arts Center in Morrisville. Zumba Fitness with certified instructor, Karen Machia. No registration required, drop in. Call 888-1261, or visit our website: [www.riverartsvt.org](http://www.riverartsvt.org) for more details.

**Zumba Fitness**, Saturdays 8:30 AM, Jericho Community Center with licensed instructor Lori Preiss. 899-0343 or [lori@greenmountainfitness.com](mailto:lori@greenmountainfitness.com).

**SUPPORT GROUPS**

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

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

**Approach Autism With Advocacy, Recovery & Education (AAWARE)** in the 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.

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

points for old and new ED parents. For information, Peter, 899-2554.

**TOWN GOVERNMENT & ORGANIZATIONS**

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

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

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

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

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

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

**THRIFT SHOPS & FOOD SHELVES**

The **Heavenly Cents Thrift Shop** located just east of the Five Corners in Essex Jct. on Rte 15, the hours are from 10:00 AM to 3:00 PM on Tues. and Wed., 4:00 to 8:00 PM on Thurs. Please check us out.

**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.

**Start 2014 with a Cleanse?!**

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

Like many people your holidays were filled with a lot of busyness, stress, rich food and drink and less sleep than normal. And like many people, you may have resolved to mend your ways in January.

A cleanse may be the way to start. We are constantly exposed to toxins. There are two ways this happens. External exposure comes from air and water pollution, pesticides, herbicides, smoking, fragrances, fabric softeners and other chemicals. The Center for Disease Control documents over 80,000 contaminants that we can be exposed to! Internal exposure occurs naturally from the waste products of metabolism. These include ammonia, carbon dioxide and free radicals. If digestion is not optimal, toxins can be made from undigested food causing problems in the intestines.

Symptoms of toxicity can range from decreased energy, skin problems, weight gain (the body stores toxins in fat tissue), mood and sleep disturbances, food cravings, headaches, mental "fog", and/or decreased sex drive.

The body's systems of detoxification include the liver, the kidneys, the intestines and to a lesser extent, the skin and lungs. (This is why alcohol is smelled on the breath and the skin breaks out when the body's primary systems of detoxification are overwhelmed.)

Liver detoxification occurs in two phases. Phase One eliminates some toxins but merely modifies others that are dealt with in Phase Two. The intermediate state between Phase One and Two can be even more toxic than the original toxin addressed by Phase One. Phase One requires B Vitamins; Phase Two requires protein. Consequently I do not recommend traditional water or juice fasting as optimal cleanses. What I do recommend are cleanses that include supportive nutrition so that detoxification happens completely.

In January I am going to cleanse for twenty one days. I will be using a nutritionally designed protocol which utilizes whole food supplementation, a diet rich in organic fruits and vegetables, healthy oils such as organic extra virgin olive oil, coconut oil and flaxseed oil, and quality proteins.

The initial part of the cleanse is vegetarian and then more proteins are added. Commonly at the onset of a cleanse there may be some unpleasant symptoms such as nausea, vomiting, cramps, dizziness, headaches, skin rashes, itching and blemishes. These symptoms typically resolve within one to two days. Also there will be an increase in bowel movements and urination as the body is ridding itself of toxins.

Upon completing the cleanse people report weight loss, improved sleep, increased vitality, clearer thinking and skin. Furthermore, after twenty one days you have started to develop new habits. When coming off a cleanse and foods you have not eaten are resumed, you may find some foods do not agree with you. That will inform you of what foods agree with you and what ones don't. So there is a lot to commend a cleanse. Do you want to join me in January?

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

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# Seasons Greetings

## Desire to give

By Bernard Paquette

I look for a reason to believe.

Thanksgiving brought gift ideas stuffed in a newspaper that weighed more than the turkey. No sooner did amen conclude grace, than the hunt began for more things. I searched and searched the ads without finding the meaning of Christmas. I needed to look for something else. Instead of thinking of what to buy, I need to ask myself why.

On a cold snowy morning a basket and reusable bag filled with apples, oranges, bananas, walnuts, fresh baked bread, cookies and fudge, a ham, potatoes, carrots, and Clementine's, dropped off anonymously, lay upon the doorstep of a childhood family of modest means. A short-term need filled. More importantly, the surprise gift instilled a lifelong feeling of gratitude in a child.

The hospital's children ward took on a disco glow as red, and green lights flashed against the white walls. Yet the pain, discomfort, and worries lay sullen across the halls. "Long ago, the stars guided the way to a magical place", the storyteller began. The voice, the tale, imagination, believability, all conspired like a magic carpet ride, to bring each child around the world to a painless and worry free embrace.

"Alone is the saddest experience you will ever know, one is the loneliest number". The lyrics echo in nursing homes. *Story Corps* (<http://storycorps.org/great-questions/>) offers suggestions to ask, like "who was your best childhood friend, did you ever get in trouble as a child, did you have a nickname, and how did you get it?" Ask questions to dispel loneliness. Ask questions to revitalize one, back to a formidable befriended number.

Craft fairs overflow with Vermont handiwork. handmade mittens, gloves, hats, sweaters and scarves, pendants, bird boxes, jams, jewelry. Many of these items are grown, baked, built, sewed, knitted, crafted by hand- pure Vermont ingenuity. Local products often come with a story told by the artisan, defining the transformation of raw material into the gem you hold in your hand. That exchange alone brings Christmas closer to home.

I looked for a reason to believe, that giving can reflect the meaning of Christmas. I discovered that *those with the least are the easiest to please, and the rewards of pleasing them, the greatest.* Why do we have the desire to give-human connection, tradition, caring? Each of us needs to answer for ourselves. Once we know why, then we can explore what we

have to give. The most valuable and appreciated gifts are found inside our hearts, in the giving of our time and talents, and close to home.

*This just in, a message from Santa, hoo hoo hoo, you know Dasher and Dancer and Prancer and Vixen, Comet and Cupid and Donner and Blitzen. But, did you know, that even the most famous reindeer of all, mistake pieces of plastic for their food? Reindeer with a bellyache on Christmas Eve, ohh, I dread to think of it. Vermonters, with your community so bright, won't you keep littered trash cleaned up and out of sight? Then all the reindeer will love you and shout out with glee.*

Merry Christmas



PHOTO BY BERNARD PAQUETTE



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 a SON IS GIVEN.**

*Brenda, David,  
 Christian & Hope  
 Boutin and Family*

## Keep Your Holiday Spirit out of the Landfill!

Between Thanksgiving and New Year, an extra **million** tons of trash are thrown out each week. Here's how YOU can reduce waste during the holidays:



The best things in life aren't things: Give an experience!



Use recyclable wrappings.



"Wrap" gifts in reusable baskets or bags.



Choose a real tree that won't end up in the landfill.

### Reduce

• **Rechargeable batteries**—40% of battery sales occur during the holidays. Cut waste: Go for the rechargeables!

### Reuse

• **Old art, utensils, appliances, and clothing**—There are many options: ReUse Zones at CSWD Drop-Off Centers, the ReStore, local charities, etc.

### Recycle

• **NON-metallic paper, boxes, and cards**—However, bows, ribbons, and metallic and plastic wrappings must be disposed of in the trash.  
 • **Electronics**— At CSWD Drop-Off Centers.  
 • **Old Christmas trees**—Recycled into electricity. Bring to CSWD Drop-Off Centers in Essex, Milton, Richmond, So. Burlington, Williston & the McNeil Wood & Yard Waste Depot (**no** tinsel, ornaments, stands, lights, garland, or wreaths).

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**Would like to wish all of you a safe, and healthy Happy Holiday Season.**

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**Happy holidays from CSWD** | CHITTENDEN Solid Waste District | (802) 872-8111 | www.cswd.net





## LIBRARIES

**DEBORAH RAWSON LIBRARY, UNDERHILL**

Preschool Story Time~ Thursday December 19 at 10:00 AM. Drop in with your little ones for stories, songs, crafts/activities and snack. No registration required.

Family Movie Night~ Plan on a fun family movie night. Wear your PJs, grab a pillow and bring the whole gang. Arrive a few minutes early to settle in. We will provide the popcorn. Friday December 20, 6:30-9:30 PM. Call for details 899-4962.

DRML will be closed for the holiday on Tuesday December 24, Wednesday, December 25 and Thursday, December 26. We will resume regular hours on Friday December 27 at 10:00 AM. On Tuesday December 31 we will close at 4:00 PM and be closed on Wednesday January 1. Regular hours will resume on Thursday January 2 at 12:00 PM.

The DRML staff wishes all of the community a peaceful and joyful holiday season. We look forward to seeing you in 2014. Happy reading.

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.

**FAIRFAX COMMUNITY LIBRARY**

December 23: 9-5:30; CLOSED December 24, 25 and 26. December 27: 9-3:15, December 28: 9-1:00

December 30: 9-5:30; CLOSED December 31 and January 1. January 2, 2014: resume regular hours.

Fairfax Community Library: 75 Hunt St., Fairfax, Vermont, 05454; Phone: 849-2420; Program Planner: Karyn Norwood at [knorwood@fwsu.org](mailto:knorwood@fwsu.org); Library News: <http://www.bfafairfax.com/pages/communitylibrarynews.html>. Facebook page: <http://www.facebook.com/home.php?#/pages/Fairfax-Community-Library>. School Year Library Hours: Monday, Wednesday 8:00 AM - 5:30 PM; Tuesday and Thursday 8:00 AM – 8:00 PM; Friday 8:00 AM - 3:15 PM; Saturday 9:00 AM – 1:00 PM.

**JERICHO CENTER LIBRARY ON THE GREEN IN JERICHO CENTER**

The Board of Trustees meets regularly the first Tuesday of the month at 7:00 PM at the library. The public is welcome, so feel free to join us at our upcoming meeting on January 7.

The Jericho Town Library's Writers' Group will meet at the library at 7:00 PM on January 6 and 20.

Thank you to all who attended our open house and to those of you who helped to make it a success. It was nice to see so many familiar faces and to become acquainted with new patrons. As always, we appreciate your support.

Starting the first of the year, we will be putting out a monthly newsletter to be emailed to our patrons and to be included on our website.

Our fundraising drive is on-going, and any donations are tax deductible for 2013 if received by December 31. Thank you in advance.

We wish all of you and your families Happy Holidays.

The Jericho Town Library hours are: Monday: 2:00 -7:00 PM, Wednesday 10:00 AM -12:00 Noon (includes children's story time); 2:00-7:00 PM; Friday 1:00-5:00 PM; Saturday 10:00 AM – 12:00 PM. For more information call 899-4686 or email us at [Jerichotownlibrary@gmail.com](mailto:Jerichotownlibrary@gmail.com).

**VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE**

Preschool Story Hour Thursdays at 10:00 AM. The Varnum Memorial Library. Crafts and stories with our wonderful readers. Free and the public is invited. 644-2117

December 7 - Let's go to the Varnum Library, Saturday December 7, 10:30 AM for Winter Crafts. We are making small handmade crafts/gifts that are easy and nice to give. Elementary age kids, free, fun and for the public. Info 644-2117.

December 10 - On Tuesday December 10, from 7:00-8:30 PM, Poetry People returns. Bring a poem yours or another's, free verse or metered, set it to music or come and listen. Free, carefree and

for everyone. Light refreshments. Info 644-2117.

December 19 - Thursday evening, December 19, 7:00 PM. The Varnum Memorial Library in Jeffersonville. Everyone is invited to bring a seasonal story to share in our warm Library. Free and all welcomed. Info 644-2117

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

**WESTFORD PUBLIC LIBRARY, WESTFORD**

December 4 - Trustees Meeting 7:00-9:00 PM

December 5 - Mrs. Grant's Novel Writing Celebration, 3:00-5:00 PM (See Mrs. Grant for more information)

December 11 - Book group 6:00-7:00 PM - Susan Vreeland's, *Clara and Mr. Tiffany*

December 11 - Homeopathy: First Aid with Patricia Hechmer, 7:00- 8:30 PM

December 13 - Art opening: Trine Wilson and Doris Weeks, 5:30-7:00 PM. Refreshments served.

December 14 - Holiday Bazaar 2:00-5:00 PM at the Westford School (Fundraiser for the Westford Rec. Dept)

December 18 - PJ Storytime 6:00-7:00 PM Theme: Snow

December 18 - VT Health Navigators on hand for one-on-one signups 6-8pm (appointment required)

CLOSED DECEMBER 25 & 26

December 27 - Drop in Legos, 3:00-5:00 PM. Come build something AWESOME - and we'll have popcorn too.

CLOSED JANUARY 1

Storytime every Thursday at 11:00 AM

Library Hours: Wednesday 1:00-7:00 PM, Thursday 10:00 AM-6:00 PM, Friday 1:00-7:00 PM, Saturday 10:00 AM-2:00 PM; website: [www.westfordpubliclibrary.org](http://www.westfordpubliclibrary.org); Email: [westfordpubliclibrary@gmail.com](mailto:westfordpubliclibrary@gmail.com). Like us on Facebook. 878-5639, Bree Drapa, Librarian.

## NEW KIDS IN TOWN

**CHARLOTTE**

(Dubyc) Nick Dubyc and Tessa Austin proudly announce the birth of their daughter, Sophia Dubyc on November 23, 2013 at the Fletcher Allen Health Care, Burlington, VT.

**FAIRFAX**

(French) Clarissa Gottshall-French (Gottshall) and Michael French are the proud parents of a daughter Millie Iris French, born on November 13, 2013 at the Fletcher Allen Health Care, Burlington, VT.=

**JERICHO**

(Cotton) Kelly Cotton (DesRoces) and Ashley Cotton had a son, Oliver Raymond Cotton on October 29, 2013 at the Fletcher Allen Health Care, Burlington, VT.

## OBITUARIES



**Capt. David Lyon Gale**, 49, Richmond, VT, died suddenly Friday December 13, 2013, while duck hunting. David, son of Carmen and George Gale, was born on January 9, 1964 and was raised in Barre, VT. He graduated from Spaulding High School, and went on to serve his country proudly in the U.S. Coast Guard. He

joined the Burlington Fire Department on November 14, 1988. David planned to retire in early 2014, after having served as Captain of Engine 4 in Burlington's New North End. He is survived by his beloved wife, Julia Cosby; daughter, Candace; sons, Andrew and Kyle; and his parents. David, the youngest of five children, is survived by his sister, Lorna Michaud; and brothers, Steven, Glenn (Sandy), and Eddie. David is also survived by his former wife, Aimee Gale, with whom he enjoyed a precious lifelong partnership and devotion to their sons, Andrew and Kyle. David lived each day showing the world he could not have been more proud of his family, children, friends, and brothers and sisters in the Burlington Fire Department. David was a true outdoorsman and brought his passion and enthusiasm to everything and everyone. He shared a special bond with his closest hunting, fishing, boating and sporting best friends, Wes Ruland, Billy and Bobby Burns, Peter Walsh, and brother, Glenn Gale. Multi-generational family ties kept all the families of Mid Ship Way and the Sand Dune community of Colchester together all year round. David was never happier than when surrounded by family and friends at camp. His bonfires on the beach are legendary; one of the thousands of things that will forever hold special meaning in all of our hearts. A large family of surviving aunts, uncles, nieces, nephews, cousins, grandnieces, grandnephews and godchildren shared David's boundless love, pride in family and devotion to them. Captain David Lyon Gale was the true definition of a genuinely successful man. He treasured everyone and everything in his life as the best any one man could ever hope to love. He wanted for nothing, already grateful for having it all. For it was all, the best there could ever possibly be. A Mass of Christian Burial was celebrated on Wednesday December 18, 2013, at 11:00 AM in St. Anthony Catholic Church in Burlington, VT. Interment will be at the convenience of the family. Visiting hours will be on Tuesday December 17, 2013, from 2:00 to 4:00 and 7:00 to 9:00 PM in the Ready Funeral

Obituaries continued on page 9

www.mountaingazetteofvermont.com

**MOUNTAIN GAZETTE RATES – 2014**

The *Mountain Gazette* is the hometown community newspaper for Bolton, Cambridge, Jeffersonville, Jericho, Underhill, and Westford, Vermont. The *Mountain Gazette* store-delivers 4,500. Essex Junction, Essex, Essex Center, Fairfax, Huntington, Hinesburg, Jeffersonville, Jonesville, and Richmond.

Web site - over 24,000 hits as of November 2011  
- over 34,000 hits as of December 2012  
- over 42,000 hits as of November 2013

TOTAL CIRCULATION – 4500 COPIES

The *Mountain Gazette* is owned and operated by Brenda Boutin. Boutin has a B.A. in Graphic Design and is the Graphic Designer. Ads are designed for you at no added cost.

**OPEN RATE**

\$7.85 column inch,  
Column width 1-7/16"

Listings below are measured width x height

Business Card 3-1/4" x 2"  
\$31.40

1/16 page  
3-1/4" x 3" \$47.10

1/12 page 3-1/4" x 4"  
\$62.80

1/8 page  
3-1/4" x 6" or 5" x 4"  
\$94.20

1/4 page  
3-1/4" x 12"  
5" x 8"  
6-1/2" x 6"  
\$167.52

1/2 page  
10-1/4" x 8" or 5" x 15-1/2"  
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Full page 10-1/4" x 15-1/2" \$390.00

Prepaid Contracts available – Save up to 20%. Purchase six ads, any size and run within 12 months. Call Brenda for details, 453-6354.

Subscriptions \$35.00 per year

Publication: First & Third Thursday/Month

Deadlines: Thursday before publication:

Copy – 12:00 Noon

Advertising – 5:00 PM

Business Directory: \$18 each, must buy 5 issues (\$90 pre-paid) Size: 3-1/4" x 1-1/2".

Contract rates available, More sizes available

Classifieds: \$6.50 for 25 words, 10¢ each additional word

Other publications available:

2013-14 Northwestern Vermont Animal Resources Guide (15,000 COPIES DISTRIBUTED)

2013-14 Jericho – Underhill Community Directory (3200 COPIES DISTRIBUTED)

INSERTS: 1 – 4 PAGES, 8-1/2" X 11" COST: \$45.00 PREPAID PER 1000  
MUST PURCHASE FULL 4500 CIRCULATION

The *Mountain Gazette*

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REVIEWS

ART/PHOTOGRAPHY

**Adult Watercolor Classes with Artist Kathleen Berry Bergeron in Jericho and St Albans beginning in January. Come and join the fun! Call 802 899-4628 for details. or email me paint78@hotmail.com Space is limited.**

The **Emile A Gruppe Gallery**, in Jericho Center, VT, presents a exhibition of unique creations from 16 artists of the Caspian Arts. The exhibition is from November 21 through December 22. Gallery hours are Thursday through Sunday 10:00 AM to 3:00 PM. [www.emilegruppegallery.com](http://www.emilegruppegallery.com).

**CALL TO PHOTOGRAPHERS** - "Click on Jericho Roads!" Professional and amateur photographers are invited—and encouraged—to participate in an exhibit to be hung in the Jericho Town Hall from January through April 2014.

The one requirement: All images must include at least one actual Jericho road. Paved or not, old or new, rarely-traveled or used to heavy traffic—you pick the setting and the season. You may submit one or two photographs of any size. The show will not be juried; there's no participation fee and there's no commission if you wish to sell your work.

By no later than December 15, 2013, contact Barbara Greene for information and registration forms: (802) 899-2974 or [blgreene@myfairpoint.net](mailto:blgreene@myfairpoint.net).

The exhibit is one of an ongoing series of shows that are part of a collaborative project between the Town of Jericho and a committee of volunteers involved in the arts. The Committee includes Jericho Selectboard member Catherine McMains, artists Dianne Shullenberger and Barbara Greene and gallery owner Emilie Alexander.

MUSIC/DANCE

**Call for choral singers, all parts.** Concert for Concert, Wednesday January 1, 2014, 3:00 PM, Elley-Long Music Center, Colchester. Green Mountain Mahler Festival, Daniel Bruce, Conductor. Benefit performance, 4th annual New Year's Day performance, Beethoven's Ninth Symphony.

Rehearsals:  
 Sunday December 15 and 22, 3:00 to 5:00 PM, Temple Sinai, 500 Swift Street, South Burlington;  
 Sunday December 29, North End Studios, 294 North Winooski Avenue, Burlington; and  
 Monday December 30, 6:30 to 9:30 PM, Elley-Long Music Center, Ethan Allen Avenue, Colchester.  
 Erik Kroncke, Chorus master and bass soloist.  
 Information on registration, online chorus parts, and further details: [www.vtmahler.org/participate/](http://www.vtmahler.org/participate/)  
 Further Information: Bill Harwood, Burlington

**Round Church Bicentennial Concert** - Looking for an event for New Year's Eve that is close to home? The Round Church Bicentennial Committee has the answer for you. Come help us close out our monthly Bicentennial Concert Series and the Bicentennial Year by attending the New Year's Eve concert sponsored by the Bicentennial Committee and held at the Richmond Congregational Church on Wednesday December 31. The lineup thus far includes the Social Band, Hilary Stewart, Young Tradition, and The Highland Weavers. The concert will start at 7:30 PM and there is a suggested donation of \$10/person. For more information contact Tim Whiteford at 434-4565.



**Winter Open House**  
 January 11, 2014 930 AM-11:30 AM

Prospective students and their grownups explore Vermont's first parent-cooperative preschool by touring the grounds and play spaces, and talking to faculty, staff and the families of current attendees. Saxon Hill is an amazing place. Come see why!

**Registration Dates for the 2014-2015 school year:**  
 Currently Enrolled Families: January 20th-January 24th  
 Alumni and Siblings: January 27th -January 31st  
 New Families: February 3rd - February 7th

**For more information please contact the registrar Tiffany at 802-899-2400 or [saxonhillregistrar@gmail.com](mailto:saxonhillregistrar@gmail.com).**  
 Saxon Hill School, Inc. admits students of any race, color and national or ethnic origin.



**Obituaries** continued from page 9

and Cremation Service, 261 Shelburne Rd. in Burlington. Online condolences may be made to [www.readyfuneral.com](http://www.readyfuneral.com).



**Jo Ann (Lamberson) Boyce**, 69, of Underhill, VT, passed away on Thursday November 28, 2013, with her family by her side in Fletcher Allen Health Care in Burlington. She was born in Cheesecake, N.J., on September 16, 1944, daughter of the late Millard and Esther (Wood) Lamberson. She married her childhood sweetheart, William Boyce, on October 23, 1965, in Marlboro, N.J. Jo Ann loved visiting with friends, family, and especially her grandchildren. She also attended Essex Alliance Church. Although being diagnosed with MS 33 years ago, she lived a full life. Jo Ann was fortunate enough to be able to travel across the country and onto Alaska with her husband and close friends, John and Ramona Labrie. She is survived by her loving husband of 48 years, William Boyce of Underhill, VT; three daughters, Kimberly Cleary and husband, Tom, of N.H., Kelly Boyce and husband, Patrick Lessard, of N.H., and Amy Scharf and husband, Rick, of VT; sisters, Nancy Falco and husband, Richard, of Fla., and Wendy Prior and husband, James, of N.J.; brother, Wayne Lamberson and wife, Pattie, of N.J.; seven grandchildren, Devin and Abigail Cleary, Kayla and Cameron Monahan, Thomas Lessard, Eleanor and Brycen Scharf; special friend, Marie Bourdeau; many cousins, nieces and nephews; faithful companion, "Ruby;" and a multitude of friends and a group of special "Angels" who visited her weekly. She was also predeceased by her brother, Mark Lamberson. Jo Ann's family extends a special thank you to the spectacular care and guidance of the FAHC Medical ICU staff. We also want to thank the VNA nurses for the extraordinary care given to Jo Ann over the last two years. Visiting hours were held on Friday December 13, 2013, from 5:00 to 8:00 PM at A.W. Rich Funeral Home - Essex Chapel, 57 Main St., Essex Junction. A memorial service was held on Saturday December 14, 2013, at Essex Alliance Church at 11:00 AM, with Pastor Joe Moore officiating. Inurnment will be private and at the convenience of the family. Memorial contributions in Jo Ann's memory may be made to the Visiting Nurse Association, 1110 Prim Rd., Suite 1, Colchester, VT 05446. The family invites you to share your memories and condolences by [visiting www.awrfh.com](http://visitingwww.awrfh.com).

**Dr. Lawrence DeBellis** of Pt. Pleasant, N.J., and Richmond, VT, passed away at home in Vermont on Friday November 29, 2013, surrounded by his loving family. He was 95 years young. Born and raised in Easton, Pa., to Donato and Anna DeBellis, immigrants from Italy, Larry was raised in a close knit and loving home of nine children. His upbringing instilled in him the values that defined his life: care for family, education, work, service, thrift. He was a highly regarded and respected professional; over his 36 years as founding Superintendent of Schools of the Pt. Pleasant Boro, N.J., school district; he oversaw the development, construction, staffing and operation of its four schools. Despite his professional success, he was nonetheless a very humble and selfless man. This was reflected in his many years of community service as a founding member of the Pt. Pleasant Rotary and Lions clubs, and as a member of the Elks Club, the Masons, the Kiwanis club, and the Pt. Pleasant Presbyterian Church. He was also a recipient of the Rotary's Paul Harris Award and was inducted into the Pt. Pleasant Boro Educational Hall of Fame. Larry received his Bachelor of Science in Education from East Stroudsburg (Pa.) State Teachers College in 1942. Upon his graduation, he enlisted in the Army Air Corps and then transferred to the Quartermaster Corps. Commissioned as a Second Lieutenant, he was assigned as a company training officer at Camp Lee, Va. In December 1947, he was honorably discharged as a First Lieutenant. He obtained his Master's and Doctorate degrees in Education from Temple University in Philadelphia in 1965. In January 1948, Larry began his teaching career as a math and science teacher in Pemberton, N.J. He was hired in July 1951 to be the supervising principal of the Ocean Road School, a K-8 school with 500 students in Pt. Pleasant Boro, N.J., a very rural town at the Jersey Shore. In 1952, he became superintendent. Within a few years, Pt. Pleasant Boro branched off from Pt. Pleasant Beach to be its own educational district and Larry spent the next 30-plus years establishing this new school district and building its schools. When he retired in 1987, his 36 years of service represented the longest unbroken superintendency in one school district ever in New Jersey - a tenure unheard of today. In June 1951, Larry and Melita (Curry) DeBellis were married. They remained married for 45 years, until her death in April 1997. Together they had two daughters, Laurie and Melita Ann, who hold many loving memories of their father. Larry spent the last three years of his life living with Melita Ann and her family in Richmond, where he developed many new friendships that brought great enjoyment to his life. Larry is survived by his daughter, Laurie Barbieri Flaherty and husband, Bill Flaherty, of Pt. Pleasant, N.J.; granddaughter, Lynne Barbieri Minter of Royersford, Pa.; grandson, John Barbieri, of Brick, N.J.; and great-grandson, Jaden Lawrence Minter of Royersford, Pa. He is also survived by his daughter, Melita Ann DeBellis and husband, Mike Mulcahy, of Richmond, VT; and their sons, Patrick Mulcahy of Clifton, N.J., and Sean Mulcahy of Richmond, VT. In addition,

Larry is survived by his sister, Mary Rizzo of Macedonia, Ohio; brother, Dominick DeBellis of El Monte, Calif.; sister, Pauline and Vincent Fraccica of Easton, Pa.; brother, Deacon Charles and Janet DeBellis of Easton, Pa.; and many, many beloved nieces and nephews. Larry was predeceased by his sisters, Jeanette Cerciello, Margaret Corona, and Hilda Slahta; and brother, Donald DeBellis. The family would like to thank his wonderful friends and caretakers who brought such joy and support to Larry, especially Gina Crabtree, Beverly Little Thunder, and Andrea Andrus, as well as the Visiting Nurse Association. A date and location for services in Vermont will be advised at a later date. Online condolences may be made to [www.cremationsocietycc.com](http://www.cremationsocietycc.com). In lieu of flowers, donations may be made to the Richmond Community Senior Center, PO Box 508, Richmond, VT; the Richmond Food Shelf, PO Box 174, Richmond, VT; or the Visiting Nurse Association of Chittenden and Grand Isle Counties.

*Mountain Gazette*

*Publication & Deadline Dates 2014*

The Mountain Gazette publishes on the 1st and 3rd Thursday of each month .  
 The deadline for receiving copy is Thursday, a week before publication, at noon.  
 The advertising deadline is Thursday, a week before publication at 5:00 PM.

For more information, please contact Brenda Boutin  
 Publisher of the Mountain Gazette  
 6558 VT RT 116, Starksboro, VT 05487  
 Phone: 453-6354 • [mtgazette@earthlink.net](mailto:mtgazette@earthlink.net)  
 On the web at [www.mountaingazetteofvermont.com](http://www.mountaingazetteofvermont.com)

DEADLINE DATE:	PUBLICATION DATE:
THURSDAY	THURSDAY
January 2	January 9
January 16	January 23
January 30	February 6
February 13	February 20
February 27	March 6
March 13	March 20
March 27	April 3
April 10	April 17
April 24	May 1
May 8	May 15
May 22	June 5
June 12	June 19
June 26	July 3
July 10	July 17
July 26	August 7
August 14	August 21
August 28	September 4
September 11	September 18
September 25	October 2
October 9	October 16
October 30	November 6
November 13	November 20
November 27	December 4
December 11	December 18

SPECIAL SECTIONS:

- Bridal - February 6 • Home & Garden - March 20
- Senior Profiles - May 1 • Memorial Stories of Veterans- May - 15 • MMUHS Senior Photos - June 5
- LUHS Senior Photos - June 19 • Bridal - August 21 • Harvest Market - September 18
- Veterans Stories - November 6 • - Inspirational Stories - December 18

FEATURED PUBLICATIONS:

Jericho Underhill Directory - Deadline July 15, 2014, Publication September 2014



SCHOOLS

# Browns River Middle School students learn to "Code"



"This is so much fun that I could do this all day!" exclaimed 6th grade student, Emily. December 9-15 was International "Hour of Code" week. Computers are used every day in our lives, but not many people know how to read and write code. Browns River Middle School students and their teachers took the "Hour of Code" challenge this week, and some amazing events transpired as a result! Students who started out believing that coding was something that they could not do on their own were creating their own cartoons and animations. With the help of online tutorials, and lots of time to experiment and play, they learned some basic programming skills through KHAN Academy. As a result, more than a few classes were so engaged that the rare sound of silence replaced the chatter that so often fills the school day. "This week has been so exciting, engaging, and creative!" said Jill Dawson, computer applications instructor. Jill Dawson collaborated with Willie Lee, design

technology instructor, and math teacher, Suzanne McDevitt to promote "an hour" of classroom time devoted to programming this week.

Using Java Script and KODU, students created greeting cards and games. Computer scientists, Professor Josh Bongard and Shane Celis from the the University of Vermont visited Browns River and interacted with the students while they were programming. They shared briefly about their careers, answered questions, and made connections with our school for students who are interested in pursuing this field. "Problem solving, perseverance and attention to precision are exactly what we are asking of our young mathematicians", commented Suzanne McDevitt. "Computer programming requires all of these components." If you would like to view some of the students' finished products, please visit the BRMS website.

## LEGAL NOTICES

### OFFICIAL WARNING ANNUAL MEETING JERICHO UNDERHILL PARK DISTRICT

The legal voters of the towns of Jericho and Underhill in the County of Chittenden and the State of Vermont are hereby warned and notified to meet at the Deborah Rawson Memorial Library (project room) in Jericho, Vermont on Wednesday, January 16, 2014 at 7:00 PM to act on the following articles:

- Article 1. Election of a Moderator
- Article 2. Act on Report of Trustees
- Article 3. Shall the District authorize the Trustees to borrow money for the temporary needs of the District?
- Article 4. Adoption of a budget
- Article 5. Other business thought proper when met.

**Proposed budget is \$36,722**

Dated at Jericho, Vermont, November 21, 2013

Livy Strong Chair  
Michelle Hayes Vice-Chair  
Marcy Gibson Treasurer  
Marie Lynch Secretary  
Jim Massingham  
Robert Naylor

### TOWN OF JERICHO PUBLIC HEARING ON

#### CAPITAL BUDGET AND FIVE-YEAR PLAN

On Thursday, January 2, 2014 at 7:00 pm at the Jericho Town Hall, 67 VT Route 15, Jericho, Vermont, the Town of Jericho Selectboard will hold a public hearing to solicit comments on the proposed FY15 Capital Budget and Five Year Plan. The public is invited to attend and offer comments on the proposed budget and plan. Copies may be viewed outside the Town Clerks office between the hours of 8:00 am and 3:00 pm or at [www.jerichovt.gov](http://www.jerichovt.gov).



PHOTOS CONTRIBUTED

*Merry Christmas  
from  
The Mountain Gazette*

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•Contemporary cape on 6.28 acres w/ open floor plan  
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•Family rm w/ great space. 1st floor master & 2 bedrooms up  
•Den & full basement. Oversized 2-car garage and covered porch

**Fairfax - \$289,000**  
•4.93 acres with a huge maple grove. Privacy sitting high in our new 3 parcel subdivision.  
•To be constructed w/ 2064 sq. ft. Hardwood floors, large open kitchen and dining area  
•2nd floor with large master bedroom, WI closet and tiled master bath. 2 additional bdrms

**Fairfax - \$160,000**  
•Energy efficient units with 2 bedrooms up and 1 1/2 baths  
•Open kitchen to lg living room. Dining area with slider to deck  
•Front deck with great views of countryside in this new project  
•Can finance RD, HFA or conventional. \$1,500 back in closing costs.

**Underhill - \$150,000**  
•Fix up this farmhouse in the scenic corridor of Underhill  
•4 bedrooms, 2 baths and a second kitchen and porch  
•Oversized garage has 1.5 bays, large shop area, heat and its own electric service  
•2 out buildings and large level yard on garage side

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**Bolton Nordic Trail improvements underway**

Bolton Nordic and backcountry skiers will enjoy significant trail improvements this winter season.

A partnership between the Vermont Department of Forests, Parks and Recreation, The Friends of Bolton Valley Nordic and Backcountry (FOBVNBC) and Bolton Valley Ski Resort has resulted in significant trail work, including two rebuilt bridge structures, the addition of 15 new culverts, over a mile of new drainage ditching, and several miles of mowing and brush cutting in addition to the installation of many new trail signs since the 1,160-acre parcel was transferred to state ownership in June.

Since the property was acquired in June, around \$40,000 has been invested into the trails located on state land.

The property was conserved by The Vermont Land Trust and transferred to the state after a 1.8 million dollar fundraising campaign which utilized grants funding as well as hundreds of individual donations by the Bolton skiing community and others.

The Nordic Trails are operated by Bolton Valley Resort, as in past years, through a license agreement with the state.

For information on Nordic Trail tickets or season passes, visit [www.boltonvalley.com](http://www.boltonvalley.com). For more information on The Friends of Bolton Valley Nordic and Backcountry, visit [www.boltonfriends.org](http://www.boltonfriends.org).

**Congrats to MMUic students**

Congratulations to the following MMUic students for their auditions and acceptance to the Northwest District Music Festival. Concert is January 31st at Enosburg High school-Tickets are sold at the door.

**Wind Ensemble:** Emma Dubay-Flute (assistant Principal), Kenzi Provencher-Flute, Lexi New-Flute, Maia Hendrickson-Flute, Margaret Allen-Oboe (Principal), Rebecca Barwin-Bassoon (Principal), Ginny Churchill-Clarinet (Principal), Charlie Cobb-Clarinet, Ella Bisbee-Clarinet, Brian Rosmus-Alto Saxophone, Cory Raymond-Alto Saxophone, Cameron Smith-Tenor Saxophone (Principal), David Brown-French Horn (Principal), Elliot Lowe-Trumpet, and Michael O'Connor-Percussion (Principal).

**Concert Band:** Victoria Rosales-Flute (Principal), Celia Goodyear-Flute, Loughlin Neuert-Clarinet (Principal), and Hannah Sylvester-Percussion.

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**CVAA SENIOR MEALS**

**Thursday December 19**  
**Holiday Inn**  
So. Brington  
11:00 AM check in, 11:30 AM lunch  
Turkey Dinner

**Friday December 20**  
**United Church Hinesburg**  
Corn Chowder, Tuna Salad, Lettuce, and Cheese Croissant, Fruited Jello with Topping

**Monday December 23**  
**Covenant Community Church**  
Essex Center, 12:00 noon  
Shepherd's Pie with Gravy on the Side, Honey Dill Carrots, Marble Rye Bread, Melon

**Tuesday December 23**  
**IHOP, University Mall, So. Burlington**  
8:30 AM check in, 9:00 AM Breakfast  
2 eggs, Hash Browns, choice of Breakfast Meat, Pancakes and Juice

**Wednesday & Thursday**  
**December 25 & 26 - Holiday - No Meals**

**Friday December 27**  
**United Church, Hinesburg**  
Spaghetti & Meatballs, Italian Vegetables, Whole Wheat Roll, Butterscotch Pudding

**Monday December 30**  
**Covenant Church, Essex Ctr.**  
Creamy Potato or Vegetable Sooup, Cold Sliced Turkey with mustard, Lettuce & Cheese, Two Slices Wheat Bread, Sherbert

**Tuesday December 31**  
**Pizza Hut, Susie Wilson Rd., Essex**  
10:00 AM check in, 11:00 AM lunch, All You Can Eat Pizza Buffet

**Wednesday January 1**  
**Holiday - No Meals**

**RECIPES**

**Bacon Cheddar Potato Cakes**

*Made from leftover mashed potatoes*  
3 slices bacon  
4 cups cold leftover mashed potatoes  
2 eggs  
1 teaspoon onion powder  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
1 cup shredded Cheddar cheese

Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned and crisp, about 10 minutes. Remove the bacon slices, crumble, and set aside. Leave the bacon drippings in the skillet. Mix the mashed potatoes, eggs, onion powder, salt, and black pepper together in a bowl; stir in the crumbled bacon and Cheddar cheese. Form the mixture into 8 patties. Heat the bacon drippings over medium heat, and pan-fry the patties in the drippings until crisp on each side, about 4 minutes per side.

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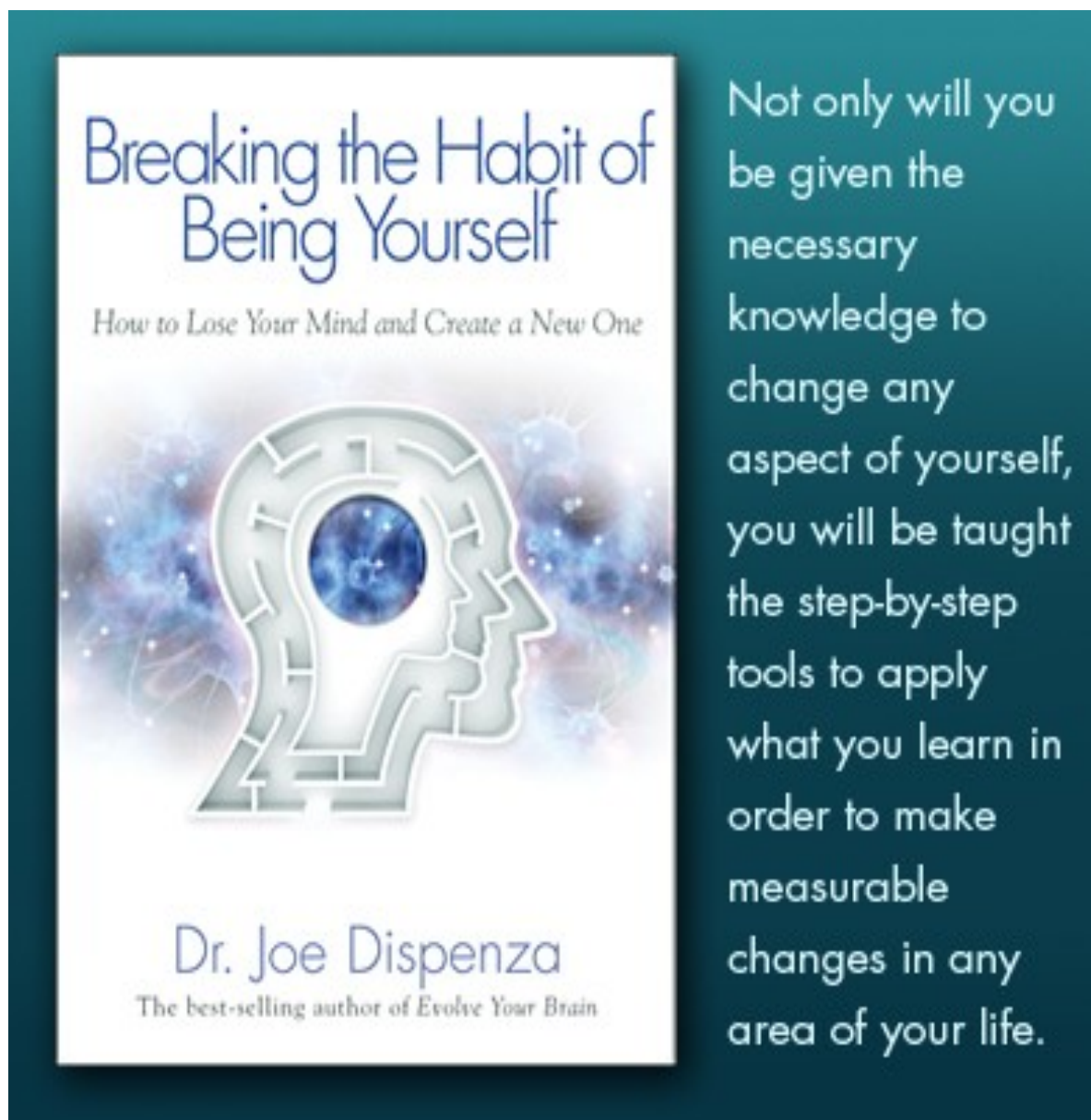
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**Where: Farrell Chiropractic Center, Route 15, Jericho**

**When: Wednesday Evenings 6:45pm-8pm**

**Dates: January 8th– February 19th**

**Call 899-9991 to reserve a seat. Seats are limited.**