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★ Vol. 11 No. 11 Serving Bolton, Cambridge, Jeffersonville, Jericho, Underhill and Westford, VT December 6, 2012 ★

## Bernie Juskiwicz: Cambridge's new man in Montpelier



By Phyl Newbeck  
*Special to the Mountain Gazette*

Perhaps one of the most interesting State House races of 2012 took place in Lamoille County. Three men vied for the seat

covering Cambridge and Waterville that became vacant when Adam Howard decided not to run for re-election. Republican Bernie Juskiwicz got Howard's endorsement and faced off against Democrat Peter Ingvaldstad and Independent Justin Marsh, all residents of Cambridge. In the end, Juskiwicz won 811 votes to Ingvaldstad's 763 and Marsh's 620.

Juskiwicz moved to Cambridge with his wife in 1978, initially working for IBM doing accounting, finance and personnel work. After retiring from IBM, he spent ten years with the State in the Department of Employment and Training where he was a district manager in Morrisville, St. Johnsbury and St. Albans. After his second retirement, Juskiwicz headed up the road to work at Three Mountain Equipment at Smuggler's Notch.

Juskiwicz's civic involvement in Cambridge goes back to the early 1980's when he joined the town's Recreation Board. After that he spent roughly 15 years – 12 as chair – on the Lamoille Union High School Board. Juskiwicz tried to take a break but was appointed to fill out an unexpired term on the Cambridge Elementary School Board where he was given one month to develop a school budget. He was subsequently re-elected to a full three-year term. Not content to limit himself to educational matters, Juskiwicz was later appointed to fill a vacancy on the Selectboard and then re-elected to a full term. He also served on the Cambridge Reproductive Board and is currently on the Board of the Cambridge Health Center. He has spent the last two decades on the Cambridge Town Finance Committee and was one of the founding members of the Lamoille County United Way.

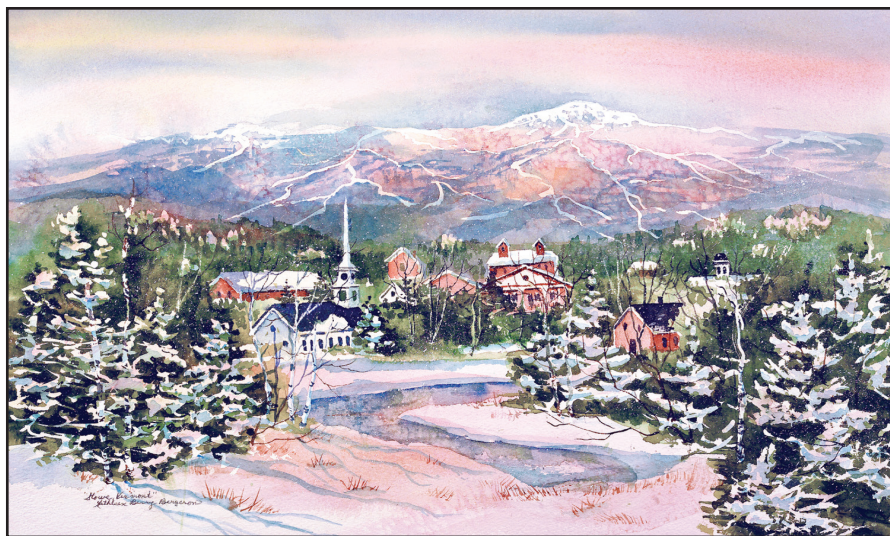
When Adam Howard announced he wasn't going to run for another term, Juskiwicz met with him, as well as with Senator Rich Westman and other members of the community before deciding to throw his hat in the ring. "I'm an individual who likes to give back to my community," he said "and the opportunity presented itself." Juskiwicz ran a fairly low-tech campaign; he had a Facebook page but no other web presence, in contrast to his two opponents. Juskiwicz credits his victory to hard work. "I basically spent six days a week going door to door," he said. "I knocked on well over 1,000 doors. Running for office is a lot of hard work. You have to dedicate a lot of time to it." Part of that time was spent introducing himself to the people of Waterville, although Juskiwicz had some connections there from his time on the school board. He travelled all the back roads and found houses in out of the way locales he had never visited before.

Given his background, Juskiwicz would like to be placed on a committee dealing either with financial matters or education, but he recognizes that as a rookie, he won't necessarily get his first choice. He has no immediate plans to propose legislation but is interested in working in the area of health care and energy. He wants to make sure the new health care system serves all members of the community and is affordable. Regarding energy, he believes it is important to take a step back and look at environmental impacts, safety, cost, return on investment and how projects fit into the Vermont landscape.

Juskiwicz realizes that as a Republican, he will be in the minority at the State House. "I look at it as an opportunity to work with people on both sides of the aisle," he said. "People who have worked with me over the years will say I'm someone who collaborates and tries to get consensus. This will be

Bernie continued on page 4

## Vermont Winter in watercolors



Beginning and Intermediate Watercolor Classes with Artist Kathleen Berry Bergeron starting in January in Jericho and St Albans. Great Gift Idea! Please call for details; space is limited. 802 899-4628.

## Mental Health Facility proposed for Westford

By Phyl Newbeck  
*Special to the Mountain Gazette*

A mental health treatment facility may be coming to Westford. An existing house at 1071 Route 15 near the Underhill border may be converted into an eight-bed residence to be run by Collaborative Solutions, a non-profit created by the Howard Center, the Clara Martin Center and Washington County Mental Health Services. Collaborative Solutions currently operates a facility in Williamstown called Second Spring which has been in existence for five years, housing 150 people. The mission of Second Spring is "to provide residents a community that offers mutual respect and safety with the goal of recovery."

The Westford facility which will be called Second Spring North would serve people transitioning back to their communities from acute care hospitalizations for mental health conditions. The staff to resident ratio would be three to one with a psychiatric nurse on-site 24/7. The facility would be overseen by an advisory group which would include neighbors, other interested community members, and law enforcement personnel. Since Second Spring North would be a non-profit, they would make a payment to the town in lieu of taxes in an amount equal to the property tax based on the land's assessed value.

On November 27, almost 30 people congregated at the Brick Meeting House in Westford to hear a presentation by Jim MacDonald, the director of Second Spring. Although most members of the audience expressed worries about the proposed facility, several disability rights activists were there to provide support. Many residents had already been to a hearing held by the Department of Mental Health regarding the project and MacDonald invited attendees to make an appointment to visit the original Second Spring which, like the proposed Westford facility, is in a residential area.

Second Spring hopes to purchase the 10-acre lot and building, convert a two-car garage into additional living space and retrofit the kitchen to meet the needs of residents. The building's current owners attended the hearing in support of the plan which will need to obtain a variety of permits before any changes can be made. The main building will be divided into personal living quarters with some shared space, but the

## Pearl Harbor Day

In his speech before Congress, seventy-one years ago this month, Franklin Roosevelt famously declared: "December 7, 1941—a date which will live in infamy..."

President Roosevelt was asking the Congress, and the American people, for a declaration of war due to Japan's surprise attack on the U.S. Naval Base at Pearl Harbor, and on other military facilities in Hawaii. Thirty-three minutes after he finished speaking, Congress passed a war resolution, which the President signed. The United States entered World War II.

The December 7 attack resulted in the damage or destruction of 8 battleships, several other

footprint of the building won't change. There are no plans to expand the facility beyond eight beds.

MacDonald said the goal of Second Spring is to get people out of hospitals and into the community where they can thrive. Residents would be referred either by hospitals or social service agencies. Facilities such as Second Spring have become more important since Tropical Storm Irene forced the closing of the Waterbury Hospital. New facilities have been established in Springfield and Rutland allowing people to get treatment locally. The average length of stay is six months but residents can remain as long as 18 months. Prisoners, the criminally insane and those needing 24/7 medical treatment would not be accepted. MacDonald assured attendees that the facility would not have a big sign and would not generate a lot of traffic.

One woman spoke in support of the project, detailing her personal experience with a family member who received care at a similar location. In response to a query, MacDonald said police have been called to the Williamstown facility no more than three times each year and often it is for assistance with transport not due to a confrontation. Representative Anne Donahue of Northfield noted that those who have concerns should volunteer to serve on the community advisory group. At this juncture, five community members have expressed interest in serving on that board.

Another resident queried whether residents can walk off the property to which MacDonald responded that the facilities aren't gated or locked so this is a possibility. After a period of time with good behavior, residents are allowed to leave for meetings, shopping, and even to full or part-time jobs. If someone leaves without permission, they will be followed and either returned to the facility or moved to a hospital setting. MacDonald said all staff members are trained in psychological intervention. In five years in Williamstown, there have been only seven instances in which a staff member has had to lay a hand on a resident.

The next step for the facility is to purchase the property and go through the local permitting processes. MacDonald said they had hoped to finalize things by September of 2012 but are now looking at next spring as a possible move-in date.

For more information go to [SecondSpring.org](http://SecondSpring.org).

## The Cult

By Grant Corson

It happened quite a while ago when my kids were still young. I had pretty much finished shelling up a house in Underhill the week or so before Christmas. The roof and the plywood sheathing were on but there were no windows installed. The house looked kind of funny that way. It sat up on a hillside and one big flat wall faced the road and you could see it from a long way off as you headed north.

I was inspired by that big expanse of plywood. It was like a huge blank canvas. I could finally understand graffiti artists. It was irresistible. I asked my youngest, Naomi, if she would like to take a ride and paint on a wall with daddy and we jumped into Old Smokey and headed up the Cambridge road to the house. It was a beautiful sunny Saturday afternoon and I had a can of black paint and a brush. My idea was to paint something appropriate to the coming holidays. Of course Naomi was too little to help much but just having her company was what made it a special time for me. It wasn't often I could get away with just one of the kids.

We pulled into the yard and waded through a foot of new snow and stood in front of the wall facing the well-traveled road. What to say? Merry Christmas? That only means shopping and presents and cooking turkeys to so many. I wanted to write words that held some of the real meaning of Christmas and New Year. In letters 6 feet high I painted JOY LOVE HOPE and then rigged a spotlight on a timer out in the front yard. We headed for home and as we got down the road a bit we turned to look back and the message was easy to read from quite a distance away.

It gave me a good feeling to think as commuters and shoppers headed for home for the remaining days before Christmas they would see the message and it might help get them in the spirit of the holidays and away from commercialism. Just doing it had helped me feel the warm glow the season always inspires.

Later that evening we loaded the whole family in our old nine-passenger wagon and headed up the road so all could see our handy work. The timer had kicked on and cars in front of us slowed a bit as they noticed the sign. I felt full of pride at what we had done. That alone should have been a warning right there.

My crew and I continued to work on the house and then knocked off a couple of days before Christmas so we could tie up any loose ends before the holidays. I had two young fellows working for me and between the three of us there was some pretty long hair and each of us sported a full beard. Occasionally as we worked we noticed cars slowing a bit and if one of us was outside we would wave and smile. All three of us were feeling the joy of the holiday and could see with the attention the sign was getting others did too. We left the job and each headed for home and hearth. When I walked in the door the phone was ringing. I answered and it was the Underhill Town Clerk, Zelda Metcalf.

"Well," she said, "You sure got some folks all worked up with your sign."

"What do you mean?" I wondered, "Worked up? Why would anybody be bothered by...?"

"People have been calling," she interrupted my bewildered sputtering, "for the last few days to ask me why I had issued a building permit to some kind of cult."

Zelda and I had a good laugh. I guess the three bearded men and Old Smokey, my wood burning VW bus, in the yard and a sign proclaiming the frightening message of JOY LOVE HOPE was just too much for some folks. I could have painted over it or covered it with siding but we saved that wall for last. Figured it gave folks a chance to get used to those radical notions.

The first wave of the Pearl Harbor attack occurred as crew members of the Navy ships had mustered above decks for Morning Colors ceremony—when the U.S. flag is raised with the playing of the National Anthem to start the day. 12:55 coincides with 7:55 am Hawaii time and the start of the attack.

1:55 PM, Morrisville, at the Veterans Monuments at the intersection of Park and Main Street in the center of the village.

2:55 PM, Hyde Park, at "The Helicopter" in front of VFW Post 7779 on Route 15.

3:55 PM, Johnson State College Campus' Clock Tower.

12:55 pm—State House Steps in Montpelier.

## POLICE REPORTS

On December 1, 2012 at 4:09 PM, VSP - Williston dispatch was advised of a one vehicle roll-over on Skunk Hollow Road in Jericho. Investigation revealed **Kirsten A. Moore**, 40, Jericho, VT, was traveling east on Skunk Hollow Road when she lost control of her vehicle. Moore's veered off the south side of roadway and down a short embankment before coming to rest on its driver side. The on-scene investigation also revealed that Moore had been consuming alcohol prior to the collision. She was subsequently arrested, processed at the Williston Barracks and released with a citation to appear in Chittenden Superior court on December 20, 2012. CASE#: 12A104727

On November 29, 2012 at 6:38 PM, Vermont State Police responded to a one car motor vehicle crash on Pollander Rd. in Cambridge, VT. Investigation showed the vehicle was coming out a curve and traveling downhill when the operator, **Joy Couture**, 37, Cambridge VT, lost control her 2009 GMC Sierra. The vehicle traveled through a lawn and struck the residence at 541 Pollander Rd. There was minor damage to the house and extensive damage was noted to the driver's side of Couture's vehicle. There were no reported injuries and Cambridge Fire Department responded to the scene as a precaution. CASE#: 12A104691

On November 27, 2012 at 6:09 PM hours Troopers responded to a reported **Burglary** to a residence in the area of Poker Hill and Mullen Rd, Underhill. Burglary occurred between the hours of 8 am and 6 pm. Forced entry was observed via a north facing, garage window. Damage was observed. Entry was made into the unoccupied home and various items were stolen: To include; Sony Play station #3, Hp laptop, and a large coin collection (stored in a safe; safe was secured and pried open for access). Vehicle tire tracks and boot prints were observed on scene, and multiple subjects were believed to be involved. Anyone with information please call State police. CASE#: 12A104656

On November 14, 2012 at approximately 9:30 PM, Vermont State Police were checking on a closed business, The Old Mill gift shop and park when two vehicles were seen in the parking lot. Due to a recent alarm at the Old Mill gift shop, Vermont State Police approached the vehicles and spoke to the occupants.

Investigation revealed the occupants met up in the parking and admitted to smoking marijuana on this date. Both **Nicholas Hunt**, 19 of Jericho, VT and **Ryan Lynn**, 19 also of Jericho, VT, granted consent to search their vehicles where more marijuana was found along with other drug paraphernalia.

Hunt and Lynn were processed, cited, and released for possession of a controlled substance, marijuana (Field weights of 11.7 grams and 8.3 grams respectfully) CASE#: 12A104475

On November 16, 2012 at approximately 2:45 PM, the State Police were called to a reported burglary complaint located on Depot Street, Jeffersonville. In speaking with the complainant she reported that someone broke into a coin machine in the laundry mat area of an apartment complex. The offender damaged the coin machine and removed an undisclosed amount of money. Through investigation a possible suspect was identified. Trooper's met with the suspect who later admitted to breaking into the coin machine and taking the money. The offender was identified as **Romale Smith**, 33 of Jeffersonville, VT. Smith as issued a citation to appear at the Lamoille County Court on January 2, 2012 for Unlawful Mischief and Larceny. CASE#: 12A104494

On November 16, 2012 at approximately 11:30 AM the Cambridge Fire Department responded to a **mobile home fire** at 64 Pumpkin Harbor Road in Cambridge. The fire was reported when the owner, **Texx Luce**, Called 911. Luce was working under the trailer with a hand held torch when a portion of the mobile home caught on fire. Luce attempted to extinguish the fire with water but was unable to. Luce, his girlfriend and a toddler were able to exit the mobile home without receiving any injuries. The fire department arrived on scene approximately 10 minutes after the call was received. The fire department was able to extinguish the fire quickly. The mobile home is a total loss and damages are estimated at approximately \$2,500.00.

The Cambridge Fire Department contacted the Vermont State Police and requested an origin and cause fire investigation be conducted. A detective from the State Police Fire Investigation Unit and a fire investigator from the Division of Fire Safety responded to the scene on 11/16/12. As stated above the fire was the result of the home owner working on the mobile home. CASE#: 12A104993

This rear end crash occurred in front of 373 Vermont Route in the Town of Jericho. An All Cycle Waste Truck had pulled off

the westbound shoulder, in front of 373 Vermont Route 15, for a scheduled garbage pick-up. The operator was in the process of preparing to load the truck when a westbound Saturn drove into the back of the truck. The Saturn was operated by **Caleb Aguiar**, 19, from Jericho, VT. Aguiar sustained a non-life threatening head injury and was transported to Fletcher Allen by Essex Rescue. The operator of the All Cycle Truck was not hit or injured.

Aguiar advised he was returning home when he became distracted by a possible crack on his windshield. Aguiar advised that the sun blinded him and he never saw the truck stopped on the shoulder ahead of him. Another witness confirmed that the sun was a factor at that location, at that time. Speed was not a factor in this crash.

Inspector Chris Lynch of the DMV Enforcement Unit conducted an inspection of the All Cycle Truck. No violations were found during the course of the inspection.

Traffic at the scene was reduced to one lane for approximately 30 minutes. The Underhill-Jericho Fire Department assisted at the scene. This case remains under investigation. CASE#: 12A104527

On November 25, 2012 at 9:45 AM, State Police in Williston were dispatched to a two vehicle rear end crash on Route 15 in Jericho. Fire and Rescue were not dispatched. Investigation determined that Operator #1 **Sharel Firth**, Jericho, VT, failed to stop in time to avoid Vehicle #2 Ronald Lawrence, 54, Jericho, VT, who was turning left onto Lawrence Heights. Firth was issued a ticket for following too closely.

The Vermont State Police want to remind all drivers during this holiday season to exercise care and to leave extra space in between vehicles on the road. Allowing extra space and thus more braking distance may be the difference between a close call and a ticket. CASE#: 12A104606

**Damon P Ayer**, age 40 of Burlington, VT was traveling east on VT Route 15 in Westford, VT. Ayer lost control of his 2006 Chevrolet truck due to the icy road conditions. The vehicle went off the right side of the road into the ditch where it overturned, coming to rest upside down in the middle of the road. **Eric A Gildemeister**, age 42 of Underhill, VT was traveling east in a 2002 Honda CRV and was unable to stop and struck Ayer's truck. Gildemeister was not injured in the collision. Ayer and his passenger, Sun Park were transported to Fletcher Allen by Essex Rescue where they were treated for minor injuries and released. CASE#: 12A104618

On November 17, 2012, at approximately 3:15 PM, the State Police were called to an address on Route 15, Cambridge for a report of a male who had kicked in the door of a residence and entered without permission. While Troopers were in route to the residence the suspect left the house. Through investigation the suspect was identified as **Bruce Cameron**, 44 of Essex, VT. On November 19, 2012, Troopers made contact with Cameron and issued him a citation to appear in the Lamoille County Court on November 21, 2012 for Unlawful Trespass and Unlawful Mischief. CASE#: 12A104506

## Enduring couples

By Scott Funk  
Aging in Place Advocate

One couple had grown up on adjoining farms. The other had met in school when she was in the 3<sup>rd</sup> grade and he was in the 1<sup>st</sup>. None ever had any other significant person in their lives; each couple had been together in marriage for over 50 years. Really, they had been together for their lifetimes.

In this world of divorce and disunion, it is hard to imagine such commitment, such simple and lasting love. I don't even have the means to comprehend it: never to have had any doubt that you know who the right partner is, to grow up knowing that person will be with you throughout your entire life. It is a love that is the bedrock of what love is.

I have been privileged to meet such couples across Vermont over the years. They have not all been together for half a century nor grown up certain of the bond between them, but they have all made a go of marriage over the long haul, decades upon decades. Children raised, grandchildren loved, and then great-grandchildren added to that.

We have among us, in this time of such great turbulence, a source of greater stability and consistency. I refer to our parents, grandparents and neighbors. They have been through tougher times, endured greater sorrows, and remained steadfast in spite of more dire circumstances than we now face. Yet they have not only survived, they have prevailed. They have remained intact as couples.

Why do we not seek them out and ask their advice? How is it that we believe we are experiencing something new and different? What is it about today that makes us think it is more credible than yesterday? What makes us think things are more complicated than they ever were before?

When I visit with husbands and wives who have been together nearly as long, or longer, than I have been alive, I am struck by how simple staying together seems to them. Succeeding in marriage is never a result of a choice of options; there never is or was any other option.

It is just the same for hanging onto their home, taking care of their kids and generally making their way through life. One did what must be done and did without whatever was not absolutely essential to that purpose. If one couldn't afford a TV, one did without it. It was the same for new clothes, dinners out, new cars or anything else. What mattered was each other and family. It was that simple and they managed to make it work.

So, where am I going with this? I am not sure beyond the suggestion that the greatest resource we have to cope with the current crises is those individuals and couples who have managed the longest. By doing so, it is possible they have accomplished the most. After all, *Aging in Place* doesn't happen by accident.

## SPACE AVAILABLE

900 SQFT of garage space available in Feb. 2013 on busy 141 VT. RT 15 in Jericho. 14 foot overhead door, private entrance, heat, air compressor, toilet, free snow removal, High intensity overhead lighting. any activity may be subject to zoning review. 975.00 per month. 899-3531 or cell 355-7502

## The Letter

By Bernard Paquette



Handwritten letters were once the social media outlet of the times. How lucky and advanced we are now with, I-Phones, E-mail, Facebook, Twitter... However, I recommend you consider occasionally stepping back into your mother or grandmother's time: *Do it the old-fashioned way*. There is no need to match Thomas Jefferson's numerosity; He wrote over 000 letters. Though matching his eloquence is an admirable goal.

Set an even higher standard for yourself, that of your grandmother, mother, or other loved one who at one time confided in you, in her own unique handwriting with curly letters looking like

musical notes. My mom's handwritten letters are truly works of art! Maybe the letters from your loved one are barely legible, a result of debilitating arthritis. No matter, no artist can replicate, no font can paint a picture to match hers. She carefully chose the Birthday, Thank You, Get Well, Congratulations, Happy Chanukah, or Merry Christmas card *especially for you*. Maybe the writing paper carried her hallmark perfume scent. The themed stamped envelope sealed with a kiss, created anticipation of unwrapped sentiment.

My grandmother always began her letters to me with, Bernard (my formal name) as did a cousin who sometimes felt like a big brother to me when I was an adolescent. Each held its own significance. Grandma's salutation spoke of honor, integrity; it was formal yet endearing. My cousin addressed me in a man-to-man way with an underlying fellowship of understanding and friendship. They each trustingly wrapped part of themselves-Grandma's letters carried kindness, encouragement, and genuine interest (as my mom's letters do today). From my cousin, came experiences and nightmares lived and re-lived, fears of today and worries for tomorrow. He confided in me, yearnings for squirrel hunting and walks in the woods- no longer entwined in the Vietnam fields of horror. Though I no longer have those letters-how I wish I could hold and reread them- I cherish the rich memory they provide me. I have received countless out reaches through modern social media and a few are precious to me. Yet as movies are to books, E-mails are to letters. If I need to explain that to you, I recommend you sit down and read a good book then write a letter.

Help your child write a letter to Santa. You can email the letter to him; however, the letters that bring a tear to Santa's eye are generally those from the heart written in crayon. Handwrite a letter to the local store, service center, or to the person who delivers your mail, or cuts your hair. Notice how the letters of thanks that businesses have on their walls make their environments friendlier. Do the handwritten letters draw your attention and interest more than the typewritten letters? Invoke nostalgia by sending your children, grandchildren, your mom, dad, grandmother, grandfather, aunt, uncle, or friend a handwritten letter telling them about a memory of some experience you enjoyed with them. Experiences especially those shared are often rich, pleasurable, and fulfilling. Handwritten letters, like experiences will leave lasting impressions.

After pouring a part of your feelings and thoughts into a handcrafted correspondence, you want the delivery method to wrap the message with a tenderness felt by the receiver upon receipt. *There is a sensory experience in receiving a personal card or letter in the mailbox not matched with technology based delivery*. Better yet, consider delivering the card or letter in person; you can give a handshake and a hug along with your card or letter.

So what are you waiting for? Get writing. P.S. when shopping for gifts, bring along my *Clean Up coupon* (available on my website, <http://www.litterwithastorytotell.blogspot.com/>) with your own holiday greetings added on - a letter reminding business owners to help keep our community Green and Clean or at this time of year, White and Clean.

The *write way* is often the best way,  
Merry Christmas, Happy Chanukah.

## LETTERS TO THE EDITOR

**Thank you for your votes**

**To the Editor,**

Dear Mountain Gazette Voters,

Thank you for reelecting me to represent the communities of Bolton, Jericho, Underhill, and Westford in the VT Senate. Your support for my work is greatly appreciated. It was a pleasure to talk with many of you during the campaign. I will continue to work on your behalf during the upcoming session. I look forward to representing Chittenden County residents over the next two years. Please contact me with your ideas or concerns. I will endeavor to keep you informed about my work in the Senate.

Sincerely,  
Senator Ginny Lyons


**North Cambridge woman shows support for clean air, uncluttered views**

**To the Editor,**

For years I worked on the front lines of the Vermont tourism industry, and it is from this vantage point that my support for Vermont Yankee has developed. On Nov. 7, I traveled to Vernon - a six hour drive round-trip - to tell the Vermont Public Service Board why I support Vermont Yankee.

For many years, I worked directly with the guests at one of America's leading family destination resorts. They told me they come to Vermont because it is beautiful and unspoiled, because the air is clean and the views are gorgeous. If they wanted dirty air or visual clutter, they would have gone somewhere else or just stayed home. Most guests come from nearby out of state - from the other New England states, New York, or the two closest Quebec provinces. Many of them drive part or all of the way. In short, they come not only for the fun of the resort itself, but for the beauty

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**Clarina Howard Nichols Center**

**2012 Holiday Darty**

*EVERY YEAR Clarina holds a holiday party for survivors of Domestic & Sexual Violence and their children. This is our opportunity to make sure that survivors & their children have a happy and merry holiday season. So we need your help...*

**How YOU can HELP:** 

- \*Presents for boys aged 1 year to 17
- \*Presents for girls aged 1 year to 17
- \*Presents for moms

**Suggestions:**

- \*\*Board Games \*\*Puzzles \*\*winter toys/accessories
- \*\*Arts & Crafts \*\*Classic Toys; Dolls, Trains etc..

COMMUNITY COLUMNIST

**For Women Only**

By Suzanne Kusserow  
Senior guest columnist

I remember, or was told, the date when I first switched from chugging around in diapers, to the relative nakedness of underpants; Ye Gods, that was 77 years ago! So, I don't exactly remember what the styling was then, but I do have some recollections of the many fashions in-between. I do not quite go back to the bloomers stage; my first remembrances were of white cotton underpants, with a waistband that actually hugged the waist. And with legs that went a decent distance down the thigh. Sometimes those legs were banded in elastic; sometimes boxer-style in a nice nylon that soothed your skin, and actually hopped along with you. The former types would often ride up underneath the skirts which most of us wore then, until you had to find a discreet corner where you could reach underneath the skirt and pull them down...then skipping out, with a look that said what an innocent person you were, and which fooled none of your girlfriends.

So what prompted this memory? The other day I drove the car to the Subaru dealer to get the oil, filters, tires changed. I was within walking distance of KMart, and since it was one of those delightful mistakes of autumn slipping back into summer, I started out. When I got there, I had plenty of time to wander, and a colorful stroll it was! I went past the Petite and Medium sections and into the Large, where I felt at home. Of course, now-a-days there is no modesty and displays of all previously discreetly-hidden items were on full view...and that is a worthy descriptive term, in this case. What first attracted me, bouncing gaily from a small wooden pagoda were the bras: in mammoth sizes and unabashedly striped with all colors and stars and hearts and stiffly stuffed with foam so that they stood out on the 6 foot display rack like little miniature circus tents. I stood and looked as I would in an art museum: what magnificence! Most women my age do not wear bras anymore since it makes no difference one way or another. But the display was quite artfully done...and that phrase is not a mistake in adverbs. I stood and looked, much as I would in an art museum, treating the tags as one might read the explanatory label next to an Impressionist painting. It was quite enlightening (pun intended).

Then my attention was drawn to an even more colorful display, this time a series of bins rising higher than my head, and containing pants...or what are now called panties to befit their ascent into the

brevity of high fashion. It was wonderful: piles of colors, stripes, small and large hearts, circles and squares, all tossed together quite cozily. I plowed my way through them, to discover that they often, when I finally found the front of them, had various slogans and icons. One had a small pocket on the front; I am not sure for what. Another had a smile that went from one hip to the other. One had an artistic sketch which was supposed to be an idiot's introduction to anatomy. There were catchy slogans with a slightly off-color phrase that I suppose could be meaningful in certain private situations. I did discover that JOE BOXER was a frequent visitor to the panties' world, but I'll be darned if I want to advertise someone and pay money for the 'privilege'. Of course, no one would see it, except, as your mother always told you: "What if you should be in an accident and have to go to the Emergency Room?" (I never seemed to understand the horror of that, but it seemed to be in the Mothers' Bible for my time and place.) There was another with lace inserts; another with ribbons all over that must have been painful to sit on; and one that had large size sparklers all over...proof that vanity will override comfort at young ages. But my favorite was a pretty pink that seemed rather plain until I turned it over and saw the acronym O M G. Now this phrase can run the gamut from one extreme to the other. The one polarization would be: "How beautiful this young thing is...I am simply overwhelmed." I am presuming this utterance comes from some besotted male. Then there is the polar opposite: my standing there, the waistband of these glorious pink panties hidden in the first roll of fat, with the second roll rising like a large loaf of well-warmed bread dough, above that one. O M G takes on an entirely different meaning, often breathed silently by my inmates at the locker room where I go to dip my arthritic joints in some warm water.

Well, I actually did need some underpants (I still cling to that old word), so I found a subdued black and white stripes which reminded me of some old-fashioned vaudeville interpretation of a jail inmate. And a dark blue pair that had tiny hearts in the front, but not too obtrusively. I suppose I need to learn to drop the word 'pair', since the lack of any leg section almost disqualifies the word. But I have had enough change for one day! So I find a bottle of water to swallow my Motrin tablet, and prepare for my walk back to Subaru.

P.S. Can you imagine the fun if I had wandered into the thong displays? Oh, My!

**Letters** continued from page 2

of surrounding Vermont, especially the mountains, for the clean air, and because its nearness makes it affordable, compared to the resort competition out west.

Beauty, clean air, and affordability - Vermont Yankee is a benefit to all three. Beauty, because having an operational Vermont Yankee means we are in less of a rush to clear cut our mountain ridgelines and valleys to make way for wind farms and for crisscrossing new power lines for the hodgepodge of small scale power generation that some would have replace it. Clean air, because Vermont Yankee emits no air pollutants, unlike the coal and gas plants that will be ramped up if Vermont Yankee closes. Some environmental groups that should know better have suggested a patchwork quilt of wood burning power plants, carbon emissions and all, to replace Vermont Yankee. From an air quality point of view, this makes no sense. To me, one of Vermont Yankee's greatest environmental benefits as a power producer is that it already exists. No more trees need to be cut down, nor rocks blasted, nor tourist-drawing scenic views destroyed. There is no need for lines of slow, loud, exhaust-emitting trucks running to and from construction sites and woodchip plants.

Finally, Vermont Yankee power is very affordable, especially when compared to the renewable power that Montpelier seems determined to make us pay for. Unfortunately the paying public isn't just my family. Resorts use a lot of electricity, and it is a simple rule of business that the customer always pays in the end.

Heather Sheppard  
North Cambridge, VT

**I appreciate your vote  
To the Editor,**

I want to sincerely thank the people of Bolton, Jericho, Underhill, and Westford for your support in the recent election. Since my first election to the Senate four years ago, I have done my best to represent each Chittenden County community with the same enthusiasm and attention as my own hometown. I will continue to try to keep you up-to-date on the Senate with updates in the Gazette and in direct calls and e-mails with you. Please stay in touch and thanks again.

Tim Ashe, State Senator  
Chittenden County

**Vermont National Guard  
announces live fire schedule**

The Vermont National Guard announces that there will be Small Arms training taking place on Monday 10 December through Friday 14 December 2012 at the Ethan Allen Training Site in Underhill/Jericho. During periods of training it is expected that the training will occur between the hours of 07:30 and 5:00 p.m. The live fire training will conclude late afternoon on each of the days.

Dates and weapons systems used may change and Garrison Support Command will attempt to update information as these changes occur.

The entire Ethan Allen Firing Range is closed to the public and is posted OFF LIMITS to all nonmilitary personnel at all times in the interest of safety due to the inherent safety risks that exist during these firing periods.

Live ammunition firing is normally conducted daily at Ethan Allen Firing Range during daylight hours.

**The Mountain Gazette**

6558 VT Rt 116 Starksboro, VT 05487  
(802) 453-6354 • mtgazette@earthlink.net  
www.mountaingazetteofvermont.com

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**Letters Policy:**

Maximum 450 words; one letter per writer,  
per calendar month. **Must be signed for attribution**  
with writer's address and phone number

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HEALTH

Medical musings

By Friederike Keating, MD

This season can be as hard on our body and soul as it is on our wallet. We do a lot of cooking, eating, and drinking. Yet another holiday party! It's more difficult to get the kids dressed and out, and it's scarier to venture outside for those who are afraid of falling. It's dark when we get up in the morning, and it gets dark again unreasonably early, and most of us suffer from light deprivation, some more, some less.

So I don't need to tell you that your health is at risk during these weeks. But did you know that heart attacks are more frequent in the winter months? This has been shown in Northern populations like in Tromso, Sweden, and in the United Kingdom, but was also observed in people living in more temperate climates. In Los Angeles County, deaths from heart attacks were tracked over a

12-year period ending in 1996. The numbers rose most markedly starting around Thanksgiving, bumped up around major holidays like Christmas, and peaked right around New Year's Day. In 2004, a study of 53 million US residents looking back over 30 years confirmed a peak in heart attack deaths on Christmas and New Year's Day. What the authors called the "Holiday Effect" was renamed by others, less subtly, as the "Merry Christmas Coronary" and the "Happy New Year Heart Attack".

What causes more heart attacks in winter, and how can you protect yourself from the Holiday Effect? Judging by the Los Angeles data and other evidence, we can't blame the colder temperatures. Nor can we blame just the stress of it all – for example, for most of us Thanksgiving stands out far more than New Year's Day when it comes to holiday stress. Is it the salty, fatty food, or just too much food and drink?

First of all, there are two phenomena at play here, the Winter Effect and the Holiday Effect. It is quite clear that the Winter Effect has multiple causes. What is beyond doubt is that our behaviors tend to be less healthy in the winter months. On one hand, regular exercise can protect from heart attacks, and we do less of that in the winter. On the other, sudden exertion that we're not used to can precipitate heart attacks: Each winter we see several folks who suffer a heart attack after shoveling snow. What is equally beyond doubt is that the lack of sunlight can affect mental well-being. And there is a link between depression and heart disease that is real, though incompletely understood.

As for the Holiday Effect, this may also have several causes. Likely culprits are dietary excess (salt or alcohol, for example, can raise your blood pressure and stress the heart) and emotional stress (less important in causing heart attacks than many folks think, but undoubtedly a factor). Surprisingly, the authors of the large study described above found counterarguments against any of these being the leading cause and instead believe that delaying care is a major reason heart attacks spike right around Christmas and New Year's Day. Several lines of evidence point to this – among them that death due to other causes also seems to increase on those days.

All of us in medicine are well acquainted with the fact that people delay seeking care for health issues when they are in socially stressful or busy situations – from those organizing the holiday get-togethers to the ones traveling to be there, from the person in charge of cooking and the one in charge of the kids to the older family members who do not wish to ruin anyone's party by having to seek medical attention.

You can't keep winter from coming (and the behavior of the squirrels around our apple tree this year certainly indicates that we might be in for a hard winter), but you can keep in mind that winter doesn't mean you can just take time off from the ever-important efforts to exercise more, eat less, and eat healthy. And I encourage you not to ignore feelings of mental or physical distress – get help, whether it's New Year's Day or not, so that you may enjoy many holidays to come.

*Friederike Keating, MD, of Jericho, is an Associate Professor of Medicine, UVM, and Attending in Cardiology, at Fletcher Allen Health Care.*

Copley Hospital's annual Campaign Focuses on Heart Disease and Charitable Care

Every day Copley professionals treat the sick and injured, provide diagnostic tests, and welcome new babies, providing expert, compassionate care. That care is supported by gifts to Copley Hospital's Annual Fund. This year, funds raised will help Copley's cardiology, chaplaincy and charitable care programs.

Heart disease is one of the top causes of death in Lamoille County and one of the most common conditions requiring hospitalization. "Your gift will help fight this statistic by helping Copley purchase a gamma camera which is needed in cardiology," says Leah Hollenberger, Vice President of Development and Community Relations. Gifts to Copley's Annual Fund Campaign can be made online at [www.copleyvt.org](http://www.copleyvt.org) or by mailing contributions to Copley Hospital – Development Office, 528 Washington Highway, Morrisville, VT 05661.

Cardiologist Adam Kunin, MD explains that the gamma camera is a common diagnostic imaging tool used to determine how various organs in the body are functioning. "More than half of our Nuclear Medicine tests using the gamma camera are for heart imaging," Dr. Kunin says. Dr. Kunin uses the camera during cardiac stress tests to evaluate how ones heart is performing during exercise (stress) and when at rest. Copley's Oncology and Neurology services also use the gamma camera for critical diagnostic images.

How does it work? Radiopharmaceuticals (radioactive drugs) are administered to the patient, usually intravenously, and the camera is used to take images of the organ of interest. In cardiology, the images allow physicians to see how blood is flowing through the heart. The images are stored on a computer and displayed on the monitor for the physicians to read.

Copley plans to purchase a model that would improve patient care and safety by reducing testing time as well as the radiation dose.

For more than 80 years, community support has helped Copley provide charitable care for those unable to pay their medical bills; purchase needed medical equipment and renovate patient care areas. Such support enables Copley to provide excellent care close to home regardless of ability to pay. "It's not about how much you give, it's about making a difference in the lives of our patients," says Hollenberger. "We truly appreciate the generosity of our community for helping us fulfill our mission."

Gifts to the Copley Hospital's Annual Fund can be made several ways, including online at [www.copleyvt.org](http://www.copleyvt.org), by calling 802-888-8301 or by mailing a check to Copley Hospital, Attention development Office, 528 Washington Highway, Morrisville, VT 05661. Checks should be made payable to Copley Health Systems.

For more information about the Annual Campaign or other giving opportunities, contact Leah Hollenberger at 888-8301.

Stowe Charities, Inc. donates \$10,000 to Copley

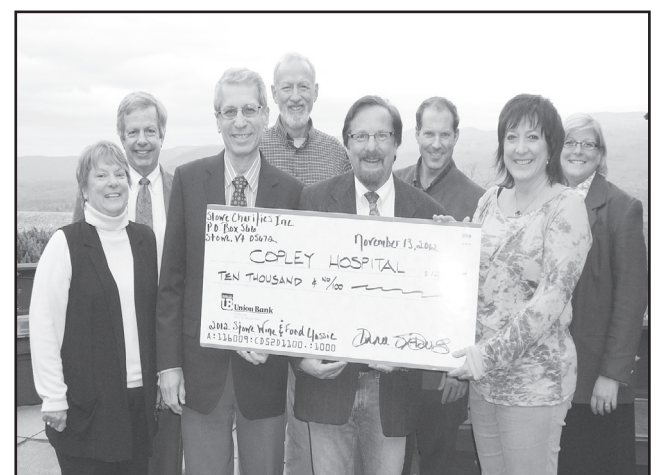
Copley Hospital is pleased to announce the receipt of a generous donation of \$10,000 from Stowe Charities, Inc. The donation is half of the net proceeds from Stowe Charities' signature event, the 2012 Stowe Wine and Food Classic. "The Classic" is held each year in the fields at the Trapp Family Lodge. In its 14 year history, the event has raised close to \$250,000 for Vermont charities. The 2012 event raised funds for the Vermont Foodbank and Copley Hospital.

According to Stowe Charities, attendance for the full slate of weekend activities increased this year as the event has become the premier food and wine event in the North East attracting some of the region's top chefs and restaurants.

The 2012 event paired featured signature dishes from Vermont's leading chefs with top rated wines from around the world, including the featured wineries of Ravenswood and Bedrock. The weekend was kicked off with a tasting at the West Branch Gallery in Stowe before moving to the Trapp Family Lodge for artisanal cheese and local craft beer pairings, an oyster and wine seminar, a Gala Saturday night dinner and the Sunday Grand Tasting event. The 15th annual Stowe Wine and Food Classic is scheduled to be held June 21-23, 2013 at the Trapp Family Lodge.

"We are thrilled that the event continues to grow not only in attendance but also in profile so that we can spread the word about the great work done by our beneficiary charities," said the incoming President of Stowe Charities, Inc. Donna Cox-Davies. "And as we broaden the reach of the event with visitors coming from New York, Boston, Montreal and across the US, we can also profile the world class chefs and vendors from Vermont."

Donna is the owner of D2 Solutions, LLC, a Morrisville-based marketing communications and public relations agency. Drawing on her years of charity work and fund raising experience in both the US and Canada, Donna became involved in the event's planning committee two years ago and was named to the Stowe Charities Board of Directors last year. Donna replaces the Board's outgoing Chairman Ed Schwarz of Fine Wine Cellars.



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Bernie continued from page 1  
a challenge and something I'm really looking forward to." Juskiewicz isn't just biding his time before he heads to Montpelier. He has been going out and talking to various people and organizations to get a better sense of what his constituents are interested in. "When I get to Montpelier I want to have an understanding of what is important to people so that I can more effectively represent them," he said. "I think that's crucial."

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or call Brenda at 802-453-6354

**COMING EVENTS**

**Saturday December 8**

**Research Techniques for New York State** - New York State has earned a reputation for being a difficult place to do family research especially before 1870. Early records are often specific to one locale and scattered in many repositories. This talk on December 8<sup>th</sup> will focus on the best strategies for success in New York and how the many collections of the N.Y. State Archives in Albany can help you unlock your family history. Christopher C. Child is an author and professional genealogist with the New England Historic Genealogical Society in Boston, and Genealogist of the Newbury Street Press. The Vermont Genealogy Library has the following classes in December. The public is invited to join us. Classes are \$5.00. The library is located on Hegeman Ave, Fort Ethan Allen, Colchester, across from the State Police Building. We are open for research Tuesdays 3:00 to 9:30 PM and Saturdays from 10:00 AM to 4:00 PM. Please visit our website [www.vt-fcgs.org/vtgen.html](http://www.vt-fcgs.org/vtgen.html) or call 802- 238-5934 for more info.

The library will be closed December 22 to January 4. Look for a list of new class offerings this winter.

**Sunday December 9,**

**Country breakfast**, St. Thomas Knights of Columbus Council #7810 from 8:00 to 11:00 AM in the parish hall. The buffet style breakfast will include juice, fruit, eggs, pancakes, sausage, bacon, home fries, and coffee or tea. The cost is by donation. The proceeds from the breakfast will be used for various charitable donations. All are welcome! Please come and bring the whole family to this delicious Country Breakfast. You may call the church office at 899-4632 if you have any questions.

**Tuesday November 11**

American Cancer Society Man to Man Prostate Cancer Support Group Meeting, 6:00 to 8:00 PM, Hope Lodge, Lois McClure-Bee Tabakin Building, 237 East Ave., Burlington. Open discussion. Discussion topics may include prostate cancer treatment options and the current research studies; latest management for side effects of your treatment of choice; personal anecdotes; exercise, diet and nutrition; and the latest internet buzz. Who should participate? Men newly diagnosed, men dealing with recurrent prostate cancer, men dealing with the side effects of treatment, and men who have been successfully treated for the disease. Any men dealing with advanced prostate cancer are also encouraged to attend in order to benefit both themselves and others through the sharing of experiences. For more information: Mary L. Guyette RN, MS, 802-274-4990, [vmay@aol.com](mailto:vmay@aol.com) or Sophia Morton, American Cancer Society, 802-872-6308 or [Sophia.morton@cancer.org](mailto:Sophia.morton@cancer.org).

**Wednesday December 12**

American Cancer Society Look Good...Feel Better program for Chittenden County, American Cancer Society Hope Lodge, Lois McClure - Bee Tabakin Building, 237 East Ave., Burlington, 3:00 - 4:30 PM. Call Hope Lodge at 802-658-0649. Look Good...Feel Better is a free program that teaches female cancer patients beauty techniques to help restore their appearance and help them feel good about the way they look during chemotherapy and radiation treatments. Volunteer cosmetologists teach women about make-up techniques, skincare and options related to hair loss.

**Saturday December 15,**

**Author appearance**, Megan Price, a meet and greet and book signing, 2:00 PM. Phoenix Books Burlington, 191 Bank Street, downtown Burlington. Free. More info: <http://phoenixbooks.biz> or 448-3350.

**Irish Genealogy: Census Records and Map of Ireland**, Ed McGuire will discuss "Irish Census Records & Maps of Ireland" on December 15th. This is the final lecture in a three part series on Irish genealogy. It will cover census & census substitutes, focusing on Griffiths Valuations of Ireland. He will also discuss techniques for using the 1901 and 1911 Irish Censuses and locating historic maps. The Vermont Genealogy Library has the following classes in December. The public is invited to join us. Classes are \$5.00. The Vermont Genealogy Library has the following classes in December. The public is invited to join us. Classes are \$5.00. The library is located on Hegeman Ave, Fort Ethan Allen, Colchester, across from the State Police Building. We are open for research Tuesdays 3:00 to 9:30 PM and Saturdays from 10:00 AM to 4:00 PM. Please visit our website [www.vt-fcgs.org/vtgen.html](http://www.vt-fcgs.org/vtgen.html) or call 802- 238-5934 for more info.

The library will be closed December 22 to January 4. Look for a list of new class offerings this winter.

**Tuesday January 1,**

Burlington Vermont: On Tuesday, January 1, 2013, the Green Mountain Mahler Festival will present a performance of Beethoven's Ninth with orchestra and chorus at Elley-Long Music Center at 3:00 PM. First rehearsal will be Sunday, December 9. If you would like to sing into the chorus, volunteer and check for details on our website: <http://www.vtmahler.org/participate/>

**ONGOING EVENTS**

**ADULT ACTIVITIES**

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

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

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

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

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

The **Green Mountain Chapter of the Embroiderer's Guild of America** will meet on November 14 at 9:30AM at the Pines Senior living community, 7 Aspen Dr, South Burlington, VT 05403. First meeting is complimentary. Bring a bag lunch. Contact number 372-4255.

**Handbell ringers**, Tuesday evenings, United Church of Underhill. All are welcome at rehearsals. Two ensembles; opportunity for small groups/shorter time periods. We ring a

variety of music in a variety of settings and look forward to new faces joining us. Beginners welcome. Call Roger, 899-3106, for information.

**Micah's Men of the United Church of Underhill** meet on the 3rd Saturday of each month at the church at 7:30 AM. For more information call 899-1722.

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

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

**The VT-French-Canadian Genealogical Society - Beginning Genealogy, Tips on Getting Started.** The public is welcome to join us on Saturday, September 8, 2012 from 10:30 to 12:00 as Sheila Morris teaches you how to get started with this very rewarding hobby. Bring as much information as you can about your grandparents; births, marriages, deaths and where they lived. Afterwards our volunteers can help you get started using our many resources. **Open House at the Vermont Genealogy Library**

The public is invited to visit our library on Saturday, September 15 from 10 to 4 p.m. This is a great opportunity to see our collections and computer databases, including two free demonstrations. Meet our genealogists and learn how they can help you. We will have books and guides for sale on Vermont, Irish, French, English Scottish, and German ancestors.

The **VT Genealogy Library is located** on Hegeman Ave, Fort Ethan Allen, Colchester, across from the State Police Building. We are open Tuesdays 3 to 9:30 and Saturdays from 10 to 4. Call 802-238-5934 for more details or check our website [www.vt-fcgs.org](http://www.vt-fcgs.org). We have many exciting classes this fall.

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

**HEALTH EVENTS & GROUPS**

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

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

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

**Alzheimer's Support Group** - Free educational support group

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

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

**American Cancer Society Man to Man Prostate Cancer Support Group Meeting**, Tuesday July 10, 6:00 to 8:00 PM. Hope Lodge, Lois McClure-Bee Tabakin Building, 237 East Ave., Burlington, open discussion. Discussion topics may include prostate cancer treatment options and the current research studies; latest management for side effects of your treatment of choice; personal anecdotes; exercise, diet and nutrition; and the latest internet buzz. Faciliator, Mary L. Guyette, RN, MS, ACNS-BC, Men newly diagnosed, men dealing with recurrent prostate cancer, men dealing with the side effects of treatment, and men who have been successfully treated for the disease. Any men dealing with advanced prostate cancer are also encouraged to attend in order to benefit both themselves and others through the sharing of experiences. For more information contact Mary L. Guyette RN, MS, 802-274-4990, [vmay@aol.com](mailto:vmay@aol.com) or Sophia Morton, American Cancer Society, 802-872-6308 or [Sophia.morton@cancer.org](mailto:Sophia.morton@cancer.org).

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

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

**Healing Circle Breast Cancer Network**, support group for women with breast cancer, meets first Tuesday of every month at 5:30 PM, Northwestern Medical Center, Conference Room #1. RSVP at 524-8479.

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

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

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

**KIDS**

**Playgroups** are free of charge and open to all children birth through age 5 and their caregivers. At playgroup you will find stories, songs, crafts, free play, local events & information, and more. It is a wonderful opportunity to play with the children in your life, meet other playmates, and connect with other parents and caregivers. Playgroups follow the school calendar. Come to any of all groups that fit your schedule. For more information on any of the playgroups, please contact Heather Lebeis at 899-4415 or [underhillplaygroup@yahoo.com](mailto:underhillplaygroup@yahoo.com).

Mondays: Jericho Community Center, 9:30-11:00 AM

Wednesdays: Richmond Free Library, 8:45-10:15 AM

Thursdays: Bolton's Smilie School, 9:00-11:00 AM the 1st and 3rd Thursdays of the month

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

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

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

**Early Literacy Storytime**, Thursdays, 11:00 AM at Westford Public Library. Stories and activities utilizing early literacy concepts for age's birth-preschool. Drop-in; no registration needed. We

Ongoing continued on page 6



**MOUNTAIN HIGH PIZZA PIE**

Monday - Saturday  
11:00 AM - 9:00 PM  
Sunday 4:00 PM - 8:00 PM

899-3718  
Route 15  
Jeri-Hill Plaza  
Jericho

**EXPERT CARE WITH A PERSONAL TOUCH**

*"We choose to practice at Copley because of its excellent reputation for women's health services. We share the philosophy that the needs of the woman comes first."*



**Anne Stohrer, MD, MPH**

**William Ellis, MD**

Internship: Internal Medicine  
Barnes-Jewish Hospital  
Residency: OB/GYN  
Barnes-Jewish Hospital

Internship: OB/GYN  
St. Louis University Hospitals  
Residency: OB/GYN  
St. Louis University Hospitals

Medical College of Virginia

Medical College of Virginia

Masters in Public Health  
Harvard University

Dr. Stohrer and Dr. Ellis are board certified. Each brings more than 25 years experience to Copley's women's health services. In addition to obstetrics, they provide diagnosis and treatment of problem gynecologic concerns including abnormal PAPs, bleeding and other menopausal and post-menopausal concerns.

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802-888-8100 www.copleyvt.org/OBGYN**

**Ongoing** continued from page 5

welcome new families. For more info, contact Victoria at 878-5639 or [westford\\_pl@vals.state.vt.us](mailto:westford_pl@vals.state.vt.us), or visit our website [www.westford.lib.vt.us](http://www.westford.lib.vt.us) and click on Events @ Your Library.

**SENIORS/COMMUNITY MEALS**

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

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

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

**Bolton Up and Downtown Club** meets the last Thursday of the month at the Bolton Fire station. Suggested \$3.00 donation. Meal at 5:00 PM. Open to adults 60 and over. Contact Doris Wheelock at 434-3769.

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

**St. Jude's Church**, Hinesburg, senior meals held on second and fourth Wednesday of each month with bingo games after the dinners. Everyone is welcome including caregivers. Dinners are \$3.00 per person. For information call Ted Barrette at 453-3087.

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

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

**SPORTS ACTIVITIES**

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

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

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

**Zumba Fitness**, Monday evenings only, 5:30 - 6:30 PM, at the River Arts Center in Morrisville. Zumba Fitness with certified instructor, Karen Machia. No registration required, drop in. Call

888-1261, or visit our website: [www.riverartsvt.org](http://www.riverartsvt.org) for more details.

**SUPPORT GROUPS**

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

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

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

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

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

**TOWN GOVERNMENT & ORGANIZATIONS**

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

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

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

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

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

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

**Jericho Water District** - the Board of Water Commissioners of the Village of Jericho, Inc. will hold their monthly meeting on Tuesday December 18, 2012 at 7:00 PM. This meeting will be held at the Old Red Mill on 4B Red Mill Drive in Jericho.

**THRIFT SHOPS & FOOD SHELVES**

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

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

**Westford Christmas Basket Auction**

The annual holiday basket auction sponsored by the UCW church in Westford VT will be held this year on Saturday December 8. Beautiful baskets of food, wine, cheese, gifts, toys, coffee and wide variety of Christmas decorations will be featured at the auction. Quilts, art work, knitted goods and designer jewelry will be among the many surprises that are part of the traditional auction held each December as the primary fund raising event for the UCW church. There will be something for every age group offering a perfect opportunity for holiday gift shopping. The lighting of the town Christmas tree will be followed by refreshments served at the UCW church. Auction to follow immediately after.

**Christmas Events****Jericho United Methodist Church**

December 9 - Community Family Carol Sing - All ages welcome. Refreshments - 4:00 PM.

December 16 - Worship Service and Children's Pageant - 9:00 AM.

December 23 - Christmas Sunday Worship Service - 9:00 AM.  
December 24 - Christmas Eve Family Candle Light Worship Service - 5:00 PM.

**Green Mountain Club Burlington Section Outings Winter 2012-2013**

12/8 (Sat) **Whiteface via Beaver Meadows** Will we have snow??? Let's find out!! 7 miles, 2400' elevation gain. Group limit 10. Contact leader by 12/6. Robynn Albert, 878-4036 or [robynnalbert@hotmail.com](mailto:robynnalbert@hotmail.com).

12/9 (Sun) **White Mountains Hike** Hike one of NH's 48 highest. Leader's choice will be moderately difficult distance and elevation, at a moderate pace. Contact leader for more info. Suzanne Daningburg, [suzannedaningburg@yahoo.ca](mailto:suzannedaningburg@yahoo.ca)

12/15 (Sat) **Camels Hump By Popular Demand** We'll head up Camels Hump from the north, east, south or west, whatever direction the crowd wants to go, mild to wild. Please respond early and often. Moderate hike, moderate pace (averaging 1-2 mph). 4.8 - 12.4 miles, 1300' - 3700' elevation gain. E-mail leader by 12/14. Darryl Smith [dsmith.vt.us@gmail.com](mailto:dsmith.vt.us@gmail.com) or 522-2516.

12/16 (Sun) **Taylor Lodge** This is a popular trip well worth doing throughout the year. We'll hope for snow so we can snowshoe. Easy to moderate, 5.5 miles. Dot Myer, 863-2433 or [dotmyer@myfairpoint.net](mailto:dotmyer@myfairpoint.net)

12/23 (Sun) **Camels Hump via the Burrows Trail** Depending on the weather, we'll either hike or snowshoe to the top of Camels Hump from the Huntington side. Moderate hike, moderate pace, 4.8 miles, 1950' elevation gain. Group limit 12. Sheri Larsen, 878-6828 or [larsen007@aol.com](mailto:larsen007@aol.com)

12/30 (Sun) **Mount Mansfield via Laura Cowles** We'll start at the winter parking area and ascend Mansfield via Laura Cowles. Winter clothing and gear required, including snowshoes and microspikes. Expect to spend two hours above treeline, where conditions may be severe. Difficult, strong pace, 8 miles, 3000' elevation gain. Group limit 10. Contact leader by 12/28. Richard Larsen, 878-6828 or [larsen007@aol.com](mailto:larsen007@aol.com).

**Bringing up tips to keep vomiting down**

By Dr. Lewis First

First with Kids

Parents have been bringing up lots of questions about what to do when their child vomits. Well let me see if I can toss some information out - which is better than tossing one's cookies on this topic!

Vomiting is a way for the body to get rid of something that it doesn't like - whether it is an invader like a germ, an irritant like a food that has spoiled, or even pressure that builds up somewhere in the body. It is a complex process that is coordinated by a "vomiting center" located in the brain, which responds to signals from the body saying it needs to evacuate the stomach contents and get rid of the insult on the body. This evacuation occurs by sending half-digested food mixed with stomach mucus, saliva, stomach acids and other chemicals up the food pipe and out the mouth.

When do we worry about vomiting? Seek medical attention immediately if any of the following describe your child's vomiting: Lasts longer than 24 hours; Seems to be projectile or forceful, especially in infants; Appears to be red, bright green, yellow-green or dark like coffee grounds in color; Is accompanied by severe belly pain, a severe headache, fever, or dehydration

If the vomiting occurs once or twice, then the name of the game is to stay calm so as not to further frighten your child, and make sure your child remains hydrated. Offering steady small amounts of clear liquids or oral hydration solutions is the way to go. Your child's doctor can tell you how much to give your child each hour based on the age and weight of your child. Giving solids or large amounts of liquid may simply make the vomiting worse in the first 24 hours. If your child has not vomited for at least 8 hours, then it is probably okay to introduce mild, bland foods back into their diet such as crackers, toast, broth, rice, and mashed potatoes.

It would be rare for your child's doctor to recommend medications to prevent mild vomiting due to a stomach virus or indigestion - since the sooner the body rids itself of whatever is bothering it, the better off your child will feel, and delaying this from happening may only make matters worse.

Hopefully tips like this will stay down with you and your child when it comes to knowing what to do and when to worry about your child's vomiting.

Lewis First, M.D., is chief of Pediatrics at Vermont Children's Hospital at Fletcher Allen Health Care and chair of the Department of Pediatrics at the University of Vermont College of Medicine.



# Natural Gas Pipeline Safety...

## What you need to know

Whether you are at home, at work, or in a public place, it's likely you are in an area served by natural gas pipelines. Like all forms of energy, natural gas must be handled properly. Despite an excellent safety record, a gas leak caused by damage to a pipeline may pose a hazard and has the potential to ignite.

Natural gas pipelines are sometimes identified by markers that indicate their approximate location - but should not be relied upon to indicate the exact position. Because not all lines are marked, it is critical that you call **Dig Safe™ at 811** prior to any excavation.

**CALL BEFORE YOU DIG - IT'S THE LAW!**

- The greatest risk to underground natural gas pipelines is accidental damage during excavation. Even minor damage such as a gouge, scrape or dent to a pipeline or its coating could cause a leak or failure. **Digging into a pipeline is the largest single cause of pipeline failures.**
- To protect pipelines and other underground facilities, the law requires that before starting to dig for any excavation, landscaping, construction or demolition project, on public or private property, the excavator must call **Dig Safe™ at 811 at least 48 hours in advance** (excluding weekends and holidays) to notify them of the work.
- Dig Safe™ will contact member utilities so they can mark the location of their underground facilities prior to any excavation. This service is provided at no cost to you.

**USE YOUR SENSES TO DETECT A GAS LEAK**

- SMELL** - Natural gas is colorless and odorless. A distinctive, pungent odor, similar to rotten eggs, is added so that you will recognize it quickly.
- SIGHT** - You may see a white cloud, mist, fog, bubbles in standing water or blowing dust. You may also see vegetation that appears to be dead or dying for no apparent reason.
- SOUND** - You may hear an unusual noise like a roaring, hissing or whistling.

**WHAT YOU SHOULD DO IF YOU SUSPECT A LEAK**

- MOVE** immediately to a safe location.
- CALL Vermont Gas at 1-800-639-8081** immediately, with the exact location.
- DO NOT smoke or operate electrical switches or appliances.** These items may produce a spark that might ignite the gas or cause an explosion.
- DO NOT assume** someone else will report the condition.



Vermont Gas Wishes You A Safe and Happy Holiday Season

85 Swift Street, South Burlington VT • (802) 863-4511  
[customerservice@vermontgas.com](mailto:customerservice@vermontgas.com) • [vermontgas.com](http://vermontgas.com)

# Protect yourself from flu season

By Dave Reville, AARP Vermont

Winter, spring, summer, fall—we all have our favorite season. But “flu season”? No one likes that. Flu season runs from October through May. The good news is that you can protect yourself from the flu by getting your annual flu shot. The flu shot is a harmless vaccine. So you need to ask yourself, what would you prefer: spending weeks feeling lousy or getting a quick painless shot in the arm?

The U.S. Centers for Disease Control and Prevention (CDC) recommends a seasonal flu shot every year for people 50 or older. For people 65 or older, you have two options — the regular-strength flu shot or Fluzone High-Dose, a vaccine that creates a stronger immune response to combat age-related weakening of the immune system. Your health care provider can help you decide which dosage is better for you. As part of the Affordable Care Act’s preventive benefits, people in Medicare and Medicaid can get an annual flu shot at no cost and both flu vaccines are covered. For everyone else, many insurance plans provide coverage for the flu vaccine. It is best to double-check on your co-pay or responsibility for payment.

AARP is concerned that people don’t understand how risky the flu virus can be. Statistics show us that approximately 40,000 Americans die each year due to pneumococcal infections, with seniors representing the largest group of fatalities. Yet, only 58% of Americans over 65 receive the influenza vaccine.

### Where to Get a Flu Shot?

Flu shots are available in many locations such as your doctor’s office, work places, supermarket, or drugstore. Because costs may vary it’s a good idea to first check with your insurance provider about coverage. In Vermont there are several locations including Rite Aid stores, Walgreens, Osco Pharmacy (Shaws), Price Chopper Pharmacy and CVS to name a few. To find other locations, store hours and phone numbers visit <http://flucliniclocator.org/> or call the CDC hotline at 1-800-CDC-INFO for help.

### Prevent Catching or Spreading the Flu

You can catch the flu if you’re around an infected person who coughs or sneezes. You can also pick up flu germs from touching a surface that someone with the flu has touched, such as a telephone or doorknob, then passing the germs from your hand to your nose or mouth. Take these steps to protect your health:

Cover your nose and mouth with a tissue when you cough or sneeze.

Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

Avoid touching your eyes, nose, or mouth.

Remember, if you have flu-like symptoms such as a fever, chills or body aches, be sure to see your doctor. For more information, visit [www.aarp.org/flu](http://www.aarp.org/flu).

# Holiday stress

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

The holidays are upon us. They present us with occasions for fun and happiness but they also have the potential to stress us by over stimulating us. So what can be done?!

First, be realistic – you cannot please everyone. Don’t try to buy or make gifts for everyone you know. Don’t try to see everyone you know and live within your budget. Monetary concerns can stress you long after the holidays are over.

Eat healthfully but don’t deprive yourself of an occasional, moderate treat. How you live “most” of the time determines your lifestyle’s effect on your well-being. Drink in moderation or not at all; alcohol stresses the body. And don’t forget your vitamins and nutritional supplements!

Be sure to rest and get adequate amounts of sleep. Cellular repair occurs during deep sleep (typically between 4-6 AM). You will be happier and better appreciated if you are not grumpy due to lack of sleep.

Another way to decrease stress is by getting sufficient exercise. The holidays can bring extra demands on our time and energy and frequently we cut out the time we give ourselves for regular exercise and relaxation time. Be consistent with your exercise routine.

Make time to genuinely relax. Enjoy your favorite rejuvenating activities; a good book, being with friends or family, seeing a movie, taking a hot bath, going for a walk, meditation, etc. Whatever relaxes you, incorporate into your schedule – especially during the holidays!

Don’t expect yourself or others to be perfect – it won’t / can’t happen. Take care of yourself. You really have nothing to give others if you are exhausted.

The holidays are meant to bring us together and nurture us. By taking care of your body, mind, and spirit you can optimize the possibility of having healthy and gratifying holidays.

Chiropractic care can enhance relaxation and reduce stress.

Happy, healthy, holidays! Be well!

### Cell Phone Gifts This Holiday Season?

Will you be giving or getting a new cell phone this holiday season? The United Way of Lamoille County (UWLC) has a Cell Phone Recycling Program which raises money for their agency. For every cell phone donated to this program, United Way will receive anywhere from \$.25 to \$80 depending on the phone.

The condition of the cell phones does not matter - they can be working or broken. They will be smelted for precious metal in the United States and phones will not be sent overseas. Phones that are able to be refurbished will be sold to wholesale and small cell phone providers.

If you have a cell phone you would like to donate to this program, you can drop it off at the United Way office located in the TD Bank building in Morrisville or at ReSOURCE across from the Bijou Theatre.

For more information, contact Dawn at 888-3252.

Tell us your story..How you have dealt with illness and despair? How have you persevered? What gave you hope? Tell me your story! Contact me at [mtgazette@earthlink.net](mailto:mtgazette@earthlink.net)

## LIBRARY NEWS

### BROWNELL LIBRARY, ESSEX

Closed from 9:00 AM to 1:00 PM, December 13 for Staff Team Building; December 24 and 25 for Christmas and closing at 5:00 PM December 31<sup>st</sup>.

Exhibits: Kolvoord Community Room-Peter Fried’s paintings-Mostly Railroads; Glass Case: Dickens Village collection from Ginny Powers and Keith Pillsbury; Large Lobby Table-Holiday stories To Warm Your Heart; Small Table: Tiny Tim, Scrooge and Charles Dickens himself; and Downstairs Display: The Middle East: Stories and Struggle.

Story time - New this year – Babies are welcome at Tuesday Story Times! Story Times are offered on a weekly basis – regular attendance is encouraged. We share early literacy and math skills with kids, and show parents activities to try at home. Call 878-6956 to register.

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

Friday December 7 and 28, 10:00-10:45AM – Songs and Stories with Matthew – Matthew Witten performs songs about our world and tells adventurous tales. For all ages - no registration. Funded by the Friends of the Brownell Library.

Friday December 7, 3:00-5:00 PM – Teen Heart and Soul Neighborhood Conversation – Teens in Grades 9-12 participate in a facilitated discussion, where we will share our experiences living or working in Essex, identify what’s most important and share our hopes for the future. These conversations will lay the groundwork for a shared vision that will drive community decision making in the future. Contact Kat, [kat@brownelllibrary.org](mailto:kat@brownelllibrary.org) or 878-6956, to participate.

Friday December 7 and 21, 6:00-8:00 PM – Magic: The Gathering – Join us for our first ever Magic night! Whether you know the game or are curious about finding out more, come have tons of gaming fun! Here’s some info about the game: in the Magic game, you play the role of a planes- walker—a powerful wizard who fights other planes- walkers for glory, knowledge and conquest. Your deck of cards represents all the weapons in your arsenal. It contains the spells you know and the creatures you can summon to fight for you. Grade 6 and up.

Friday December 7, 7:00 PM - First Friday Piano Concert Holiday Classics and More Merry Music by EHS Student and Library Trustee Rose Yin and Cohorts. We are fortunate to have such talented young people in our community. Do you play piano or are you part of an ensemble? Consider a 1<sup>st</sup> Friday program. Call 878-6955

Friday December 7, 6:30-8:11 PM – Teen Movie: “The Lucky One” - A Marine travels to Louisiana after serving three tours in Iraq and searches for the unknown woman he believes was his good luck charm during the war. Free popcorn and soda. (PG-13, 101minutes)

Monday December 10, 3:00-4:30 PM – Teen Advisory Board – For teens, by teens. Plan programs, suggest books and DVDs for the collection, have fun, bring friends. Snacks provided! New members always welcome. Grade 9-12.

Tuesday December 11, 9:10-9:30a AM - Story Time for Babies and Toddlers—Picture books, songs, rhymes and puppets for babies and toddlers, with an adult.

Tuesday December 11, 10:00-10:45am Story Time for 3-5 Year Olds –Picture books, songs, rhymes, puppets and flannel stories for preschoolers.

Wednesday December 12, 10:00-10:45 AM - Story Time for 3-5 Year Olds –Repeat of Tuesday program.

Wednesday December 12, 3:30-4:00 PM – Holiday Tales with Linda Costello – Storyteller Linda Costello shares stories from Christmas, Hanukkah, Winter Solstice and Kwanzaa. For kids in Gr. 1-5.

Thursday December 13, Library opens at 1:00 PM. Staff meeting in morning.

Thursday December 13, 3:00-4:30 PM – Improv – Theater games with movement, voice, character development and lots and lots of laughter. Grade 6 and up.

Friday December 14 and 21, 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. No registration required.

Friday December 14, 3:00-4:00 PM and 4:00-5:00 PM – Holiday Gift Making – Kids in Grades K-5 make holiday gifts for family members. Teens will supervise free gift-making and wrapping. Choose your 1-hour session and sign up now at 878-6956.

Friday December 14, 6:00-8:00 PM – Dungeons and Dragons – Embark upon imaginary adventures. A Dungeon Master serves as the game’s referee and storyteller. Grade 6 and up.

Monday December 17, 6:00-8:00 PM- Young Adult Heart and Soul Neighborhood Conversation – Young Adults ages 18-25 participate in a facilitated discussion, where we will share our experiences living or working in Essex, identify what’s most important and share our hopes for the future. These conversations will lay the groundwork for a shared vision that will drive community decision making in the future. Contact Kat, [kat@brownelllibrary.org](mailto:kat@brownelllibrary.org) or 878-6956, to participate.

Tuesday December 18, 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 December 18, 10:00 -10:45 AM - Story Time for 3-5 Year Olds –Picture books, songs, rhymes, puppets and flannel stories for preschoolers.

Tuesday December 18, 7:00 PM - Library Trustees Meeting-Kolvoord Community Room

Wednesday December 19, 10:00-10:45 AM - Story Time for 3-5 Year Olds –Repeat of Tuesday program.

Wednesday December 19, 3:00-4:30 PM – GMBA Book Discussions – Join Kat and hear about three of the 2012-2013 Green Mountain Book Award nominees, *Incarceron*, *Ostrich Boys*, and *Sweet Scarlett*. If you’ve read the books, come discuss what you thought of them, if you haven’t, come and hear about some great reads you might want to pick up! Monthly discussions will continue, covering all 15 titles on the list. Grade 9 and up.

Thursday December 20, 3:00-4:30 PM – Wii-

tastic! – Come try *LEGO Star Wars*, *Wii Sports Resort*, *MarioKart*, and others! All ages.

### DEBORAH RAWSON LIBRARY, UNDERHILL

December Story Times - Stories, songs, fingerplays, snack and craft for preschoolers and their caregivers. Drop in, no registration needed. Wednesday December 12, 10:30 AM; Thursday December 6 and 13, 10:00 AM

Winter Sing-a-long - Thursday December 6, 6:30 PM, Lynne Robbins will lead a sing-along of seasonal songs and old favorites. Come sit by the fire and take part in this fun evening. Recommended, but not limited to, families with children in preschool through 2<sup>nd</sup> grade. Drop in. No registration needed.

Make Gingerbread Houses at the Deborah Rawson Memorial Library - Come and create a candy house using graham crackers, decorative icing and small candy pieces. To add to the “building supplies,” participants are requested to each bring a bag of small candies to be shared with the group. We will provide everything else needed and a wholesome after school snack. For students in grade 2 through adults. Students in grade 2 are welcome, if accompanied by an adult willing to assist them. Tuesday December 11. Select from one of two sessions: 3:00-3:45 PM or 4:00-4:45 PM. Advance registration is required, call 899-4962.

Parents would you like 15 to 20 minutes to find a new book? If so, stop by the library on Tuesday December 11 and meet Amy our newest volunteer. Amy will be in from 6:30 to 7:15 PM reading to children allowing parents a few uninterrupted minutes to find a great book.

Evening Story Time for Families at the Deborah Rawson Memorial Library - Parents with older preschoolers and children in kindergarten through second grade are invited to join Grace Marek for stories, craft and light refreshments. Thursday December 13 at 6:30 PM. Registration required, call: 899-4962.

Baby Time at the Deborah Rawson Memorial Library - Join Abby Retzlaff for board books, lap rhymes and songs appropriate for babies 18 months and younger. This is a wonderful time for parents and childcare providers to connect with one another and to share ideas. Siblings welcome. Wednesday December 19, 10:30 AM. Drop in, no registration needed.

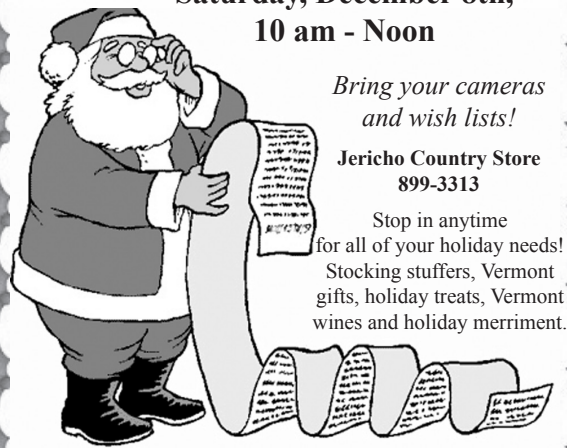
Library hours: Tuesday 12:00 – 8:00 PM, Wednesday 10:00

Library continued on page 7



SANTA CLAUS IS COMING TO JERICHO COUNTRY STORE!

Saturday, December 8th, 10 am - Noon



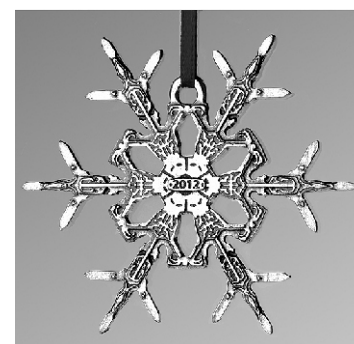
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Jericho Country Store 899-3313

Stop in anytime for all of your holiday needs! Stocking stuffers, Vermont gifts, holiday treats, Vermont wines and holiday merriment.

[www.jerichocountrystore.com](http://www.jerichocountrystore.com)

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Beautifully Gift Boxed (with flannel pouch) and Ready to Give! \$17.00 ea

- Also Available: Pewter Snowflake Pin \$10.00
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- “Snowflake” Bentley Suncatcher \$12.50

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Hours: Mon. - Sat. 10-5 Sun. 11:30-4

[www.snowflakebentley.com](http://www.snowflakebentley.com)



## LIBRARY NEWS

**Library** continued from page 7

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.

**ESSEX FREE LIBRARY, ESSEX**

For information or directions, please call the library at 879-0313 or check our web site at [www.essex.org](http://www.essex.org).

**FAIRFAX COMMUNITY LIBRARY**

Calendar for December 2012:

Thursday December 6, 6:30 PM: PJ Story Time with Exordium - Little ones are encouraged to come in their PJs for a wintery story time at the library. Special guest Mr. K from Exordium will lead participants through a winter wonderland with a story time, hands-on examples, and an animal track craft! Free, for ages 0-6. If you've never met Mr. K before, you are in for a treat!

Saturday December 8, 9:30-10:30 AM: Homemade Holiday Crafts; The holidays are a perfect time for crafting! Join local artist Nichole Vance in a crafty morning of homemade holiday goodness. Attendees will have the opportunity to make cards, gift wrap, and ornaments from scratch. This program is free, but limited to 20 participants. Ages 6 to adult-families welcomed! Please call or email the library to register.

Tuesday December 11, 3:00-4:00 PM: After School Craft: Sock Snowmen; Turn your old sock into an adorable sock snowman! This wintery craft requires a sock, beans/rice, and a lot of creativity. Never fear, we will have an abundance of white/different colored socks available for this activity, if you can't find a sock from home. Free, for ages 6+.

Tuesday December 11, 3:00-4:00 PM: Chess Club; Play chess to your heart's delight every Tuesday afternoon. Receive expert advice from a skilled instructor and play games with others. Boards and chess pieces are provided, though you can certainly bring your own. Free, for all ages and abilities.

Tuesday December 11, 6:30-7:30 PM: Vermont in the Civil War with Howard Coffin; From Cedar Creek to Gettysburg, Vermonters were central to the Union Cause. Well-known Vermont author and Civil War historian Howard Coffin will speak on the Civil War and its effects on Vermonters. A Vermont Humanities Council event; free and open to all ages.

Thursday December 13, 3:00-4:15 PM: Read to a Dog; Kids can read a book of their choice to a fuzzy, friendly dog. To sign-up for a time slot, call (849-2420) or stop by the library. (This program is full but we will take names for a waiting list.)

Thursday December 13, 6:00-8:00 PM: Nourishing Our Children and Ourselves; Counteract holiday calories with healthy diet tips! The Nutritional Therapy Wellness Center of Vermont will be visiting to discuss healthy eating habits. In this two hour session, learn about what to eat and what to avoid to ensure your children and yourself are healthy. Free for all ages.

Tuesday December 18, 3:00-4:00 PM: Chess Club; Play chess to your heart's delight every Tuesday afternoon. Receive expert advice from a skilled instructor and play games with others. Boards and chess pieces are provided, though you can certainly bring your own. Free, for all ages and abilities.

Thursday December 20, 3:00-4:15 PM: Read to a Dog; Kids can read a book of their choice to a fuzzy, friendly dog. To sign-up for a time slot, call (849-2420) or stop by the library. (This program is full but we will take names for a waiting list.)

EVERY TUESDAY: Fairfax Community Library Story Hour; Join us for stories, crafts, and activities from 9:30-10:30 AM! For ages 0-6. December 11: Caps for Sale! Wear a hat; December 18: Brown Bear, Brown Bear and a Holiday Craft

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

**JERICO CENTER, LIBRARY**

New Books - Need a good book to read over the holidays? Stop in to the library and see what interesting books have been recently added to the collection.

Preschool Story Hour - Join us each Wednesday from 10:00-

11:00 AM for story hour, with not only stories but also music, a craft and a light snack.

"Like" the Library on Facebook - If you're a Facebook user, be sure to "Like" the Jericho Town Library page -- it's a great way to keep up on all the latest news and events as well as engage with your neighbors on library-related topics.

Adult Writing Group - Do you like to write? Please consider joining the writers' group for adults that meets every other Monday evening from 6:30-8:00pm. If you are interested in this free program call the library at 899-4686 for more details.

Volunteers Needed - If you are a high school students needing to fulfill community service hours, please consider volunteering at the library when your schedule permits. Call or stop by for more information.

Library hours are Monday 1:00 PM - 5:00 PM, Wednesday 10:00 AM - 12:00 PM and 2:00 PM - 6:00 PM, Friday 1:00 PM - 5:00 PM, and Saturday 10:00 AM - 1:00 PM. For more information, call the library at 899-4686, email [Jerichotownlibrary@gmail.com](mailto:Jerichotownlibrary@gmail.com), or visit the library website at [www.jerichotownlibrary.org](http://www.jerichotownlibrary.org).

**RICHMOND FREE LIBRARY  
BRIDGE STREET, RICHMOND**

George Houghton: Vermont's Civil War Photographer - Brattleboro photographer George Houghton captured poignant images during the U.S. Civil War of Vermont soldiers in the field, camps, and at home. Historian Donald Wickman will explore Houghton's life and work and examine some of the images that brought the Civil War back to Vermont via photography.

Monday December 10, 6:30 PM, Richmond Community Space (in the Richmond library building), 201 Bridge Street, Richmond VT 05477. Free and open to the public. Sponsored by the Vermont Humanities Council for information, contact Richmond Free Library, 434-3036 or email, [rfl@gmavt.net](mailto:rfl@gmavt.net)

To "breaking news" sign up for the RFL mailing list on the library homepage, [www.richmondfreelibraryvt.org](http://www.richmondfreelibraryvt.org) Search our catalog at [rfl.kohavt.org](http://rfl.kohavt.org).

**VARNUM MEMORIAL LIBRARY,  
JEFFERSONVILLE**

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

**WESTFORD PUBLIC LIBRARY, WESTFORD**

The library is open Wednesday 1:00-7:00 PM, Thursday 10:00-6:00 PM, Friday noon-6:00 PM, and Saturday 10:00 AM-2:00 PM. We can be reached at 878-5639, [westford@plavt.state.vt.us](mailto:westford@plavt.state.vt.us), and [www.westford.lib.vt.us](http://www.westford.lib.vt.us).

**DOROTHY ALLING MEMORIAL LIBRARY  
WILLISTON**

December Events at Dorothy Alling Memorial Library: All events are free

Russian Story Time - Saturday December 1, 10:30 AM. Children listen to stories, sing songs, and find new friends. Russian and English speakers are welcome. Includes a puppet show and craft activity. All ages. Free.

Winter Holidays Party with the CVU Madrigal Singers - Monday December 3 at 6:00 PM. Join us for an a cappella concert, then stay to decorate the library for the winter holidays. Cookie decorating activity for kids. Free. Sponsored by the Friends of the Library.

Story Hour - Tuesdays, 11:00 AM. December 4-18. Stories and a craft for children ages 3-5. Free.

Toddler Time - Friday December 7, 10:30 AM. Join us for stories, songs, and rhymes that encourage early literacy skills. Program includes a simple craft activity. For children ages 1-3. Free.

Pajama Story Time - Monday December 10, 6:30 PM. Bring kids in PJs with their favorite stuffed animal for stories with Abby Klein, a craft and a bedtime snack. Free. Presented by Building Bright Futures of Williston and Dorothy Alling Memorial Library. Call Kim at 355-5417 to pre-register.

Music with Raphael - Mondays, 10:45 AM, (except Monday, December 24- Library closed) and Thursdays, 10:30 AM. Up to age 5 with a caregiver. Free. Limit: one session per week per family.

Byatime Playgroup - Wednesdays, 10:30 AM-12:00 PM (except for the 1st Wednesday of each month). December 12-26. For infants and toddlers. Free. Sponsored by Building

Bright Futures of Williston. Call Marjorie Von Ohlsen for more information at 658-3659.

Preschool Play - Friday December 21, 10:30 AM. Preschoolers and their families are invited to watch a short play and listen to stories presented by Camel's Hump Middle School students. Followed by a craft activity. Free.

Dorothy Alling Memorial Library, 21 Library Lane, Williston, VT. [www.williston.lib.vt.us](http://www.williston.lib.vt.us)

**College Notes**

Cheshire Academy in Cheshire, Connecticut announced its Honor Roll for the First Quarter of the 2012-2013 academic school year. Eric Suder, Grade 13, of Jericho, VT received Second Honors. Students have earned First Honors with a GPA of 3.67 and above. Second Honors students have a GPA of 3.33 and above. Effort Honors recognizes students who consistently perform at the highest expected levels in all of their classes.

**Kate Dempsey RN BSN hired  
at Maple Leaf Farm**

Kate Dempsey RN BSN has been hired by Maple Leaf Farm as Nurse Manager-Primary Care. Kate is a 2007 graduate of UVM and worked previously as a Nurse Manager at the Vermont State Hospital. Kate first joined the staff at Maple Leaf Farm in 2008 as a per diem nurse.

**OBITUARIES**

**James Nassau**, 90, died November 24, 2012, at his home in Underhill Center, VT in the care of his family and with the support of VNA Hospice. He was born December 23, 1921, in Waverly, N.Y., the son of the late Dr. Jason John Nassau and Laura Johnson Nassau. As a young boy he lived with his family for a year in Cambridge, England, where his father was on sabbatical, and attended Perse Preparatory School. Jim grew up in East Cleveland, Ohio, and graduated from Shaw High School in

1939. He entered Case School of Applied Science (now Case Western Reserve University), where his father was professor of astronomy, graduating in December 1942, with a Bachelor of Science degree in Mechanical Engineering. He earned Tau Beta Pi, and was inducted into the Society of Sigma Xi. He belonged to Phi Kappa Psi fraternity. Jim joined the Engineering department of Pratt & Whitney Aircraft, East Hartford, Conn., and spent his career there designing, developing and testing aircraft engines. He spent 10 years at P&WA's nuclear engine laboratory. He retired in 1978 after 36 years. In May 1952, Jim married Lois Thornton, in Hartford, Conn., and they built a home in Glastonbury, Conn., where they raised their three children. He loved his home and his family, and there are wonderful memories of their life together and the valuable opportunities and experiences he made possible. His 90-year journey through life was one of loving, giving and serving. Jim was active serving many organizations. He served in lay leadership roles in his local Congregational churches in Glastonbury and South Glastonbury, Conn. He was a member of the Society of Automotive Engineers and served a term as chair of the Southern New England Section. Jim had a long association with the YMCA of Metropolitan Hartford, where he served on both the Board of Directors and Board of Trustees. Very special to Jim and his family is the YMCA conference center on Lake George, now known as the Silver Bay YMCA of the Adirondacks. He served there as a member of the Board of Trustees for many years and was made Trustee Emeritus. He also received the Luther Wishard Distinguished Service Award. Jim moved to Underhill Center in 1978. There he helped his best friend, Edwin T. Moore, in his family's building business, designing houses. Together they formed Moore-Nassau Engineering to provide surveying and engineering services to the local community. By hand, Jim made scaled engineering drawings of each property in Underhill, which became the basis of a computer mapping program his friend developed. These maps are the foundation of the 911 emergency system and are fundamental for town governance. In Vermont, Jim took an active role in church life in the United Church of Underhill

and College Street Congregational Church UCC in Burlington. In the VT Conference of the United Church of Christ, he chaired the Department of Stewardship, and served for several years on the Conference Board of Directors. He was twice a VT delegate to the General Synod of the UCC. Jim learned to sail on Lake Erie, and continued that love throughout his life. He had a keen interest in and knowledge of astronomy, holding star parties for viewing the skies and often took his telescope into schools. He also was interested and concerned about the environment and served on the Lake Champlain Committee. He enjoyed photography, music, camping and hiking, and was an avid reader. Jim is survived by his wife of 60 years, Lois; son, Jason J. Nassau II of Jericho, VT; daughter, Laura H. Nassau of Underhill, VT; granddaughters, Morgan and Hayley Glosbrenner, and son-in-law, Kenneth C. Glosbrenner of Red Bank, N.J. He was predeceased by his daughter, Susan N. Glosbrenner in 2011. A memorial service to celebrate his life will be held on Friday December 28, 2012, at 2:00 PM at College Street Congregational Church, 265 College St., Burlington, VT 05401. In lieu of flowers, memorial contributions may be made to College Street Congregational Church, the United Church of Underhill, PO Box 265, Underhill, VT 05489, or the Silver Bay YMCA of the Adirondacks, 87 Silver Bay Road, Silver Bay, NY 12874.



**Dean W. Blake**, 85, of Jeffersonville, VT, died peacefully, Wednesday November 28, 2012, in Fletcher Allen Health Care in Burlington. Dean was born August 14, 1927, in Fairfax, the son of the late Dean Paul and Maude Daniels Blake. He attended school in Fairfax, and on July 15, 1920, he married Colleen Toof in the United Church of

Obituaries continued on page 9

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 <p><b>Hinesburg - \$487,500</b></p> <ul style="list-style-type: none"> <li>Contemporary log home w/views over Lake Iroquois to the Green Mountains</li> <li>Set on 12+ private acres, the large open home site is nestled in the woods</li> <li>2 story vaulted great room, cook's kitchen &amp; open dining area</li> </ul>	 <p><b>Underhill - \$320,000</b></p> <ul style="list-style-type: none"> <li>New subdivision post and beam cape style home on 5.6a</li> <li>Vaulted 2-story cathedral ceiling over the living room w/ woodstove on hearth</li> <li>1st floor has bdrm, full bath, hdwd floors and mudroom. 3 additional beds up</li> <li>Attached 2-car garage, deck</li> </ul>
 <p><b>West Bolton - \$270,000</b></p> <ul style="list-style-type: none"> <li>Rustic chalet w/amazing views over Champlain Valley &amp; Lake</li> <li>Green home-solar/wind and heated by propane and wood</li> <li>81 acres to hike and explore with a sugar bush to sap &amp; Northern hardwoods to log</li> <li>Off the grid, peaceful and private</li> </ul>	 <p><b>Huntington - \$86,900</b></p> <ul style="list-style-type: none"> <li>Level and lovely 1.1 acre building lot with views of Camel's Hump</li> <li>Used the shed for storage or chickens and enjoy existing gardens</li> <li>There is shared ROW access; permits in hand</li> </ul>

## USDA Foreclosure: 2 Bedroom Home on 1.52± Acres

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2 BR, 1.5 BA home on 1.52± acres. Unfinished walk-out basement, hardwood & tile floors, 1,044± SF on upper level, town water & sewer.

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PEOPLE IN THE NEWS

Roger and Diana Nadeau celebrate 50<sup>th</sup> Anniversary



Roger and Diana Nadeau of Underhill, VT, celebrated their 50<sup>th</sup> wedding anniversary October 7, 2012 at the Elks Club in Burlington, VT. The dinner and dance was hosted by their children and grandchildren. The couple was married October 6, 1962 at St. Thomas Catholic Church in

Orleans, VT. They have resided in Underhill for 46 years. Mr. Nadeau is a contractor and Mrs. Nadeau is a homemaker. The couple has 6 children: Rita-Marie and James Greenia, Betty and Martin Danaher, Sherrie and David Adams, Roger Jr. and Shelley Nadeau, Michelle and Thomas Pendris, and William and Jennifer Nadeau. They have 14 grandchildren: Jennifer and Shane Kelley; Julie Greenia; Danielle and Michael Kidder; Emily and Justin Robert; Jessica, Kaitlyn and Meghan Adams; Marina and Derek Nadeau; Randall Bishop; Christopher Pendris; Mary, Sabrina and William Nadeau. They have one great-grandchild, Landon Kelley. Guests were present from Vermont, Connecticut and New Hampshire.

Ongoing continued from page 8

Fairfax. He ran the Homestead Farm, originally cleared from the wilderness by the Blake Brothers and combined with two other farms to establish the present farm on Route 104A. An Army veteran, Mr. Blake was a member of the occupational troops in Japan during W.W.II. Dean was a member of the Fairfax, Lamoille Masonic Lodge and the Order of the Eastern Star. He enjoyed cooking, and was very well known for his apple and keylime pies, as well as a gentleman who liked to make people smile with his quick wit and the ability to tell a good story when necessary. He was deeply loved and will be dearly missed. He is survived by his wife, Colleen Blake of Jeffersonville, VT; their children, Dean W. Blake Jr. of St. Albans, VT, Christine Rainville and husband, Claude, of Fairfax, VT, and Jeff Blake and wife, Johanna, of Fairfax, VT; grandchildren, Amanda Blake, Aaron Rainville and fiancée, Tara Cushing, Nicole Rainville Bates and husband, Lee, and Josh Blake; great-grandchildren, Natalie, Mariah and Kayleigh; two sisters, Nora Allen of Essex, and Ada Olivarez and husband, Ruben, of Essex; and three special nieces, Susan, Shirley and Sylvia. He was predeceased by his brother, Charles. Funeral services will be held at a later date and time to be determined by Dean's family. Online condolences may be made at [www.minorfh.com](http://www.minorfh.com). For those who wish, donations may be made in Dean's memory to any charity that would benefit the needy.

**Joseph Allan Blair**, 60, of Jericho, VT, passed away at home on November 24, 2012, after a brief fight with cancer. Born September 26, 1952, in Colchester to Clyde and Catherine Blair, he was raised in Essex Junction and Jericho, graduating from Essex Junction High School in 1970. Joe worked for the University of Vermont for over 30 years, where he enjoyed the people he worked with and where he spread his humor and wit around the campus. Joe loved to golf as often as he could and to root for his New York Giants and New York Yankees in the comfort of his own home. Joe is survived by his son, Eric, of Bozeman, Mont.; son, Kyle, of Winooski; ex-wife, Linda, of Burlington, VT; sisters, Betty Mills and Carol Bennett, both of Burlington, VT; brother, Norman Blair and his wife, Linda, of Florida; as well as nieces, nephews and other very important people in his life. He was predeceased by his sister, Linda. Thank you to everyone that has helped to support our family over the past few months. It would have been much harder without all of you there, near and far. Special thanks to Dr. Nunnick and Shelly and the rest of the staff at VCCM, Mel from the VNA, as well as the staff at FAHC. There was a memorial service at the Ira Allen Chapel on the UVM Campus at 11 :00 AM on Saturday December 1, 2012.

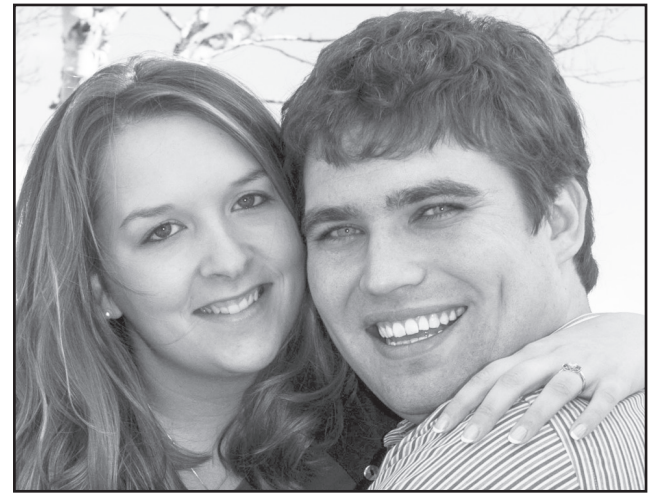


**John W. Buchanan**, 54, Westford, VT, brother, friend, kindred spirit, left to be with Mom, Katherine, and Dad, James, on November 24, 2012. John was born December 13, 1957, attended grade school in Burlington and Westford and graduated from Bellows Free Academy, Fairfax, in the class of 1976. He worked for the UVM Bookstore and Land Air Express, and liked getting to know the back roads of Vermont while making deliveries. John's hobbies included model airplanes, cars and boats, rebuilding VWs, garage sales on Saturday, vacationing in Maine, hunting and fishing with good friends. Little sister, Sheri, liked driving around while he held our dog, Corky. Brother and best friend, Dale, will miss his help and advice with vehicles and yard work. Older brother, Kevin, and sister, Donna, relied on him to fix anything around their houses. John will also be missed by many friends who considered him part of their families, several aunts, uncles and cousins, including goddaughter, Sabrina. John, always the practical fighter, was attacked by an insidious enemy, diabetes. Robbed of eyesight, he overcame the challenge with the help of modern technology. Over time, the enemy struck again with multiple counterpunches. Slowed by the blows, his spirit fought the brave battle against brain stroke. May he be guided by the Light and bathed in Comfort forever! Donations in John's memory may be made to the American Diabetes Association ([www.diabetes.org](http://www.diabetes.org)) or to the Nature Conservancy ([www.nature.org](http://www.nature.org)) or your local community land trust for the preservation of Vermont's land. Visiting hours were held on Friday November 30, 2012, from 5:00 to 8:00 PM at A.W. Rich Funeral Home - Fairfax Chapel, 1176 Main St. Fairfax, VT 05454. A Mass of Christian Burial was celebrated on Saturday December 1, 2012, at 10 :00 AM, at St. Mary's Church in Cambridge, VT, with the Revered Charles R. Danielson officiating. Burial followed at 2 :00 PM in the family lot in Resurrection Park Cemetery, Burlington. The family invites you to share your memories and online condolences by visiting [www.](http://www.)

ENGAGEMENT

ROY - YANUS

Rebecca Baldwin of Bath, NH, and Timothy Roy of Littleton, NH, proudly announces the engagement of their daughter, Molly Elizabeth Roy to Jason Paul (JP) Yanus, son of Paul and Marlene Yanus of Underhill Center, VT. Molly graduated from St. Michael's College in 2009 with a Bachelor's degree in Economics and Political Science, and now works in Waterbury Center, VT, as a Sales and Marketing Project Leader for Choice Strategies, a division of WageWorks. JP graduated from the University of New Hampshire in 2006 with a Bachelor's degree in Economics, and currently works as an Accounts Payable Coordinator at Green Mountain Coffee Roasters in Williston, VT. JP and Molly currently reside in Essex, VT. Molly accepted JP's proposal on May 15, 2012, in Budapest, Hungary, on the side of a cliff overlooking the Danube River. They look forward to celebrating their love and commitment to each other with their friends and family in a marriage ceremony and reception on July 6, 2013, in Burlington, VT.



Local 4-H youth take part in Dairy Challenge

Participants in the 12 and 13 year-old age group at the annual Dairy Challenge, Nov. 11 in Burlington, are all smiles as they finish the competition. PHOTO COURTESY OF UVM EXTENSION 4-H

[awrichfuneralhomes.com](http://awrichfuneralhomes.com).



**Margaret Anne (Bister) Burbank**, Jericho VT, passed away after a brief illness on Tuesday November 20,

2012. Peggy was surrounded by her loving family. Born on July 16, 1948, she was the daughter of the late William C. and A. Joyce Bister. Peggy graduated from Jericho High School in the Class of 1966 and Trinity College in the Class of 1970. Peggy married her high school sweetheart and love of her life, Fred Burbank, on June 6, 1970. Together they had three beautiful daughters, Heather, Tara, and Kristin. She spent early years of her marriage raising her family and enjoying their many activities. Later, Peggy went to work at UVM as the Business Manager in the EPSCOR office. She retired in February 2005. Peggy's biggest joy in recent years came from her grandchildren, Eva, Molly, Garret and Brady. She enjoyed quilting and spending time with her quilting friends at Quilters Camp. With her sisters, she took stamping classes and liked creating cards and scrapbook pages. She also liked playing tennis and bridge and was an avid sports fan. She especially enjoyed family vacations in Florida and the Caribbean with Fred, her daughters, and their families. Peggy is survived by her husband, Fred; daughters, Heather Burbank, Tara Carter and her husband, Keith, and their children Eva and Garret, and Kristin Trivento and her husband, Gary, and their children, Molly and Brady; her sisters, Sharon James and her husband, Bill, Norma Ojala and her husband, Jon, Marilyn Thomas and her husband, Grant, and Janet Knutsen and her husband, Roy; her sisters-in-law, Linda Brenner and her husband, Vic, Kay Fay, and Janet Grennan; along with many aunts, uncles, cousins, nieces, nephews, and friends. We would like to express our gratitude to Dr. Gerald Davis, the staff at the VT Lung Center, Dr. Diane Rippa, and the critical care staff at Fletcher Allen Hospital for the excellent care they provided Peggy. A Celebration of Life Memorial Service was held on Friday November 30, 2012, at 4:00 PM at the Jericho Congregational Church in Jericho Center. In lieu of flowers, contributions may be made to the VT Lung Center, c/o Stephanie Burns, 792 College Parkway, Suite 305, Colchester, VT 05446.

# Truffles

Using recipes that have been handed down from generation to generation we produce one of our most popular confections. Each batch is prepared with a special blend of chocolate and cream subtly flavored with natural flavors. Our flavors include an assortment of Amaretto, Grand Marnier, Kahlua, Chambord, Bailey's and Chocolate. Available in milk, dark or milk and dark chocolate mixed.

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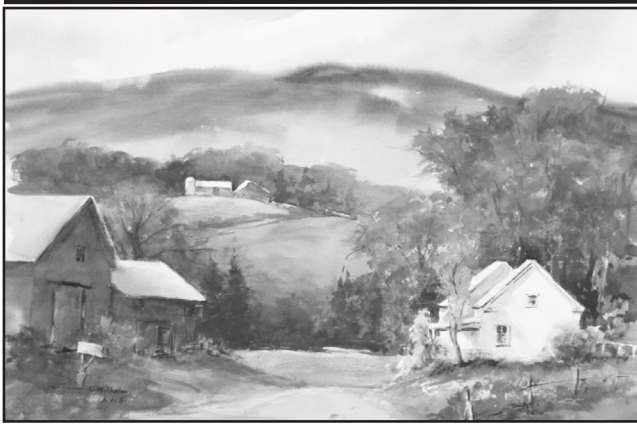
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ART / MUSIC / THEATER



Genevieve Wilhelm (1908 - 2005): North Cambridge

ART/PHOTOGRAPHY

**Bryan Memorial Gallery** presents works of late artists from private collections – all available for sale in this unique and eclectic exhibition. Paintings included are by Emile Gruppe, Robert Blair, Alden Bryan, Mary Bryan, Lawrence Goldsmith, Charles Curtis Allen, Thomas Curtin, Luigi Lucioni, Paul Goodnow, Lucinda Mason, Martha Wood Belcher, Robert Barrett, Bud Carey, Stan Marc Wright, Harlow Lent (a partial list of over 100 paintings.)

Bryan Memorial Gallery is at 180 Main Street, Jeffersonville, VT. Hours are 11 – 4, Thursday – Sunday, and open by appointment at just about any time. Exhibit can be previewed on the web at [www.bryangallery.org](http://www.bryangallery.org).

The **Emile A Gruppe Gallery** presents the Winter Show for the members of the Northern Vermont Artists' Association. The exhibition entitled "*Inspired by Gruppe*" will hang now through December 23. There will be an artist reception Sunday November 25 from 1:00 – 4:00 PM with a talk at 1:30 PM about the history of the NVAA by member Robert Brunelle, Jr.

The NVAA was founded in Burlington, VT in 1931 as the result of an attempt by Harold Knight to generate exhibition space for local artists. This first show was such a success that the decision was made to make it an annual event. The recently opened Robert Hull Fleming Museum invited the group to hold their next show at the Museum and they did so for the next 40 years. Since then the NVAA has shown in various places in the northern counties of Vermont. The mission of the NVAA established in 1931 still resonates for today's artists ... "To Encourage the study, improve the practice, elevate the standards and advance the cause of creative art." [www.northernvtartists.org](http://www.northernvtartists.org)

Emile A Gruppe, prominent New England landscape painter was a member of the NVAA in the early 40's. Although his home was in Gloucester, Mass., he regularly traveled to Jeffersonville in the late fall and in the early spring to paint. Many of his Vermont landscapes are on exhibition at the gallery. The gallery is located outside Jericho Center at 22 Barber Farm Road. Gallery hours are Thursday through Sunday from 10:00 AM to 3:00 PM or by appointment 802 899 3211 [www.emilegruppegallery.com](http://www.emilegruppegallery.com).

Member's Art Show and Festival of Trees & Light Opening reception, Member's Art Show and Festival of Trees & Light, December 7, 2012, 5:00 PM, the best opening of the year, community members gather to celebrate the season at this wonderful event. **Helen Day Art Center**, [mail@helay.com](mailto:mail@helay.com). Donations welcome.

MUSIC/DANCE

The **Vermont Symphony Orchestra** has again invited members of the National Guard and their families to celebrate the holidays with the Orchestra. The VSO expects more than 300 guard members and families to attend the Holiday Pops Concert at the Flynn Center in Burlington on Saturday December 8, as special guests at no cost to them.

"This is our small way to say thank you to our guard members and their families," said VSO executive director Alan Jordan. "It is a special opportunity to acknowledge all they do for us and to share our music with them. We are honored to extend the invitation this year to members of the Vermont National Guard's Gold Star

families."

This is the sixth year that the VSO has offered free tickets to Vermont guard members. The concert is co-sponsored by AARP, The Essex Resort and Spa, Queen City Printers, and Willie Racine's Jeep, while the three concert Holiday Pops tour is sponsored by People's United Bank.

The VSO Chorus joins the Orchestra to ring in the season, with Robert De Cormier and Dawn Willis conducting. The program includes a Swedish carol, selections from *Messiah*, pieces that highlight brass and percussion, a lighthearted new work by a teenage composer, two sleigh rides, a sing-along, wonderful De Cormier arrangements, and a salute to Woody Guthrie.

The teenage composer, Jacob Morton-Black, is a senior at Colchester High School and takes music courses at the University of Vermont. He has won numerous awards for his compositions. In addition to composing, he plays the French horn, and performs with the Vermont Youth Orchestra, the University of Vermont Orchestra and the University of Vermont Wind Ensemble. Morton-Black is also a member of the VYO Brass Quartet and co-founded the Colchester Community Concert Band. The VSO will premiere his composition "Danse Slav et Valse."

The Holiday Pops concert will also be performed in Barre on December 7 and in Rutland on December 9. For additional information, please call the VSO at (802) 864-5741, ext. 10 or visit [www.vso.org](http://www.vso.org).

**JSC & LUHS** present 'DANCES for the DELUGE' fundraiser for Vermont flood victims, Thursday December 8. Dance students from Johnson State College and Lamoille Union High School will present a recital to raise funds for Vermonters affected by this year's flooding at 7:00 PM. Thursday December 6, at Lamoille Union High School. Donations will be gratefully accepted, and all proceeds will go to the Vermont Disaster Relief Fund to benefit residents who are still recovering from damage caused by Tropical Storm.

The program, featuring both student and faculty choreography under the direction of dance professors Maris Wolff and Nicki Lefavre, will be an eclectic mix of styles, including ballet, jazz, lyrical, hip-hop and modern dance. In addition, the program will feature an historical dance by John Playford taken from his *English Dancing Master*, which was published in 1651, and a piece choreographed especially for Johnson State College dancers by guest artist Joan Wiegars.

"We hope that this coming together of dancers, friends family and neighbors will remind us of how important community is and how we can all help each other in times of need," said JSC Maris Wolff, JSC professor of dance. "We also hope that in addition to helping our neighbors financially, this will be an opportunity to nurture our community through the healing power of the art of dance."

For more information, contact Professor Wolff at 802-635-1318.

**Queen City Contras** will hold its regular dance on Friday December 14, 2012 at 8:00 PM at Edmunds School Gymnasium, 299 Main Street, Burlington VT. Will Mentor will call. Music will be provided by the Red Hot Contra Band. All are welcome,

Art continued on page 11

# Trading Up To LEDs?

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REVIEWS

## Maintaining your video archives

By Angelike Contis

Ever wonder what the best way to preserve your most precious home videos is? Do you have boxes of ancient VHS tapes or minicassettes gathering dust? Have a million digital files stored on your cell phone or computer?

With an eye to better organizing our own archives at Mt. Mansfield Community Television, I attended a seminar called Preserving Digital Multimedia Files offered by the Vermont Folklife Center (VFC) in Middlebury on November 9. I'm passing on some of the info here, with the thought that it's useful on a home video scale too.

Migrate, migrate, migrate was the mantra that VFC Co-Director/Archivist Andy Kolovos reiterated. Operating systems and formats change. Hardware breaks. So, in order to save your video treasures, you must become a digital "shepherd," who must – every so often – heard your video creations from one format to the next. (And yeah, even after digitally backing things up, you should keep important VHS originals and a deck to play them on.)

In archiving, being redundant is a virtue. Store your video files in multiple copies, in cool, dry locations. Employ multiple hard drives and DVDs, the VFC says. Create something called a checksum file for drive content – to make sure the digital content is healthy; there is software out there for that.

While professional archives, like the Vermont Folklife Center, have a costly RAID-storage system for storage/backup, setting up a string of independent drives that redundantly back up material is a feasible option, especially as drives of 1 Terabyte and more are becoming relatively cheap.

When it comes to formats, Kolovos advised: "Create digital files in standard, non-proprietary formats that will be supported over time." But a good rule of thumb is to backup the material in the file format it was first created. Even though the most widespread video formats - .avi and .mov - are proprietary, they are solid options.

Good archiving isn't just about technology, however. Even on a household scale, you need a plan. Ask yourself what you want to save and why. Then, make a habit of backing up material regularly on both DVDs and two different hard drives. And label the files in a way that you can later understand.

Hope some of this is handy. By the way, the Vermont Folklife Center welcomes donations of audio and/or visual material of life in Vermont from the 1970s and earlier. You can contact them at (802) 388-4964 or online: [www.vermontfolklifecenter.org](http://www.vermontfolklifecenter.org).

If you have any video archiving questions, or would like to learn more about getting involved with MMCTV, please drop by our 15th Anniversary Open House at 35 West Main Street in Richmond on Wednesday, December 19, 4-8 pm. We'd love to give you a tour of the station.

Angelike Contis is the executive director of Mt. Mansfield Community Television. She can be reached at [mmc-tv@comcast.net](mailto:mmc-tv@comcast.net) or 434-2550. Find out more about MMCTV at [www.mmctv15.org](http://www.mmctv15.org). "Like" us on Facebook this month and be eligible for a free DVD of "Wilson 'Snowflake' Bentley: Snowflakes in Motion" by Peter Wolf, whose exhibit currently is on display at MMCTV.

## Browns River Middle School fares well at 2012 UVM Aiken/TASC Transportation Challenges

Over 3,000 Fastenal 1.5" fender washers were moved through two challenging courses by teams of middle and high school students in vehicles that were powered with human energy during the 2012 UVM Aiken/TASC Transportation Challenges. UVM Aiken/TASC Challenges are sponsored by The Aiken Lecture Series and the College of Engineering and Mathematical Sciences (CEMS) as well as by approximately 60 businesses. Approximately 35 teams from 19 middle and high schools competed for awards that included: **IBM Overall Design Awards**, **PC Construction Most Freight Delivered Awards**, **General Dynamics Test Tract Best Time Awards**, **IEEE Hill Challenge Most Freight Moved up Hill Awards**, **Husky Marketing Awards**, **Dynapower Off Road Tract Best Time Awards**, **Mylan Technology Emergency Most Efficient Uphill Climb Awards**, and the **NRG Green Transportation Video Awards**, for the best 30 to 60 second videos featuring the benefits of Green Transportation.

Teams were challenged to transport as many washers as they could through two courses within the five minutes. They also had to transverse an 80 foot obstacle course. Members of the Vermont Army National Guard participated as judges, and Girl Scouts and Boy Scouts visited to view the event prior to individual classes offered by UVM CEMS as part of the Technology Knowledge Fair/Scouts in Engineering event done in conjunction with UVM Aiken/TASC/ This program offers classes on a variety of topics including: Architecture, Astronomy, Computers, Electricity, Electronics, Engineering, Metals, Photography, Riflery, Robotics Space Exploration, and Surveying.

"It is through outreach programs such as the UVM AikenTASC Challenges that students learn how to make a difference in the world while learning firsthand what it takes to be an engineer or scientist," says Bernard "Chip" Cole, Interim Dean of the UVM College of Engineering and Mathematical Sciences.

The event is named after George D. Aiken, former U. S. Senator and Governor of Vermont who was an advocate for student education. The Aiken Lecture Series sponsors this event because it encourages middle and high school students to create engineering solutions to address needs within communities in our world. Many student participants of the Aiken/TASC Challenges go on to study engineering within UVM CEMS.

**WINNERS LIST The 2012 UVM Aiken/TASC\* Challenges (Technology And Science Connection)**

### 2012 UVM TASC AWARDS

#### MS IBM Best Overall Award

- 1st Place: Browns River Middle School – Ricochet
- Runner Up: Browns River Middle School – HONKA

#### HS IBM Best Overall Award

- 1st Place: Champlain Valley Union High School – Project RedHawk

Runner Up: Hanover High School – The Neanderthals

#### MS Husky Marketing Award

- 1st Place: Browns River Middle School – Think
- Runner Up: Browns River Middle School – Ricochet



Wonderful trip...dogs arrive at BTV on the way to Save our Strays in Huntington.

## Art continued from page 10

all dances taught, no partner or experience necessary. Beginners' session at 7:45 PM. Admission is \$8.00 adults. Under 12 free.

Please bring clean, soft-soled shoes for dancing. Dance Info: 802-371-9492 or 802-343-7165

**English Country Dance** - First and Third Fridays at the Elley-Long Music Center, 223 Ethan Allen Avenue, Colchester, VT. Live music. For adults and teens. Newcomers welcome. All dances are taught and prompted. Come with or without a partner; we'll change partners throughout the evening. Casual dress, flat-heeled shoes. Bring a sweet or savory finger food to share. 7 to 7:30 PM - choose a workshop (basic skills/warm-ups for all or challenging dances for experienced dancers). 7:30 to 9:30 PM - dancing for all. \$10 (\$8 student/under 30). Website: [www.burlingtoncountrydancers.org](http://www.burlingtoncountrydancers.org) Info, 802-899-2378 or 802-879-7618 or [valandtom@myfairpoint.net](mailto:valandtom@myfairpoint.net). Dates (all Fridays):, December 7 and 21.

### THEATER

To celebrate the season, **Essex Community Players** presents "Just Because It's Christmas", a holiday festival of local talent filling Memorial Hall with an old-fashioned celebration that is sure to warm hearts. Join directors/producers Walt and Carol as they audition prospective musicians, singers and story tellers for a place in the program. The music ranges from traditional carols to modern musical classics to classical. This family event has something for children of all ages. You will even see Santa and several of his reindeer in a fun-filled skit. This holiday program will start your holiday season off with a warm glow.

Performance Dates and Times: Friday December 7 - 7:00 PM; Saturday December 8 - 2:00 and 7:00 PM; Sunday December 9 - 2:00 PM.

For more information, visit [www.essexplayers.com](http://www.essexplayers.com) or call 878-9109 during box office hours.

## Book Reviews

By Lisa Timbers

*The Street Of A Thousand Blossoms* by Gail Tsukiyama, 2007

There is beauty and lyrical wisdom in this novel. Tsukiyama tells a passionate story of a small close-knit family living in Yanaka, a small community in Tokyo during WWII. Each character, from younger brother Kenji whose soul is entwined with the art of mask making, to his older brother Hiroshi whose fate as a sumo wrestler striving to uphold the dignity and heroism of his art, competes with a ravished and war-weary society. The characters of Kenji and Hiroshi's ojichan and obaachan (grandparents) embody the grace and beauty of the old country and the reader is reminded of what will be lost as a result of the war. Reading this novel feels more like peering through a window and having your senses heightened by the images, colors, odors, and movement of the culture and characters. As with any well written and researched historical novel, the knowledge gained amidst poignant metaphors, colorful details and descriptions is the ultimate way to learn about world history.

*An Incomplete Revenge* by Jacqueline Winspear, 2008

*An Incomplete Revenge* is number five in a series of nine Maisie Dobbs novels. In this "episode", Maisie sets out to a small, picturesque village outside London to investigate a series of small crimes. As usually happens in her investigations, there's always more to the story and Maisie leaves no stone unturned. Noting a deep undercurrent of tension and secrecy in the village, her inquiries lead her to a band of gypsies living just outside of town. As Maisie pursues the matter of what she recognizes as discrimination and prejudice, author Winspear adds another dimension of political discord and social complexity that belies the impression that this is just another detective story. Jacqueline Winspear has created an intriguing personality in Maisie Dobbs. Maisie's unique experiences with eastern religion practices, her own intuitive nature, an unusual upbringing and education and harrowing nursing experiences in World War I all contribute to an intriguing character with a wide range of interests and acquaintances. There is a definite progression in this series, marked with romance, friendship and family, so be sure to start with the first novel, simply called *Maisie Dobbs*.

Tell us your story..How you have dealt with illness and despair? How have you persevered? What gave you hope? Tell me your story! Contact me at [mtgazette@earthlink.net](mailto:mtgazette@earthlink.net)

# MMCTV 15

Mount Mansfield Community Television

You are invited to our 15th anniversary OPEN HOUSE Wednesday, December 19th, 4-8pm at MMCTV 35 West Main Street, Richmond

### TOUR the studio.

LEARN about free training, volunteering, internship and production oportunities.

ENJOY an exhibit by Jericho photographer Peter Wolf and refreshments/snacks.

MMCTV is the nonprofit, public access TV station for Richmond, Jericho and Underhill, VT. [www.mmctv15.org](http://www.mmctv15.org)

SENIOR NEWS

**CVAA Senior Meals**

**Thursday December 6**  
**Bridge Street, Richmond**  
 Check in 10:30AM, Lunch 11:00 AM  
 Turkey Dinner

**Friday December 7**  
**Hinesburg Mealsite**  
 11:30AM

**Monday December 10**  
**Covenant Church, Essex Ctr., 12:00 noon**  
 Chicken with Mushroom & Onion Gravy, Rice  
 Medley, Stewed Tomatoes, Marble Rye Bread, Pears

**Tuesday December 11**  
**Ray's Seafood, Essex Jct.**  
 10:30 AM check in, 11:00 lunch

**Wednesday December 12**  
**JP's Diner & Deli**  
**River Road, Essex Jct.**  
 10:30 AM check in, 11:00 AM lunch  
 Roast Pork

**Thursday December 13**  
**Holiday Inn, So. Burlington**  
 11:00 AM check in, 11:30 AM lunch  
 Turkey Dinner

**Friday December 14**  
**Holiday Celebration at the Elks**  
**North Ave., Burlington**  
 Check in 10:00 AM, Lunch 11:00 AM  
 Turkey  
 Entertainment by Sergio  
 Tickets Required – please see Pat Pike

**Monday December 17**  
**Covenant Church, Essex Ctr.**  
 12:00 noon  
 Beef & Cabbage Casserole, California Vegetables, Wheat  
 Roll, Peaches

**Monday December 17**  
 Papa Nicks, 3:00 PM, Turkey Dinner

**Tuesday December 18**  
 Pizza Hut, Susie Wilson Road, Essex Jct.  
 10:30 AM check in, 11:00 AM lunch  
 "All you can eat Pizza Buffet"

**Wednesday December 19**  
**Dutch Mill, Shelburne Rd. Shelburne**  
 Check in 10:30 AM, Lunch at 11:00 AM  
 Grilled Chicken Breast

**Thursday December 20**  
**Ponderosa, Williston**  
 Check in 11:00 a.m.  
 Lunch at 11:15 a.m.  
 "all you can eat Buffet"

**Recipe by Marion Tobin**



Pie Crust made with oil  
 For a one crust pie  
 1 cup flour  
 ¼ teaspoon salt  
 1/3 cup oil (Crisco)  
 2 tablespoons milk  
 Method: Mix ingredients together with a fork. Roll out  
 between two sheets of wax paper. Take off top sheet turn  
 onto pie plate, peel off other sheet wax paper, roll the edge  
 and flute.  
 Bake in hot oven; milk makes the crust brown nicely.

**Be generous of heart...  
 help a Senior Citizen!**

**Bald Eagle receiving care**

The VINS Wildlife Services department is currently treating a juvenile bald eagle, who was found grounded in Vermont's North-east Kingdom Sept. 5.  
 The bird was transported to VINS, and upon examination we found the eagle to have a fracture in his right wing. We also noted a splattering of blood on the underside of each of his wings, which led us to suspect he may have been shot. We took the eagle to Kedron Valley Veterinary Clinic (Woodstock, VT) for x-ray, and found indeed the eagle had been shot with a shotgun. In the x-ray, the shot shows up as small white circles -- there's no mistaking it. One piece of shot in particular is clearly the culprit of the fracture.  
 We immediately wrapped the eagle's wing to allow his fracture to heal properly. The wrap was removed after 2 weeks' time, and we found the wing to have healed nicely. The fracture -- though healed -- is still a bit fragile, so for now the eagle, which we believe to be male based on his size, is indoors in a smaller enclosure. Eventually he will be moved into our outdoor flight cage, where we can monitor his flight and see if his injuries have altered his flight ability. The eagle is eating heaping portions of fish and other meat daily. He is feisty, alert and bright-eyed -- all promising signs for a return to the wild.

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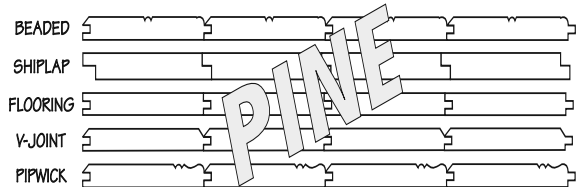
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SCHOOL NEWS

**Westford School receives grant from the VT Arts Council to help fund a week of Circus Arts!**

The Westford School learned this week that it will receive a grant of \$1,250.00 from the Vermont Arts Council. This grant was awarded through the Artists in Schools Program and will support a portion of the residency fees for students to work with Circus Smirkus artist Joni White-Hansen during the week of November 12. This will be a school-wide circus arts experience, culminating in a Friday evening demonstration that the whole community is invited to attend (so stay tuned!) [November 16, 6:30 PM at the school.

Thanks go out to Westford School faculty for voting overwhelming in support of this artist-in-residency program and for collaborating with one another to integrate circus-themed curricular activities into every grade of the school. Thanks, too, to the Arts Council for developing the Artists in Schools Program to support residencies like this one, and to the Vermont State Legislature and National Endowment for the Arts which fund the Arts Council. The Artists in Schools Program addresses a growing need for the integration of arts in school curricula due to the pressure of dwindling budgets. Thanks also to Mark and Julie Winer for providing lodging for Ms White-Hansen when she comes next month. And thanks to the Westford School PTO for funding the balance of the program and continuing to provide all kinds of logistical support.

Long-time VT State Legislator and Westford School Board Member Martha Heath notes, "It's wonderful to have the Arts Council support a performance art experience for the entire Westford School. We know from studies on student engagement that Arts education is vital to student success. Indeed, workers trained in the arts drive the success of many Vermont businesses, including software development, telecommunications, new media, etc. The students of Westford are fortunate to be afforded this fabulous opportunity."

Westford School's visual arts teacher is currently funded at less than half-time. The music teacher is a .8 position. For more information about the Artists in Schools initiative or other programs of the Vermont Arts Council, visit [www.vermontartscouncil.org](http://www.vermontartscouncil.org).

**MMusic students to perform at Northwest District Festival**

Congratulations to the following MMusic students who auditioned and have been accepted into the Northwest District Festival. MMusic is very proud of your hard work and dedication.

Concert Band: Mikayla Kelemen-Principal flute, Krisite Bae-Flute, Eloise Bisbee-Clarinet, John Bae-Clarinet, Erica Rosmus-Principal Alto Sax, Ryan Vanhorn-Alto Sax, Dylan Barbagallo-Alto Sax, Lillian Feinson-Principal Tenor Sax, Paige Schoppmann-Principal french Horn, Jack Landis-Trombone

Wind Ensemble: Emma Dubai-Flute, Kenzie Provencher-Flute, Alexa New-Flute, Danielle Lawhorn-Principal Oboe, Rebecca Barwin-Principal Bassoon, Ginny Churchill-Principal Clarinet, Charlie Cobb-Clarinet, Alex Clift-Principal Alto Sax, Brian Rosmus-Alto Sax, Adam Morin-Tenor Sax, David Brown-French horn, Elliot Lowe-Trumpet, Mike Lawler-Trumpet, Jonathan Griffin-Trombone, Avery Cooper-Trombone, Mike O'Connor-Percussion, Hannah Sylvester-Percussion

The festival concert will be held February 1 at B.F.A. St Albans High School at 7:00 PM. Tickets will be sold at the door that evening.

You better watch out!



**Word War Competition on Day 22 results**

During the month of November, over ninety writers at Browns River Middle School have taken the National Novel Writing Month challenge. We've enjoyed competing in a Word War competition with various schools in the nation. Through this friendly competition to reach a 100% group word count goal, we have Skyped our competitors from Tolt Middle School in Carnation, Washington and Kentucky Country Day School in Louisville, Kentucky.

A big thank you to Beth Wagner and Colleen Vollero of the Phoenix Books for sponsoring the Dangerous Night of Writing event. This two hour write-a-thon kicked off the Thanksgiving weekend with cupcakes, prizes and writers writing up a storm on their laptops and notebooks at the Phoenix Books in Essex on November 16. We also want to thank Robert Sleamaker of Vasa Inc. for sponsoring our Hurricane Sandy Relief project. Our students put their writing efforts to raise \$71 for the American Red Cross Hurricane Sandy Relief Fund.

On December 4, writers will celebrate their achievement at the Browns River Middle School Library. Congratulations to all writers who took on this thirty day challenge and completed their 100% word count goal to write a long story. In January 2013, several writers will continue the writing process to revise, edit and publish their stories thanks to the sponsors of CreateSpace.com who give writers free paperback copies of their stories.

- Brown River Middle School 2012 - 68%
- Westpine Middle School, Sunrise, Florida 1 - 42%
- Eagles English, Elma Middle School, Elma, Washington - 45%
- Ms. Stringfellow's Class, Kentucky Country Day School, Louisville, Kentucky - 49%
- Switaj's Scribes of Tolt Middle School in Carnation, Washington - 68%

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## SPORTS NEWS

# Catamount Trails hosting 5<sup>th</sup> annual Ladies Nordic Ski Expo

In a sport that is often intimidating for beginners due to costs, risk, physical ability and skill needed, Catamount Trail Association is opening up the door and making backcountry and Nordic skiing accessible to women of all levels. This year the CTA will be hosting the 5<sup>th</sup> Annual Ladies Nordic Ski Expo at Trapp Family Lodge which brings over 100 women to the Stowe area resort and Nordic center to learn the basics of backcountry, classic and skate skiing in a supportive and relaxed environment. The event is put on by women, for women, with some of the most elite female masters' racers in the area coming to instruct.

This event is one way that the Catamount Trail Association tries to reach out to groups of potential skiers who have not previously had the opportunity to access instruction or equipment. Instructors are available and willing to teach anyone who has enthusiasm for skiing, regardless of whether they can navigate through waist

deep powder or simply snowplow over rolling terrain. "My first time on Nordic skis was at this event," said Joanne Gorgan, a now passionate Nordic skier. "I finished the day being able to skate and left with the feeling of achievement."

Trapp Family Lodge, nestled along the edge of the Green Mountains, provides a phenomenal arena to host this instructional clinic. The famous venue allows for spectacular amenities during the day, from a prepared gourmet lunch to a warming yurt where women are able to view video of themselves skiing in order to improve their technique.

Women are welcome to spend the whole weekend at Trapps, with a discounted lodging rate offered to participants. Everyone is encouraged to bring their friends who have always wanted to ski but never learned how, those friends who are the first on snow every year, or perhaps come as a mother-daughter pair. For those who are not interested in participating themselves, consider gifting the registration to a loved one that deserves a fantastic holiday gift

this season.

It is a rare event when women have a space to learn how to ski without fear or hesitation, in a supportive, informative and energetic environment. Dagny St. John, a long time instructor of this clinic, expressed her love for the event, saying, "Wow, the Ladies Nordic is my all time favorite winter event! Imagine a full day of skiing, bettering techniques, playing in the snow with 100 other girls! And a yummy meal as well, all at Trapps!"

"For the past two years I have made it a point to get to the Catamount Trail Association's Ladies Nordic Ski Expo," Elise Annes told the CTA. "It is a day filled with quality ski instruction, many laughs, and a chance to be surrounded by other women who enjoy leading an active life. Thank you to CTA for the energy and enthusiasm that they put into planning and leading a wonderful day that is uniquely Vermont." To find out how to be a part of the experience, visit the Catamount Trail Association's website at [www.catamounttrail.org](http://www.catamounttrail.org).

## LEGALS

## OFFICIAL WARNING

### ANNUAL MEETING

#### JERICHO UNDERHILL PARK DISTRICT

The legal voters of the towns of Jericho and Underhill in the County of Chittenden and the State of Vermont are hereby warned and notified to meet at the Deborah Rawson Memorial Library (project room) in Jericho, Vermont on Wednesday, January 16, 2013 at 7:00 PM to act on the following articles:

Article 1. Election of a Moderator

Article 2. Act on Report of Trustees

Article 3. Shall the District authorize the Trustees to borrow money for the temporary needs of the District?

Article 4. Adoption of a budget of \$30,790.00

Article 5. Other business thought proper when met.

Dated at Jericho, Vermont, December 10, 2012

Livy Strong Chair  
Michelle Hayes Vice-Chair  
Carol Smith Treasurer  
Marcy Gibson Secretary  
Marie Lynch  
Jim Massingham

## TOWN OF UNDERHILL PUBLIC HEARING

Underhill, VT – Do you know what zoning district you're in? The Underhill Planning Commission will be holding two public hearings, on December 5 and 11, 7:00 pm at the Underhill Town Office, to present the results of its 2012 Zoning Redistricting Project. Three new zoning districts and several district boundary adjustments will be presented for community consideration. These include new "Underhill Flats Village Center" and "Village Residential" Districts, a new "Underhill Center Village District," the elimination of three small "outlier" Soil and Water Conservation Districts, and district boundary adjustments affecting parcels bordering the Ethan Allen Firing Range.

Underhill's current zoning map, dating from the 1970s and 1980s, was originally developed from soil survey maps, before more detailed parcel maps were available. As a result, district boundaries do not follow parcel lines or other natural features. Many divide properties and are hard to find on the ground. The 2010 Underhill Town Plan calls for a phased update of the town's zoning map, and associated zoning district standards, starting with the town's two historic village areas. Currently, more than ninety percent of lots in Underhill Flats and Underhill Center do not meet minimum district lot size requirements.

Proposed village zoning changes better reflect historic development patterns and reduce the number of nonconforming lots, making it easier for property owners to build additions, porches, decks, garages and other accessory structures. Proposed changes to the Underhill Flats Village District are also consistent with Jericho's village zoning, allowing for more coordinated and uniform village development across the town line.

Underhill Flats is currently zoned for one-acre lots. The proposal is to reduce this minimum to one-quarter acre, in a redefined village district along Route 15 and Park Street, in areas served by community water, and to maintain one acre lots in a new village residential district that includes existing residential lots bordering the village. Underhill Center is currently zoned for five acre lots. This would be reduced to a minimum lot size of one-half acre, within a new, tightly defined, Underhill Center village district. It's important to note that state water and wastewater regulations, and current restrictions on development in floodplains, wetlands and steep slopes, will still apply to new development in both districts.

The elimination of outlier districts and boundary adjustments along the firing range are intended to clean up the zoning map in these areas so that parcels now located in two or more districts will instead be included in a single zoning district. These proposed changes were also evaluated by the Underhill Conservation Commission, and no adverse impacts to natural resources were identified.

The Underhill Planning Commission will incorporate comments received at upcoming public forums in a revised draft to be submitted to the Underhill Selectboard for consideration. The Selectboard will also hold at least one public hearing before warning proposed zoning changes for a March town vote. For more information, contact Kari Papelbon, Underhill Zoning and Planning Administrator (802) 899-4434. This project has been supported by a municipal planning grant from the Vermont Department of Economic, Housing and Community Development.



Essex Youth Hockey Pee Wee As won the 29th Annual St Albans Thanksgiving Tournament beating Voisins Richelieu, QC 3-1 in the championship game. Pictured above are (L to R) First Row - Tyler Millette, Phoenix LaMonda, Sam Foster, Ryan Young, Nathaniel Sisters, Jacob Decatur; Second Row - Rob Young, Justin Barnes, Maverick King, Sam Couture, Nathan Theriault, Patrick Burke, Matt King, Jakobe Putzier, Jeff Truax and Jason Couture. It was the first time in over 10 years that an American Team has won the tournament at the Pee Wee Division. PHOTO CONTRIBUTED

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## LEGALS

#### Town of Underhill

##### Notice of Amendment to Underhill Speed Control Ordinance

On November 27, 2012, the Selectboard of the Town of Underhill, Vermont, amended the Underhill Speed Control Ordinance pursuant to Vermont Statutes Annotated, Title 24, Section 1972; Title 24, Section 2291(4); and Title 23, Section 1007.

##### Summary of Ordinance Amendment

###### Statement of Purpose

The purpose of this ordinance is to promote the public health, safety, welfare and convenience of the citizens of the Town of Underhill by amending the speed limit on TH#24 Lower English Settlement Road to 30MPH.

###### Full Text

The full text of the Amendment to Underhill Speed Control Ordinance is available at the Town Clerk's office at 12 Pleasant Valley Road, Town of Underhill, Vermont and may be examined during regular office hours.

###### Citizens' Right to Petition for Vote

Title 24 V.S.A. § 1973 grants citizens the right to petition for a vote at a special or annual Town Meeting to disapprove the Amendment to Underhill Speed Control Ordinance adopted by the Selectboard. To execute this right, citizens must present to the Selectboard or the Town Clerk a petition for a vote on the question of disapproving the Amendment to Underhill Speed Control Ordinance signed by not less than five percent (5%) of the Town's qualified voters. The petition must be presented within forty-four (44) days following the date of the adoption of the Amendment of Underhill Speed Control Ordinance. Unless a petition requesting a vote is filed pursuant to 24 V.S.A. § 1973, the Amendment to Underhill Speed Control Ordinance shall become effective sixty (60) days from the date of said adoption.

###### Person to Contact

Additional information pertaining to this Amendment to Underhill Speed Control Ordinance may be obtained by contacting the Underhill Town Clerk, at the Town Office located at 12 Pleasant Valley Road or by calling (802) 899-4434 during regular office hours.

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MacOS platform preferred. Need ongoing updates and maintenance capabilities for site to remain with our Board.

Requires project-based quote. Deadline to apply: Dec. 12, 2012. Please send resume and cover letter, detailing recent relevant experience and links to sites you've designed to:

JUPD WebDesign, PO Box 164, Underhill, VT 05489.

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