

UVM CEMS Northwest MATHCOUNTS winners



The winning students and schools from the MATHCOUNTS Northwest Regional Competition are: Camel's Hump Middle School students Noah Chabot, Becket Hill, Loughlin Neuert, Christoph Sauter who took third place for the group competition and Loughlin Neuert placed third as well as an individual winner.

PHOTO CONTRIBUTED

Northern VT Series BoarderCross/SkierCross events

Two Richmond snowsports competitors competed at Jay Peak last weekend in a USASA sanctioned, Northern VT Series BoarderCross/SkierCross event. The races were the first in the discipline at the resort. Jay Peak, a new venue for the NVT competitors, held its first USASA sanctioned event, a Rail Jam, on Jan 12. Jay Peak joins Smugglers Notch, Sugarbush and Stowe Mountain Resort.

Jacob Pratt, 13, participated in the Skier Men class (ages 13-15). He finished fifth in Saturday's race before capturing a gold and a silver medal in the Sunday twin-bill. Pratt is an 8th grader at Camel's Hump Middle School and is a member of the Smugglers Notch Freeski Team.

Douglas Fay, 14, recovered from a bout of the flu on Saturday to race to a pair of silver medals in Sunday's Youth Men snowboard class (14-15). Fay, a freshman at MMU, is attending the Mt Mansfield Winter Academy in Stowe thanks to a grant from the Kelly Clark Foundation. He trains at the Mt Mansfield Ski & Snowboard Club (MMSC).

Eight year-old Harper Oliver from West Bolton also competed in the BoarderCross over the weekend. Oliver is in the Grommet division (8-9). In her three starts Oliver, who is supported by Dealer.com, raced to a bronze and two silvers. She trains at the Mt Mansfield Ski & Snowboard Club (MMSC) as well.



Jacob Pratt holds his tuck coming off a roller jump.



Harper Oliver



Douglas Fay at speed on the Jay BoarderCross course

PHOTOS BY JENNIFER LANGILLE

Westford Town meeting ballot items

By Phyl Newbeck
Special to the Mountain Gazette

Westford has a combination of items to vote on this year at Town Meeting. Two are floor items while others will be decided by Australian ballot. The floor vote items are electoral issues. Several years ago, Westford extended the terms for Town Clerk and Town Treasurer to three years. The Select Board is now proposing that they be dropped down to one-year terms. "A little more accountability is required," said outgoing Select Board Chair John Quinn. Although the town's main focus is on the treasurer's position for greater internal financial control, the plan is to have the same term length for both positions.

Almost as important as what will be voted on is what won't be voted on. The Select Board considered proposing an article to eliminate the position of Town Auditor in favor of hiring a professional do to the work. At present, Westford only has one auditor out of three possible slots. One position has been vacant for over a year and the town came close to losing the lone auditor still serving. Nobody has placed their name on the ballot for the upcoming year. Quinn said this issue will probably be taken up next year but in the meantime, the town is limited by not having a quorum of auditors. Quinn said the Select Board is also considering hiring a Town Administrator. Since all three Select Board members have full-time jobs and are unavailable during the day, a great deal of work falls on the shoulders of the Town Clerk.

Westford also has a number of items to be voted on by Australian ballot. In Article Seven, citizens will be asked to approve a budget of \$1,672,181 which is an increase of 3.85% or \$19.90 per \$100,000 of home value. Last year's budget featured an increase of 6.3%. Quinn said there are no big ticket items; just general expenditures needed to keep Westford functioning.

Article Eight pertains to last year's Town Meeting vote authorizing expenditures for the purchase of the Spiller property adjacent to the Town Common from the Westford Historical Society. The plan had been to purchase the property with proceeds from the sale of town owned lots but those lots turned out to be worth al-

most 50% less than expected. Instead of just using the proceeds from the sale, voters are being asked to authorize owner financing by the Historical Society at a fixed rate of interest over a period of 15 years or less. Quinn said the Historical Society currently has all their equity tied up in the property so they are unable to attend to other matters. Article Eight doesn't change the expenditures needed to purchase the building; just the configuration of funding.

The last three articles request voters to authorize a series of expenditures: \$40,000 for high priority road projects, \$35,000 for the equipment reserve fund and \$5,000 for fireworks to celebrate Westford's 250th anniversary. Quinn noted that these funds could have been placed in the regular budget but the Select Board wanted to give citizens the opportunity to look at them separately. "The main budget is what we absolutely have to have," he said. "These are additional expenditures."

The road projects were all recommended by the town's Road Committee. Quinn said there are no major projects, but the hope is to make changes that will alleviate the problems caused by mud season. Last year several roads were impassable for a number of days. "We're trying to fulfill a commitment to make at least some incremental progress," said Quinn. The money for the reserve fund is needed because the town has a goal of always being able to make a 20% down payment on anything they need to purchase. The fireworks will be for a celebration which is planned for June 8.

The Select Board expressed some frustration about not being able to do as much as they would have liked, in part because almost two cents of the tax rate is going toward legal fees of \$47,000 to defend Westford's zoning regulations against repeated lawsuits by the same individuals. Quinn noted that the money spent in legal fees could have been used for road improvements, obviating the need for a special item on the ballot.

After two terms on the Select Board, Quinn is stepping down although he will still be involved with the Westford Fire Department. "I only intended to serve two terms," he said. "I think people stay in office too long." Quinn is pleased with the progress that has been made in his two terms on the board. "I'm happy with the job we've done," he said. "We accomplished a lot in the last six years and we're well positioned to accomplish a lot more in the future."

Jericho select board race

By Phyl Newbeck
Special to the Mountain Gazette

This year two residents of Jericho are vying for a seat on the Select Board. Kim Norman Mercer is running for a second term. In 2010, upon realizing there was only one candidate in the race, she threw her hat in the ring as a write-in candidate, winning by a three-to-two margin. She is being challenged by Donald W. Messier, who currently serves as Town Agent, Grand Juror, Auditor and Justice of the Peace.

Mercer is the Web Coordinator/Systems Administrator for Senator Bernie Sanders. Previously, she worked as a Communications Coordinator at UVM, Marketing Manager for the Shubert Organization, and Marketing Director for the Music Hall. The Thetford-born Mercer has lived in Jericho for seven years and is the mother of an eight-year-old daughter and a ten-year-old son.

Community involvement is one of the things Mercer has enjoyed about her position. She recalls a proposal made by the Jericho Energy Task Force to put a park and ride facility at the corner of Route 15 and Packard Road. At the time she thought it was a sensible decision but after listening to neighbors who disagreed, she changed her mind. "I was proud of the way I listened to them and how I handled the hearing," she said. "We listened to the complaints, we didn't get defensive, and we were able to see the other side."

Mercer has enjoyed the interactions with her colleagues on the Select Board. "I have a lot of respect for both of them," she said "and it's a workable situation where nobody is afraid to submit their ideas." Mercer also spoke highly of the current town staff. If reelected, she hopes to continue working with the Trails Committee and affirming the Select Board's commitment to traffic calming projects. She believes heightened awareness will get more people to bike and walk in town which will help people be more willing to invest in pathways and sidewalks.

When Mercer was first sworn in she received some nasty, borderline violent, e-mails from constituents. When the State Police

said they couldn't take action, she was able to find the source of one of the e-mails and called the sender to invite him to come to a Select Board meeting and air his grievances. Nothing happened, but Mercer stressed that all members of the board have their phone numbers listed and are willing to talk to constituents about any issue relevant to the town.

During Mercer's term, Jericho was in the news thanks to the padded overtime accounts of Sgt. James Deegan of the State Police. That situation has been resolved and the town should soon be receiving a check for \$80,000 to pay for charged patrol hours that were never covered. Mercer notes that the town took action long before the issue came to light in the press, cutting back on State Police hours because they didn't think the troopers were being effective. Last year at Town Meeting, the Select Board announced they would be hiring the Sheriff's Department to take over some patrol hours.

Donald Messier is a registered financial planner who has lived in Jericho for over four decades. Born in Connecticut, he is the proud father of two doctors and the grandfather of four. He is retired after a career that includes having been the principal of schools in Addison, Alburgh and Winooski, and Superintendent of the Winooski School District. He spent seven years with the Department of Defense, as well as working as a stock broker and sales manager for three financial services corporations. After obtaining his Master's Degree from Fairfield University, he received three fellowships in American History from Stanford University, Johns Hopkins University and the University of Notre Dame.

Beyond his professional work, Messier has been active in a myriad of organizations including volunteering for Fletcher Allen Hospital as a Eucharistic minister and for Project Angel Food. He has served on a variety of boards including the Citizen's Advisory Council for E.T.V., the Advisory Council to the President of Johnson State College, and as an Associate Trustee for St. Michael's College. He is a former chairperson of the Champlain Valley Superintendents' Association and is a member of the Vermont State Board of Education for the Correction Department and Chair of

the School Board for the Chittenden County Correctional Center. Last March he was elected Town Agent, Grand Juror and Auditor for Jericho and in November he was elected as Justice of the Peace.

Messier has seen Jericho change quite a bit in his 43 years in town. "There were 35 farms when I came here," he said "and now there are three. Jericho now has a higher per capita income than Charlotte and Shelburne and more higher education degrees. We've gone from a cow town to a very sophisticated community. I think it's wonderful."

In the 1970's, Messier served a year on the Planning Commission but he re-entered municipal life when Debbie Fitzgerald asked him to run for Town Agent and Grand Juror, positions she had held for many years. Messier added Auditor to the list, in part because he knew the other two town auditors. Now those two have decided not to run again, leaving Messier as Jericho's sole auditor.

Messier said he has no criticism for the current Select Board. "They put their bodies on the line," he said "but I think change is good." It is Messier's hope that the Select Board can expand to a five-person body; that, the need for transparency in government, and respect for all citizens are the basis of his platform for running. One project he would like to work on is replacing the pedestrian bridge on Route 15. "I get different answers from different people on when it will be fixed," he said "and it's been a real sadness." Messier worries that in the interim a pedestrian might be injured by vehicular traffic on the bridge.

When Messier turned 75 he stated thinking about what he hadn't done in his life. "Jericho has been wonderful for my family," he said "so I want to give back to my community." Messier said he has always been a very political person and he hopes he can put his diverse background to good use. "I just want to give back," he said. "It's always good to have another set of eyes."

Although Mercer has found sitting on the Select Board to be stressful, she would like the opportunity to serve for a second term. "One term isn't enough to see any project finished," she said. "There has been a learning curve and I think I'm getting better at this. It's a really great way to be involved with everything that's going on in town and staying in touch with the community."



The state legislature is considering a new tax hike on common grocery items like sodas, juice drinks, teas, and sports drinks. Families are already financially strapped and don't want to take another hit to their household budget. Don't let House Bill 234 impact your grocery cart.

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POLICE REPORT

On the evening of February 12, 2013 the Richmond Police Department was notified of three complaints all occurring on Cochran Road in the town. In two events a home was broken into by forcing open an entry door. In the first burglary an I-pad and a jewelry box full of change was taken. In the second burglary a lock box containing \$250 in cash along with the passports of the victim and his son were stolen as well as a milk jug containing approximately \$75 in change. Also reported was an unlocked vehicle which was parked at a home on Cochran road that had been gone through but it did not appear to the owner that anything was taken. These crimes are believed to have occurred between 7 AM and 5 PM. Anyone with information is asked to contact the Richmond Police Department at 434-2156. CASE#: 13RM00123/124/125

On February 2, 2013 at 7:15 AM, **Cody Crary**, 18 of Underhill, VT was witnessed by another motorist operating a 2000 Chevrolet pickup truck on Barber Farm Rd. in Jericho. Crary swerved and struck two mailboxes on the same post and continued without stopping. Crary was located and cited to appear in court for Leaving the Scene of an Accident. Damage to the mailboxes was estimated at approximately \$80. CASE#: 13A100506

On February 10, 2013 Vermont State Police were called to a residence in Jeffersonville, VT for a report of an intoxicated female attempting to drive home. Friends attempted to prevent her from driving but **Julie Fredericks**, 36, Jeffersonville, VT was confrontational and attempted to leave. She was traveling too fast for conditions and left the roadway crashing into the residence. She was processed, cited for DUI and released. She is to appear in Lamoille District Court on February 27, 2013.

Sorrow

By Suzanne Kusserow
Senior Guest Columnist

Quite often, when I am using my cell phone, I make mistakes. I have two Nancy's listed, and instead of checking which one I am expecting to talk with, I just press a button...and get one or the other. In a way it doesn't matter; they are both good loyal friends. Embarrassed by my stupidity, I hang up quickly. But the call has been registered, and invariably, the one in California calls back.

Nancy C. has been a friend for many years. When my husband, Bert, and I first moved here, her husband, Jim, was a medical student and he worked in Bert's lab, doing studies on fetal anoxia (lack of oxygen to the fetus during birth). They used sheep as their research animals, and often, after the experiment was finished, Nancy and I ended up with either the lamb or the mama. We soon learned that the mother would reject the lamb if it had been touched during the delivery. So, before we all started to wear gloves to hold the little things, measuring how much oxygen was getting through to the neonate, we sometimes inherited the then-bottle feeders that mama had rejected. Nancy lived on an old farm, which had a partially-collapsed barn, but it was enough shelter to keep some of the animals. Blood had to be drawn from a neck catheter at certain hours. I remember one time Nancy called husband Jim and said: "Look, it is 5 below here; everything, including me is frozen and I can't get any blood into the syringe. Get home!" And he did, knowing that Nancy, a stalwart brave soul, would try anything; for her to call for help was truly an emergency.

When my husband was in a car accident, Jim and Nancy kept track of him, and me, visiting the I C U whenever they could. After he died, Nancy would call every morning: "Are you dressed? Did you comb your hair? Still tossing around on the couch downstairs? Come now...you need to get back to 'normal' as fast as you can." Practicality and a clear forward plan was her established journey through life.

Our kids grew up together; we compared notes over coffee at either her kitchen table or mine, as the kids tossed toys at each other and giggled with pleasure at being part of an extended play date with their friends. When my daughter was too big for her Arab/Welsh pony, "Greybelle" was given to Elizabeth, Nancy and Jim's daughter. Elizabeth was called Lily, until her growing up signified that she should go back to being Elizabeth. And she and her husband and young family moved to California, to where Nancy and Jim had retired. And although we didn't talk too often, it was with the assurance that the other one was there, if needed.

So, here I am on a snowy day in Vermont, walking the road to the store, when Nancy calls. "You called me? I'm sorry I haven't talked with you sooner. Elizabeth is dead. Just before Christmas. You know about her struggle with breast cancer and this September, it was pretty clear that she couldn't keep up with it. I haven't called; there's not much to say; I've been busy being mama instead

RICHMOND RESCUE

Richmond Rescue's 2012 review

Richmond Rescue Inc. is proud to be the primary ambulance service for Richmond, Bolton, Huntington, and southern Jericho. In 2012, we responded to 540 emergency calls, including 270 in Richmond, 125 in Bolton, 72 in Huntington, 43 in Jericho, and the remainder in support of neighboring services. Of those calls in Bolton, 24 were to I-89 and 44 were to the Bolton Valley Ski Resort.

A membership of 38 medically trained volunteers and 3 full-time employees keeps our station staffed around the clock, 7 days a week, so that we can respond as quickly as possible to any emergency. Richmond Rescue operates two fully equipped ambulances so that we remain in service when one requires maintenance, and we have increasingly been able to staff two ambulance crews for multiple patients or calls. Member EMTs who reside in our area often respond to 911 calls in their communities to provide care before the ambulance arrives. We also provide public CPR and first aid instruction classes, weekly child car seat fittings, and we host free monthly foot care clinics provided by Fletcher Allen Health Care.

Since 1974, Richmond Rescue has been a private, non-profit 501(c)3 organization that is funded primarily by patient billing, town contributions, and private donations. We maintain our licensing through the Vermont Department of Health. In the past year we have sought to improve our relationships and transparency with the town selectboards and citizens in our response area, and we are grateful for your generous support. Please feel

of gramma." Nancy still had the same practical, hurried voice, now studded with sobs. Since I have known her so well, in the past more than in the present, I know she is being what most of us would call brave, but I resist using that word...and she would hate it. Brave implies being something other than what you are...to reach outside of self for as long as the pain is there, before you have to return to a previous reality. It is a useful, protective mechanism which helps many of us to survive. For her, she had always been able to separate her sorrows from her practicality; there was a job that vitally needed to be done, and although grieving would obviously be allowed her, even expected, it would take away from her efficiency in her family duties.

Duties is an old-fashioned word, but she knew it well and lived it lovingly. She had taken care of her husband when he was a vigorous and famous researcher; and with the same strength, she had taken care of him as he slowly died at home. She has always had the ability to face what needed to be looked at, without flinching or mislabeling it as tradition, role, or morality used as a support of one's ego. It was obvious what needed to be done and she gave herself into her roles of caregiver and organizer, and ignored her right to be sorrowful.

There is the gentle and original, now archaic, use of the word dumb, without its current pejoratives, which means to stolidly function without feeling or sensibility, without talk or questioning of even the obvious, so that the task and the role are an outward reaching where it is needed, without focusing on self. For Nancy, that is her way, and it makes it easier to continue following a path that has been hers for as long as I have known her. She knows that healing is not a state to be pushed forward by thought; that she cannot rush time by thinking.

And thus she will survive. She even laughed and said: "Even our old dog is dying of cancer!" Dear Nancy, I want to help, but you of the stalwart, grim fatalism won't ask. Still, I send you love, whenever you can reach within yourself and use it. And if you don't need it, it will still be there when we, two old women, meet again at a well-used, scarred kitchen table to remember the coffee klatches of our youth...and the kids who played around it, when we were all young...and alive.

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free to stop by the station, and if you are interested in becoming a volunteer or have any other questions, please call Mike Chiarella, Director of Operations, at 802-434-2394, visit www.richmondrescue.org, or find us on Facebook.

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Rev. Regina Christianson Rector
Karen Floyd, Parish Administrator, 899-2326
www.calvarychurchvt.weebly.com

GOOD SHEPHERD LUTHERAN CHURCH (ELCA)
273 VT RT15 - between Jericho and Underhill
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Sunday Worship 9:00 AM - Nursery Provided
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pastor_phil@goodshepherdjericho.org
www.GoodShepherdJericho.org

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Fellowship at 10:30 AM
Sunday Youth Group at 6:15 PM
899-4911; www.jccvt.org

JERICO UNITED METHODIST CHURCH
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71 Vermont Route 16, Jericho (next to the Town Hall)
Rev. Sangchul Bae, 899-4288
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Children's Sunday School, 9:00 AM
Men's breakfast - third Sunday, 7:00 PM
jerichoumc@jumvt.org www.jumcv.org

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Phone: 802-899-4632, email: stthomas5@myfairpoint.net
Website: www.stthomasvt.com

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Numbers count for healthy heart

Numbers do count for a healthy heart. Healthy numbers such as a blood pressure of 120/80 can help prevent a stroke while a healthy weight can help prevent diabetes and heart disease. In celebrating the American Heart Association's Go Red For Women® month, Copley Hospital encourages you to be more aware of your numbers: cholesterol, blood pressure, blood sugar and body mass index (BMI) – all of which are risk factors for heart disease. Do you know your numbers? Copley encourages you to visit www.copleyvt.org/GoRedForWomen for tips on how to lower your numbers, set personal heart health goals, and ways to achieve your heart healthy status.

How well do you care for your heart? The American Health Association offers the following tips to improve and maintain your heart health:

If you smoke stop. Smokers are twice as likely to have heart attacks as non-smokers.

Lower your salt and cholesterol intake. Limit salt to 2,300mg and cholesterol to 200mg per day.

If you drink alcohol, drink in moderation.

Eat healthy by choosing fruits and vegetables, whole grains and fish.

Maintain a healthy weight by trimming portions and maintaining a healthy diet.

Exercise. Walk the dog, dance, cycle or swim. All it takes is a half hour a day of moderate level exercise to make your heart happy.

Know your family history and communicate this information to your healthcare provider.

Manage your stress.

Recognize the symptoms of heart disease and get help.

You can learn more at Copley Hospital's Go Red For Women Open House on February 19 from 5pm-7-m at The Women's Center. OB/GYN specialists Anne Stohrer, MD and William Ellis, MD and certified nurse midwives Jackie Bromley, Marje Kelso and Kipp Bovey will be on hand to answer your questions.

Become more aware of what you can do to make healthy lifestyle changes by visiting www.copleyvt.org/GoRedForWomen.

Copley staff goes red for women's heart health and wellness



The Women's Center at Copley staff goes red for women's heart health and wellness. The team was available at Copley during an open house of The Women's Center on Tuesday February 19 from 5-7. Learn more about heart health and well woman services by visiting Copley's Go Red For Women webpage at www.copleyvt.org/GoRedForWomen PHOTO CONTRIBUTED

Prescription discount program saves thousands

As of December 31, the United Way/FamilyWise partnership with local pharmacies has saved people in Lamoille County more than \$49,000 on everyday prescription costs for conditions such as asthma, high blood pressure, high cholesterol, diabetes and many others.

"Lowering the cost of prescription drugs allows more people to get the medicine they need when they need it," said Dawn Archbold of United Way of Lamoille County. "The amount patients save on the cost of complications; disease progression and additional health related expenses are far greater than just the savings on the medicine. This program also impacts health and financial stability. That's why we've partnered with FamilyWise to distribute free prescription discount cards to everyone in our area. It's wonderful that almost every local pharmacy participates in this program."

Savings on medications can be as much as 75% with the free FamilyWise prescription discount card. The card requires no enrollment or activation. Consumers just give the card to their pharmacists every time a prescription is needed and discounts are automatically applied.

The FamilyWise card provides immediate savings on prescription medicines and can make a difference in staying healthy. We hope everyone will help spread the word to their family and friends about this important free help.

"The cards can be used by anyone in the community, not just people without insurance," Archbold said. "They can even be used by people with insurance who have high deductibles or take medicine not covered by their plan or by people with Medicaid or Medicare when their prescription isn't covered," Archbold added. People can contact United Way of Lamoille County to get a card, text "family" to 700700 for a text version of the card or visit www.FamilyWise.org to print a card and compare discounted drug prices at the different participating pharmacies.

Living Bridges

By Betsy Walkerman
www.LivingBridgesStudio.com

Feeling grounded. People say all the time: "I'd like to feel more grounded" or the opposite, "I was knocked off my hinges." I've shopped at Jerihill Hardware for solutions to this one, but it turned out not to be a hardware problem.

Let's put this in context. It's common to feel ungrounded if you've been traveling, touching down briefly for meetings or vacation, and eventually landing back in Burlington. In other situations, the context may be a disturbing conversation or an emotionally charged interaction or a change in the pattern of life.

Either way, what does feeling grounded mean, why do we want it, and how can we maintain it? I can only answer these questions for myself, and offer these thoughts with the idea that they may be helpful.

Feeling grounded for me is a very physical sensation of connection to the earth beneath me and roots reaching deep down. It's a sense of balance that provides steadiness both physically and mentally. Feeling grounded means that although various things may happen to disturb my equilibrium, my body can adjust naturally and quickly find the new balance point. Taking the metaphor a little further, if the disturbance is emotional, the sensation of physical adjustment can help steady the brain that is busy conjuring up all kinds of related problems and fears. It's just like a tree that has deep tap roots so that snow on its branches or wind merely changes the balance point, and is a temporary influence. Feeling grounded also means having a sense of community and connections. A practice of grounding through meditation and yoga can deepen these connections.

How do we cultivate the sense of feeling grounded? My experience is that I feel grounded most easily when I'm standing. I've set up my computer at an old drafting table so that I can stand most of the day. A side benefit is that we burn up to 50 calories more per hour standing than sitting. I like this because I like chocolate.

For a brief grounding practice, find a quiet place to stand. Barefoot is best. Look down to check that your feet are directly under your hips with your feet parallel to each other. Turn your attention to the bottom of your feet and notice the contact points with the floor, especially the ball mounts of the toes and the center of the heel. Lift your toes, spread them wide and place them back down. Now rock in a small gentle way back and forth and from side to side to sense the center point of each foot and the center of balance between the two feet. Notice as well the places that do not touch the floor, especially the soft area just behind the ball of the foot. In qigong practice, this is called the *bubbling well center*. I love that name. It reminds me that the ground is also a source of nourishment.

Allow the rest of your body to find its own alignment and center over the soles of your feet. It may help to lightly touch the crown of your head for a minute, sensing this place as part of a vertical line that extends directly between your two feet. Then return your hands to your sides. Now, exercise your imagination, and imagine that you are sending roots down into the ground through the soles of your feet. You can be as detailed as you want with your image, and you can imagine both a deep tap root and a broad base of interlaced roots. Give yourself a few more minutes to simply stand, noticing the feeling beneath your feet, and allowing your breath to be gentle.

Once you've practiced a few times in a quiet place, you might notice that you can do this anywhere. It's especially useful if you're frustrated while waiting in line or if you take a moment to ground before going into a meeting or tackling your next task.

A grounding practice can give you greater balance, resilience, clear perception and steadiness. What you practice is what you become.

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Dr. Daniel Goodyear

6th annual 2013 Branch Out Burlington tree sale

For the Sixth year in a row, Branch Out Burlington is offering bare-root trees at \$45.00 each. Trees are 5-6 feet and branched. These trees have sold out for the past five years - couple crabs, peach, plum, cherry, maple and basswood or also known as American Linden.

Please order early! Trees must be picked up at The UVM Hort Farm during the Annual Burlington Community Tree Nursery Planting, which takes place on Saturday May 4, 9:00 and 11:00 AM. More details and our order form at www.branchoutburlington.org.

COMING EVENTS

Saturday February 23

Capturing Genealogy Records Using Digital Devices. Join us on Saturday, February 23 from 10:30 AM to 12:00 PM, as a panel of Society members demonstrate devices such as bar and flat-bed scanners, LiveScribe Pen voice recorders, and camera/laptop set ups that could help you preserve those all important records you have found in your genealogical searches. The Vermont Genealogy 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 or call 802-238-5934 for more info.

Saturday February 23

Therapy Dog of Vermont to offer test. Being a certified therapy dog team with Therapy Dogs of Vermont is an incredibly rewarding way to volunteer and bring smiles to the members of your community. Learn more about what it takes to be join nearly 300 certified therapy dog teams in Vermont and beyond as well as register for this upcoming test session today by going to www.therapydogs.org (look under "Become a TDV Team".) Pre-registration is required.

Capturing Genealogy records using digital devices, from 10:30 to 12, as a panel of Society members demonstrate devices such as bar and flat-bed scanners, LiveScribe Pen voice recorders, and camera/laptop set ups that could help you preserve those all important records you have found in your genealogical searches. The Vermont Genealogy 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 or call 802-238-5934 for more info. Classes are \$5.00.

Sunday February 24

Mardi Gras Gumbo Cook-off Competition - Join the Village Cup and Underhill Jericho Fire Dept (UJFD) for a Mardi Gras Gumbo Cook-off Competition at 4:00 PM at the Village Cup, 30 VT Route 15 in Jericho. Bring your taste buds and try local area restaurants Gumbo and vote for People's Choice Award. \$10/person at the door, raffle prizes, and lots of fun! All proceeds to benefit the UJFD's 100th Year Community Celebration to be held July 13, 2013 at Mills River Park in Jericho.

Tuesday February 26

The Burlington Garden Club meeting to be held at 1:00 PM at the Faith United Methodist Church, 899 Dorset St., will feature a presentation by Henry Homeyer titled *How to Grow Great Flowers - Old Favorites and Lesser Known Beauties*. The meeting and program presentation are both free and open to the public. 863-6764, Handicapped accessible.

Book club meeting, Phoenix Books Reading Group at 5:30 PM, Phoenix Books Burlington, 191 Bank Street, downtown Burlington. Free. More info: <http://phoenixbooks.biz> or 448-3350.

Wednesday February 27

Author appearance, Nicole Georges and Cassie Sneider, Phoenix Books Burlington, 191 Bank Street, downtown Burlington at 6:30 PM. Free. More info: <http://phoenixbooks.biz> or 448-3350.

Thursday February 28

Dirt! The Movie at the Deborah Rawson Memorial Library, 6:30 PM presented by Jericho Energy Task Force and the Chittenden Solid Waste District. Narrated by Jamie Lee Curtis, *Dirt!* is a documentary that energizes as well as educates. The movie takes a humorous and substantial look into the history and current state of the living organic matter that we come from and will eventually return to. The movie is suitable for ages 12 and older.

Saturday March 2

Nosorigines.qc.ca - A Database of French-Canadians, This presentation is on nosorigines.qc.ca, a FREE online database of source-verified information about a million Canadian and French ancestors. Join us on Saturday, March 2, when Louis Izzo and Don LaCross will demonstrate features of the site such as individual and family listings, relationship checking, and much more. The Vermont Genealogy Library is located on Hegeman Ave, Fort Ethan Allen, Colchester, across from the State Police Building. Please visit our website www.vt-fcgs.org/vtgen.html or call 802-238-5934 for more info. Classes are \$5.00.

Sunday March 3

Community Breakfast, from 9:00 - 11:00 AM at the VFW Post 6689, 73 Pearl Street, Essex Junction (across from Big Lots). Sponsored by the Ladies Auxiliary to the Veterans of Foreign Wars. All are invited, both members and non-members! Adults \$6 and Children \$3. Call 878-0700 for more information.

Saturdays March 9, 16, 23, and 30

Children's/family story time, at Phoenix Books Burlington, 191 Bank Street, Downtown Burlington, 11:00 AM. Free. More info: www.phoenixbooks.biz or 448-3350. Listen to and enjoy stories with your little ones! Curious about what title(s) we'll be reading? Keep an eye out on our website and our Facebook page for details. See you there.

Saturday March 9

Using the Drouin/Loiselle Marriage Microfiche, The Drouin and Loiselle Marriage records on microfiche at our library contain millions of marriage records from Quebec in the years 1621 to 1935 and are therefore genealogical gold mines. Visit us on Saturday, March 9th as Janet Allard teaches you how to use these invaluable resources. The Vermont Genealogy Library is located on Hegeman Ave, Fort Ethan Allen, Colchester, across from the State Police Building. Classes are \$5.00.

2nd Annual Pregnancy & Baby Expo at the Holiday Inn So. Burlington, VT. 10:00 AM to 4:00 PM. There will be a room full of vendors relating (in one way or another) to pregnancy, babies and new families. There will be a \$5 door fee for adults. Anyone seeking more information on this Expo should contact Eron Cardinal via email eronsnycoflove@yahoo.com, call 802-363-95297 or visit us on facebook: Pregnancy & Baby Expo.

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Notes from Montpelier

By Rep. Bill Frank

The 2013 legislative session is in full swing and when I think it is going differently than other session I have been part of I just remember that they all seem different. Policy committees are at work assisting the Appropriations committee in reviewing requests of the Agencies they set policy for. In my case that is the Agency of Human Services. The Governor's budget is full of issues that have no easy solutions. For example do we expand who and how much needy families receive in child care subsidies by using a part of the earned income tax credit; or does it help families to limit the amount of time they can receive Reach Up benefits. Or where do we get the money for needed road and bridge maintenance. And the list goes on. One thing for sure we will not adjourn until we solve these and many others and we are trying to jam our work into a compact session for economic reasons, the cost of running the legislature.

Let me talk about the efforts to expand the number of children who have access to quality child care. All research, as well as common sense, tells us that early intervention benefits not just the individual child but community as well. By most all accounts enabling more families to afford child care for young children is a good thing on so many levels. And it pays back \$7.00 for each \$1.00 invested! The flip side this year is the proposal to use another well regarded program that lifts families out of poverty, the earned income tax credit. This is not like robbing Peter to pay Paul but robbing John to pay John.

We are frequently asked to address the cost of unsustainable public programs. This year it is the cost to support the growing number of people qualifying for public assistance, by shortening the time frames in which this benefit is available. In Vermont we call this assistance program Reach Up, part of the federal Temporary Aid to Needy Families program. Some will cheer this effort; some will rue the weakening of our safety net. The budget does recognize the need for programs to ease the "fiscal cliff" families face when they do get a job, but one which all too frequently pays too little to allow for the essential life ingredients to hold a job, such as transportation.

As always I like to hear from you, either at my next Legislative update evening at the Deborah Rawson Memorial Library; by email: Bill@RepBillFrank.com; on Facebook: facebook.com/RepBillFrank; phone my home: 899-3136; or mail: 19 Poker Hill Rd, Underhill, 05489.

Third town history working group

By Stuart A. Alexander

The Third Town History Working Group, affiliated with the Jericho Historical Society, is at work on the third volume of the History of the Town of Jericho, Vermont, which is intended to be published within a few years of Jericho's 250th Charter anniversary in 2013.

Volume I had its beginnings in the Jericho Town Celebration of its 150th sesquicentennial year in 1913.

Volume II, recording the next 50 years, was published during the bicentennial year, 1963.

We anticipate that Volume III will in many ways resemble Volumes I and II, including a substantial genealogy section, with perhaps more photographs interspersed throughout the text. In addition to chronicling Jericho's past 50 years, it is intended to expand the coverage to include subjects such as natural history, sustainable agriculture, roads, parks, artists and athletes.

We welcome your participation.



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LETTERS TO THE EDITOR

Thanks to our legislators

To the Editor,

Thanks to our legislators, led by Rep. Anne O'Brien, for introducing H.0062 "AN ACT RELATING TO PROHIBITING THE HANDHELD USE OF A PORTABLE ELECTRONIC DEVICE WHILE DRIVING." The bill is now with the Judiciary Committee.

The list of sponsors is at <http://www.leg.state.vt.us/database/status/sponsors.cfm?BillID=5124&Session=2014>.

Bill Menning

Vote for Kim Mercer

To the Editor,

I am writing in support of Kim Mercer in her re-election bid for Selectboard for the Town of Jericho. Kim has proven to be an intelligent, thorough, and dedicated member of the Jericho Selectboard and has shown a passion for the issues which affect our community. She has exhibited an impartial attitude as she has studiously examined the various topics which have come before her. She has been available and responsive to the needs and inquiries of the public. Kim is very aware of the struggles which taxpayers go through as they try to maintain the quality of life in Jericho while being able to continue to afford to live in Jericho. In observing Kim in her role as Selectboard member, it is evident that she loves Jericho and will work her hardest to do what is best for its citizens. Please vote for Kim.

Thank you,

Louise Miglionico, Jericho

Vote NO on all zoning articles

To the Editor,

This Town Meeting Day, Underhill voters will be presented three Australian ballot items that would dramatically alter zoning in Underhill. We urge voters to vote NO on all zoning articles.

For more than four decades, Underhill has had stable zoning that reflects the suitability of soils for wastewater disposal. This has served the town well, limiting sprawl, while protecting water supplies, the mountain and natural resources.

With permissible buildout under zoning jumping by about 1000 residential buildings, the proposed zoning would be an irreversible departure from past practice. The attendant increase in population was not contemplated in our Town Plan. Underhill is not ready for the Pandora's Box of trouble that these proposed zoning changes would open.

We voters do not have time to assess the many ramifications of the proposed changes by Town Meeting. There is no reason to rush, and no risk in taking up these changes a year from now. Without reaching the many substantive problems with the proposal, or considering the less than ideal process by which they have arrived on the ballot, it is clear that, for lack of time and information, we should vote NO on Town Meeting ballot articles 11, 12 and 13.

Peter Duval, Underhill

Tom Lee, Underhill

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COLLEGE NOTES

Keene State College has released the Dean's List for the fall semester 2012. Among the 1,441 students named to the Dean's List is **Kaitlin L Filipek** of Jericho, VT

Andrew Nitchie of Jericho, VT made the Dean's List for Fall 2012 at the Georgia Institute of Technology.

Rev. Augustine Kelly, O.S.B., dean of the college announces the following students that were named to the Dean's List for the Fall 2012 semester at Saint Anselm College, Manchester, NH.

Meghan Kelly Bartlett, of Jericho, VT, a English major and a member of the class of 2015.

Abigail D. Wintersteen, of Jericho, VT, a Nursing major and a member of the class of 2016.

The State University of New York at Potsdam recently conferred 190 baccalaureate and graduate degrees on students who graduated from the College in December 2012.

The SUNY Potsdam graduates included **Emily Lindberg** of Jericho, VT, whose degree is in Childhood/Early Child Education.

SUNY Potsdam President Dr. John F. Schwaller honored a total of 884 students for earning the highest marks in Fall 2012. Among the local students who made the SUNY Potsdam President's List were:

Rebecca Dolan of Underhill, VT, who's major, is Business Administration.

Anne Dreher of Cambridge, VT, who's major, is Music Education.

Curry College's Chief Academic Officer David Potash is pleased to announce that **Kaitlyn Longchamp** of Waterbury, VT attained membership to the Curry College Dean's List for the fall 2012 term.

The following Clarkson University students completed internships last summer:

Margaret Davis of Underhill, VT, a senior majoring in financial information and analysis, interned at IBM in Boston, Mass.

Daniel Rieder of Jericho, VT, a senior majoring in civil engineering, interned at Champlain Consulting Engineers in Jericho, VT

Daniel Hill of Westford, VT, a junior majoring in chemical engineering, interned at Green Mountain Coffee Roasters: Specialty Coffee Business Unit in Waterbury, VT

Hanna L. Kingston, daughter of Diane and John Kingston, Jr. of Jericho, VT, has been named to the Dean's List at Hamilton College for the 2012 fall semester.

The following area residents have been named to the fall 2012 President's List at Champlain College for academic achievements. Students named to the President's List have received a 4.0 grade point average during the fall semester.

The honored students are:

Brittany Soules of Jericho, VT is majoring in Hotel Restaurant Management and is the daughter of Michael and Michelle Soules of Jericho, VT

Matthew Prahl of Underhill, VT is majoring in Computer Networking and Information Security and is the son of Nathalie Arcouette of and Richard Prahl of Underhill, VT

Emily Rossi, a resident of Jericho, VT and a member of the class of 2013, has been named to the Dean's List at Providence College for the Fall 2012 semester. To qualify for the Dean's List, students must achieve at least a 3.55 grade point average with a minimum of 12 credits.

John R. Gambino of Westford, VT, a senior majoring in software engineering at Clarkson University, received the Cala Family Endowed Scholarship during the 2012-2013 academic year.

The following area residents have been named to the fall 2012 Dean's List at Champlain College for achieving a semester grade point average of 3.5 or higher.

The honored students are:

Griffen Fargo of Westford, VT is majoring in Game Design.
Darren Kennedy of Jericho, VT is majoring in Criminal Justice.

Theresa Gwozdz of Westford, VT is majoring in Early Childhood/Elementary Education.

Joseph Freitas of Jericho, VT is majoring in Accounting.

Dakotah Patnode of Jericho, VT is majoring in Early Childhood/Elementary Education.

Miranda Haskell of Jericho, VT is majoring in Psychology.

The following area residents have been named to the Fall 2012 Dean's List at Champlain College for achieving a semester grade point average of 3.5 or higher.

The honored students are:

Colby Lahaie of Underhill, VT is majoring in Computer and Digital Forensics and is the son of Barbara Swenor of Underhill, VT

Caitlin Ackerman of Jericho, VT is majoring in Early Childhood/Elementary Education and is the daughter of James and Renee Ackerman of Jericho, VT

Casey Hanlon of Westford, VT is majoring in Accounting and is the daughter of Kelley Booska of Clearwater, FL and Edward Hanlon of Westford, VT

Carol-Ann Labbe-Thibouthot of Waterbury, VT is majoring in Psychology and is the daughter of Louise Labbe and Denis Thibouthot of Waterbury, VT

Ethan Fleisher of Jericho, VT is majoring in Computer and Digital Forensics and is the son of Randy Fleisher of Jericho, VT

Robert M. Mathieu, Finance major from Underhill, VT, has made the President's List at Coastal Carolina University for the Fall 2012 term.

Cheshire Academy in Cheshire, Connecticut announced its Honor Roll for the First Semester of the 2012-2013 academic school year.

Eric Suder, Grade PG, of Jericho, VT received Second Honors.

Joseph Faryniarz of Jericho, VT, has been named to the dean's list at Paul Smith's College for the fall 2012 semester. Faryniarz, who majors in fisheries and wildlife sciences, earned a semester average of 3.3 or higher to receive this distinction. Faryniarz was also named an Adirondack Scholar, having achieved a cumulative average of at least 3.8.

Jack Besse of West Bolton, VT, a junior majoring in chemical engineering at Worcester Polytechnic Institute (WPI), recently completed an intense, hands-on research project in Washington. The project was titled The Water-Energy Nexus.

Lori Tantlinger, a resident of Cambridge, VT was named to Siena College's President's List for the fall 2012 semester. Tantlinger is a senior biology major at Siena.

Ariel Culupa, a resident of Jericho, VT was named to Siena College's Deans' List for the fall 2012 semester. Culupa is a freshman psychology major at Siena.

Colby-Sawyer College has named Lauren E. Rocheleau from Jericho, VT, to the Dean's List for academic achievement during the 2012 fall semester.

The following students have been named to the Dean's List at the University of New Hampshire for the fall semester of the 2012-2013 academic year.

Kelcey Lamphere of Jericho, VT earned Honors

Adam Thompson of Waterbury, VT earned Highest Honors

The following local residents were named to the fall 2012 Dean's List at Saint Michael's College, a liberal arts, residential Catholic college located in Burlington, Vermont, one of the top 10 college towns in America:

Kaitlyn Adams, daughter of David and Sherrie Adams of Underhill, a Sophomore Mathematics major, who graduated from Mount Mansfield Union High School before coming to Saint Michael's.

Lauren Barone, daughter of John Barone of Jericho, a Senior Media Studies and Digital Arts and Philosophy major, who graduated from Mount Mansfield Union High School before coming to Saint Michael's.

Elena Bilodeau, daughter of Dianne and Richard Bilodeau of Waterbury, a Junior History major, who graduated from Harwood Union High School before coming to Saint Michael's.

Reilly D'Elia, daughter of Christopher and Rosemary D'Elia of Jeffersonville, a Junior Business Administration and Psychol-

ogy major, who graduated from Lamoille Union High School before coming to Saint Michael's.

April Hoyt, daughter of Edward Hoyt of Jericho, a Junior Psychology and Philosophy major, who graduated from Mount Mansfield Union High School before coming to Saint Michael's.

Sarah LaForce, daughter of Laure and Todd LaForce of Jeffersonville, a Junior History major, who graduated from Lamoille Union High School before coming to Saint Michael's.

Sierra Leonard, daughter of David and Sharon Leonard of Jericho, a Sophomore Psychology major, who graduated from Mount Mansfield Union High School before coming to Saint Michael's.

Miranda Tremblay, daughter of Allen and Sheri Tremblay of Underhill, a Sophomore Elementary Education and Spanish major, who graduated from Mount Mansfield Union High School before coming to Saint Michael's.

Martin Vanzo, son of Barbara and Guy Vanzo of Westford, a Senior Biology major, who graduated from Essex High School before coming to Saint Michael's.

Ashley Yates, daughter of Brian and Christine Yates of Jericho, a Senior English and Elementary Education major, who graduated from Mount Mansfield Union High School before coming to Saint Michael's.

The following students from Wells College were named to the Dean's List for the fall 2012 semester:

David Glidden, class of 2016, of Underhill, VT David graduated

from Mount Mansfield Union High School.

Justine Tibbitts, class of 2016, of Jericho, VT Justine graduated from Mount Mansfield Union High School.

The following students were named Presidential Scholars for the fall 2012 semester at Clarkson University:

Daniel M. Hill, a junior majoring in chemical engineering, from Westford, VT

Richard S. Sawyer, a senior majoring in mechanical engineering, from Underhill, VT

Raychel Z. Rieder, a junior majoring in engineering and management, from Jericho, VT

Margaret Z. Davis, a senior majoring in financial information and analysis, from Underhill, VT

Brent W. Adair, a sophomore majoring in mechanical engineering, from Jericho, VT

Christina A. Kingston, a freshman majoring in university studies, from Waterbury, VT

Maia Buckingham, a resident of Jeffersonville, VT, has been named to the fall 2012 Dean's List at Roger Williams University in Bristol, R.I. Maia is majoring in Graphic Design Communications.

Emily A. Mulvihill, of Underhill, VT, is participating in St. Lawrence University's International Study Program for the spring 2013 semester. Mulvihill, a member of the class of 2016 at St. Lawrence, is studying in the university's Global Francophone Cultures First Year Seminar program taking place in Quebec, France and West Africa. Mulvihill graduated from Mount Mansfield Union HS.

The following local residents earned bachelor's degrees from Saint Michael's College, a liberal arts residential Catholic college located in Burlington, Vermont in December 2012:

Paul Hogan, son of Mary Hogan of Jeffersonville, VT, learned a Bachelor of Science degree in Biology

Eugene Taylor, son of Eugene and Lisa Taylor of Jeffersonville, VT, earned a Bachelor of Arts degree in Political Science

The University of Hartford is pleased to announce **Hannah Schultz** of Jericho, VT, has been named to its Dean's List for Fall 2012.

Worcester Polytechnic Institute (WPI) has announced that **William Frick** of Jericho, VT, a freshman, was named to the university's Dean's List for academic excellence for the fall 2012 semester.

Worcester Polytechnic Institute (WPI) has announced that **Jack Besse** of Bolton, VT, a junior majoring in chemical engineering, was named to the university's Dean's List for academic excellence for the fall 2012 semester.

SUNY Canton recently recognized students who excelled academically during the Fall 2012 semester.

Casey C. Keefe a SUNY Canton Emergency Management major from Jericho, VT (05465) received President's List honors. Keefe is a 1989 graduate of Rice Memorial High School.

Erin S. Fick, a senior nutrition and dietetics major from Westford, VT has been named to the Dean's List for the fall semester at Samford University in Birmingham, Ala.

The following local residents were named to the Dean's List at Ithaca College for the fall 2012 semester:

Guthrie Drake, a resident of Waterbury, VT and a freshman Sport Media major, was named to the Dean's List in Ithaca College's School of Health Sciences and Human Performance.

Nicholas Pittman, a resident of Jericho, VT and a freshman Business Administration major, was named to the Dean's List in Ithaca College's School of Business.

The following students at the Community College of Vermont were named to the fall 2012 Dean's List. The Dean's List includes full-time students with a GPA of 3.5 to 3.99:

Kiley Krywka, a resident of Underhill, VT, was named to the fall 2012 Dean's List

Hannah Tomeny, a resident of Waterbury, VT, was named to the fall 2012 Dean's List

Catherine Heath, a resident of Waterbury, VT, was named to the fall 2012 Dean's List

Warren Irish has been named to the fall, 2012 Dean's List at Vermont Technical College in Randolph Center, VT, where he is a sophomore in their Architectural Engineering program.

The following students have been named to Plymouth State University's Dean's List:

Jordan Rock of Cambridge, VT

Ryan Van Tuinen of Waterbury, VT

Richmond Farmers Market to hold membership meeting

2013 Annual Membership Meeting, Friday February 22, 11:30 AM - 1:00 PM, Richmond Free Library, Community Room.

Anyone who has an interest in the market is welcome and encouraged to attend and share thoughts. Voting privileges are limited to seasonal vendors and others who've paid 2012 or 2013 membership dues (you can pay the membership fee at the meeting). R.S.V.P.

Vote on this season's hours, dates, entertainment format, officers, and budget.

Share your input about how to make this market the best market it can possibly be.

Meet old friends, make new ones, and get to know the RFM board and staff.

Pick up an application packet for vending in 2013.

Ask questions (and hopefully get some answers).

Bring your own brown-bag lunch. Bring something to share if you'd like, but it is not expected. Mainly, bring yourselves and your thoughts on how to make the Richmond Farmers Market the best ever. We look forward to seeing you! Questions? Contact market manager Lauren Esserman at RFMManager@gmail.com or 802-999-7514.

PS: If you still have our wooden tokens, please let me know! We're still missing quite a few and trying to account for them.

Advertise your business in the
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OBITUARIES



Thomas J. Manchester, 72 of Richmond, VT, was called home to be with his Lord and Savior Jesus Christ, surrounded by his loving family, on Monday February 11, 2013 after a courageous battle with cancer. He was born on July 3, 1940, the son of Albert and Irene (Haluska) Manchester in Albany, N.Y. Tom attended Middleburg Central School in

Middleburg, N.Y., enlisted in the U.S. Navy in 1958 and served until 1964, and then went on to Aircraft Engine Technical Schools. He obtained his Airframe and Power Plant License. Tom's career in the airline industry lasted for 33 years, retiring in 1999 from U.S. Airways. His hobbies included collecting and refurbishing Ford Mustangs, '56 trucks, and tractors. He is survived by his loving wife, Barbara; his daughter, Kim Marie and her husband, William Howe of Richmondville, N.Y.; son, Jeffrey and wife, Laura Manchester of Delanson, N.Y.; son, Mark and wife, Christine Wilber of Schoharie, N.Y.; and daughter, Kimberly and husband, Howard Whitcomb of Richmond, VT; his six grandchildren who were his pride and joy: Kaitlyn Manchester; Emma, Amber and Lydia Whitcomb; and Nicole and Samantha Hogan; his brothers, Albert and his wife, Gloria Manchester of Deltona, Fla., Joseph and his wife, Lena Manchester of Mechanicville, N.Y., and Harold and wife, Sylvia Rivenburg of Germantown, N.Y. A celebration of his life was held on Saturday February 16, 2013, with visiting hours were from 12:00 noon to 1:00 PM, the service at 1:00 PM, and a reception to follow at the Lighthouse Baptist Church, 90 Mechanicsville Rd., Hinesburg, VT. In lieu of flowers, memorial donations may be made to The Lighthouse Baptist Church, 90 Mechanicsville Rd., Hinesburg, VT 05461.

Mrs. Thelma (Brigham) Swan, age 98, St. Albans/Jericho, VT, died in the Holiday House on February 12, 2013. She was born in Jericho, April 3, 1914, and was married in 1934 to Charles S. Swan. She assisted on the family farm and was a nursing home attendant for many years. For 16 years, before she retired, she was employed at I.B.M. She was a lifelong member of the Jericho Congregational Church. She was an active member of the Heritage Lane, where she lived out her retirement years. She is survived by her daughter-in-law, MaryJane (Grace) Swan of St. Albans, VT; a sister, Florence Strickler of Williston, VT; a brother, Elwood and his wife, Kate Pratt of North Carolina; six grandchildren; nine great-grandchildren; and several nieces and nephews. She was predeceased by her husband, Charles S. Swan, July 15, 1989; her son, Charles B. Swan, April 30, 1995; and a daughter, Marion Franklin June 21, 2003. Funeral Services were held Sunday February 16, 2013, at 1:00 PM in the Brady & Levesque Funeral Chapel. Friends called at the funeral home, 86 South Main St., St. Albans, from 2:00 to 4:00 PM on Saturday. Interment will be in the spring in the Pleasant View Cemetery in Jericho. Arrangements are entrusted to the Brady & Levesque Funeral Home and Commemorative Services.

Doris Mary Lavallee, 86, Westford, VT, died Saturday December 29, 2012 at the Fletcher Allen Health Care in Burlington, VT with her loving family by her side. Doris was born on May 9, 1926 in Gardner, MA, the daughter of Philip and Beatrice (Legere) Perreault. On April 12, 1947 she married Laurent Lavallee in the Holy Rosary Catholic Church in Gardner, MA. In addition to her husband Laurent of over 65 years, she is survived by her daughters Diana Wieneke of North Mankato, MN, Ann Marie Drinkwine and

her husband Clyde (JR) of Westford, VT; Janet Lavery and her husband Mike of Grand Isle, VT; Denise Palmer of Fairfax, VT; Lucy Page and her husband James of Westford, VT; by her grandchildren Darwin, Dominic, Donna, Jodie, Kelly, Nathan, Jennifer, Dylan, Ben, Crystal, Robert, and Seamus, by her great grandchildren Kiera, Lucas, Liam, Adeline, Audrey, and Miss Molly; her brother Alvin Perreault and wife Louise of FL, her sisters-in-law Gabrielle Pouliot of Westford, VT and Madeline Minor and husband Shirley of Westford, VT and by many nieces and nephews. She was predeceased by her sons-in-law Daryl Wieneke in 1997 and Dennis Palmer in 2003 and her sister Rita Branch. Visiting hours will be held on Tuesday January 1, 2013 from 3:00 - 6:00 PM in Minor Funeral and Cremation Center in Milton. Memorial contributions in Doris's memory may be made to a charity of one's choice. A Mass of Christian Burial was celebrated on Wednesday January 2, 2013 at 11:00 AM in St. Luke's Catholic Church in Fairfax. Burial will follow in St. Luke's Cemetery. For those who wish, online condolences may be made to www.minorfh.com.

David Macomber Ashley, 76, Westford, VT, died unexpectedly Wednesday evening January 23, 2013. David was born in Taunton, MA on May 13, 1936, the son of Herbert Macomber and Clara Frances (Munroe) Ashley. He graduated from Dighton High School as a Jr. and enrolled at Yale University where he received his undergraduate degree in 1956 and his Architectural Degree from Yale University Architectural School in 1958. On June 16, 1956 he married Sandra Wiggin in Hamilton, MA. He had worked as an Architect at Freeman French Freeman for 53 years retiring on his birthday in 2011. Dave was very active and enjoyed hiking, skiing, gardening, puzzles, singing, playing the piano, and Bass Horn. He also was director of the Bells of St. James, a member of the St. James Choir, the VT Choral Union, Salvation Army Advisory Board, Westford/Fairfax/Fletcher Band, Enosburg Town Band, Sterling Weed's Imperial Orchestra and the Mad Bavarians. David is survived by his loving wife of over 56 years, Sandra Ashley of Westford, VT; their children Eric Kimball Ashley and wife Lisa Limoge of Lyons, CO; Stuart Chase Ashley and wife Christina of Westford, VT; Elizabeth Ashley O'Connor and husband Timothy of Lafayette, CO; Cynthia Ashley Shepard and husband Gerald H. Shepard Jr. of Grand Isle, VT and Jonathan Briggs Ashley and wife Janelle of Whiting, VT; by his grandchildren Gabe, Travis, Lauren, Martine, Katie, Matthew, Hannah, Ben, Julia, Nicholas, Jacob, Wyatt, Silas, David and Jarrod, great grandson Brayden; his sister Jean Harmon and husband Robert of Berkley, MA and several nieces and nephews. He was predeceased by his parents, and brother Charles. A Funeral Service was held at the St. James Episcopal Church in Essex Junction on Monday January 28, 2013 at 10:00 AM. For those who wish memorials may be made to the Vermont Respite House, 99 Allen Brook Drive, Williston, VT 05495. Visiting hours were on Sunday January 27, 2013 from 4:00-7:00 PM in the Minor Funeral and Cremation Center in Milton. Online condolences may be made to www.minorfh.com.

Patricia Ann (Buckley) McCurdy, 77, passed away on Thursday January 31, 2013, at her home in Jeffersonville, VT, surrounded by her loving family. Per Patricia's wishes, there will be no public visiting hours held. A funeral service was held on Tuesday February 5, 2013, at 11:00 AM at the Second Congregational Church in Jeffersonville, with the Reverend Michael Ford officiating. The family invites you to view further information and share your memories by visiting www.awrichfuneralhomes.com.

SENIOR NEWS & INFORMATION

CVAA MEALS

Thursday February 21

Rays Seafood Essex Jct.
10:30 AM check in 11:00 AM lunch
Fried Haddock

Friday February 22

United Church Hinesburg 12:00 noon
Creamy Macaroni & Cheese,
Harvard Beets, Whole Wheat Roll, Fruited Jello with Topping

Monday February 25

Covenant Church Essex Ctr. 12:00 noon
Salisbury Steak and Gravy, Baked Potato with Sour Cream,
Honey Dill Carrots, Wheat Bread, Butterscotch Pudding
Papa Nicks 3:00PM
Spaghetti

Tuesday February 26

Essex Grill Essex Jct. 10:30 AM check in
11:00 AM lunch
Baked Ziti

Wednesday February 27

Ponderosa Williston
Check in 11:00 AM Lunch at 11:15 AM
"all you can eat Buffet"

Thursday February 28

Holiday Inn So. Burlington
11:00 AM check in 11:30 AM lunch
Turkey Dinner

Friday March 1

Hinesburg Mealsite 11:30 AM

Monday March 4

Covenant Church Essex Ctr. 12:00 noon
Macaroni & Beef Soup, Cold Sliced Ham with Mustard,
Lettuce & Cheese, Biscuit, Mandarin Oranges

Tuesday March 5

Ray's Seafood Essex Jct.
10:30 AM check in 11:00 lunch
Fried Haddock

Wednesday March 6

Ponderosa Williston
Check in 11:00 AM Lunch at 11:15 AM
"all you can eat Buffet"

Thursday March 7

Bridge Street Richmond
Check in 10:30 AM Lunch 11:00 AM
Ham Dinner

Recipe by Marian Tobin

Barbecue Roast

1 ½ lb. ground beef
½ cup bread crumbs
Salt and pepper
1 tablespoon chopped onions
½ cup milk
1 egg beaten. Mix all together but do not pack.
Place in center of roaster and place around it onions, potatoes and carrots (as many as you want for your family).
Cover with this sauce:
½ cup tomato sauce
½ cup water
1 tablespoon brown sugar
½ teaspoon dry mustard
1 teaspoon Worchester sauce or vinegar and chili sauce instead.

Bake 1 or 1 ½ hours.
(I cook my veggies nearly done before putting them with the meat in the oven.)

Cheese Bread

1 egg
1 ½ cups milk
3 ¾ cups Bisquick
¾ cup grated sharp cheddar cheese
Beat egg and milk. Stir in Bisquick and cheese. Beat 30 seconds until well blended, pour into well greased, waxed paper lined loaf pan, 9"x5"x3". Bake 1 hour at 350°. Let cool a few minutes. Slice ½ inch thick and serve warm. Or refrigerate overnight, slice thin and toast

Lilli Crescents

2 cups sifted flour
1 teaspoon baking powder
¼ teaspoon salt
½ cup butter
½ pound cream cheese
½ pound prune or raspberry jelly
Sift flour, baking powder and salt together. By hand, mix in butter and cream cheese. Roll out on lightly floured board, cut in squares, and spread a teaspoon of jelly on each square.
By hand, mix in butter and cream cheese. Roll out on lightly floured board, cut in squares, spread a teaspoon of jelly on each square. Roll diagonally from corner to corner and curve into crescent.

Bake on ungreased cookie sheet in a 375° oven until brown (about 15 minutes)
Sprinkle with powdered sugar while still warm.

Recipes reprinted upon request

Catherine Haining earns AIC Designation

Paul Frank + Collins P.C. is pleased to announce that staff member Catherine ("Katie") Haining of Jericho, Vermont has earned an Associate in Claims (AIC) designation from The Insurance Institute of America (IIA). The AIC designation is a professional designation designed to provide claims professionals with enhanced skill training to handle different types of claims. The program includes study in the areas of claim handling principles, managing bodily injury claims, property loss adjusting, and liability claim practices. Ms. Haining is a 2008 graduate of University of Vermont and she supports the Insurance Services professionals at Paul Frank + Collins P.C. in the areas of auditing, insurance coverage, and claims work.

Formed in 1968, Paul Frank + Collins P.C. is a Vermont Law Firm with over 50 employees based in Burlington, Vermont. The firm's attorneys provide a wide range of legal services to insurance, commercial, institutional and individual clients throughout the United States and interna

Send us your news!
Call Brenda at 802-453-6354
mtgazette@earthlink.net

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OFFICIAL WARNING MOUNT MANSFIELD UNION SCHOOL DISTRICT #17

February 21, 2013 & March 5, 2013

The legal voters of the Mount Mansfield Union School District #17 consisting of the town school districts of Bolton, Huntington, Jericho, Richmond, Underhill Town and Underhill Incorporated School District are hereby notified and warned to meet at the Mount Mansfield Union High School on **Thursday, February 21, 2013, at 7:00 p.m.** to transact any of the following business not involving Australian Ballot, the meeting is to be adjourned and reconvened in the respective polling places hereinafter named for each of the above-referenced town school districts on **Tuesday, March 5, 2013** at 7:00 a.m. (Huntington at 6:30 am) at which time the polls will open, until 7:00 p.m. at which time the polls will close, to transact any business involving voting by Australian Ballot.

- Article 1: To elect the following officers:
a Moderator for one year,
a Clerk for one year,
a Treasurer for one year,
an Auditor for three years, and
an Auditor for one year to complete an unexpired term.
- Article 2: To hear and act upon the written reports of the District Officers.
- Article 3: This time serves as a public information hearing for public review of the 2013-14 proposed budget—for discussion purposes only.
- Article 4: Shall the voters of the Mount Mansfield Union School District authorize the school board under 16 V.S.A. 562 (9) to borrow money by issuance of bonds or notes not in excess of anticipated revenue for the school year?
- Article 5: To transact any other school business thought proper when met.

March 5, 2013 — Australian Ballot Question

- Article 6: Shall the Mount Mansfield Union School District #17 adopt a budget of **\$27,174,345** for the school year 2013-14?

Upon closing of the polls, the ballot boxes will be sealed, re-opened at Jericho Elementary School in the Town of Jericho, the ballots commingled and publicly counted by representatives of the Boards of Civil Authority of the Towns of Bolton, Huntington, Jericho, Richmond, and Underhill under the supervision of the Clerk of the Mount Mansfield Union School District #17.

The legal voters of Mount Mansfield Union School District #17 are further warned and notified that an informational meeting will be held at Mt. Mansfield Union High School in the Town of Jericho on February 21, 2013 commencing at 7:00 p.m., and on February 28, 2013 at Browns River Middle School in the Town of Jericho, commencing at 7:00 p.m., for the purpose of explaining the 2013-14 proposed budget.

The legal voters of Mount Mansfield Union School District #17 are further notified that voter qualification, registration and absentee voting relative to said special meeting shall be as provided in Section 706u-706w of Title 16, and Chapters 43, 51, and 55 of Title 17, Vermont Statutes Annotated.

Said voters and persons warned, are further notified that voter qualification, registration, absentee voting, and voter procedures shall be in accordance with Chapters 43 and 51 of Title 17 Vermont Statutes Annotated.

Polling Places

The voters residing in each member district will cast their ballots in the polling places designated for their town as follows:

Bolton	*	Smilie Memorial School
Huntington	*	Brewster-Pierce Memorial School
Jericho	*	Jericho Elementary School
Richmond	*	Camels Hump Middle School
Underhill	*	Browns River Middle School

Dated this 3rd day of January, 2013.

George W Till	Diane Kirson-Glitman	Clifford Peterson
Judith T Jones	Lucinda M Preston	Alison L. Anand
Jonathan Boyson	Kenneth Remsen	Jerome Mendicino
Linda Willmott	John Noonan	
Ken Wyman	David Clark	

SCHOOL DIRECTORS

Received for record this 8th day of January 2013, A.D.

Laura Kimball, Clerk, Mt. Mansfield Union School District #17

**** Budget Informational Meetings ****

**February 21, 2013, 7:00 pm, Mt. Mansfield Union High School
February 28, 2013, 7:00 p.m., Browns River Middle School**

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 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 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.

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.

LIBRARY NEWS

DEBORAH RAWSON LIBRARY, UNDERHILL

Vacation Craft Time - Abby Retzlaff with help folks to create real or imaginary animal sculptures using assorted yarns over a paper base. Here's a chance to show us your creativity while having fun. Grade 3 and up. Students in grade 2 when accompanied by an adult willing to assist them. Tuesday February 26 at 1:00 PM. Advance registration required, call 899-4962.

Rockin' Ron the Friendly Pirate

Ron says, "I talk and sing like a Pirate (no bad words of course), and I also dress and dance like a Pirate, but the only thing I want to steal is.... your heart." He will entertain us with his music and put a smile on everyone's face. Thursday February 28 at 10:00 AM. Advance registration required, call 899-4962.

March Story Time - Stories, songs, fingerplays, snack and craft for preschoolers and their caregivers. Drop in no registration needed. Wednesdays at 10:30 AM, March 6, 13, 20 and 27; Thursdays at 10:00 AM, March 7, 14, 21 and 28.

On Wednesday, March 6 - we will enjoy music and movement presented by Joanna May followed by snack time. On Thursday March 7 - Grandma Sue will sing with us then we will have a brief story selection and snack. There will be no craft on either day but I hope it will be a fun change of pace. The events will be quite different from one another, if you are able please feel free to join us on both days.

Middle/High School Pizza and Book Event - If you like to read we'd like your help. Meet with friends for a discussion about favorite books and make recommendations of books to be added to our library collection. You may use this event for community service hours. Friday March 8 from 3:00 to 4:00 PM. Advance registration needed call 899-4962.

Evening Story Time for Families - Parents with older preschoolers and children in kindergarten through second grade are invited to join Grace Marek for stories, craft and light refreshments. Thursday March 14 at 6:30 PM. Registration required, call 899-4962.

Baby Time - 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. Friday March 15 at 10:30 AM. Drop in, no registration needed.

The **Jericho Energy Task Force** will host a movie on Thursday February 28 at 7:00 PM. Title to be announced.

The **Mystery Book Group** is reading *Cater Street Hangman* by Anne Perry and will meet Tuesday March 5 at 7:00 PM.

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

ESSEX FREE LIBRARY, ESSEX

For information or directions, please call the library at 879-0313 or check our web site at www.essex.org.

FAIRFAX COMMUNITY LIBRARY

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

JERICHO CENTER, LIBRARY

Contra Dance & Spelling Bee - Mark your calendars for Saturday, March 9th. The library will be sponsoring a Contra Dance at the Jericho Community Center from 6:30 - 8:30 PM, with music provided by The Fiddleheads, and a special spelling bee for all ages during the intermission, inspired by the recent mishap with the library's new sign. :-) Plan to bring the whole family to this fun, rollicking event.

Town Meeting Book & Bake Sale - As in past years, the Library will be selling delicious home-baked breakfast goodies and coffee at the Jericho Town Meeting on Tuesday March 5. There will also be a book sale, at which you can buy a book to be added to the library's collection.

Used Book Sale Volunteers - The library is seeking volunteers to help organize and work the annual April used book sale at the library. If you are interested in volunteering for this fun event or have additional questions, please contact Eliza at eliza@reks.org.

Supplies for Programs - The library is always looking for donations of arts-and-crafts supplies for our children's programming, especially the summer programs. Please visit the library web site to see a list of supplies that are most used and needed: www.jerichotownlibrary.org

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. 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

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.

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.

"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. (Search for "Jericho Town Library" in the Facebook search box or use this link to access our page directly: <http://www.facebook.com/Jericho-Town-Library/>) 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, or visit the library website at www.jerichotownlibrary.org.

RICHMOND FREE LIBRARY

BRIDGE STREET, RICHMOND

Friends of the Richmond Free Library Booksale: Presale for Friends or by \$10 admission (\$20 family) on Friday, February 15, 6-8 p.m. Open to the public sale, 9 am - 3 pm., Saturday, February 16. All items \$1 or less; LIVE MUSIC, MANY wonderful Raffle Prizes (\$1 for one ticket, \$5 for six tickets), Bag sale (bags provided) \$5 from 2:00-3:00 PM on Saturday. Cash or checks, please. Questions - call the library at 434-3036 or email rfl@gmavt.net.

Library Assistant Position The Richmond Free Library seeks a technologically capable, outgoing, creative, detail- and service-oriented library assistant to join our staff for 15 hours per week. The successful candidate will have the skills, knowledge and experience to be able to carry out a variety of library services and be willing to carry out special projects. This is an excellent work opportunity for anyone interested in developing new skills and knowledge that is applicable to library and other information based environments. Preference will be given to candidates with or pursuing library certification. Open until filled. Send resume, request for full job description, other queries to: Rebecca Mueller at rmueller@gmavt.net.

Round Church Bicentennial Concert Series: Children's Night - Friday February 22 with the Swing Peepers, the Heather Morris Celtic Dancers and others at 6:30 PM in the community space - 2nd floor of the library.

Exhibits: February Photo Show - features a collection of landscape and still-life images produced over the last ten years in the surrounding Richmond area by Tim Goodrich. From summit vistas, to mountain streams, the Winooski river valley, and the farmlands of its shores, these images celebrate the raw, natural beauty that we are fortunate enough to call home. See some samples via the library's facebook.

February Display Case During the month of February, the display case will highlight National Bird Feeding Month and will feature feathered creatures of all kinds. The colorful, bird-themed art creations are the work of area youth. Come take a peek and don't forget to put seed in your feeders.

FREE beginner yoga classes on Tuesdays, 6:00-7:00 PM. In lieu of a fee, please bring a non-perishable item(s) or monetary donation for the Richmond Food ShelfRSVPs or Questions: ldiamond@uvm.edu or 802-318-5570. Class will be held every Tuesday EXCEPT for the following dates: Feb 12 and March 5.

AARP volunteer tax preparers will assist seniors (ages 60+) or low income individuals file their Federal and State returns. Help sessions now through until April. Call the library to reserve a time with a volunteer.

Connect with other parents of children ages 0-5 at playgroup in the community space of the Richmond Free Library. **Playgroup** meets every Wednesday, 8:45-10:15 during the school year. Children also enjoy story time & music with L.J. Kopf and Wendy DeForest, our youth services librarians.

Any questions? Comments? Just give us a call or email.. 434-3036, rfl@gmavt.net.

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, Email: westfordpubliclibrary@gmail.com and www.westfordpubliclibrary.org

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 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. Facilitator, 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 or Sophia Morton, American Cancer Society, 802-872-6308 or 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 or all groups that fit your schedule. For more information on any of the playgroups, please contact Heather Lebeis at 899-4415 or underhillplaygroup@yahoo.com.

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

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

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

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

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

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

Early Literacy Storytime, Thursdays, 11:00 AM at Westford Public Library. Stories and activities utilizing early literacy concepts for age's birth-preschool. Drop-in; no registration needed. We welcome new families. For more info, contact Victoria at 878-5639 or westford_pl@vals.state.vt.us, or visit our website 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.

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.

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.

Zumba Fitness, Monday evenings only, 5:30 - 6:30 PM, at the River

Ongoing continued on page 12

Cutting the cost of your electricity

By Scott Funk
Aging in Place advocate

There is a new program that offers eligible customers of Green Mountain Power (CVPS) a 25% discount on their electrical bill. This is the result of a petition filed by AARP back in 2009, asking regulators to require the state's utilities to create low-income rates to be financed by a small fee from households and businesses. At that time, we were the only northern state not providing such a program.

The Energy Assistance Program (ESP), while a statewide program, is presently available only to Green Mountain Power customers. Vermont Gas Systems is expected to have a similar program later this year. The discount is 25% off the first 600 kilowatts of energy used. This could save hundreds of dollars each year.

Individuals making \$16,755 a year and couples who have an annual income of no more than \$22,695 can qualify. The program is administered by the Vermont Agency of Human Services Benefits Services Center. An application and more details about the program are available at 800-775-0516 or dcf.vermont.gov/mybenefits. It is also possible to apply in person. Find their 12 locations across the state on the website or ask where the nearest office is when you call.

It is important to hurry. If your application is received by March 15, you may also be able to get a one-time forgiveness of past-due balances.

If you qualify for this program, there are probably other benefits available to you. The Senior Help Line, 800-642-5119, is a great resource. It will connect you to your local Area Agency on Aging. These folks are your one-stop-shop for learning what other support might be available.

One of the things I always talk about with people I meet is the importance of accessing whatever benefits you are eligible for. Too many proud Vermonters struggle needlessly rather than accept the help that is available. There are two reasons I think this is a tragic mistake.

The first is because you and I pay for most of these programs throughout our working years for the very purpose of making them available for those who qualify. When we qualify, we have a right to them.

The other reason is that the best way to demonstrate these programs are needed is to use them. Maybe you or I can manage without the help, but others can't. If they are not used to the fullest, we run the risk of losing them for all of us, including the most venerable.

Aging in Place, it doesn't happen by accident and few of us can do it alone.

Scott Funk is Vermont's leading Aging in Place advocate, writing and speaking around the state on issues of concern to retirees and their families. He works as a Home Equity Conversion Mortgage specialist. You can access previous Aging in Place articles at vermontfunk.com.

PROPOSED CHANGES TO UNDERHILL'S ZONING DISTRICT BOUNDARIES

On Town Meeting Day the voters of Underhill will be asked to vote on Articles 11, 12, and 13 pertaining to the proposed changes to Underhill's zoning district boundaries. If you have questions please direct them to Planning & Zoning Administrator Kari Pappelbon: underhillzoning@comcast.net or 899-4434, x106.

Why is the Planning Commission proposing to change the zoning district boundaries?

The 2010 Town Plan includes specific recommendations for reviewing the existing district boundaries and revising them where necessary to recognize the Town's historic settlement patterns; technology improvements; and the latest State requirements, planning philosophies, and practices. The proposals include district boundaries that follow parcel boundaries, road centerlines or right-of-way edges, and natural features wherever possible. The proposed changes recognize the pattern in which the town has developed, and supports that development in conformance with applicable requirements while maintaining protections of natural features – rivers, streams, brooks, wildlife habitats, floodplains, etc.

What is the benefit to landowners?

Currently there are many properties that are "split" by zoning districts and/or are nonconforming based on district minimum requirements. It may be difficult to obtain approval for development on "split" parcels as regulations require a proposed development – from a shed or deck to a subdivision – to meet requirements of both zoning districts. Split parcels are also challenging because the zoning district line may be difficult to locate. Landowners have expressed difficulty in siting proposed developments because the zoning district boundaries are not fixed to points on the ground or established markers.

Nonconforming parcels were developed prior to the establishment of the zoning districts and thus do not meet the district requirements. As with "split" parcels, landowners may have to obtain approval from the Development Review Board for even small developments like porches or decks simply because the lot was created prior to the establishment of the zoning districts.

With parcels located wholly within one district, both property owners and local administrators will know for certain which district requirements apply and whether proposals are compliant. The proposed changes will reduce the number of proposals requiring additional review by making a majority of the nonconforming parcels compliant with district boundaries, and adding clarity to the zoning requirements.

How did the Planning Commission decide on the proposed changes?

Better information, including parcel maps and more accurate soils maps, have allowed for a more comprehensive and holistic approach to planning. Changes to State requirements, such as septic and stormwater permitting were incorporated in the analysis of the zoning districts. Historic/traditional development patterns of the areas were gathered from historical review of documents and maps as well as field verification of setbacks, heights, siting, and general neighborhood characteristics.

Where are the districts that will be changed?

Underhill Flats: The current Underhill Flats Village Center zoning district will be revised and a new Underhill Flats Village Residential zoning district is proposed.

Underhill Center: The proposed new Underhill Center Village zoning district will include some parcels currently in the Water Conservation zoning district.

North Underhill area: The proposal to remove the three identified "outlier" areas from the Soil & Water Conservation zoning district will move the affected parcels into the surrounding Rural Residential zoning district.

Westford Pre-school Registration

Westford Elementary school has a limited number of slots available in their school-based Preschool program. The program runs a morning and afternoon session Tuesday through Thursday during the weeks school is in session. Westford also contracts with the Children's Preschool and Enrichment Center (CPEC) to offer additional Preschool slots. Westford uses grant funding to provide tuition reduction to a limited number of children who are Westford residents and who enroll in CPEC to help pay for 10 hours of Preschool through their program in Essex Junction.

Selection for slots will be in compliance with Act 62 requirements regarding a lottery selection process. The selection process will take place in April and families will be notified of selection results prior to May 15, 2013. To enter the lottery for a preschool slot, please send the attached registration form to:

Preschool Registration Request
Westford Elementary School
146 Brookside Rd.
Westford, VT, 05452

This form is due by April 2, 2013

Westford Preschool Registration Request

Date: _____ Student Name: _____ Date of Birth: _____
Name of Parent/Guardian: _____ Daytime phone: _____
Address: _____

Please check one:
 Please consider my child for a Preschool Slot in Westford School

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 <p>Underhill - \$310,000</p> <ul style="list-style-type: none"> New subdivision post and beam cape style home on 5.6A Vaulted 2-story cathedral ceiling over the living room w/ woodburner on hearth 1st floor has 10rm, full bath, hardwood floors and green mudroom. 3 additional beds up Attached 2-car garage, deck 	 <p>West Bolton - \$255,000</p> <ul style="list-style-type: none"> Basic chalet w/amazing views over the Valley to the lake Green home powered by solar/wind and heated by propane and wood 8.1 acres to hike and explore with a sugar bush to cap it Northern hardwoods to log Off the grid and private
 <p>Jeffersonville - \$237,500</p> <ul style="list-style-type: none"> Post and beam 1830's cape style home on 1.3 acres Hardwood floors, exposed beams, double sided wood-burning fireplace and hearth Enclosed front porch and spacious back deck overlooking private backyard Minutes to Strugglers Notch 	 <p>Underhill - \$90,000</p> <ul style="list-style-type: none"> Level spot w/the well already drilled Build your dream home in the village with walking distance to town hall, shopping & post office

t-mail: Info@NancyJenkins.com WEBSITE: www.NancyJenkins.com

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Young community activists at Work; Underhill - Jericho girls make positive change at BRMS

Three friends sat down for lunch to talk about saving the world back in October 2012. Madeline Daly, Abigail Sandy and Sohaila Shiffert teamed up together and continued discussing ways to specifically make positive change at school. For over four months, these sixth-graders of Team Infinity realized Browns River Middle School already recycled and used solar panels to light the parking lot, but they wanted to continue finding ways to reduce waste and help the school become eco-friendly. "Imagine how much trash we could reduce through composting and also save money," said Sohaila Shiffert. Their challenge was to get the entire school on board and start a school wide composting program starting in March. "We can do it at BRMS and improve our school environment if we all work together," said Madeline Daly.

The girls stay after-school to not only plan, but to paint beautiful nature murals for the school library. They painted a waterfall scene with Vermont wildlife on the library walls. "We want people at school to get involved," said Abigail Sandy. "I want to see our new system reduce the waste by half. We hope this small school, small town will have a big impact world."

As a result of their presentations to all the classes at BRMS, they have been known as community activists as well as the compost girls. With the help of Patrick Rideout, head of maintenance, they have designed and presented a detailed workable composting system. Thanks to the support of the principal, Kevin Hamilton and the encouragement of their science teacher, Jay Meadow, the girls are set to start. "My hope is to see this composting system last beyond this year," said Madeline Daly. "We want to inspire other schools by reducing our footprint on this earth. We're taking baby steps to make it happen."



MMUSIC students to attend Vermont All-State Music Festival

The following students auditioned and were accepted into the Vermont All-State Music Festival. MMUSIC, MMU Faculty and Surrounding Communities would like to congratulate the following students for their hard work and dedication. The Festival will be held at Mount Mansfield Union High School 8, 9, 10 and 11. Please look for a schedule with all concerts soon.

- Emma Dubay-Flute/Band
- Rebecca Barwin-Bassoon/Orchestra
- Alex Clift-Alto Saxophone/Band
- David Brown-French Horn/Band
- Elliot Lowe-Trumpet/Band
- Ginny Churchill-Clarinet/Band
- Avery Cooper-Alto Sax/Jazz Band (But also scored for regular band)
- Mike Lawler-Trumpet/Jazz Band (But also scored for regular band)
- Molly Shallow-Violin/Orchestra
- Lea Martin-Violin/Orchestra
- Alaina Danles-Violin/Orchestra
- Madeline Besso-Chorus
- Sydney Cooney-Chorus
- Chris Danilich-Chorus
- Lily Feinson-Chorus
- Isaiah Gilbert-Chorus
- Sam Lewis-Chorus
- Adam Morin-Chorus
- Liam Osler-Chorus
- Cassidy Thompson-Chorus

Burlington Technical Center Second Quarter Honor Roll

The following Mt. Mansfield Union High School students earned an A- or better in their Burlington Technical Center programs placing them on the Burlington Technical Center Honor Roll for the second quarter: Nicholas Colombo, Criminal Justice; Curran Hill, Honors Medical & Sports Sciences; John Sirois, Aviation Technology; Juliana Skelly, Design & Illustration; Sundance Stadler, Aviation Technology; and Fisher Wagg, Computer Systems.

Jericho Youth League to hold registration

Registration is now open for the 2013 season of the Jericho Youth League (JYL). Please visit the JYL website at www.jerichoyouthleague.org to download a registration form and information sheet, or come and sign up in person at Jericho Elementary School on Monday March 11 and Tuesday March 12 from 6:00-7:30 PM. The deadline to register is Friday, March 15, 2013.

Boys and girls ages 5-12 that live in the towns of Jericho and West Bolton are eligible to participate. Residents of Underhill can play softball. Farm league, softball and major and minor little league divisions are available.

For questions about registration, please contact Maria Mitchell at mariamitchellvt@gmail.com or by phone at 899-5149. For other questions about the Jericho Youth League, please contact Sean Luitjens at sean.luitjens@gmail.com or by phone at 899-2935.

CCTA PUBLIC MEETING

CCTA Public Meeting: Jeffersonville-Burlington Commuter Bus Route

CCTA is holding a public meeting on **Wednesday February 27, 2013 at 6:30 PM at the Cambridge Elementary School Gym** in Jeffersonville to discuss the proposed Jeffersonville-Burlington Commuter route. The proposed bus route would serve Jeffersonville, Cambridge, Underhill, and Jericho as it heads into Burlington during morning and evening peak commuting hours.

Please attend this meeting to learn more about recent developments and the remaining steps to secure funding and complete its implementation.

Please contact CCTA at info@cctaride.org or 864-CCTA with any questions.

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ART / MUSIC

ART/PHOTOGRAPHY

First Friday Art Walk, March 1, 2013, 5:00 to 8:00 PM, Citywide, Burlington, Vermont. As we slide slowly into Spring, First Friday Art Walk slips into full mode with over forty galleries and art venues staying open late to welcome walkers and share Burlington's incredible art scene. Take a guided tour or make your own. Pick up your copy of Art Map Burlington, First Friday Art Walk's official publication, and your guide to art in Burlington or check out www.artmapburlington.com to see a list of participating venues. Call 802-264-4839 or send email to info@artmapburlington.com.

Call to Artists in the Jericho Underhill Area: Artists are organizing for the Jericho Underhill Open Studio Tour for Memorial Day Weekend (May 25 and 26) If you are interested in participating please call Dianne Shullenberger 899-4993 or Emilie Alexander 899-3111. Artists who have not previously participated in the Jericho Underhill Tour are welcome.

Conversations in Cloth, an exhibit of quilted works by June Bugbee and friends will hang in the **Jericho Town Hall** through April and can be seen during regular office hours 8am -4pm Monday through Thursday and 8am to 3 pm on Friday info.: 802 899 2974.

Johnson State College's Julian Scott Memorial Gallery will host an exhibit of recent work by Kathy Black, program director for the Vermont Studio Center, from Feb. 18 to March 9. A closing reception and artist's talk will be held at 3:00 PM. March 7 in the gallery in the Dibden Center for the Arts. The Julian Scott Gallery is open from 10:00 AM to 6:00 PM. Tuesday through Friday and 10 a.m. to 4 p.m. Saturday. Admission is free. For more information, contact Leila Bandar, Julian Scott Gallery director, 802-635-1469 or Leila.Bandar@jsc.edu.

Exhibit at **Old Red Mill** - The Jericho Historical Society is pleased to present an exhibit of Snowflake Bentley's images printed with the mordancage process by Christina Z. Anderson. Anderson is an Associate Professor of Photography at Montana State University, Bozeman, where she specializes in alternative and experimental process photography.

The exhibit runs now through March 15 at the Old Red Mill on Rt. 15 in Jericho. The Mill currently has winter hours of Wednesday, Saturday and Sunday.

The Board of Trustees of the **Helen Day Art Center** are thrilled to announce the Spring Gala, set to take place at Stowe Mountain Lodge on March 23. The theme, "Studio 54," was inspired by the

ultimate glamour, epic parties, and grand spectacle the famed Manhattan nightclub was known for during the late '70s.

For more information or to purchase tickets please visit helenday.com or call 253-8358.

Essex Art League meets the first Thursday of the month, from 9:00 to 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.

MUSIC/DANCE

Come and join us for a mix of two fun traditions with common roots: **English and Scottish Country Dancing**. Saturday afternoon February 23, 2:00 - 5:00 PM. Capital City Grange, Montpelier/Berlin VT, Rt. 12 (Northfield Street), 1/2 mile south of Rt. 2, Music by The Turning Stile (Joanne Garton and Aaron Marcus). Calling by Val Medve and Martha Kent. Cost: \$10. A potluck supper will follow the dance. No partner or experience necessary. All dances will be taught. Please bring clean shoes for dancing. More information: Martha Kent, 802-879-7618, mdkent@comcast.net; Val Medve, 802-899-2378 valandtom@myfairpoint.net; www.burlingtoncountrydancers.org.

The **Vermont Symphony Orchestra** will present three double concertos to showcase music director, Jaime Laredo, and his former student, Jennifer Koh in a special concert in Burlington on Saturday, March 9. The program includes Bach's Concerto for Two Violins, an old friend, joined by a serene work from the iconic minimalist Philip Glass. A new work by David Ludwig honors the turning times of the year and the program concludes with Mozart's intensely emotional Symphony No. 40. Curtis Institute fellow, Vinay Parameswaran, will conduct the three double concertos, while Laredo will lead the Mozart. The concert will be performed as part of the 2012/2013 Masterworks series at the Flynn Center at 8:00 p.m. It will also be presented in Rutland on Sunday, March 10 at the Paramount Theatre at 3:00 PM as part of the Sunday Matinee Series, and on Friday, March 8, at the Bellows Falls Opera House at 7:30 PM.

Single tickets for the March concert start at \$16. Student tickets are available for \$9. For additional information or tickets, please visit the FlynnTix Regional Box Office website at www.flyntix.org, telephone (802) 86-FLYNN (863-5966), or visit the VSO website at www.vso.org. Subscriptions for the two remaining Masterworks series concerts range from \$55, to \$209, \$32 for students.

Ongoing continued from page 9

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 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 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 Lamaille 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

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.

FREE ENERGY AUDIT

Winter is the perfect season for a free energy audit!
We can identify steps you can take to make your home more energy efficient, helping you save money.

Winter is the smart time for an efficiency upgrade!
Do icicles form on your home? Then chances are you're losing heat through your attic. An insulation upgrade can potentially solve that problem and reduce your heating costs.

Start saving this winter with insulation, heating or hot water upgrades...and you'll get faster service from insulation contractors by doing the work this time of year.


If you qualify for a free energy audit, one of our BPI certified energy auditors will perform a comprehensive energy audit, assessing equipment and insulation levels. We'll recommend efficiency upgrades and show you how much you may save by implementing each one. Plus, we'll be happy to give you a list of qualified contractors and even help manage the project. After the work is completed, we'll check that it's up to our energy efficiency standards and your satisfaction!

Rebates and financing
Often we can rebate 1/3 the cost of insulation upgrades and offer zero interest financing for this and other high efficiency upgrades, including heating and hot water systems.

Saving is Easy.
Visit our website to see if you qualify and for free money-saving tips.

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Clean Energy. Clean Air.



Underhill Energy Committee endorses use of Smart Meters

Smart meters are scheduled for installation in Underhill by Green Mountain Power (GMP) in the near future. Information pertaining to these meters was gathered by the Underhill Energy Committee both from various web sites and directly from GMP representatives.

Web site information ranges from enthusiastic promotion of smart meters and the smart grid, dismissing any health and privacy issues, to sites calling for banning their roll-out based on concerns about these same issues.

Technology

GMP chose to use a wireless technology with smart meters, which send an RF (radio frequency) signal to a central "collector" that collects the data from residences and conveys it typically via fiber optic cable to the company. In some parts of their territory, this may require relaying info from one smart meter to another until it can be relayed to the collector.

GMP says they chose wireless because it offers the bandwidth (i.e., the ability to transmit data) for future applications at this time undefined.

The other technology choice - used by Washington Electric Co-op (WEC) - is a power line carrier (PLC) approach which uses their own power lines to carry the data signals. According to WEC, PLC is less expensive and easier to implement in their terrain but they make no comment on the choice made by other power companies.

GMP notes that any savings realized by the new technology must be passed on to the customer since they are a regulated utility.

Advantages

Although GMP strongly promotes smart meters for the benefits they offer to the residential customer, those benefits are presently mainly to the company - e.g., lower cost to read meters. Since meter readings are uploaded approximately once every 15 minutes with the data available via the Internet to the homeowner in about an hour, determining how much electricity is being used by any particular device in the house is difficult. GMP suggests but doesn't promise that in the future it will be possible to use the smart meter for "demand" measurements (to measure real-time power consumption), most likely by sending data directly to a read-out in the house.

Smart meters will make it easier for GMP to gain information about power outages, which hopefully will enable them to restore power in a timely manner.

A possible real benefit in the near future is that smart meters may allow for broader implementation of a two- or three-tier rate system which would allow customers to get a lower rate at lower demand times of the day. For example, a customer could choose to run an electric water heater at night when the demand for electricity is low and would be charged at a lower rate.

Smart meters of this type will also be able to communicate with smart appliances, some of which exist at present, by RF signals to them in your house. For example, the customer might opt to take part in a program that enabled GMP to turn off an electric water heater during periods of particularly heavy electricity use. If enough customers chose to take part, GMP could avoid the need to fire up their most expensive electric generation plants during times of peak demand. Some of the cost savings could be passed on to the customers who take part in such a program.

Health Concerns

Individual residential smart meters send a data burst once every 15 minutes. They use 900 MHz radio signals, similar to that used by cell phones. The typical power level the meter GMP will use is 250 mW (milliwatts); cell phones typically use or 3000 mW.

More important for health concerns is the RF power density (the power per unit area) for various devices which is one way to determine "exposure." The FCC has determined that with regard to heat effects a maximum permissible exposure level for RF at these frequencies of 600 micro-watts per cm². Smart meters are well below this exposure level.

Note: Possible genetic or DNA damage from RF has not been adequately studied but is generally described as not significant based on research to date.

What jumps out is the fact that for the typical distances one would use to calculate RF power density levels (cell phones, 1/2 inch if held to your ear; smart meters, a minimum of a few feet if you're standing outside near the meter) the power density levels from cell phones are at least 5 to 10 times as great as that from a smart meter (and by some measures much greater). The Committee concluded that if you use a cell phone (or even a wireless router/WiFi access point in your home) one should not be concerned about the RF from a smart meter.

This is pretty much the conclusion of the Vermont Health Department. (See http://healthvermont.gov/pubs/ph_assessments/radio_frequency_radiation_and_health_smart_meters.pdf)

There may be, however, certain cases where a person may have some sort of hypersensitivity to RF radiation and it would be understandable if they chose to opt out of the smart meter installation at their residence. Because of these types of concerns raised early on, the Vermont legislature passed a law allowing anyone to opt out before or after installation of a smart meter with no financial penalty.

Privacy Concerns

GMP states that they will not share this data with any commercial or private entity and that for law enforcement to gain information, they would have to have a warrant. The first case of an alleged violation of either of these policies might well end up in court.

Although the general principle of privacy may concern some, even without smart meters there are so many sources of information available to those determined to get it that data regarding electric energy use on a 15 minute basis versus monthly seems a minor privacy issue.

Conclusions for Underhill Residents

Although some homeowners may continue to have concerns (and have the option to opt out), the Underhill Energy Committee concluded that the benefits of GMP's smart meters greatly outweigh any risks.

For links to more information, please see <http://tiny.cc/uenergy>.

Send your information to
mtgazette@earthlink.net