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Northwestern Vermont
Animal Resources Guide

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A win-win for two Cambridge-area organizations

By Phyl Newbeck
Special to the Mountain Gazette

For several years, businesses in Cambridge have been ably represented by two different organizations: the Smugglers' Notch Area Chamber of Commerce (SNACC) and Cambridge Artists and Entrepreneurs (CAE). Next month that will change when the two organizations will combine their expertise and merge.

CAE was founded in 2010 as part of Cambridge's e-Vermont grant. For Justin Marsh, former Chair of CAE, the merger is somewhat bittersweet. "It's a promising transformation," he said. "I think CAE served its purpose as a whole; it invigorated SNACC into becoming a more collaborative and active group and I'm really hopeful about what will come with working under the Chamber."

Deanna Kennedy joined CAE in 2013 and SNACC one year later. "Everyone realized there were a lot of similarities in what these groups were working towards," she said, "and people wondered why there wasn't just one organization." Discussions regarding a merger began roughly one year ago and Kennedy said virtually everyone agreed that it would be a good idea. The only problem was that the organizations had very different structures, with the Chamber being a more formalized group. "The decision wasn't made lightly," Kennedy notes, "but it was clearly something that would be beneficial to both parties."

SNACC has been in existence for over 30 years. President Mark Schilling, who is also one of the founders of CAE, believes the time is right for the merger. SNACC is happy to have additional hands to help with their three signature events: an Independence Day Celebration, Heritage Winterfest, and the Festival of the Arts. Independence Day starts with a parade, which leads celebrants to the field behind the elementary school for various attractions including food, music, and children's games. The Heritage Winterfest is a weekend's worth of events including the Primitive Biathlon, a fire department dinner, the Rotary Club's Pie for Breakfast, sliding, ice skating, dogsleds, and sleigh rides. The Festival of the Arts is an annual August event on Main Street in Jeffersonville, co-sponsored by the Cambridge Arts Council. "We have so many different organizations in the community," said Schilling. "The goal is for all of them to work together and in the same direction."

Marsh agrees that people from Cambridge and beyond were puzzled by the different groups working in town. "It was confusing and unfortunate that there were so many groups working either in parallel or in competition with one another," he said. "I think this is big to just join forces and unify as a stronger group. There is no loss for either organization." Marsh noted that the number of active members of CAE have been reduced over time and he believes the merger will allow those members to continue to do what they do well without having to spread themselves thin performing other tasks.

One source of puzzlement for some people was the word "artists" in CAE's name. A few confused the organization with the Cambridge Arts Council and some establishments assumed that only art-related businesses could join. That confusion is being remedied with a name change. At a meeting at Boyden Valley Winery on Thursday, April 16, entitled *What's On Tap For Cambridge*, CAE will formally announce their rebranding as CambridgeVT.com. Then, at the annual SNACC meeting in May, the merger will be formally introduced with *CambridgeVT.com* becoming the digital arm of the Chamber.

CambridgeVT.com will continue to be able to list non-members on their site (something the Chamber is prohibited from doing) but will highlight those who are members. Kennedy noted that since both organizations charged membership fees, sometimes businesses had to make a decision as to which one to join. Now, they will have one set of fees and will be able to share a larger financial allotment and a bigger cadre of volunteers.

Kennedy is proud of CAE's achievements. Working with the Vermont Council on Rural Development, they created three wi-fi hotspots in Jeffersonville and one in Cambridge. Those logging on are immediately directed to the *CambridgeVT.com* site where they can learn about the surrounding businesses and activities. One casualty of the merger is CAE's plan to erect eight Welcome to Cambridge signs. Two have been purchased, one of which has already been installed, but since the Chamber was reluctant to take on the financial burden of the remaining six, CambridgeVT.com will try to convince the town to finish the project.

"I genuinely feel like it's a win-win for everybody," said Kennedy. "There were some concerns throughout the process but we talked them through and found ways to overcome them. We will have shared calendars and promotions efforts. Nothing will be lost and we'll be able to leverage each other's strengths."

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



The house fire on Cloverdale Rd., Underhill in January. The home, which had no one home at the time, was a total loss. PHOTO CONTRIBUTED

Underhill-Jericho Fire Dept. provides quick response in service to the communities

By Assistant Chief Loni Morse, UJFD

The Underhill-Jericho Fire Department recently responded to three residential structure fires in the towns of Underhill and Jericho. All three fires occurred on weekdays during workday hours when firefighting manpower is at its lowest.

The UJFD was dispatched to a reported structure fire on Cloverdale Road in Underhill on a Wednesday in January at 8:36 AM. Utility line workers on Cloverdale Road had observed smoke coming from the two-story home and called 911. UJFD full-time weekday Capt. Harry Schoppmann was en route to the Cloverdale residence within one minute of the emergency call being dispatched. Upon arrival there was heavy smoke showing from all sides of the structure and an initial report that occupants may still be inside. As the first attack pumper arrived and began deploying fire hoses, the fire inside the home began to break through the gable end wall at the ridge pole. Initial efforts were to effect search and rescue operations on the second floor until fire conditions pushed the firefighters back. The UJFD received assistance from many of their neighboring mutual aid agreement fire departments; however, due to the advanced stage of the fire upon arrival, their efforts were unable to save the structure. Although the majority of the home was left standing, it was a total loss.

Two weeks later, the UJFD received another emergency call during the weekday morning hours for a fire in the attic of a home. Once again, UJFD personnel were en route to the home on Mullen Road in Underhill within one minute of the dispatch tones. This time the home was occupied when the fire was discovered and the occupants had called 911. Upon arrival firefighters determined that there was fire in the attic of the two story, newly constructed residential dwelling, which had extended from a chimney chase in the attic area. The Department's second full-time employee, who is also on duty during weekday work hours and provides service to both the UJFD and Essex Rescue duty crew at the Underhill Station, assembled with a group of UJFD firefighters to form a crew to respond with the attack engine. Two members of this firefighting crew work at a local business in Jericho and were able to leave their full-time jobs, and two others happened to be working in town that day.

Upon receiving the dispatch tones, other members left their full-time jobs in neighboring towns to report to the fire station to bring additional water supply and support apparatus to the fire scene.

Letters thank the UJFD for quick fire response

To the UJFD Firemen,

My name is Wendell Blow. On February 20, 2015 I was doing some plumbing work on my house at 154 Schillhammer Road. Because of a real congested area where I was doing some soldering, the flame from my torch got sucked into the cold air duct in our heating system. I kept trying to put out the flame and thought I had got it out. I was completely winded and I ran upstairs and told my wife to call the fire department. My wife Nancy was shocked when I told her to call the fire department. Within minutes our house was full of smoke but I could not see a fire. Minutes later the fire department showed up and I explained what happened they immediately took charge and searched for the fire. They had to cut into the floor to find the source of the heat and smoke. After a very short time the fire was out and there was very little damage done. We were so thankful that the firemen were here so quickly and went to work finding the fire. The weather was extremely cold but it did not bother the fireman

While the attack engine traveled to the fire scene and laid 1100' of 5" diameter water supply line up the long driveway to the home, Capt. Schoppmann located the closet scuttle access panel into the attic to determine where the fire was located. The homeowner had been trying to throw water on the fire with pots from the kitchen. First-arriving UJFD firefighters then stretched fire hose lines to the attic and extinguished the fire before it could cause potential substantial damage to the home. With assistance once again from neighboring mutual aid fire departments, overhaul was performed to locate the fire extension and completely extinguish the fire in the attic and second floor ceiling area.

Three days later, another weekday daytime emergency call came in to the department for a fire in the basement of a residence on Schillhammer Road in Jericho. Firefighters assembled from their daytime jobs to staff the first fire engine and water supply apparatus. Upon arrival, light smoke conditions were found in the basement where the homeowner had been working. Firefighters searched for fire extension and worked to extinguish the fire in the floor joists and heating ducts, and performed overhaul measures that prevented additional potential for substantial fire damage to the home.

Most firefighters with the UJFD work at a full-time job during the day or attend school, which allows limited available firefighters to respond in a moment's notice. The ability of some firefighters to quickly respond from their local places of employment, combined with assistance from a few daytime staff, allow the UJFD to provide quick responses to community emergency calls such as these, which prevented further threat of fire damage to these last two homes.

During the evening and weekend hours, the UJFD is equally as dedicated to providing quick and professional response to all emergency calls or calls for assistance. The UJFD's seven line officers keep their firefighting gear with them at their residences, which are located in different locations throughout Jericho and Underhill. When the dispatch tones are sounded, line officers who are located closest to the address of the emergency will respond directly to the address of an incident, while the others will report to their respective fire station to form crews with other firefighters and respond with the appropriate fire apparatus to the scene of an emergency call.

at all. I would like to offer a big thank you to all of the firemen that came to our rescue and how fortunate we are to have such dedicated people in our local fire department.

A very sincere Thank You to the UJFD, from
Wendell & Nancy Blow, Jericho

Dear UJFD,

We would like to extend our deepest thanks and appreciation to the Jericho Underhill Fire Department for their timely response to a recent fire at our home.

Having experienced this type of emergency, we truly understand and value having full-time and volunteer responders just down the road. The firefighters demonstrated a level of training and knowledge that allowed the fire to be extinguished promptly, keeping damage in our home to a minimum.

We feel safe and confident knowing that our local, dedicated firefighters will continue to serve the Underhill and Jericho communities in the professional and caring way that they have supported us in.

Thank you again for your commitment and service!
Stacie Clemens and Michael Lang, Underhill

NEWS BRIEFS

UNDERHILL-JERICHO FIRE DEPARTMENT

By Kitty Clark

EMERGENCY CALLS:

Thursday, March 26, 2:29 PM – EMS, Jericho
 Friday, March 27, 1:50 PM – EMS, Underhill
 Sunday, March 29, 11:15 AM – 4 Dumas Rd., Underhill for CO detector activated
 Sunday, March 29, 12:46 PM – One-vehicle accident near 73 Stevensville Rd., Underhill
 Sunday, March 29, 11:31 PM – Mutual Aid to Richmond for structure fire
 Monday, March 30, 9:36 AM – EMS, Underhill
 Monday, March 30, 8:15 PM – 14 Aldinger Dr., Jericho for chimney fire
 Thursday, April 2, 10:39 PM – Vehicle vs. deer accident, VT Rt. 117 near Skunk Hollow, Jericho
 Friday, April 3, 10:47 AM – EMS, Underhill
 Friday, April 3, 11:05 AM – EMS, Jericho
 Friday, April 3, 10:51 AM – EMS, Underhill
 Saturday, April 4, 9:18 PM – 1 Valley's Edge, Jericho for oven fire
 Tuesday, April 7, 6:46 PM – EMS, Jericho
 Tuesday, April 7, 8:03 PM – EMS, Jericho
 Wednesday, April 8, 9:31 AM – EMS, Jericho
 Thursday, April 9, 3:32 PM – EMS, Jericho

MEETINGS AND DRILLS:

Tuesday, March 31, members met at the station for the regular Tuesday night drill. Apprentice members had their training and other members proceeded to JeriHill Hardware, Mountain High Pizza, and the storage building for a tour.

Tuesday, April 7, regular Tuesday night drill. C2 Tim Clark spoke about the firefighter in California who responded to a structure fire and while working the fire, he fell through the roof of the structure. Other firefighters were able to rescue him, he has very serious burns. These things can happen and do happen. The members broke into groups for pump training at the Underhill Town Hall, Alpine Estates, and Cloverdale. Apprentice members trained on Rescue 1.

SAFETY MESSAGE:

If you had an emergency tonight, would the emergency service responding to your call be able to locate your house? A long hard winter it has taken a toll on mailboxes, some are very dirty and some are missing locatable numbers.

The green reflective address markers have proven to be a big help in locating a residence, yet many homeowners do not have them. All you have to do to get these reflective numbers is to call the fire station between 8:00 AM – 4:00 PM and Harry will make one up for you. You can have it horizontal or vertical in two sizes: full size 6"x18" (\$12.50) or half size 6"x9" (\$5). Precious minutes are lost when a number is not on the mailbox or on a post next to your driveway.

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

Kids' event honors Month of the Military Child

Vermont PBS and popular PBS Kids' character Sid the Science Kid celebrate the Month of the Military Child with an exclusive party for children of military families, Saturday, April 18 from 10:00 AM – 12:00 noon at the VT PBS studio in Colchester.

The special *Sid-athon Saturday* event will feature a screening of Sid's newest film *Encyclopedia of Discovery*, which follows Sid as he explores the natural world. The event will also feature Dux the Balloon Man, great food, and lots of fun – and Sid himself will be there!

April has been designated nationally as the Month of the Military Child, with an emphasis on helping the community understand the full cycle of military deployment and its impact on children and families. The event intends to honor those families and to give military kids an opportunity to interact and connect with their peers. Children of current Vermont military personnel or veterans are invited to attend.

The event is free, but registration is required. Families can register online at vermontpbs.org/sid. For further information, call Chuck Pizer, Vermont PBS, 802-654-3688.

Sid-athon Saturday is being coordinated in partnership with Military Kids Vermont, the Vermont National Guard Child & Youth Program, Military OneSource, AmeriCorps, and UVM Extension.

Mobbs Farm Committee seeks trail construction proposals

The Mobbs Farm Committee has identified three areas that need improvement, and is soliciting proposals for completing this work this spring. If interested, please contact the committee by email at terryhook@aol.com for details of the scope of work. The committee will be competitively evaluating submissions.



The top four finalists in each age division show off their ribbons at the finish of the State 4-H Horse Hippology Contest held on Saturday, April 4. Back row from left: Mariah Harding, Barre; Catherine Thrasher, Rupert; David Gringeri, West Haven; Alexis Walker, Westford; Brooklyn Currier, New Haven; Dyani Jones, Jericho. Middle row: Grace Parks, Essex Junction; Olivia Suker, Shrewsbury; Abigail Young, Barre; Eva Joly, Essex Junction; Alexis Marnellos, Lincoln; Eliza Kurth, Bristol; Shannon Watelet, North Chittenden. Front row: Sofie Lee, Underhill; Cheyanne Wedge, Bridport; Emily Flanders, Mt. Holly; Marleigh Carey, Rutland; Emma Rubin, Jericho; Emma Cushman, Barre; Julia Hulett, West Pawlet.

PHOTO BY MARY FAY/UVM EXTENSION 4-H

State 4-H Horse Hippology contest results

Vermont 4-H horse members competed for ribbons and a chance to represent the state in regional and national competitions at the annual State 4-H Horse Hippology Contest on Saturday, April 4. A total of 72 4-H'ers took part in the event held at Wishful Thinking Farm, New Haven (horse judging) and Vergennes High School, Vergennes (written tests, slides, and identification stations). UVM Extension 4-H and Addison County 4-H served as co-sponsors.

The 4-H'ers, age 8-18, were tested on their ability to judge and place horses in two classes, as well as practical application of knowledge and skills regarding feeds and forages, tack, breeds, anatomy and conformation, horse care, and other equine-related topics. Scores from the two separate contests were combined for an overall score to determine the winners.

The four seniors (ages 14 and up) with the highest scores earned a spot on the 2015 Vermont 4-H Horse Hippology Team. They were Alexis Walker, Westford; David Gringeri, West Haven; Catherine Thrasher, Rupert, and Mariah Harding, Barre. The team will compete at the New England Regional 4-H Horse Contests in Concord, NH in October and the Eastern National 4-H Horse Round-up in Louisville, KY in November.

Rounding out the top 10 in the senior division were Hannah Lang, Essex Junction; Arin Kenyon, Chester; Karli Knapp, Townshend; Holly Weglarz, Hartland; and Kennedy Mitowski and Callon Fish, both from Rutland.

Top scorers in the junior and novice senior divisions, in order of placement, were:

Eight and nine years old: Emma Rubin, Jericho; Cheyanne Wedge, Bridport; Emily Flanders, Mt. Holly; Marleigh Carey, Rutland; Gracie Trahnsrom, Mendon; Ava Almeida, Addison.

10 and 11 years old: Emma Cushman, Barre; Grace Parks, Essex Junction; Julia Hulett, West Pawlet; Sofie Lee, Underhill; Carly Jenkins, Jericho; Chloe Barewicz, Jericho; McKenna White, Whiting; Laura Mount, Westfield; Allison Tourville, Milton; Bella Joly, Essex Junction.

12 and 13 years old: Olivia Suker, Shrewsbury; Abigail Young, Barre; Eva Joly, Essex Junction; Alexis Marnellos, Lincoln; Hannah Carroll, Colchester; Faith Ploof, Essex Junction; Kimberly Gibson, Bristol; Amanda Reynolds, Proctor; Madison Bentley, Richmond; Serena Welch, Shoreham.

Novice senior division (14 years old and up and new to 4-H or the hippology contest): Dyani Jones, Jericho; Brooklyn Currier, New Haven; Shannon Watelet, North Chittenden; Eliza Kurth, Bristol; Allie Clark, Vergennes; Katie Nop, Middlebury.

For more information about the 4-H horse program contact Wendy Sorrell, UVM Extension 4-H livestock educator, 802-656-5418 or toll-free (800) 571-0668, ext. 2.

Firewood program needs wood

The State of Vermont provides the United Way of Lamoille County with about 100 cords of wood annually to run our firewood program. Unfortunately, this year they are only able to provide 60 cords. This means we will not be able to help as many Lamoille County residents as we have in past years unless we're able to find a source for more wood. With anticipated budget cuts to LIHEAP/Fuel Assistance, we anticipate an even greater demand this year.

If you know of other wood sources that may be able to help, please call Dawn at 888-3252. Please note that we do not have the capacity to cut down trees and remove them from anyone's property. Thank you.

Send your news, births, weddings, obits, events to mtgazette@earthlink.net or call Brenda at (802) 453-6354.



Participants in the annual VT 4-H Sheep Quiz Bowl and Skill-A-Thon held Saturday, March 28 in Orwell, with the 4-H banner. Front: Raymond Bushey, Addison. Middle row, from left: Siri Swanson, Bekah Parent, Adrienne Carr and Lily Russell, all from Orwell; Corinna Hobbs, Hinesburg; Cyrus Tyler, Richmond. Back row: Matthew Rivait, Addison; Colleen Bernier, Orwell; Alysha Chesser, Shrewsbury; Emily Beer, Riley Ochs and Gabrielle Ochs, all from Orwell; Caroline Hobbs, Hinesburg, and William Cousineau, Orwell.

PHOTO BY TREVOR HOBBS

Sheep Quiz Bowl, Skill-A-Thon

Vermont 4-H sheep members were not baaa-shful when it came to demonstrating their knowledge of sheep at the State 4-H Sheep Quiz Bowl and Skill-a-thon on Saturday, March 28 sponsored by University of Vermont (UVM) Extension 4-H and the State 4-H Sheep Committee. The day-long competition held at the Orwell Town Hall was open to any 4-H'er age 8-18 with an interest in sheep, not just sheep project members.

The skill-a-thon featured a series of hands-on learning stations where participants were tested on their knowledge of different sheep-related topics, and demonstration of various sheep-related tasks. Stations covered breeds, parts of a sheep, reading medicine labels, common health problems in sheep and location of symptoms, judging/conformation, and recordkeeping.

In the quiz bowl, competitors earned points for being the first to buzz in the correct answer to questions on anatomy, animal health, lambing, sheep shearing, feeds and nutrition, breeds, the sheep industry, and related topics.

High scorers in the quiz bowl included, in order of placement:

Beginner/novice group: Cyrus Tyler, Richmond; Corinna Hobbs, Hinesburg; Matthew Rivait, Addison; Adrienne Carr and Lily Russell, both from Orwell.

Intermediate group: Riley Ochs, Orwell; Caroline Hobbs, Hinesburg; Alysha Chesser, Shrewsbury; Emily Beer, Orwell.

Senior group: William Cousineau; Bekah Parent, and Gabrielle Ochs, all from Orwell; Raymond Bushey, Addison.

To learn more about the Vermont 4-H sheep program contact Wendy Sorrell, UVM Extension 4-H livestock educator, at wendy.sorrell@uvm.edu.

Clutter Barn opens for 2015 season

Mark Saturday, May 2 on your calendars, opening day for the Clutter Barn. Located just in back of the Green at Underhill Flats and adjacent to its sponsor, the United Church of Underhill, volunteers will be waiting at the door to receive your generous donations of gently used household items, adult/children's/infants' spring and summer clothing, toys, books, craft/sewing/knitting supplies, small appliances, dishes/pots/pans, linens/tablecloths/curtains (whenever possible, please mark these items with their sizes), towels, napkins, place mats, office supplies, candles, vases, pictures/frames, books, Christmas decorating accessories, jewelry – and more (please check with a member of the Clutter Barn team for other acceptable items, or check the UCU website, <http://unitedchurchofunderhill.com/serve/clutter-barn/>).

Beginning the first of May and running through September, the Clutter Barn is buzzing with activity as donations are sorted, priced, and distributed throughout the building in readiness for monthly tag sales the last Saturday of each month, May-August, and then continuing in September for the Old-Fashioned Harvest Market. Donations are accepted on all Saturdays except tag sale days, from 8:30 AM – 12:00 noon, May 2-September 12. (NOTE: The Clutter Barn will be closed on Saturday, July 4.) All proceeds from tag sales are used to assist the many programs offered by the United Church of Underhill, including outreach programs and various missions. The 2015 tag sales will be held on Saturdays, May 30, June 27, July 25, and August 29.

Spring is in the air! It's time to clean out those closets, cupboards, and drawers! The Clutter Barn is eager to welcome you beginning on Saturday, May 2. Your donations will benefit the church and the local and wider community. Copy this article, highlight the dates, and post it on your bulletin board or refrigerator! We invite you to share in this important mission.

The Clutter Barn Team: Sharon Damkot (899-3572), Kathy and Dave Williamson (899-3122), Dave and Irene Kelley, Marge Douglass, Mary Jane Neale, Bev Golish, Marje Burns, Gary Irish, and Betty and Lou Wilson (899-5878).

Free Tai Chi classes offered

As we age, we lose muscle mass, which can lead to weakness and compromise our ability to remain independent. But with a little support from peers and effort on our part, we can delay the process and maintain a rich quality of life, well into advanced age. CVAA's Tai Chi for Arthritis/Falls Prevention program is a joint safe activity proven to reduce pain while you increase both lower and upper body strength and improve balance and agility. Research tells us Tai Chi can reduce symptoms for people with Parkinson's, fibromyalgia, diabetes, hypertension, lower back pain, and reduce symptoms of mild to moderate depression.

Classes in Essex Junction at the Congregational Church start April 22 and are every Monday and Wednesday from 10:30 – 11:15 AM.

Take a step toward maintaining your safety, health and independence. Call Rachael at CVAA, 1-800-642-5119 ext. 1046, or email rachael@cvaa.org to register. Classes are offered at no charge to adults 50+ and are led by certified instructors. Class size is limited and will fill quickly.

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COMMUNITY COLUMNS

California

By Sue Kusserow

Special to the Mountain Gazette

Yes, I was recently there. Yes, it is truly beautiful. Yes, it does have a few problems: no water, plenty of traffic, brush fires and Santa Ana winds. But to see a California Grey Whale and her baby go by while walking the beach can make up for much of the messes that humans have made by loving the state to death. I stay with my son, Paul, and family, and am kicked out of the house every morning to sit in the sun and hold a freshly-brewed cup of coffee from Serena. I will, of course, stay out too long, and end up with the rosy-red tattoo of a visiting tourist, thus proudly labeled as having missed the last drips of a Vermont winter. (Actually, I am writing this at home while revving up the stove and viewing another round of wind and snowflakes.)

I will not describe the waving palms of California, the early-morning fog that covers the ocean so completely that I am sure I am driving in the 'wrong' direction, the gray-green froth of waving olive trees, the softened colors of Serena's garden of roses, perhaps doomed with the next water-use restriction. I have chosen to bypass California's scenic wonders, since it doesn't seem fair to put such warm descriptions in a northern Vermont newspaper, to be read after taking off a down coat, woolen hat, fuzzy mittens, muddy boots and heavy socks. So, rather than dwell on the luscious beauty of the southern California coast, I will describe my ride back to the L.A. airport. Son Paul has hired a cab, so my lousy sense of direction won't land me in San Francisco. It is a new form of travel for me, and at first I rail against the independent rush of younger lemmings. But Singh is pleasant and quiet and a good driver. We are zipping along the California Freeway, aptly named: one is 'free' to drive spontaneously: a calculated risk of who gets to work on time and who pays dearly for such a gamble. Motorcyclists are sure death on wheels. They weave and catapult among the ragged islands of cars, to the consternation, anger, and envy of those of us stalled in a traffic jam.

The traffic thickens. To our left are brown hills, which give a sense that nature is out there somewhere... a backdrop to the rush of small humans enclosed in shiny metal boxes with devices that speed us from one mode of attempted isolation to another. The large metal boxes are sealed by both uniformity of function and the chattering magpies that issue from even-smaller inside boxes, perfumed with exhaust from the thousand other mandatory choices clogging the freeway right now. No one looks to the left or right. The large boxes are created to provide a world as free from outside interferences as possible. It is our modern version of meditation.

I am at the airport and am being transferred to a wheel chair, which is my second attempt to let others take over for me. It is a hard lesson to learn! This driver is a big man, from Casablanca, who likes to speed... "Hold on!" he says, and off we go. Since I am expected to be somewhat senile, I can make hooting-horn noises at the slowpokes in the aisles. I am unsure if wheelchairs have any speed limits, but we broke all the possible ones. And we made the plane!

I am home now. The dogs had no particular comments on my sunburn; seemed relatively nonchalant. The snow is still coating most of the fields and woods, and the mountain is blue and gray between streaks of white. And although I miss the sun, I have heard rumors that it may arrive here sometime. Anticipation is its own reward!

Understanding the health news

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

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

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

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

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

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

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

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

Conference for teens offers fun, friendship

Teen Exploration, an event planned for and by Vermont teens, combines lots of exciting activities - including a sunset lake cruise - with learning workshops and challenging team-building exercises. Any youth, age 13-18 as of January 1, may attend the Wednesday-Friday, July 1-3 conference, which will be held on the University of Vermont (UVM) campus. Although sponsored by UVM Extension 4-H, membership in 4-H is not required.

The registration fee, due by May 22, is \$185 and covers all meals, activities and two nights' accommodations in dormitories. Scholarships are available through most county 4-H foundations to help cover costs for 4-H'ers, who should check with their local UVM Extension office for information.

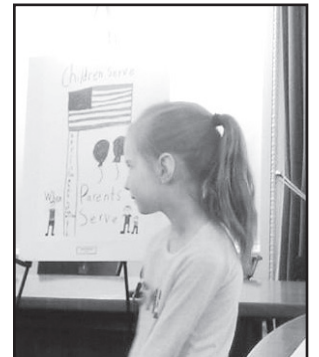
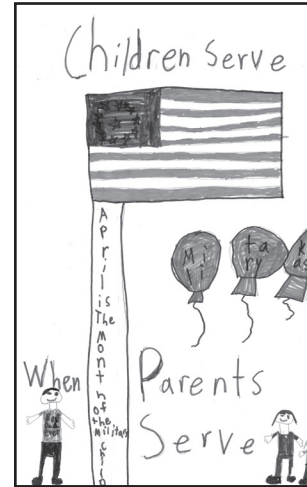
Conference details and online registration may be found at www.uvm.edu/extension/teenleadership. To request a disability-related accommodation to participate, call the UVM Extension Office in Morrisville at 866-260-5603 (toll-free) or 802-888-4972, by Friday, May 22.

On the first day of Teen Exploration, several fun activities are planned including *Mission: Impossible*, a get-acquainted game, and a Lake Champlain cruise and DJ dance party with DJ Derrick Cram, a former Vermont 4-H'er. The evening ends with ice cream sundaes and free-time activities.

On the second day teens will test themselves on the challenge course at Northern Lights Rock and Ice in Essex Junction and participate in three different hands-on workshops. Choices include healthy cooking, CPR certification, junk drawer robotics, cupcake decorating, Latin American culture and food, creating butterfly books, and Zumba fitness, among others. Or they may explore career options to discover what it takes to be a firefighter, veterinarian, or DJ or learn how to write poetry or an attention-getting college application essay.

Teen Exploration is organized by the twelve-member Teen Exploration Teen Board and funded in part through a gift by the VT State 4-H Foundation. For more information contact Lauren Traister, UVM Extension Teen and Leadership Program coordinator, at lauren.traister@uvm.edu.

Ginny Moultroup a Military Kids Poster Contest winner



This poster by Ginny Moultroup of Richmond took second place in the grade 3-5 age group in Operation: Military Kids' April is the Month of the Military Child poster contest.

PHOTO COURTESY OF UVM EXTENSION.

The winners of the *April is the Month of the Military Child* poster contest were announced Tuesday, March 31 in Montpelier, and Ginny Moultroup of Richmond is among those recognized in the grades 3-5 age group. Hers was among the winning posters on display at the Vermont Statehouse for the kickoff event for the Month of the Military Child.

Nearly 60 entries were received for the contest, which was sponsored by UVM Extension's Operation: Military Kids (OMK) and was open to both military and civilian youths. The contest was designed to honor and recognize the service and sacrifice that children of service members make.

The three finalists in each age group had their choice of prizes, which included a family package for UVM Extension's Becoming an Outdoor Family camping weekend at Groton State Park; a drawing gift package including drawing books, paper, markers, and other art supplies, or a painting gift package with two canvases, acrylic paints, brushes, and a paint palette. All winners also received a small drawing how-to kit.

Winners by age group, in order of placement, were:
 Grades 3-5: Emily Wigmore, Rutland; Ginny Moultroup, Richmond; Aaliyah Burns, Enosburg
 Grades 6-8: Gabrielle "Bubbles" Leffler, Enosburg Falls; Devyn Rogers, Rutland; Emma Gonzales, Rutland
 Grades 9-12: Tyler Kingsbury, Logan Moore, Shakti Parker, all from Rutland

To view the winning posters, visit the Vermont OMK Facebook page at <https://www.facebook.com/OMKVermont>.

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Area Worship Services

CALVARY EPISCOPAL CHURCH
 Calvary Episcopal Church is a welcoming, caring, Christian Community called to live the Gospel of Jesus Christ, grow our spiritual gifts, and serve our neighbors. 372 VT RT 15, Jericho Sunday Worship Service 9:30 AM Rev. Regina Christianson Rector Karen Floyd, Parish Administrator, 899-2326 www.calvarychurchvt.weebly.com

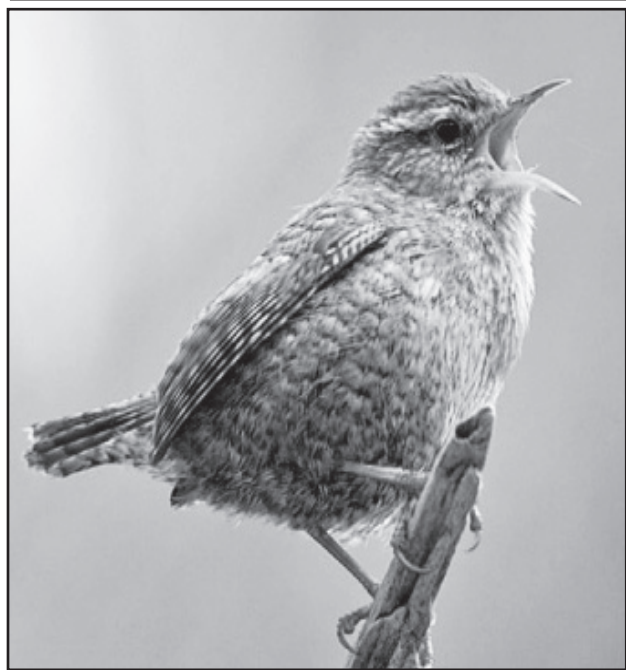
JERICO CONGREGATIONAL CHURCH
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 On the Green in Jericho Center, VT
 Interim Pastor Doug Walker and Youth Pastor Glenn Carter
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 Fellowship at 10:30 AM Youth group 6:15 PM
 Sundays in Sunday school building
 Signing for the deaf upon request 899-4911; officejcc@comcast.net; www.jccvt.org

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

ST. THOMAS ROMAN CATHOLIC CHURCH
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 On Green Street in Underhill Center Weekend Masses:
 Saturday 4:30 PM Sunday 8:30 AM
 Pastor: Rev. Charles "Rick" Danielson
 Deacon: Peter Brooks Religious Ed. Coordinator: Laura Lynch Wells, 899-4770 Parish Secretary: Theresa Gingras Phone: 802-899-4632, email: stthomas5@myfairpoint.net, Website: www.stthomasvt.com

UNITED CHURCH OF UNDERHILL
 "Welcoming, Worshipping, Working for God"
 At the Green on VT RT15 - Rev. Kevin Goldenbogen - 899-1722
www.unitedchurchofunderhill.com
 Worship and Sunday School 10:30 AM
 Local and Global Mission and Service Outreach Opportunities for families, men, women and youth Streaming audio sermons: www.becauseyoumay.com

COMING EVENTS



Songbird voices of the forest are explained in a workshop led by bird language expert Connor Stedman at the Green Mountain Audubon Center in Huntington on Saturday, April 18. For adults and teens 16+. Pre-registration required; for cost and information, 434-3068 or vermont@audubon.org.

PHOTO CONTRIBUTED

Thursday, April 16

Poetry Fest 2015, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Celebrate National Poetry Month with Neil Shepard, David Cavanagh, and Carol Potter! Neil Shepard has published six books of poetry, including his latest, *Hominid Up*, from Salmon Poetry. David Cavanagh's new book, *Straddle*, just out from Salmon Poetry, is his fourth collection. Winner of the 2014 FIELD Poetry Prize from Oberlin College Press, Carol Potter's fifth book of poems is *Some Slow Bees*. All are invited to join these Vermont writers for a poetry extravaganza!

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Tickets \$3 at either Phoenix Books location beginning April 2, and include a coupon for \$5 off a book by one of the featured authors, good through the end of the event. For information, www.phoenixbooks.biz or 448-3350.

Friday, April 17

Media Ethics and You, 9:00 AM - 3:30 PM, Stearns Student Center Performance Space, Johnson State College, Johnson. This annual Community Journalism Day is for students, teachers, news consumers and practicing media professionals. Free and open to the public; preregistration required at www.jsc.edu/cjd. Check-in 9:00 AM; program begins at 9:30 AM with welcoming remarks by Tyrone Shaw, associate professor for JSC's Print & Web Community Journalism Program. Panel discussion with *Seven Days'* investigative reporter Ken Picard, *Burlington Free Press* senior reporter Mike Donoghue, and *Barton Chronicle* founding editor Chris Braithwaite, who will revisit ethical issues they have encountered in their careers. In "What Would You Do?" workshop participants will focus on case studies and try to find the best ethical solutions when none is easy. A presentation by part-time JSC faculty member Sawyer Alberi on "Ethical Issues in Social Media." Optional campus tour, 2:30 - 3:30 PM. For more information, contact Tyrone Shaw, 802-635-1394 or Tyrone.Shaw@jsc.edu.

Saturday, April 18

Sid-athon Saturday for Military Kids, 10:00 AM - 12:00 PM, VT PBS studio, 204 Ethan Allen Ave., Colchester. Party for children of military families will feature a screening of Sid's newest film *Encyclopedia of Discovery*, which follows Sid as he explores the natural world, as well as Dux the Balloon Man - and Sid himself will be there! Children of current VT military personnel or veterans are invited to attend. Free, but registration required; register online at vermontpbs.org/sid. Information: Chuck Pizer, Vermont PBS, 802-654-3688.

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

Eagles Garage/Bake Sale, 8:00 AM - 3:00 PM, Eagles Club, VT Rt. 109, Jeffersonville. Eagles Ladies Auxiliary's annual event benefits the non-profit Eagles' local charities. Questions? Call Reba Legrand, 899-3130.

Voices of the Forest, 10:00 AM - 4:00 PM, Green Mountain Audubon Center Education Barn, 255 Sherman Hollow Rd., Huntington. An introduction to bird language - why is that robin chattering? What does it mean when all the birds in the forest fall silent? This workshop introduces the five voices of the birds, opens your senses, and teaches you to move invisibly through the forest. Led by bird language and nature awareness expert Connor Stedman. For adults and teens 16+. Pre-registration required; for cost and information, 434-3068 or vermont@audubon.org.

Life's Helpers rummage sale, food drive, 9:00 AM - 4:00 PM, Hinesburg Fire Dept., Hinesburg. Sale proceeds benefit the Hinesburg Fire Department / Food Shelf. Come check it out, and bring a non-perishable food item for the food shelf. For questions or to donate, contact Penny, 802-434-6053 or Phyllis, 802-434-2559.

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

Verd Mont Button Club, 11:00 AM - 4:00 PM, Nella Grimm Fox room, Rutland Free Library, 10 Court St., Rutland. The Verd Mont Button Club, founded in 1979, will hold its first annual Open House. Club members will be on hand to present information about the hobby of button collecting and to help you identify your button treasures. Activities include video presentations, button "experts," button reference library, button displays, and children's button projects and games. Coffee and cookies will be provided, or bring your favorite snacks or lunch. The Verd Mont Button Club Open House is free to the public. Children should be accompanied by adults.


Sunday, April 19

Felt an Eastern Bluebird, 1:00 - 3:00 PM, Birds of VT Museum, 900 Sherman Hollow Rd., Huntington. Susi Ryan of *The Felted Gnome Knows* will guide 4-7 participants in the craft of felting a bluebird you can hang. Ages 8 and up (felting needles are sharp); pre-registration required. For information including cost (includes materials), www.birdsofvermont.org or 802-434-2167.

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Tuesday, April 21

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

Thursday, April 23

Riding Home: The Power of Horses to Heal, 7:00 PM, Phoenix Books, 21 Essex Way, Essex. Discover the power of horses to heal with *Riding Home* author Tim Hayes, a Natural Horsemanship Clinician who conducts clinics throughout the U.S. and is a visiting instructor at UVM's Department of Animal Science. Free. For information, www.phoenixbooks.biz or 448-3350.

Saturday, April 25

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

Bird Monitoring Walk, 8:00 AM, Birds of VT Museum, 900 Sherman Hollow Rd., Huntington. Experienced birders walk in the woods and meet for coffee. BYO binoculars and dress for the weather. Please pre-register. Free. For information, www.birdsofvermont.org or 802-434-2167.

Finding you ancestors in print, 10:30 AM - 12:00 noon, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. Newspapers are a great source for the details of our ancestors' lives, with 5800 American newspapers covered by www.genealogybank.com. Learn what's included with a subscription, how to navigate and use the site, and see examples. Class \$5; parking and entrance are across from the State Police Building. More information - 802-310-9285 or www.vtgenlib.org.

CanAm Con 13, 9:00 AM - 4:00 PM, VT National Guard Armory, Winooski. Theme - Models in Media. Information: Chris Graeter, 878-1275 or cgrea49006@aol.com.

Saturday-Sunday, April 25-26

VT Maple Festival Antiques Show, 10:00 AM - 5:00 PM Saturday, till 4:00 PM Sunday, St. Albans Town Educational Center, 169 S. Main St., St. Albans. 49th annual show features a benefit snack bar and free admission. Part of a city-wide celebration of the maple syrup harvest. Information: 802-892-6277 or www.VTMapleFestival.org.

Wednesday, April 29

The Vermeer Suite, 6:00 PM, Fleming Museum of Art Auditorium, 61 Colchester Ave., Burlington. A special evening of poetry and art by poet Daniel Lusk, introducing his forthcoming collection of original work, *The Vermeer Suite* (Wind Ridge Books, 2015), poems inspired by the timeless masterpieces of 17th century Dutch painter Johannes Vermeer. Information: www.flemingmuseum.org or 802-656-0750.

Friday-Saturday, May 1-2

Rummage Sale, 9:30 AM - 7:00 PM Friday, 9:30 AM - 12:00 noon Saturday bargain bag sale, Richmond Congregational Church, 20 Church St., Richmond. For information, 434-2053 or hwatkins@gmavt.net.

Saturday, May 3

Westford Giant Tag Sale, 9:00 AM - 2:00 PM, Westford Town Garage, Cambridge Rd., Westford. Household items, treasures, tools, toys, and more - benefits the Westford Volunteer Fire Department. For information, 878-7573.

Independent Bookstore Day, all day, Phoenix Books Burlington, 191 Bank St., Burlington and Phoenix Books Essex, 21 Essex Way, Essex. Join us for giveaways and general merriment as we celebrate with Independent Bookstores nationwide! Following the runaway success of last year's California Bookstore Day, bookstores across the nation are now launching Independent Bookstore Day, a country-wide celebration of books and independent bookstores. Free. For information, www.phoenixbooks.biz, 872-7111, or 448-3350.

Sunday, May 2

Discover your Civil War veterans in federal publications, 10:30 AM - 12:00 noon, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. Many genealogists find valuable information about their ancestors' military service in the myriad of government publications about service members and veterans. This talk will be focused on the Civil War era. Join Connie Reik and learn where all these hidden treasures are located and how to access them. Class \$5; parking and entrance are across from the State Police Building. More information - 802-310-9285 or www.vtgenlib.org.

Thursday, May 7

Free Community Soup and Bread Supper, 4:30 - 7:00 PM, Covenant Community Church, 1 Whitcomb Meadows Lane, Essex. Eat in or take out. Serving a variety of hearty soups, breads, and a sweet dessert. Stay to eat with family and friends, or pick up to take home. Call Pastor Peter Norland, 879-4313 for more information. Donations accepted.

Saturday, May 9

Living with Alzheimer's for late stage caregivers, 9:00 AM - 12:00 PM, your local VT Interactive Technology Site - find it at www.vtlink.org/location. Hear from caregivers and professionals about resources, monitoring care, and providing meaningful connection for the person with late stage Alzheimer's and their families. Free. Registration required, 800-272-3900.

Saturday, May 30

Bird Monitoring Walk, 7:30 AM, Birds of VT Museum, 900 Sherman Hollow Rd., Huntington. Experienced birders walk in the woods and meet for coffee. BYO binoculars and dress for the weather. Please pre-register. Free. For information, www.birdsofvermont.org or 802-434-2167.

ONGOING EVENTS

ADULT ACTIVITIES

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

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

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

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

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

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

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

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

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

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

HEALTH EVENTS & GROUPS

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

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

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

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

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

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

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

Brain Injury Support Group – a place for survivors and family members, caregivers, friends, and the community to receive valuable resources and information about brain injury. The support group is a place to share experiences in a safe, secure, and confidential environment. Monthly meetings: 4th Fridays at the YMCA in Winooski 11:00 AM – noon; 1st Wednesdays at Fanny Allen in Colchester, 5:30 – 7:30 PM; and 2nd Tuesdays at the Saint Albans Diner in Saint Albans. Call the BIAVT help line, 877-856-1772.

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

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

Eating Disorders Parental Support Group, monthly on the 3rd Wednesday, 7:00 – 9:00 PM, Covenant Community Church, VT Rt. 15, Essex Center. For parents of children with, or at risk of, anorexia or bulimia. We focus on being a resource and providing reference points for old and new ED parents. For information, Peter, 899-2554.

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

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

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

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

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

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

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

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

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

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

KIDS

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

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

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

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

SENIORS/COMMUNITY MEALS

Community Soup & Bread Supper, 1st Thursday of the month, 4:30 – 7:00 PM, Covenant Community Church, 1 Whitcomb Meadows Lane, Essex (across from John Leo's). Eat in or take out. Variety of soups, breads, and sweet dessert. Stop in on your way home. Stay to eat with family and friends or pick up to take home! Donations gladly accepted. Call Pastor Pete Norland, 879-4313 for more information.

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

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

Westford Senior Lunches – Join Westford Seniors for lunch at the Red Brick Meeting House on the Common, monthly on the 2nd Monday. Lunch, 12:00 noon; short meeting or presentation after. Call 878-7405 or 879-7382 for information or for a ride.

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

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

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

"Good Food for All" free dinners, 2nd Thursday of the month, United Church of

Underhill, VT Rt. 15, Underhill Flats, 5:00 – 7:00 PM; and on the last Thursday of each month at Calvary Episcopal Church, VT Rt. 15, Underhill Flats, 5:00 – 7:00 PM. Everyone in the communities is invited.

SPORTS ACTIVITIES

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

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

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

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

TOWN GOVERNMENT & ORGANIZATIONS

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

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

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

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

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

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

THRIFT SHOPS & FOOD SHELVES

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

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

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

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

[OBSTETRICS & GYNECOLOGY]

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ART / MUSIC / THEATER

ART/PHOTOGRAPHY

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

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

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

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

Darkness from Light, an exhibit of "photogenic drawing" (a camera-less photo technique) by Thomas Brennan at Burlington City Arts First Floor Gallery, will be on exhibit through Saturday, June 20. Brennan explores issues of mortality and metaphorical implication incorporating animal specimens, instruments of scientific measure, and molecular models in the format of shadows. Artist talk on Wednesday, April 22, 5:30 – 7:00 PM at the BCA Center. On the Second Floor Gallery, Sumru Tekin's exhibit *One Day* also will run through June 20. Asserting that dates and times are arbitrary without places and people associated with them, *One Day* is a sound installation that calls attention to the ways connectedness with other people is a necessary component for establishing memory. Artist talk and panel discussion Wednesday, May 6, 5:30 – 7:30 PM at the BCA Center. In the Fourth Floor Metro Gallery and also through June 20, *Back to Nature* celebrates the Vermont landscape through a collection of work that reinterprets our connection with place over time. By using a particular place as inspiration, each artist is unveiling nature's ever changing beauty through the focused and repetitive study. Through this exploration we can witness the changing landscape and the artist's changing point of view. Featuring work by Karen Henderson, Jill Madden, Joe Salerno, and Gowri Savoor. Burlington City Arts, 135 Church St., Burlington; 802-865-7166 or bca@burlingtoncityarts.org.

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

ART AND MUSIC

Multimedia exhibit, concert at JSC – Johnson State College's Visual Arts Center will host *Encounter*, a multimedia exhibit from Thursday, April 16, to Thursday, April 23 highlighting the work of internationally renowned printmaker Hee Sook Kim and experimental composer and musician Christopher Shultis. The exhibit in the Black Box Gallery in JSC's Visual Arts Center includes projected video images, 12 paintings and 12 glass jars with dried medicinal plants by Kim, along with sounds and 12 poems on wood panels by Shultis. An opening and artist talk is scheduled for 4:30 PM on Thursday, April 16. Shultis will also present a concert, *Experimentalism Revisited*, at 7:00 PM Thursday, April 21 in the Stearns Student Center's Performance Space, incorporating two of his own works – *Metaphysics* (1992) and *64 Statements re and not re Child of Tree* (1989) – two by two major composers who have influenced him, *Edges* (1968) by Christian Wolff and *Child of Tree* (1975) by John Cage. The concert will feature a performance by students in the JSC "Intermedia" class. The events are free and open to the public. For information, contact Sean Clute, sean.clute@jsc.edu or 802-635-1496, or Emily Neilsen, emily.neilsen@jsc.edu or 802-635-1408.

MUSIC/DANCE

The Spring Weekend Series at the Cathedral Arts Center, Cathedral Church of St Paul, 2 Cherry St., Burlington means music, beginning Friday, April 24 at 7:30 PM with *Solo Marimba* – Jane Boxall. Playing the marimba with up to eight mallets simultaneously, Ms. Boxall presents a blending of classical, jazz, contemporary and world music styles. The program features a solo-marimba performance of Steve Reich's *Music for Pieces of Wood*, original compositions by Asian and European composers, a piece by Vermonter Dennis Bathory-Kitsz, and classic century-old ragtime alongside new miniature compositions by Ms. Boxall. Full price, \$15; students (under 22 with ID)/seniors (65+), \$10; under 15, \$5. On Friday, May 8 at 7:30 PM, *Romance In Spring: Impromptus and Fantasies* with Matthew Manwarren, piano. Manwarren offers music by Schubert, Schumann, and other Romantic favorites, as well as *Valentine Fantasy*, a relatively new work by New York composer Philip Wharton. Manwarren is a faculty member at Winthrop University in South Carolina, and has served on the faculty at the Adamant Music School since 1998. Full price \$15, under age 15, \$5. Saturday, May 9, 9:15 AM – 12:00 noon, *Piano Master class with Matthew Manwarren*. Professor Manwarren works here with gifted mature artist students and invites the public to attend. Free and open to the public. Sunday, May 17, 4:00 PM, *The "Lutheran" Bach*, Oriana Singers, William Metcalfe, conductor. Oriana presents an all-Bach concert. Metcalfe leads a period-instrument orchestra. Admission \$25. Friday, May 29, 7:30 PM, *Player's Choice* with Greenfield Piano Associates, whose members perform some of their selected favorites drawn from the vast piano repertoire including works by Bach, Beethoven, Schubert, Schumann, Brahms, Chopin, Debussy, and Respighi. GPA is a not-for-profit educational organization, dedicated to the art of piano playing. Admission by donation to the GPA Scholarship Fund; under age 15, free. Friday, June 12, 7:30 PM, *Baroque music for trumpet, horns, oboes, and bassoons*, with Vermont Baroque Winds, who present a program of unique and rarely heard works for woodwinds and brass – without strings or keyboard – by composers Handel, Molter, Hertel, and Michael Haydn. Admission free, donations accepted.

Tuesdays 12 to 1 is a series of free, informal noontime concerts at the Cathedral Arts Center, Cathedral Church of St Paul, 2 Cherry St.,

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

THEATER/FILM

Johnson State College celebrates Earth Day on Wednesday, April 22 with a special screening of *Into the Gyre* and a discussion with the film's director Scott Elliott at 2:30 PM in 207 Bentley Hall. The documentary highlights a groundbreaking expedition to study the location, extent, and effect of plastic pollution in the North Atlantic Ocean. Thirty-four volunteer researchers, scientists, and sailors participated in this five-week adventure to the remote Sargasso Sea, east of Bermuda. Sailing on a 135-foot tall ship, the *SSV Corwith Cramer*, the scientists collected, counted, and archived the plastic they encountered. The film examines the history of plastics, the adverse effects it is causing in the ocean, and possible solutions to this problem. Free and open to the public. For more information, contact Emily Neilsen, emily.neilsen@jsc.edu or 802-635-1408.

Johnson State College's theater students and faculty will present the musical *Grease* at 1:00 PM Wednesday, April 22, and 7:00 PM Thursday-Saturday, April 23-25, in the college's Dibden Center for the Arts. The much-loved musical play and popular movie portrays working-class teenagers during the early 1950s rock-and-roll era. The musical first opened in Chicago in 1971 but moved to New York and became Broadway's 15th longest-running show, closing in 1980. There have been two Broadway revivals. Free and open to the public. For information, contact the Dibden Box Office, 802-635-1476 or JSCDibden.BoxOffice@jsc.edu.

The UVM Film Series, with pre-film discussions 6:00 PM, screenings 6:30 PM at the Billings Lecture Hall, UVM, Burlington. Thursday, April 16: *uncle boonmee who can recall his past lives*. This film weaves the painfully ordinary story of a humble man confronting his death into tales of a princess seduced by a talking fish, the gentle ghost of a dead spouse, and lost children who return as hairy, red-eyed beasts. At once a meditation on the literal past lives of the title character and a reflection on the many lives – and possible death – of the movies. Go online to learn more at *UVM Film Series*, or call 802-656-4455.

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

Award-winning feature documentary After Winter, Spring, directed by Judith Lit, will have its Vermont premiere at the Merrill's Roxy Cinemas, 222 College St., Burlington on Wednesday, May 6 at 7:00 PM. One hundred years ago, half of the population of France were farmers. Now, fewer than three percent farm. In the Périgord, a rural community fears they may be the last generation of family farmers in a region continuously cultivated for over five thousand years. Filmed over four years, *After Winter, Spring* captures the roots of farm-to-table and the tenacity of a people who have taken one season at a time for generations. The screening will be followed by a Q&A with the filmmaker, and a reception sponsored by City Market featuring local foods. A portion of the event proceeds will benefit the Northeast Organic

Farming Association of Vermont (NOFA-VT). Tickets (\$15 general admission; \$12 NOFA-VT / City Market members) are available online (nofavt.org) and at the door.

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HOME AND GARDEN 2015

Efficiency Vermont's tips for finding hidden energy wasters

Spring is finally here. All over Vermont, folks are setting aside a day for an old-fashioned spring cleaning. According to Efficiency Vermont, your spring cleaning efforts could bring you more than a tidy house. They could earn you some money.

"I'm talking about finding the hidden places where you're wasting your energy dollars," says Bridget Ashe, Customer Support Manager at Efficiency Vermont. "They're easy to find while you're scouring your home for cob webs and dust bunnies. Many fixes are simple and the savings really add up. You just have to know where to look."

To cut your energy costs by getting better performance from your appliances, exhaust fans, and lights, Efficiency Vermont suggests looking here:

- Clothes Dryer: Clear lint from the exhaust hose and filter.
- Fans: Dust bathroom ceiling fan covers and fan blades. Clean dust and grease from the kitchen stove hood and exhaust fan.
- Fridge: Clean dust from under your refrigerator, the front vent at the base, and any exposed coils at the back.
- Second Fridge: If you're using a second refrigerator, you could save up to \$150 each year in energy costs by retiring it. Find out how to get \$50 and free pickup at <http://www.efficiencyvermont.com>, starting April 15, 2015. Search for "refrigerator

recycling?"

• Outdoor Vents: Take a look at any accessible exterior vents, such as for a clothes dryer, heating system, water heater, kitchen fan exhaust, or bath fan exhaust. Clear them of any dust, webs, leaves, and lint.

• Electronics: While you're dusting your TV, computer, gaming equipment, and other home electronics, take a look at how they're plugged in. You can stop overpaying to power these big energy users (many draw electricity even when off) by plugging them into an advanced power strip, which automatically cuts electricity to any idle equipment you choose. Ask for one at your hardware store.

• Lights: When you're cleaning dust from your lamps and recessed lights, see what kind of bulbs you have. Replace incandescent light bulbs with CFLs or ENERGY STAR® labeled LEDs and you'll use about 75% less energy for lighting.

• Bathroom Ceiling: Have mildew? That's a sign of insufficient ventilation. If you have a bath fan, use it. If you need a fan, look for an ENERGY STAR qualified model. These fans are quiet and use little electricity. Be sure to vent bath fans to the outdoors, or you'll risk creating a mold problem elsewhere in the house or attic.

• All Major Appliances: If you're ready to replace an appliance, you can really "clean up" by checking the rebate offers at www.efficiencyvermont.com for models that will save you money and energy for years to come.

• Look at the big picture for greatest savings: Planning energy saving improvements? Before contractors get busy with their summer renovation season, now is a great time to talk to a pro who is trained to find and fix causes of high energy bills, drafts, ice dams, and more. A Home Performance with ENERGY STAR contractor can do a whole-house assessment and make recommendations about money saving improvements. Rebates are available. To learn more and to find a contractor near you, visit www.efficiencyvermont.com/homeperformance.

About Efficiency Vermont
Efficiency Vermont was created by the Vermont Legislature and the Vermont Public Service Board to help all Vermonters reduce energy costs, strengthen the economy, and protect Vermont's environment. For more information, contact Efficiency Vermont at 888-921-5990 FREE or visit www.efficiencyvermont.com.

Create a healthy ecosystem in your own yard

This spring season, help promote a healthy ecosystem by learning to identify and control damaging plants and insects in your yard. Information about common invasive species and backyard invaders is now being offered by Responsible Industry for a Sound Environment (RISE):

Invasive Plants

Invasive weeds can out-compete native species, changing the local ecosystem. Many varieties, first introduced as flora to plant in gardens, can be confused with similar, native varieties. Here are two common damaging ones to watch out for:

• Purple Loosestrife, native to Europe and Asia, is found in most states. One plant can produce more than two million seeds annually.

• Tree-of-Heaven, native to China, was widely planted as an ornamental plant for many years and is often confused with other trees having similar leaves, such as black walnut, butternut, and most sumac.



Invasive Insects

Invasive insects can also have a severe negative impact on native species by out-competing them for food and resources. Many also cause and carry disease and prey on native species. Two common ones to look out for include:

• Emerald Ash Borer, native to Asia, is prominently found across the northeast, midwest, and southeastern United States. The larvae do the most damage, killing ash trees by feeding on the inner bark.



• Zebra Mussel, native to lakes in southern Russia, is found in hundreds of waterways throughout the United States. The species commonly clog water intakes, damage boats, and can cause cuts and scrapes if they grow on rocks, swim rafts, and ladders.

Backyard Pests

Did you know native plants and insects can cause damage too?

• Ticks can transmit Lyme disease and Rocky Mountain spotted fever. Left untreated, Lyme disease infects the joints, heart, and nervous system. After time spent outdoors, check for ticks, especially in and around your ears, inside your belly button, behind your knees, around your waist, on your scalp, and in your hair.



• Mosquitoes can carry West Nile Virus.

While most people may show

few symptoms, 20 percent of people develop a fever along with headaches, body aches, joint pains, vomiting, diarrhea or rash, according to the Centers for Disease Control and Prevention.

Follow the "five Ds" to protect yourself: Drain standing water; stay indoors at Dusk and Dawn; Dress in long sleeves and pants; and use DEET-based mosquito repellent.

• Poison ivy, poison oak, and poison sumac can lurk in backyards. Almost 85 percent of people develop a rash when they come into contact with these weeds.

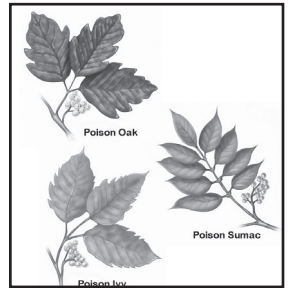
Control poisonous weeds long-term by carefully digging out the plants while wearing waterproof gloves or treating with a pesticide.

Defend your local ecosystem by identifying exotic plants in your garden or yard. Spot invasive weeds

and insects in your area? Let your county extension office know, which may have a monitoring and management program in place.

For more lawn and garden tips, visit www.DebugTheMyths.com.

By being aware of invasive species and other pests in your area, you can help support native species and a healthy ecosystem in your own backyard and neighborhood.



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HOME AND GARDEN 2015

Building a pro kitchen for less

(StatePoint) You may not get paid for your culinary efforts at home, but you can still treat yourself to a professionally outfitted kitchen. If the idea of financing this upgrade has held you back in the past, consider different options that can help you affordably transform your ordinary space into the kitchen of your dreams.

Amazing countertops
If you've longed for luxury granite countertops, consider quartz, which offers the same beauty as granite at a fraction of the cost. Since quartz is a durable, non-porous material, countertops will be easy to clean and maintain over time, and resistant to the nicks and stains caused by everyday wear and tear, making it a sound long-term investment.

Quartz is available in a variety of colors and patterns, and by investigating your options you can get the look and feel that complements your kitchen.

Professional range
To ensure you're never limited as a cook, start by upgrading your cooking appliances, which are at the heart of any kitchen. One versatile range option that delivers top-of-the-line professional performance at a consumer-friendly price is the Verona Dual Fuel or all gas range, available in 24", 30", and 36" sizes. Sealed burners pack plenty of BTU power, delivering



pinpoint accuracy and flame control for optimal heat transfer. As a result, foods cook quickly and evenly with less fuel than standard burners.

Verona ranges are equipped with full-width storage compartments, as well as European convection ovens that circulate heated air for more consistent temperature, allowing you to prepare your meals faster than with a conventional oven.

Inspired by professional-style Italian design, Verona ranges can be tailored to suit your kitchen décor, with custom options such as round oven handles, island trims, and brilliant colors. Whether you prefer the professional look of stainless steel or a bolder palette such as burgundy, white, antique white, or matte black, make your kitchen pop both visually and functionally with the right pro-style range. More information can be found at <http://veronaappliances.com>.

Task Lighting
Task lighting can be a gorgeous, functional addition to any kitchen and these days, beautiful fixtures can be purchased at any price point and come in a number of styles, both traditional and contemporary, making it easy to add flair and style to your kitchen in a way that meets your taste. In addition to your ambient lighting, consider installing a row of task lights over your kitchen island, above your sink, and in or other key areas where you do the most cooking prep – after all, this is how the pros do it.

Equipping your kitchen with the functionality and beauty that a professional chef enjoys does not need to break the bank. Operating with a conservative budget, you can make long-lasting improvements to your kitchen that are stunning, functional, and affordable.

Home improvements to raise resale value

(StatePoint) Before you decide on a home improvement project, it's a good idea to learn which ones will help raise your house's value and recoup the most money when you decide to sell.

From replacing your front door to adding a deck, there are many midrange improvements that won't cost a bundle but will deliver great bang for your buck. It's not about spending the most money; it's about improvements that best hold their value.

The experts at *Remodeling* magazine recently released their 28th annual Cost vs. Value Report, comparing construction costs with resale value for 36 of the most popular home improvement projects. When it came to midrange projects, the report found homeowners recouped the highest percentage of costs on these five improvements: steel entry door replacement, installation of manufactured stone veneer on home exteriors, garage door

replacements, vinyl siding replacement, and wooden deck additions.

"Making your home stand out from others on your block and others on the market is achievable if you plan wisely when it comes to remodeling projects," says Phil Wengerd, VP of Market Strategies at ProVia, a leading building products manufacturer. "This year's statistics indicate that moderately priced exterior projects can significantly enhance home resale values."

This year's analysis of top midrange home improvement projects provided definite direction for homeowners:

- **Steel Entry Door Replacement:** The 20-Gauge Steel Entry Door has consistently delivered the best return on investment for resale, holding the top spot in the midrange product category since its debut in this report in 2009/2010. The steel entry door is the only project that, on a national basis, more than pays back its investment, typically recouping 101.8 percent. At ProVia, for example, the company's Legacy Steel Entry Doors are a consistent top sales performer.

- **Manufactured Stone Veneer:** A new project on this year's report is the installation of manufactured stone veneer on home exteriors. This category zoomed to the top of the midrange list, grabbing second place with

a 92.2 percent cost-value return. Increased product demand for Heritage Stone is a reflection of this trend, observed by Wengerd and others.

- **Garage Door Replacement:** The installation of new four-section garage doors on galvanized steel tracks proved to be a valuable project with homeowners, recouping 88.4 percent of their costs.

- **Vinyl Siding Replacement:** Replacing a home's vinyl siding was one of a handful of projects that jumped up the list for recouping improvement costs. So not only can new vinyl siding beautify a home, it can keep it weatherproof and enhance its resale value.

- **Deck Addition:** Adding a wooden deck can do more than provide a place to enjoy the great outdoors. When it comes time to sell, you should be able to pocket more than 80 percent of the cost for this improvement.

More resources on home improvement projects, along with information on entry doors, vinyl siding and manufactured stone veneer, can be found at www.proviaproducts.com/cvv.

Before you dip into your wallet, learn which home improvements will best hold their value while enhancing curb appeal.





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


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

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HOME AND GARDEN 2015

How to plant your garden from scratch

(StatePoint) Planting a garden from scratch can sound like a daunting task, especially for those who are new to the hobby. But with the right knowledge, you can plan a successful, fruitful green space and expect to have a great harvest.

One way to get a head start on your garden is to start your seedlings indoors and then transplant them later into an outdoor garden. This time-tested technique can save you hundreds of dollars annually, as young plants at a nursery can be pricey. Here are some tips and tricks to make the most of this method:

- Don't start your indoor plants too soon. They can grow in about four weeks or less if you use a high-quality garden starter. Check seed packages to learn when to plant outdoors in your area, and then start them indoors one month before your transplanting date outdoors.
- Consider using a seed-starting system that takes some of the gardening guesswork out of the equation. For example, the Aerogarden Seed Starting system allows you to start up to 66 seedlings indoors with no dirt or mess, nurturing seeds with optimal amounts of water and nutrients for reliable germination and healthy growth.
- Add new nutrients to the seedlings every two weeks and keep the water at full level. Feeding your plants more than the



recommended amount will not make them grow faster. In fact, it could hurt the plants.

- Before transplanting, seedlings need to be hardened off. Skipping this step will almost certainly result in some or all of your plants dying. Hardening off seedlings eases their transition to the outdoors, where they will be exposed to the elements.

The process involves gradually exposing plants to the outdoors, protecting them from full sunlight, temperature variations and wind.

- Don't let sprouts get too big before transplanting them outdoors. Ideally they should be about four to six inches tall. If possible, wait to plant your seedlings on a cool, cloudy day. If your seedlings get too large before weather will allow transplanting outdoors, transplant them into small pots with high quality potting soil. Keep fully watered in a sunny space until weather permits transplanting outdoors.
 - After transplanting seedlings outdoors, be sure to water them daily for the first two weeks, especially if the weather is dry and sunny.
 - Save and reuse your seed starter tray for the next season. Once the spring plants have been transplanted outdoors, you will be free to get a head start on your summer crop.
- More tips to start your own seedlings can be found at www.Aerogarden.com.
- For true green thumb bragging rights, grow your garden from scratch. Just be sure you know the tricks of the trade.

Home upgrades that offer long-term value

(StatePoint) It's no secret that home upgrades cost time and money. But certain projects can actually save you money in key areas and improve the resale value of your home, while making it more beautiful and livable now.

When it's time to replace worn-out roofing, doors, and trim, ensure you're getting good value on your investment. Here are some guidelines for making durable, long-lasting upgrades.

Roofing
The roof is an integral part of a house's curb appeal. It's also a vital protective layer between the elements and your family. Roofing should be impact-, fire-, and severe weather-resistant, as well as beautiful – especially as extreme weather events are growing more common and severe across America.

A new roof can pay off, according to *Remodeling* magazine, which cites a 71.6 percent recoup of costs in their 2015 cost vs. value study.

Skip over bargain-basement priced roofs, even if you're on a budget. What's important is finding a roof that will be virtually maintenance-free for years to come. You may pay more out of pocket now, but you'll save big on repairs, inspection, and maintenance in the long run.

Natural slate and shake roofing materials evoke images of traditional charm and long-standing durability. However, they have an inherent tendency to degrade as they age.

Check out man-made materials such as polymer slate, and shake roofing tiles, which offer the authentic look of natural

materials but are more resistant to chipping, flaking, and splintering over time. For example, DaVinci Roofscapes offers 50 colors, which can help you focus on your home's "top down" curb appeal in order to create a cohesive exterior. And some polymer roofing options can even help you get a break on homeowner's insurance.

Trim
Boost curb appeal as well as interior style with millwork, moulding, and trim. While these elements don't always serve a functional purpose other than to add beauty and value to your home, it's important that they resist humidity, moisture, and insects all the same, so you don't experience warping or decay.

Manufacturers such as Fypon are turning to polyurethane to create varying textures for millwork, from smooth to stone to wood grain. These design pieces can help emphasize your house's architecture, reflecting the style of your home and furnishings.

Entryway
Your home's entryway should be welcoming, beautiful, and energy-efficient. To better insulate against cold and heat, and to improve long-term performance, consider upgrading to a fiberglass door. It's a cost-effective home improvement project with true value. Indeed, the *Remodeling* magazine study finds a 72 percent cost recouped rate for new fiberglass doors, and a solid fiberglass door can be up to four times as energy efficient as solid wood.

Brands like Therma-Tru carry ENERGYSTAR-qualified options to help you save on utilities, and offer decorative features such as privacy glass that is triple-paned to create an exceptional thermal and acoustical barrier. A new app available for Android and Apple, *DoorWays*, can help you visualize your new entryway before making any purchases.

If you're going to the trouble of making home upgrades, opt for projects with lasting value that can improve your comfort and safety.



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HOME AND GARDEN 2015

Erosion control – how the pros do it

(StatePoint) Landscape contractors need to consider many factors in planning a new landscape installation. Erosion control is important on all landscape jobs, but of particular concern for landscaping on hills, slopes, and any uneven ground.

The action of wind and water on our environment has created works of outstanding natural beauty. Standing on the rim of the Grand Canyon, visiting Zion National Park, or marveling at the sculptured bluffs of the California coast can be awe-inspiring. However, when this same wind and water brings the newly landscaped backyard hillside down into your swimming pool, it can hardly be described as emotionally uplifting.

Erosion is a natural process of our earth's formation. In the western United States, the forces of erosion are particularly noticeable. Back in the days when our country was a frontier, erosion did not represent nearly the impact on our society that it does today. Now, however, as millions of dollars are spent annually on landscape construction and repairing and preventing surface soil erosion, erosion control has become an important aspect of landscape design, installation, and construction.

The first step to effective erosion control is recognizing the potential for erosion on your property or landscape project before it has an opportunity to occur. Surface soil erosion takes on many forms, such as hillside drilling or gully formation, silt build-up, slope slippage, and the exposure of barren and unproductive soils. Blowing sand and dust are also a form of surface soil erosion. Obvious danger areas are newly formed or constructed hillsides, changes in surface water drainage patterns, and areas denuded of natural vegetation and topsoil. The installation of irrigation systems can of themselves create a surface erosion problem if not properly designed and installed.

Serious surface soil erosion can also develop from subsurface instability and ground water problems. These are more appropriately problems for a civil engineer and won't be dealt with in this article, however.

Once an erosion potential is identified, the next step is to formulate a plan to deal with it. Needless to say, investing in the proper engineering design and site preparation can materially reduce erosion problems. If the erosion problems already exist

and have created damage, often the only approach is to rework the affected areas and start from scratch with an erosion control plan.

A popular approach to surface erosion control, particularly for newly graded hillsides, pads, and drainage areas, is revegetation. This landscaping usually consists simply of introducing grasses, flowers, ground covers, and even shrubs and trees to an erosion vulnerable area. The vegetation creates stability through its root structure and density of growth for a long lasting and attractive erosion control treatment. Some care must be taken in choosing the proper species of plants that will provide the necessary erosion control and be suitable for the climate and terrain in which they will be planted. It can be very beneficial to obtain a soil test for the area so as to properly plan the fertilizer and soil amendment requirements to assure a full, healthy growth of vegetation.

The proper amount of moisture can be critical to a revegetation project. Many landscape projects, otherwise properly conceived and implemented, have failed disastrously because they did not receive the proper amount of moisture to insure germination and survival. Though nothing is guaranteed by Mother Nature, planting an area at a time of year to take advantage of the natural rainfall is one way to improve your chances of success. Selecting plant species for the climate in which you are planting makes good sense. You may invest in an irrigation system, temporary or long term, to insure the proper germination and development of your revegetation project. Sometimes there can be too much moisture for a newly planted hillside. The problem then becomes one of holding seed, mulch, fertilizer, ground covers, and loose soils in place on the hillside until the revegetation effort has an opportunity to take hold and develop significant root structure. There are several products available to the landscape professional to help in holding his revegetation effort in place.

Different mulches are often used to provide an element of surface erosion control. This is in addition to the moisture retention and soil surface cooling they provide to benefit seed germination. Straw has been a popular mulch for years. It is spread either by hand or with special straw blowing equipment. In some cases the straw is "crimped" or disced into the soil. Application rates vary depending on the landscape conditions, but a typical application would be about 2000 pounds per acre. Also available are wood fiber and paper mulches. These products are applied by hydro-seeding equipment in a slurry of seed and fertilizer, and are spray applied at rates generally from 1200-2500 pounds per acre. The cost of mulch is a fraction of a penny per square foot. Some of the wood fiber and paper mulches on the market are: Weyerhaeuser Silva-Fiber, Conwed Hydro Mulch, Superior's Turf-Guard, Cellin Fiber Mulch, Pacific Wood Fiber's Spra-Mulch.

There is a family of erosion control products known as tackifiers, or binders, which hold seed, fertilizers, and mulches on hillsides and slopes against the effect of either rainfall or excessive irrigation. These tackifiers are divided into two groups. The first group is composed of the organic derived materials (i.e. guar, plantago, flour derivative, etc.), which come in a powdered form. The organic tackifiers are primarily designed to perform with mulches since they act as a sticky adhesive to hold the wood, paper, or straw materials in place. They are relatively short-lived and will ultimately wash away, but do provide a good temporary holding for mulch and seed on modestly steep slopes. Organic tackifiers are generally applied at the rate of 50-120 pounds per acre and represent an applied cost of less than a penny per square foot. These materials are applied with hydroseeding equipment and are mixed into the slurry of seed, mulch, and fertilizer, then sprayed on the hillsides and other areas. Some names to look for in organic tackifiers are: M-Binder, J-Tac, Az-Tac, Terra-Tack, and Sentinel.

The heavy-duty members of the tackifier family are the copolymer-based products. These binders are composed of latex copolymers, sometimes in combination with other materials, and come in liquid form. They are diluted with water in the field. The copolymer binders exhibit a benefit over the organic materials in that they will soak into the soil, forming a crust with seed, mulch, and fertilizer and the top quarter-inch of soil. This creates a better holding potential. In addition, the copolymer tackifiers exhibit significantly longer field life than the organic materials. The copolymer materials can also be successfully used on landscape projects without mulch because of their penetrative abilities. This characteristic makes the copolymer products particularly useful in holding soils in place in and around newly planted ground covers. A copolymer application rate will vary depending on job conditions and the type of product used. Generally such an application represents a cost of about a penny per square foot. Application can be made with a hydroseeding unit as in the case of the organic materials, but the copolymers have the added advantage of also being applied with a power spray unit, water truck, agricultural spray unit, or even a back pack sprayer. They are generally chosen over the organic materials when the slopes and hillsides are steeper, soils looser, and the threat of severe rains or abundant irrigation is greater.

Another popular method for slope erosion control in the landscape is the use of jute netting. Jute netting comes in rolls, and is spread over the slope and staked in place after seeding has been accomplished. Jute netting can be applied before ground covers are planted by cutting through the netting to accommodate each plant. As with all netting and erosion control blankets, the netting must be kept in close and continuous

contact with the soil surface so as not to be undermined by surface water and thereby fail. A jute netting application will cost approximately twenty to twenty-five cents a square foot installed.

Netting blankets filled with excelsior are used like jute netting and represent approximately the same in-place cost. These netting and blankets are designed for the more difficult soil situations and high, intense rainfall and irrigation conditions. American Excelsior and PPS Packaging Co. are two manufacturers of this type of product.

A fairly new product in the erosion control market is a porous matting composed of about one-half inch thickness of twisted, swirled plastic strands. This material will actually withstand direct water flow or fluming, and is suggested as a replacement for riprap and gabions in certain applications.

Erosion continued on page 11



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HOME AND GARDEN 2015

Before you replace your home's siding

(StatePoint) Whether you're building a home from scratch or contemplating an upgrade, when choosing siding, there's a lot more to consider beyond color. The type of material you use can impact durability, beauty, and even energy efficiency.

Since siding is a long-term investment, you'll want to make a decision from an informed place, especially with more options now available in the marketplace. With that in mind, here are some things to consider about different siding materials:

Weather

Extreme weather events, including high winds and hot and cold temperatures can damage or destroy siding. Look for a product that is certified to withstand these conditions. No matter where you live, this should be an important consideration, as weather patterns have become more unpredictable across the country.

Rot

Fiber-based materials (such as fiber cement planks) absorb water, which over time can make siding more prone to rot, decay, and even disintegration. At the store, ask to see siding options made of polymer-based materials, which are impervious to moisture.



Environmental Impact

For improved energy efficiency, choose insulated siding, which will prevent undue loss of warm air in winter and cool air in summer. Where environmental impact is concerned, vinyl is a good bet, as it complies with environmental standards known as LEED and ICC 700 National Green Building standards.

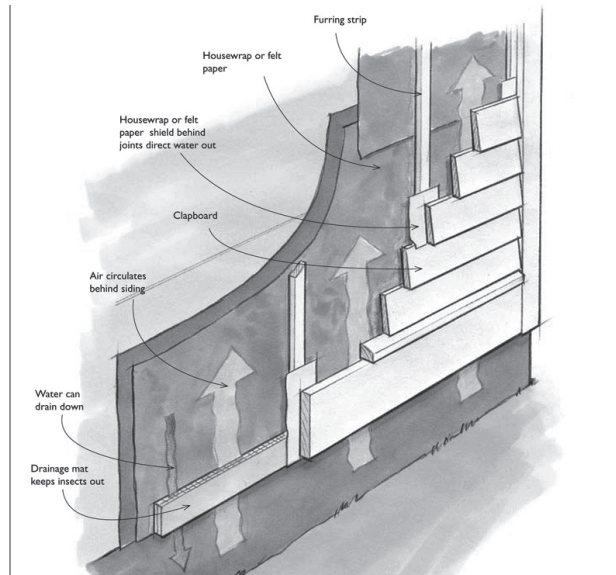
Maintenance

A certain amount of upkeep will be required to keep your siding looking great. However, vinyl siding requires only occasional soap and water, whereas fiber cement requires re-caulking and repainting to maintain color and help prevent

moisture absorption.

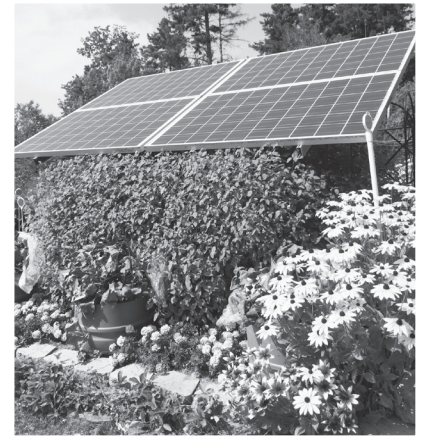
First introduced in the 1960s, vinyl siding is the most popular home siding material today, due to its overall low cost, easy installation, durability, and minimal maintenance. New products are particularly versatile, and easy to install and maintain, such as Heartland Siding by ProVia. Their super polymer vinyl siding comes in a number of styles, colors and price points. Additionally, the energy efficiency of the company's CedarMAX line can help you save money down the line. Visit www.proviaproducts.com/ vs for more information.

Whenever making a major home upgrade, learn more about your purchase for smarter, sounder investments.



All gardeners know they have to roll with the punches - or in this case, bend before the wind. Before: a lush scene of happy plants, broccoli (in tubs) and flowers: brown eyed susans, marigolds, and the wildflower jewel weed (aka touch-me-not) filling the space beneath the solar arrays so luxuriously they had to be pinched back to keep them from shading the panels. Then the wind blew ferociously, as it has been wont to do more and more in recent years. The sad After photo tells the story: only the marigolds came through seemingly unscathed.

PHOTOS BY SARA RILEY, 2014



Erosion continued from page 10

It is also staked in place. An applied cost is approximately \$1.40 per square foot, and is generally reserved for the most severe of erosion problems, including stream channels and the like. Two manufacturers of this type of product are Mirafi Inc. and American Enka Co.

There are erosion problems that do not lend themselves to revegetation, for example interim erosion control on a landscape construction area that has been recently graded, but is not yet ready for finish construction and landscaping. In this case, a copolymer material, such as that described for use in revegetation, can be used. The liquid copolymer material, after dilution with water in the field, is spray-applied to the soil surface to be protected. The solution soaks into the soil and cures to form a crust of material through the cohesive binding of the soil particles. It is this crust, or mass of material, that provides the erosion control on the slopes. Application rates vary depending on job conditions and the copolymer chosen. A typical application cost for this type of treatment is two to three cents per square foot. Again, the copolymer solution can be applied with a variety of spray equipment, including a power spray unit, hydroseeding equipment, water truck, and back pack spray unit. The materials are non-hazardous and biodegradable. A typical application can last as long as 12-14 months. In addition to a copolymer treatment, silt fencing and sandbagging can be utilized on downstream areas as a backup to controlling

water runoff and silt buildup.

Most of the products referred to herein are available through local seed and fertilizer distributors, and irrigation supply houses. Though not always readily available to the weekend gardener, the landscape professional should not have a problem finding them.

There are various publications available on the subject of erosion control published by the *Soil Conservation Service*. Also, the *International Erosion Control Association* prints proceedings of their annual conferences. Various educational institutions such

as Cal Poly Pomona and the University of California at Davis regularly engage in the testing and evaluation of erosion control techniques and materials.



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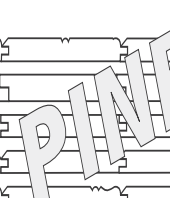
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HOME AND GARDEN 2015

Tips to prepare for spring flooding

(StatePoint) As temperatures rise and the snowpack begins to melt, homeowners should prepare for the possibility of spring flooding. Communities across the country, particularly in the northeast and midwest, are at risk for flooding.

Spring rains saturate the frozen ground, which cannot quickly absorb runoff, and accumulate on the surface or flow into streams and rivers, where the excess water spills over the banks.

Floods are the nation's number one natural disaster, and all 50 states have experienced a flood in the past five years. Everyone lives in a flood zone, so no matter where you live in the United States, you are at risk of flooding. However, most homeowners insurance doesn't cover flood damage and without a flood insurance policy, you could have to pay for damage out of your own pocket.

Here are five things you can do to financially protect what matters:

- Know your risk. Use the One-Step Flood Risk Profile, available on www.FloodSmart.gov, to determine your flood risk and locate a flood insurance agent in your area.
- Purchase a flood insurance policy. Typically, there is a 30-day waiting period before flood insurance goes into effect, so protect what matters now by purchasing a policy before the snow starts to melt.
- Check your flood insurance policy. Know what is covered and what you need to file a claim. If you do not have a flood insurance policy, talk with your flood insurance agent about purchasing coverage for future losses.
- Document your belongings to support a flood insurance claim. Visit www.KnowYourStuff.org to create your home inventory.
- Create and share a family emergency plan. Make sure it includes evacuation routes from home, work, and school. Assemble an emergency supplies kit with drinking water, canned food, first aid supplies, blankets, a radio, and a flashlight. Learn more at www.Ready.gov/floods.

Go to www.FloodSmart.gov or call 888-356-6370 for more information. Don't be caught off guard by spring flooding. Prepare in advance to protect what matters.



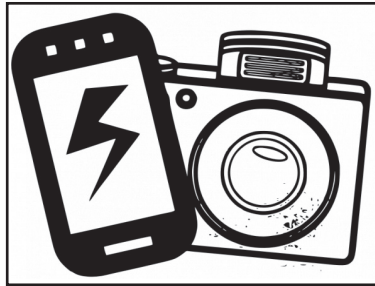
Six tips to prepare for storm season

(StatePoint) Year after year, Americans from Tornado Alley to the Gulf Coast to the metropolises of the eastern seaboard witness storms that cause millions in damage and loss of life. However, no matter where you live or what type of extreme weather you may face, there are things you can do to protect your home and family from the worst.

"When it comes to resilient design planning, the most important thing to remember is that it doesn't have to break the bank. A few quick and easy adjustments can keep you safe," says Greg Beste, member of the American Institute of Architects Disaster Assistance Committee and Project Management Director, IVI Assessment Services, a CBRE Company.

Beste offers some storm season advice:

- Document your home – before disaster strikes. Grab your smartphone and take photos of your home now, inside and out, covering the foundation and all interior and exterior spaces. At best, you'll have a nice keepsake; at worst, a visual documentation that can be used for an insurance claim in case of disaster. You can also share the images with your insurance company right away, to add to their files for future reference.
- Be an expert on your house. How old is your home? What type of framing does it have? When was the roof last repaired or replaced? These are questions you should know the answers to, as they will dictate what design changes should be made.
- Make fixes easy, inexpensive, and relevant. For example, are high winds a major worry where you live? Add an extra layer of protection by swapping out the shingles on your roof for a heavier material, or secure the roof sheathing with a more wind-resistant nailing pattern, using an extra box or two of nails. Know where your home is weakest; those spots are the first places to shore up in defense.
- Communicate your building goals. If you're working with an architect to build or retrofit your home, make sure that he or she understands the importance of resiliency. Even more importantly, your contractor should feel comfortable executing these goals. Communication at every step is the key.
- Safe rooms are not a cause for panic. A safe room doesn't have to be high-tech. With the right design and construction, your mud room, laundry area, or even a powder room can be a safe haven in case of disaster.
- Design beyond code. Building codes are the minimum



standard and in many cases, have not been updated to reflect the current reality. If you live in a particularly vulnerable area, an architect can advise on additional measures to take – for instance, in coastal areas, building a foot higher than the minimum flood zone would indicate is recommended. Resources like www.architectfinder.aia.org can help you connect with the information and individuals you need.

Don't just wonder if you've done enough to prepare for storm season. Take action to keep your home and family safe.



Straw bale gardening is a way to extend your garden space temporarily, or to move sprawling plants out of the main garden. This method requires preparation with a high-nitrogen fertilizer for two weeks before planting, regular fertilizing, and copious watering throughout the growing season since the straw bales drain very, very well. These are planted with potatoes and squashes. Here, the bales are placed on a tarp, which eliminates weeds and grass close to the bales. Be sure to use straw, not hay!

PHOTO BY SARA RILEY, 2014

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LIBRARY NEWS

DEBORAH RAWSON LIBRARY, UNDERHILL

Join friends for Family Movie Night on Friday, April 17 from 6:30 – 9:00 PM. Plan to bring the whole gang to the family-friendly movie *Mary Poppins*. Bring your pillow and blanket and we'll provide the popcorn!

In honor of Poetry Month, Dan Close will read poetry at DRML at 2:00 PM on Sunday, April 19. Close will read some of his own recent works, but more of other poets: local, national and international. There will be some surprises in store, and there might also be some singing involved, but not enough to be really disturbing. Close describes the session as a rather raucous celebration of poetry, by which he means poetry ranging from the ridiculous to the sublime, and all gradations in between, hopefully ending on a high note of a serious nature, for satisfaction of a substantial order (but definitely not the stuff that stuffiness is made of). Come and enjoy, and go home satisfied... with cookies and cider during the break.

Interested in genealogy? Enroll in RootsMOOC: Intro to Genealogy and Family Research; the class is now open for enrollment. RootsMOOC is a free, open, online course and a friendly introduction to family history research in the U.S. using commonly available sources. The staff at the State Library of North Carolina's Government and Heritage Library will help you learn about the most useful sources, tools, and techniques for getting your research off the ground. By the time you're finished with this course, you'll have a good start on your own genealogy research and you will know how and where to keep digging. This project was created by Wake Forest University's Z. Smith Reynolds Library and the State Library of North Carolina and was made possible in part by a grant from the Institute of Museum and Library Services (IMLS). The classes are free and open to anyone to attend. Stop by the desk to receive detailed information about this exciting opportunity!

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

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

JERICHO CENTER LIBRARY

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

Jericho Town Library Spring Book Sale, Saturday, May 16, 9:00 AM – 2:00 PM. Book sale donations will be accepted beginning Saturday, May 9 during library hours through Saturday, May 16, in the morning. Book prices are currently \$2 for hardcover books; \$1 for large paperbacks, CDs, and DVDs; and 50 cents for small (mass market) paperbacks and children's books. These prices are subject to change without notice and do not include some specially-priced books that may be of greater value. During the last two hours of the sale, shoppers can fill a grocery bag full of books for only \$5. Books, DVDs, and Books-on-CD may be donated the week of the sale, during library hours. Please do not drop off donations outside of library hours or in the library drop box. We accept new or gently used fiction and nonfiction books – almost anything that is in good enough condition to re-sell. No text books or encyclopedia sets, travel guides, or reader's digest condensed books, or books whose covers have been removed. We regret that we can no longer accept donations of VHS-format videotapes or audio cassette tapes, as these no longer sell well. Please respect the library's permanent collection and the health of our staff and volunteers and do not bring any moldy or dirty books into the library! If you would not display a book on your coffee table, chances are we can't sell it and will have to pay to dispose of it. Thank you for your consideration. If the number of books you have to donate exceeds one box or two shopping bags, kindly call the library to make an appointment for a volunteer to meet you. Large donations inconvenience the library staff and create logistical problems due to our limited storage space. For further information, please email colleen@jerichotownlibraryvt.org.

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

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

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

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

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

VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE

Crafting Circle on Mondays at 5:00 PM: April 20 and 27.
Crafting Circle on Thursdays at 4:00 PM, April 16: social craft-in and potluck.

Tuesday, April 14 at 7:00 PM, Poetry People.
Story Time & Crafts with LN, Thursdays, April 16, 23.
The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville, 802-644-2117. Please visit Varnum Library's website, <http://thevarnum.org>.

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

WESTFORD PUBLIC LIBRARY, WESTFORD

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

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

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

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

RICHMOND LIBRARY

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

Mystery Book Group will be discussing the book *Death on Demand* by Caroline Hart on Thursday, April 16 at 7:00 PM.

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

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

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

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

Digital Downloads: The Library gives patrons access to thousands of audio books and eBooks. Check out the webpage for ListenUpVermont and OneClick links. Got questions, ask staff.

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

Support the Library! Please support our programs and acquisitions. Our webpage has an easy to use donate button via PayPal.

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

FAIRFAX COMMUNITY LIBRARY

All events are free unless noted otherwise. Pre-registration encouraged. Thursday, April 16, 3:15 – 4:15 PM: READ to a DOG.

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

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

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

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

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

Wednesday, April 29, 3:15 – 4:15 PM: READ to a DOG.

Thursday, April 30, 6:00 – 8:00 PM: Dr. Who Night. A fun evening of Dr. Who themed activities, trivia, and a prize for best costume. All ages.

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

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

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

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

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

DOROTHY ALLING MEMORIAL LIBRARY, WILLISTON

All events are free.
Babytime Playgroup: 6:00 – 7:30 PM, first Wednesday of each month. Playgroups are designed for children birth-2 years and their caregivers. Age appropriate toys, stories and finger plays. Information, 876-7555. Free. Sponsored by Building Bright Futures.

Preschool Music: Mondays at 11:00 AM and Thursdays at 10:30 AM.

For children up to age 5 with a caregiver. No pre-registration. Limit: one session per week per family. Free.

Story Time: Tuesdays at 11:00 AM. Includes a simple craft activity. For children ages 3-5. April 28: Science Story Time: *Let's Rock!* Learn all about rocks with science educator Kristen Littlefield. Free.

Food for Thought Library Volunteers: Thursday, April 16, 4:00 – 5:00 PM. Teens meet for pizza, discussion, book/DVD selection, and planning special events for the library. Community service opportunity. Grades 7-12. New members welcome! Free.

Fairy Story Time & Fairy Houses: Tuesday, April 21, 11:00 AM Fairy Story Time; 12:00 – 2:00 PM Drop-In Craft: Make a Fairy House. All ages. Children 8 and younger must be accompanied by an adult. Free.

Spanish Musical Playgroup: Saturday, April 25, 10:30 AM. Non-Spanish speakers welcome! Spanish rhymes, books, and songs for children birth to age 5. Includes a craft activity and snack. Music with Constanca and crafts with Natasha. Free. Sponsored by Building Bright Futures.

After-School Games: Monday, April 27, 3:00 – 4:00 PM. Bring your own trading cards (Magic, Pokémon, Yu-Gi-Oh!) or play one of the library's games. Grades 3 and up. Snacks provided. Free.

Read to Van Gogh the Cat: Tuesday, April 28, 3:30 PM. Van Gogh is a certified therapy cat with Love on a Leash Foundation. Pre-register for one-on-one reading sessions. Free.

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

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

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

BROWNELL MEMORIAL LIBRARY, ESSEX JCT.

Friday, April 17, 10:00 – 10:45 AM – Drop-In Story Time for Kids of All Ages – Babies, toddlers and preschoolers are welcome to come listen to picture book stories and have fun with finger plays and action rhymes.

Friday, April 17, 6:00 – 8:00 PM – Magic: The Gathering – In Magic, you play the role of planeswalker, a powerful wizard who fights other planeswalkers for glory, knowledge, and conquest. Your deck of cards represents all the weapons in your arsenal, spells you know, and creatures you can summon to fight for you. Beginners welcome! Grades 6 and up.

Wednesday, April 22, 1:00 – 2:00 PM – Tech Help with Clif – Offering one on one technology help. Bring in your new gadget or gizmo and Clif will sit with you to help you learn its ways! No reservations needed.

Friday, April 24, 10:00 – 10:45 AM – Songs and Stories with Matthew – Matthew Witten performs songs about our world and tells adventurous tales. For all ages. Funded by the Friends of Brownell Library.

Friday, April 24, 6:00 – 8:30 PM – Dungeons and Dragons – Embark upon imaginary adventures. Our Dungeon Master serves as the game's referee and storyteller. Grades 6 and up.

Monday, April 27, 6:00 – 7:00 PM – Tech Help with Clif – Offering one on one technology help. Bring in your new gadget or gizmo and Clif will sit with you to help you learn its ways! No reservations needed.

Tuesday, April 28, 9:10 – 9:30 AM – Story Time for Babies and Toddlers – Picture books, songs, rhymes and puppets for babies and toddlers with an adult.

Tuesday, April 28, 10:00 – 10:45 AM – Story Time for 3-5 Year Olds – Picture books, songs, rhymes, puppets, flannel stories, and early math activities for preschoolers.

Wednesday, April 29, 1:00 – 2:00 PM – Tech Help with Clif – Offering one-on-one technology help. Bring in your new gadget or gizmo and Clif will sit with you to help you learn its ways! No reservations needed. First come, first helped.

Friday, April 17, 3:30 – 5:00 PM – Axis and Allies: War at Sea – Play a World War II game of strategy using battleships, air fleets, and submarines to decide the fate of the world. For teens.

Friday, April 17, 5:00 – 8:00 PM – TAB members and friends are volunteering to help at Essex Eats Out, St. James Episcopal Church, Essex Junction. Meet at the church. Please let the Youth Desk know you are planning to help.

Saturday, April 18, 3:00 – 4:00 PM – Manga Club Meeting – Check out the Teen Manga Club! Get to know other members, share your favorite manga series, and tell Japanese legends. Explore this awesome Japanese style of art and writing. Grades 6 and up.

Monday, April 20, 2:00 – 3:20 PM – vacation movie – Free popcorn and drinks!

Monday, April 20, 6:00 – 7:00 PM – Tech Help with Clif – Offering one on one technology help. Bring in your new gadget or gizmo and Clif will sit with you to help you learn its ways! No reservations needed. First come, first helped.

Monday, April 20, 7:00 – 8:30 PM – Friends of Brownell Library Meeting.

Tuesday, April 21, 2:00 – 4:00 PM – Lego Fun – Participate in fun and friendly building with LEGOs. For kids entering K and up. (Kids under 5 are welcome to participate with parental supervision.)

Wednesday, April 22, 3:00 – 4:00 PM – Chess Club – Come play! Teen chess players help you discover new moves. All ages and skill levels are welcome. Kids 8 and under must be accompanied by an adult. Chess sets funded by the Friends of Brownell Library.

Wednesday, April 22, 7:00 – 8:30 PM – Local author night – Join local authors Grant Corson, Ted Tedford, and Justine O'Keefe as they discuss their books. Grant Corson will present on his book *Weed Road Chronicles*, short stories portraying life in rural Essex, VT. Ted Tedford will speak about his book *Incident at St. Albans*, a fictionalized history of the Civil War raid in St. Albans portraying the life and escapades of rebel leader Lieutenant Bennett H. Young, who conceived of and carried off the raid. Justine O'Keefe will discuss her historical novel *Scattered Pages*, based on her grandmother's childhood, exploring a young woman's struggle to discover the truth surrounding her childhood abandonment as the United States is pulled into World War I. The authors will take questions and sign their books.

Friday, April 24, 1:00 – 2:00 PM – Oral History, Essex Junction Senior Center – Storyteller Recille Hamrell presents a workshop to help aspiring storytellers learn about triggers for storytelling and how to shape their own stories.

Friday, April 24, 6:30 – 8:30 PM – Maggie's Fiber Friday for adults – Maggie Loftus, veteran knitter, will be settled in front of the fireplace in the Main Reading Room. She invites adult knitters and crocheters to join her with their projects and engage in conversation. Bring patterns to share if you'd like. Contact Maggie at 6maggie2@myfairpoint.net.

Friday, April 24, 6:30 – 8:30 PM – Teen Movie – Free popcorn and drinks!

Wednesday, April 29, 10:00 – 10:45 AM – Story Time for 3-5 Year Olds – Picture books, songs, rhymes, puppets, flannel stories, and early math activities for preschoolers.

Wednesday, April 29, 6:00 – 8:00 PM – New England Ramble Dine and Discuss: *Inventing Ethan Allen* by John J. Duffy and H. Nicholas Muller, III. Discussion leader Ed Cashman. Placing facts against myths, the authors reveal how Allen acquired and retained his iconic image, how the much – repeated legends composed after his death coincide with his life, why recollections of him are synonymous with the story of Vermont, and why some Vermonters still assign to Allen their own cherished and idealized values. Copies available at the Adult Circulation Desk. Potluck fare: Let the book inspire you! Library provides tableware, decaf, and water.

PEOPLE IN THE NEWS



Fairy House art project

Why Fairy Houses and Gnome Homes? At Poker Hill Arts the focus is on the joy of creating, engineering, imagining, and building a beautiful and restful nature scene. Many who see these beautiful and charming abodes say they wish they could live there... or at least visit! When making fairy houses, children and their families become engaged and get lost in the fun of building – exciting and challenging, often restful or like a meditation. Try it, you'll like it! There are many books about fairy houses and how to build them, and pictures for inspiration and building tips online. Poker Hill Arts offers fairy house building classes for young and old. For more information, www.pokerhillarts.com. PHOTO CONTRIBUTED

CLASSIFIED ADS

EMPLOYMENT

Johnson Farm and Garden is looking to hire a part-time experienced retail sales person with excellent customer service skills to work in our clothing and footwear store in Johnson. Must be a multi-tasker, self-motivated, team player, have a positive attitude, and be computer literate. Must be able to lift 50 lbs., and work Saturdays until 4:00 PM. Come in to the store for a job application from Erin or Patty, email resume to plehouiller@gmail.com.

FOR RENT

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

SERVICES

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



EMPLOYMENT

Highway Maintenance Worker

The Town of Jericho is accepting applications for a Highway Maintenance Worker Level 2. This is a full-time position which requires a CDL and the ability to respond to emergencies and for snow removal outside of regular working hours. The ideal candidate will have at least two years of experience in highway maintenance, construction procedures and methods and the operation of large trucks, preferably at the municipal level. Equipment operation experience is a plus.

The starting hourly wage is \$16.50-\$17.50 depending on qualifications. The Town of Jericho offers excellent benefits, including health and dental insurance, and a retirement plan.

An application and job description can be downloaded from www.jerichovt.gov. They are also available at the Jericho Town Hall, at 67 VT Rt. 15, Jericho, M-F 8:30 a.m. – 2:30 p.m. Completed applications can be submitted to Paula Carrier in person, via email at pcarrier@jerichovt.gov or via mail to PO Box 39, Jericho, VT 05465.

Applications will be accepted until Monday April 24, 2015.

Chittenden East Supervisory Union--Central Office

Business Office Assistant - Schoolspring Job # 1399972

Chittenden East Supervisory Union is seeking a Business Office Assistant to coordinate and perform a variety of administrative and clerical support functions, including organizing and maintaining both paper and electronic filing systems at its central office. The position is three days per week. Please apply on-line at Schoolspring.com or call 434-2128 for an application. On-line application must include: profile, letter, resume, references. Visit our website www.cesu.k12.vt.us for information about our schools. EOE M/F

Contact Information

Robert Fahey, CESU Business Manager
P.O. Box 282 Richmond, VT 05477
Phone: 802-434-2128

Classified Ad Rates

\$6.50 for 25 words and ten cents for each additional word.

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



GMBC introductory group rides

Tired of riding alone on the same old bike paths and roads but worried that you don't have the skills for a group ride? The Green Mountain Bicycle Club (GMBC) will be offering Introductory Group Rides every other Saturday throughout May and early June. Experienced riders will explain the rules of the road and teach novice cyclists how to ride safely in a group.

The rides will start at 10:00 AM at the Wheeler log at Veterans Memorial Park in South Burlington and will travel between 12 and 20 miles. Nobody will be left behind.

There will be at least two ride leaders who will teach group dynamics including signaling and passing, as well as learning to respect (and be respected by) cars. The pace will be determined by the ability of new riders. Cyclists must wear helmets and have bikes in good working condition. Riders under 18 must be accompanied by an adult.

The GMBC's Introductory Group Rides will take place on Saturdays, May 2, 16, and 30 and June 13. Contact GMBC Advocacy Chair Viola Chu, hviolachu@gmail.com for more information.

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Alzheimer's and their families. This free program is Saturday May 9, 9:00 AM – 12:00 noon, and will be held at your local Vermont Interactive Technology Site – find your local site at <http://www.vitlink.org/location>. Registration is required, 1-800-272-3900.



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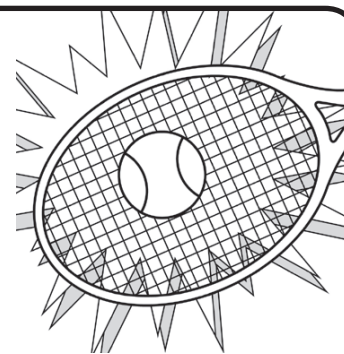
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PEOPLE IN THE NEWS

WELCOME HOME

BOLTON
 (Weisz) Danielle (Royer) and David Weisz had a son, Wyatt Allen Weisz, on Monday, February 9, 2015 at UVM Medical Center, Burlington, VT.
FAIRFAX
 (Patterson) Ginger (Vieira) and Charles Patterson had a daughter, Lucy Marlita Patterson, on Thursday, January 29, 2015 at UVM Medical Center, Burlington, VT.
HINESBURG
 (Charlton) Erin (Kilburn) and Adam Charlton had a son, Nolan Wade Charlton, on Sunday, February 1, 2015 at UVM Medical Center, Burlington, VT.
 (Labelle) Ashley Labelle had a son, Chanze John Labelle, on Sunday, March 1, 2015 at UVM Medical Center, Burlington, VT.

JERICHO
 (Petit) Corrine (Lynch) and Stephen Petit had a daughter, Evelyn Elizabeth Petit, on Friday, February 27, 2015 at UVM Medical Center, Burlington, VT.
RICHMOND
 (Bick, Mashteare) Lienne Bick and Brett Mashteare had a son, Eli Marcus Bick-Mashteare, on February 3, 2015 at UVM Medical Center, Burlington, VT.
 (Muir, Barmard) Dan Muir and Nicole Barmard had a son, Joyce Adam Muir, on Friday, March 6, 2015 at UVM Medical Center, Burlington, VT.
UNDERHILL
 (Roy, Yanus) Molly Roy and Jason Yanus had a son, Tyler James Yanus, on Thursday, January 29, 2015 at UVM Medical Center, Burlington, VT.

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OBITUARIES

Kathy Parsons, 62, wife of Ralph Brooker, passed away at her home in Jeffersonville, VT on Thursday, March 26, 2015. A memorial service was held Saturday, April 11, 2015 at the Stowe Community Church. Faith Funeral Home is assisting with arrangements. Online condolences may be made by visiting faithfh.net.
Fremond Barnum Champney Jr. of Jericho, VT passed away peacefully at home Monday, April 6, 2015, surrounded by his loving family. He leaves behind Mary, his wife of 41 years; and four children, Lisa, Pete, Becky, and Dani, and their spouses; 14 grandchildren, and 10 great-grandchildren. There was a gathering Saturday, April 11, 2015 at their home in Jericho.

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SCHOOL NEWS



BRMS students Finn Verdonk (left) and Jackson Novotny (right) with guidance counselor Greg Martin were among 23 students who slept out to help the homeless youth of Vermont. PHOTO CONTRIBUTED

BRMS sleep-out raised funds for homeless youth

To the Editor,

On Thursday, March 26, twenty-three students with their parents and their guidance counselor Greg Martin participated in the Spectrum Sleep Out on the front lawn of Browns River Middle School. Even though they experienced cold temperatures, rain, mud, and snow, they showed their support for the homeless youth and raised \$5815. "We are braving the cold weather for a good cause," said Greg Martin as he and students set up tents outside while it was raining on Thursday afternoon. The 23 students took part in a sleep out to show their compassion and empathy for the homeless youth. Students presented their ideas with such maturity, thoughtfulness, and articulate language that it was amazing. The 23 kids who took part tonight even before sleeping out learned much about compassion and empathy that will translate to our school community. Impressive job Greg!

Joyce Yoo Babbitt
BRMS Library Media Teacher




BRMS held Science Fest





More than 43 students participated in the Science Fest on Thursday, April 9 at Browns River Middle School in Jericho, to share their results on a variety of science projects. Science teacher Jeff Warren gave students an opportunity to present their findings and to win a variety of prizes. The first place winner was Natalie Codding for her experiment on Does Baking Powder Affect How Muffins Rise? PHOTO CONTRIBUTED

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Mater Christi Fourth graders posing on the Vermont State House steps. Bottom, from left: Mrs. Glenda Bedard, social studies teacher; Peter Forgione, South Burlington; Jared Kennedy, North Ferrisburgh; Adowyn Byrne, Essex; Gavin DeSanctis, Swanton; Silas Sandshaw, Williston; Grace Ammirato, Westford; Peyton Donovan, Milton; Philip Skidd. Top: Mohammed Kanneh, South Burlington; Graham Harris, Essex; Logan Sheppard, Colchester; Aidan Flaherty, Colchester; Anthony Brescia, Alburgh; Kate McHugh, South Burlington; Ella Byers, Essex Junction; Amelia Curry, Burlington; Daniel Bogue, Winooski. PHOTO CONTRIBUTED

Mater Christi fourth graders visit State House

The Mater Christi School fourth graders recently went on a field trip to Montpelier, where they spent the morning at the Vermont Historical Society Building and in the afternoon toured the State House.

Since the school's curriculum for grade 4 emphasizes Vermont government, economy, culture, and history, social studies teacher Glenda Bedard arranged this field trip. She feels that experiencing first-hand the source from where much of the government in the state takes place as well as where some of the best information on Vermont's economy and history can be found is key to insuring that the youngsters will remember this information long after they return to school.

According to Mrs. Bedard, "The fourth graders went to Montpelier having earlier prepared and given talks on Vermont. They had used information learned from a variety of written and Internet sources. This field trip helped make the information not only take on life, but should also insure that this life will be long lasting."

BRMS at Vermont's History Day

Vermont's History Day winner Maya Parry of Browns River Middle School in Jericho placed first with a superior rating at the state competition for her junior individual performance of The Queen of People's Hearts: The Leadership and Legacy of Princess Diana on Saturday, March 28. Eighth grader Maya Parry is eligible to compete at the National History Days, June 14-18, at the University of Maryland, College Park, near Washington DC. She is fundraising for this trip and donations would be greatly appreciated. Please send to 122 Mountain Rd., Underhill. "I'm really excited to represent Vermont," said Maya.



Congratulations to fifth grader Jayme Billings of Browns River Middle School, Jericho for receiving the Vermont Academy of Arts and Sciences Award for her project Jim Henson: His Leadership and Legacy. She received this special recognition since she was able to show how the creator of the Muppets entertained and educated children using his outstanding skills in art and science. PHOTOS CONTRIBUTED



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