

What's the 1/4 cent item about in Bolton?

By Amy Ludwin

Conservation Commissioner, Bolton

Maybe you know that Bolton has a Conservation reserve fund which is funded by an annual item on our Ballot, and this is on the upcoming ballot for our March election again.

Article 3 asks: Shall the voters of the Town of Bolton authorize the Select Board to add a one quarter cent (\$0.0025) addition to the tax rate to support the Conservation Fund?

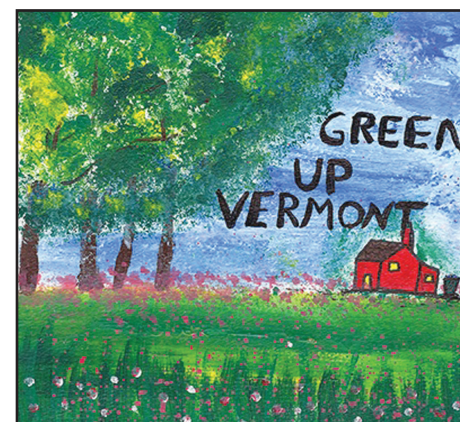
The Conservation fund was established by voters in 2001 and was established to conserve land and water resources in Bolton for current and future generations, to sustain productive farm and forest land, to protect water quality and wildlife habitat, to provide outdoor recreational and educational opportunities, and to conserve important natural, historic, and scenic resources identified in the Town Plan. This article is voted on annually by the taxpayers, and when passed adds an additional \$2.50 (two dollars and fifty cents) to property taxes for every \$100,000 of assessed value.

The Bolton Conservation Commission (CC) gets a lot of help from volunteers and CC members and whenever possible we seek grant funding, relying on many friends and partnerships for projects that don't take from the reserve fund, trying to be thrifty. We are doing our best to be careful stewards of land, water resources, habitat, and our funds.

We hope that you will support us, and vote yes on Article 3, to support the 1/4 cent for the Conservation reserve fund. Thank you!



Underhill Central School (UCS, Underhill Center) students created a Kindness Wall with their art teacher, Mrs. Aueter. They notice kind acts and write them down to add to the wall. UCS students have been busy filling the wall with positive notes. PHOTO CONTRIBUTED



Contests are now on for Green Up Day 2022! Students grades K-12 in several age categories are welcome to contribute to the contests that feature poster art, writing, video, and jingle contests! Green Up Vermont celebrates taking pride in our state's healthy, clean environments, and encourages our youth to participate in giving back to the planet and their communities. We invite all to enjoy these activities and make a difference in our environment. For lots of information and a poster template, please visit <https://greenupvermont.org>. Contest deadlines are: Poem or Essay Deadline: must be received by Green Up Vermont by Tuesday, March 1; Video or Jingle entries must be emailed to Green Up Vermont by April 1. Join us for Green Up Day, Saturday, May 7, 2022! Questions? Contact 802-522-7245 or greenup@greenupvermont.org. PHOTO CONTRIBUTED

How should Underhill spend its stimulus funds?

By John Romanoff

Underhill Zoning Administrator

Please provide your input on how the Town of Underhill should use the federal stimulus funds received from the American Rescue Plan Act of 2021 (ARPA) by responding to the survey below. The answers to the survey will help the Selectboard determine how the funds could be best used to respond to the COVID-19 pandemic in a way that benefits the residents of Town. The survey can also be found at <http://Underhillvt.gov> and hard copies are available at Town Hall.

Online, the survey is at <https://www.surveymonkey.com/r/XYRPX7J>.

2022 local Town Meeting information

Cambridge: Australian ballot only

By Mark Schilling

Cambridge Town Clerk / Treasurer

You must request a ballot for early voting — please read!

All voting in the Town of Cambridge for Town Meeting Day 2022 will be held via Australian (written) ballot. No floor meetings or floor votes will be held in 2022. Voting-By-Mail is again strongly encouraged for this election. Ballots will *not* automatically sent to voters this time — you must request a ballot.

Early voting ballots can be requested by contacting the Town Clerk's Office (802-644-2251 or clerk@CambridgeVT.org) or by visiting "My Voter Page" at <https://mvp.vermont.gov/>.

Ballots can be returned to our drop box at the top of the stairs at the Town Office building, by mail, or at the polling place on Election Day. Of course, polls will be open on Tuesday, March 1, 2022 from 7:00 AM – 7:00 PM at the Cambridge School Gymnasium for in-person voting.

An informational meeting on all Town Meeting Day articles will be held Thursday, February 23, 2021, 7:00 PM, via Zoom or call-in. This recording will also be available on our website to view after the meeting at your convenience. The 2021 Town Report will be available online next week and will be mailed to all registered voters' homes.

For more information on Town Meeting Day 2022, please visit <http://www.cambridgevt.org/townmeeting2022>.

Bolton Town Reports and Town Meeting ballots available

By Amy Grover

Bolton Town Clerk and Treasurer

Registered voters may pick up copies of the 2022 Town Report at the Town Office (inside during business hours and outside in the BOLL 24/7) and the porch at Smilie School (in the plastic bin). An electronic version will be posted on the Town website as soon as it is available.

Kudos and thanks to West Bolton artist Julie Longstreth for sharing her talents and artwork, which graces the 2022 Town Report cover, and kudos and thanks to REPRO in Winooski for

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Now, during the coldest part of winter, is the best time to feed the birds. PHOTO BY THE NATIONAL AUDUBON SOCIETY

delivering the Town Reports well ahead of schedule!

Registered voters may request early/absentee ballots by contacting the Town Office or online at <https://mvp.vermont.gov/>.

Town Meeting information, warnings, and sample ballots are posted at the Town Office, the Fire Station, and Smilie School, and on the Town website at <https://boltonvt.com/about/town-reports-and-town-meetings/>.

Westford voting, town meeting information

By Nanette Rogers, Westford Town Clerk

Ballots for Town Meeting have been mailed to all active, registered voters. The anticipated mail date is the week of February 7. We are asking all voters to verify their voter information by visiting the My Voter Page (<https://mvp.vermont.gov/>) on the Secretary of State's website. We plan to print labels

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February 7; therefore we request that if your information needs to be updated that you do so no later than February 4th.

If you are resident of Westford and are not registered to vote in Westford, please go to <https://olvr.vermont.gov/> to register online. If you are a first time voter in Vermont, you will be required to provide proof of your address, which can be during the registration process.

If you have any questions regarding Town Meeting, please contact the town office at 802-878-4587 or townclerk@westfordvt.us.

Jericho Town Clerk on voting

By Jessica Alexander, Jericho Town Clerk

We anticipate receiving early/absentee ballots for the March 1, 2022 Town Meeting around Wednesday, February 9. You can request your own early ballot in person or vote in the Town Hall prior to Election Day.

You can request to have a ballot mailed to you or a family member, either by phone 802-899-4936 x100, or using the request form that is on the Town Hall front door and on the website at <https://jerichovt.org/Elections>.

Since there is no in-person Town Meeting this year, it makes sense to get your ballot early. Find out the information you need to make an informative vote and return your ballot prior to Election Day. We will also be open at the polls (Mount Mansfield Union High School) on Election Day, Tuesday March 1, 7:00 AM – 7:00 PM. Here is a link to an info video about voting, thanks to Angelike at MMCTV: <https://archive.org/details/jericho-town-meetg-info-01272022>.

Underhill Town Meeting, early voting

By Sherri Morin, Underhill Town Clerk

Town Meeting is Tuesday, March 1, 2022. There will be no in-person Annual Town Meeting in 2022. All business customarily conducted from the floor will be Australian ballot, including the budget.

In January 2022, the Legislature passed a bill (S.172) granting municipalities the option of moving town meeting to Australian

Ballot or postponing the meeting to a future date. The Underhill Selectboard voted on January 13, 2022 to conduct the Annual Meeting by Australian ballot. The informational meeting on ballot will be virtually held on Thursday, February 24, 2022. A link to the meeting will be on the Town's website soon.

Australian ballot voting will be at Town Hall, 12 Pleasant Valley Rd. in Underhill Center on Tuesday, March 1, 2022. Polls are open from 7:00 AM – 7:00 PM. If you decide to vote in-person, masks are recommended. Early and absentee ballots will be available beginning February 9, 2022. Active voters may request a ballot via the postcard mailed to each active voter, vote in-person at Town Hall, visit the My Voter Page at <https://mvp.vermont.gov/>, or call the Town Hall at 899-4434 x1. The last day to have a ballot mailed is Thursday, February 24.

COMING EVENTS

Saturday, February 19

First Black Family in Essex, Vermont, 10:30 AM - 12:00 PM, on Zoom. In 1830 the Federal Census taker found 287 heads of families living in Essex, VT. William C. Virginia and his family were the only Blacks. Who were these folks? Where had they come from? How did he earn his living? Were the children born here? How long did they stay? Were they already here in 1810 or 1820? Were they still here in 1840? As it turned out, William's wife was Hannah, together they raised six children, five boys and one girl. We will follow William and Hannah back in time for a bit and their children forward for a bit. Join us as Jerry Fox goes over the research he conducted, including in New York State, as he worked to learn more about this family. All classes at the VT Genealogy Library will be Zoom webinars; cost is \$10. Please visit our website, www.vtgenlib.org for additional details and for registration.

Wild Game Dinner, 4:00 – 7:00 PM, Waterbury Fire Station (upstairs). Enjoy our favorite recipes made with wild game meat: bear, deer, wild turkey, moose, and maybe something uncommon. \$15 per person; youth under 12, \$5. Reservations requested; contact Ron, 802-434-4274. Hosted by Lake Champlain Longbeards NWTF chapter.

Tuesday, February 22

Propagating Plants by Seeds, Cuttings, Layering, and Grafting, 1:00 PM, United First Methodist Church, 899 Dorset St., S. Burlington. Join Dr. Mark Starrett, UVM Associate Professor, for a hands-on workshop demonstrating methods of propagating indoor, outdoor, and tropical plants, shrubs, and trees. Free and open to the public.

Saturday, February 26

French-Canadian Genealogy: Getting Started, 10:30 AM - 12:00 PM, on Zoom. For those new to the search for their French-Canadian roots, Jane Duchesneau Whitmore will provide an overview of resources to begin building your family tree. Though much can be accomplished without knowledge of the French language, sources to assist with research and the translation of records will be provided. This class will also provide insights into Québec history and how it influenced our ancestors' lives. A handout with references for your own research will be provided. All classes at the VT Genealogy Library will be Zoom webinars; cost is \$10. Please visit our website, www.vtgenlib.org for additional details and for registration.

Saturday, March 5

The Value of Newspapers in Genealogy Research, 10:30 AM - 12:00 PM, on Zoom. Maybe you thought you would look at newspapers to add to your genealogy records "someday," but Lynn Johnson would like to show you why you shouldn't wait. Using examples from her research, she will share how newspaper articles can help you break through brick walls, make connections, and learn more about the character and lives of your ancestors. She will include surprising finds in obituaries, as well as the importance of other types of articles. Lynn will also show you where you might access this material for free, or at a much lower cost, before you sign up for subscription sites. All classes at the VT Genealogy Library will be Zoom webinars; cost is \$10. Please visit our website, www.vtgenlib.org for additional details and for registration.

Voting information for March 1 ballots Jericho, Richmond

By Angelike A. Contis, MMCTV

Without in-person town meetings this year, Mount Mansfield Community Television is working hard to get you all you need to know about what's on your March 1, 2022 ballots and voting registration/procedures.

Jericho and Richmond Town Clerks go over all the details in these two videos:

<https://archive.org/details/richmond-town-meeting-clerk-02022022>

<https://archive.org/details/jericho-town-meetg-info-01272022>

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COMMUNITY COLUMNS



The irresistibility of books in winter

By Bernie Paquette

White bright sun rays camouflage the reality of bitter cold with lips sewn together with frozen mustache hairs; when the wind joins in finding fingertips, nose, ears, and toes as weak defenders; everything alive or once alive creaks and cracks as the wind cruelly powers chill to a factor of liquid nitrogen.

Wood-stove smoke only peeks out of chimneys, afraid it will

shatter upon addressing the gelid air in stark review. Fire races up, retreats, tries again, only to fall back in its attempt to awaken a diminished wood stove that has nearly met its match.

Companionship, warm hugs, bubbling hot trysts, all fall short in this Cold Covid Confluence.

When arbitration takes into account the news: CNN, Fox, Vox, NYTimes, The Juneau Empire, The Arizona Republic, Sun-Sentinel, Palm Beach Post, San Diego-Union Tribune — when the testimony of sensationalism, pictures of folks somewhere else on warm sunny beaches, and cold hard facts are presented, the hope of relief from cold is forlorn; so too the hope of relief from our emotional hunger for companionship.

Some people live for spring, some for summer, some for fall, some for all three. (I suppose a few actually like winter-icicles.) Me, I just live for today. Cut hay when the sun shines, wrap up in a warm fuzzy dog-haired blanket next to a sputtering wood stove, snuggle up to my princess sweetheart, and feed my inner sparks, my heat generator, with books, when the thermometer belies or denies the promise of the white bright sun.

The age of intimacy seemed waning even before humans became carriers of micro-sized air-borne torpedoes. Sure I could read a digital book. But I need that touch of paper that carries love, hate, secrets, laughter, tears, mystery, heartache, joy, philosophy; stories to be told, stories of lives that for a short time encompass my own.

Books help me feel connected, embraced, full, if not inflated. They don't show me warm places, diverse social experiences, they bring me there. Books provide me with intellectual conversations that I can listen to and talk back at without taking over anyone else. When my partner reads the same book and we talk about each our reactions and thoughts therein, the book acts as a face to face conduit as though we flew to Paris, France for a lunch in a quiet, comfy little tavern on a summer day (a hot day of course).

High in the Alps is the Great St. Bernard Pass. In 1049, Bernard of Menthon built a hospice on top of the temple ruins as a shelter for travelers. Monks maintained the hospice and among other things, acted as search and rescue teams for travelers that became lost. At some point, they brought dogs with them along for these rescue attempts. The barrels we see around St. Bernard's necks (purportedly carrying rum or brandy) came about in folklore after a 17-year-old painter produced such a painting in 1820.

The books within The Little Library (the one that rescues me is in Jericho Center, VT) have, perhaps, not been sketched nor painted on a canvas as yet; however, they do simulate a better rescue capability than that of a St. Bernard with the rum barrel under its chin. Whereas alcohol causes blood vessels to dilate, resulting in blood rushing to your skin and your body temperature decreasing rapidly, the books that the Little Library carries causes blood vessels to constrict, retaining body heat, increasing body (and mind) temperature.

If you spot a tall man in a Big Bird-yellow winter coat, with a frozen mustache threading his lips together, donning a Rudolph red nose, walking as though he had petrified toes, and he seems lost, please do point him in the direction of The Little Library hospice or rescue shack.

The white bright sun may camouflage the bitter temperatures of a Vermont winter, the news may sound like spring and summer and barbecues with friends and neighbors are all sunk dreams, but they cannot tone down the shining lighthouse beam of our Little Library and all the goodies our community of companionship deposit inside it.

Books rescue me, do they for you?
Laugh, Dream, Try and Do Good

Bernie

Our alpha cat, Buffy

By Joe Nelson

"Mom! Can I keep him?" asked Tammy, "He followed me home!"

But this cat didn't follow Tammy home; those were other cats, other times. Actually, the cat in question adopted us. Well, not really us, it was more like the cat had adopted our dog, Hannibal. In good weather, we fed Hannibal outdoors, his pan and water bowl placed by the steps to our back porch.

When I looked out into the yard, I wasn't surprised to see a large orange cat sitting next to Hannibal grooming itself with one hind leg poking straight up into the air, the food pan empty. Hannibal, stretched out on his side, looked up at me with a doggie grin, his tail thumping the ground. This had been happening for the past several days.

Ruth asked a friend up the road if she might know where our dinner guest belonged.

She found that it was a family expecting a new baby, and they feared this big tom might do the baby harm, you know, the fable about cats smothering a baby asleep in its crib, so they just closed the pet-door and stopped feeding it. So, we opened our pet-door to homeless Buffy the orange cat, and we became his.

Orange cats are not uncommon in Homestead Acres, and it's not a mystery. It was Samson, a huge orange tom who prowled

Sugar Hill. We saw him frequently because our home was part of his hunting ground. His favorite place was on a tree stump on the grassy slope between us and our neighbor to the east. Suddenly he was there, then just as suddenly he was gone. I was given to understand that he once belonged to a family "up the hill," and had gone feral.

The family up the hill had a motherly kitty that produced good strong litters. When momma cat was in the mood, the matriarch of the house let Samson in and mercy me — new kittens! Those kittens were so popular with some folks in Jericho and Underhill Flats that they would telephone the matriarch, hoping for a new litter. Our Buffy came from one of those litters.

Life with an alpha cat in the household could be interesting. One night when we were closing the house, we called Buffy and Hannibal in because of reports that pets were disappearing to a predator in the area. Buffy wouldn't come, so I picked him up to take him in. Not a good idea. I was happy that I happened to be wearing a good heavy flannel shirt.

Then there was the night of the howling. Buffy jumped off the couch and charged the door. He wanted out to answer the howl, so rather than picking him up again, I opened the door and he was gone! An awful hissing and squalling began followed by utter silence. Buffy didn't come to our call, so as late as it was, we turned in for the night. The next morning, there was Buffy grooming himself on our front steps, and beneath our dining room window, a circle of cat fur, not one strand of it orange.

We took Buffy and Hannibal to the vet for shots, and left Buffy in our pickup truck to take Hannibal in first. When we went back for Buffy, there was no sign of him. How could he have gotten out of the truck? I found that he didn't. When I went down on my knees to check under the seat, I saw his tail hanging down from under the dash. Buffy had qualms about the vet and his long sharp needles.

"Okay, Cat, let's go," I said as I pressed the glove box button, and it wouldn't open. There was too much cat in there, and Buffy wasn't about to climb out. I got a screwdriver out of the toolbox, laid down under the dash, unscrewed the hinges holding the box, and had the box in which to carry him in to the vet. "I won this one, Buffy!" I said.

Buffy nearly always made our trips to the veterinarian memorable. There was the time a customer entered the waiting room with a pair of Dobermans on leashes. Buffy leaped off my lap with a deep throated hiss, and hit the floor with every hair on him standing up. The dogs, with a yelp, tucked in their tails and tried for the doorway.

Don't get me wrong, Buffy had another side: he loved to be stroked, and he loved a warm lap. And strangely enough, we never saw him with a bird in his jaws.

Years later I had to take him for his last visit to the vet.

It was hard.

Start a dialogue for a vision for VT health care

By Bill Schubart

When I last wrote about healthcare, I painted a troubling picture of aggressive expansion at our dominant healthcare provider — UVM Health Network (UVMHN).

I was challenged for doing so, but since my first of three columns appeared, the combined impacts of COVID, staff exhaustion and resignations, longer patient wait-times, and accelerating risk to Vermonters has only worsened and is now openly acknowledged by leadership.

Any future vision for healthcare must viewed through the eyes of those who need it, use it, and provide it, not solely through the eyes of those who administer it or profit from it.

As a nation, we're an outlier in the international community, still debating whether healthcare is a human right or a business. The unresolved nature of this question limits Vermont's capacity to truly innovate because we're integrated into a national healthcare economy that includes the lucrative pharma, medical device, hospital, and insurance industries. But we can do better with what we have.

The acuity of need should define a patient's point-of-entry, from a visit to a local sole practitioner, group practice, or community healthcare center — federally qualified healthcare centers (FQHCs) — to a regional "critical access" hospital emergency room, or to a tertiary-care hospital like UVM Health Network (UVMHN) or Dartmouth Hitchcock.

Currently, UVMHN seems to want to be all things to all people, from primary care, physical therapy, home health, pharmacy, medical supply, urgent and emergent care, and mental health provider, to insurer and hospice provider. Now, by their own admission, the system is breaking down, although the messaging blames outside factors rather than inside ones. Most physical and mental healthcare is best provided locally, escalating to critical care or tertiary care hospitals only for serious medical conditions or interventions.

A different system is emerging. A recent locally produced film, *Restoring Balance*, provides a clear vision for how healthcare can best be provided at the community level. The Health Center in Plainfield is an FQHC, offering primary care to the surrounding community. They treat dental, physical, emotional, and family well-being as an integrated practice. Over two-thirds of Vermonters live in rural areas and the health center model depicted here and deployed across Vermont could well be the most cost-efficient and patient-effective vision for primary healthcare.

But to re-envision a patient-centered system of healthcare, we must resolve the conflict between monied interests and the socio-economic well-being of our citizens.

Our current socio-economic system does little to prevent physical and mental illness. We're also coming to understand and support with hard data the fact that the prevalence and magnitude of chronic toxic stress (trauma) is driving much of the current cost of mental and physical healthcare, special ed, criminal justice, and corrections. Research in adverse childhood experiences and their impacts on physical and mental health is making clear the intergenerational damage done to a family's health by lack of identification, intervention, and providing nurturing care to help the child and their family recover. Our failure here has generated a mental health crisis among our young and is causing a bloom of diseases caused by toxic stress.

UVMHN has rolled out their UVM Health Advantage health insurance plan with all the potential for ethical conflict that that

entails. As UVMHN becomes both provider and payer, how will they balance the competing interests now negotiated by "denial managers?" How does this contribute to the well-being of Vermonters?

Meanwhile, Blue Cross Blue Shield Vermont, now competing with its largest payee, is refocusing its strategy on access and affordability to accommodate independent primary care practices and more flexible care coverage for their patients. Current initiatives include collaborations with mental health providers to address the growing need for treatment options, and also redesigning their all-payer model for large employers, including those who self-insure.

There's a vacuum of leadership in Vermont. Effective leadership would, based on research, collective experience, and data, lead us to a consensus on an appropriate model for healthcare delivery in our state.

Leaders for change would be clearly empowered by the legislative and executive branches to promulgate and regulate the development of such a model and not be deterred by the daunting strength of monetary interests that distort the whole system.

As a state, we must find the will and leadership to derive a consensus on patient-centered, community-based healthcare delivery systems, the points of entry of which are based on primary-care screening and acuity of presentation. This vision and mandate is provided in statute and once existed in the Department of Health: "Create a State Health Improvement Plan and facilitate local health improvement plans in order to encourage the design of healthy communities and to promote policy initiatives that contribute to community, school, and workplace wellness, which may include providing assistance to employers for wellness program grants, encouraging employers to promote employee engagement in healthy behaviors, and encouraging the appropriate use of the health care system."

This function of the Department of Health was subsumed into Governor Shumlin's single-payer initiative and died with it. At the outset of his term in 2011 the Legislature passed Act 48, the intent of which was to "create Green Mountain Care to contain costs and to provide, as a public good, . . . publicly financed health care coverage for all Vermont residents in a seamless manner regardless of income, assets, health status, or availability of other health coverage." Where do we see that today?

No one today owns this vision for the well-being of Vermonters, certainly not the Green Mountain Care Board (GMCB), which today is little more than a de facto financial regulator rather than a source of vision for the well-being of Vermonters.

Somebody or some body in Vermont must be authorized to revive Act 48 and bring it to life as it was once envisioned. Meanwhile H.276, created to restart the process of implementing Act 48, languishes in the House Health Committee.

The good news is that we have an army of doctors and nurses who day-in-and-day-out provide professional, nurturing care. We just need an institutional and regulatory vision to support them.

Vermont politicians must have the courage to put the well-being of Vermonters over the substantial monied interests orbiting the healthcare universe.

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HEALTH NEWS

Blood supply shortage — please donate!

The Jericho-Underhill Lions Club is very grateful to the individuals who donated blood at our five blood drives in 2021. Because of you, the Red Cross netted 220 units of much needed blood.

This year we are scheduled to host three, possibly four drives, the first one in mid-April. If you gave at our drive on December 8, you are eligible to donate again now.

The Red Cross is experiencing an extreme shortage of blood. Due to this shortage, some surgeries and therapies have been or may be delayed.

If you have donated in the past or have never donated, please consider signing up at <http://Redcross.org> for a time and place that is convenient for you. After all, an hour or two of your time could mean a lifetime to a patient in need.

The Lions Club thanks you for your continued support. Be safe, stay healthy, and continue to be compassionate.

Not Flat 5K run/walk to benefit child cancer patients

By Nick Tanner, Underhill

Please join the *Not Flat 5K* on Saturday, March 5 to run or walk and raise funds for pediatric cancer patients and their families!

Locally, the *Not Flat 5K* will be held at Moore Park, 15 Pleasant Valley Rd. (across from the Underhill Town Hall) in Underhill Center. This is a community-centered event — all ages and abilities welcome. Kids 10 and under free. Racers will start first, with walkers following. And at the finish line, hot beverages await!

The route is a beautiful paved and dirt road loop through Underhill Center.

Sign up here: <https://because.massgeneral.org/event/not-flat-5k/e387925>. The race for runners begins at 10:00 AM, with walkers following. The 5K will be finished by 12:00 PM.

I'm running Boston this April in memory of a family member who lost the fight to leukemia many years ago, who was treated at Massachusetts General Hospital (MGH). 100% of proceeds from this event go directly to the pediatric oncology department at MGH.

Hope to see you there!

Is caffeine okay for your teen?

Parents have been overfocusing with questions about whether it is a good idea for their teenager to drink coffee and whether caffeinated beverages are in general okay for children to drink. Let me see if I can pour out a few tips for everyone to sip on.

The good and the bad

Although we know that caffeine contained in coffee, teas, sodas, energy drinks, and even chocolate can certainly be a stimulant to keep children and adults awake and more focused, studies have shown other effects of caffeine in children including nervousness, irritability, anxiety, headache, sleep problems, high blood pressure, and rapid heart rates. It is also a diuretic (increases urination), which may contribute to dehydration if used following exercise or hot weather when you sweat a lot. It can also cause the body to lose calcium, contributing to bone loss over time. Caffeine can be addictive and even as little as one cup of coffee can lead to a daily need for this substance.

Ways to break the habit

Breaking the coffee drinking habit can be just as rough for a teen as it is for us as adults, and lead to fatigue or bad headaches such that teens who want to stop find they cannot do so easily and need to gradually wean down to prevent them from having headaches and not feeling well.

So what can be done?

Don't absolutely forbid caffeine in their diet, or that will just increase their desire for it. Instead, try to limit the amount of caffeine your child takes in each day to no more than 100 mg per day — the equivalent of a cup of coffee or one to two soft drinks.

Buy lower caffeine or caffeine-free drinks and remember that if you limit your child to one soda a day, make sure it's not a supersized one with three to four times the caffeine that is in a small or regular-sized soda. In addition, diet colas can contain even more caffeine than non-diet sodas.

Make decaf coffee or tea the only choice.

Be a good role model for your child. If you drink lots of coffee or caffeinated soda, your child as they get older will too. So why not cut back so your child cuts back?

Hopefully, tips like these will make your cup runneth over with good health when it comes to cutting caffeine out of your older child's or teenagers' daily diet.

Lewis First, MD, is Chief of Pediatrics at UVM Children's Hospital and Chair of the Department of Pediatrics at the UVM's Larner College of Medicine.

LEGISLATIVE REPORTS

Senate update: community concerns and priorities

By Kesha Ram Hinsdale, State Senator, Chittenden District
February 1

Last week, we conducted our first "office hours" to share legislative updates and address thoughts and questions about important issues within our community. We plan to hold these gatherings every month during the legislative session so we can hear from you about what's most pressing to our community. Please join us when you can, and always feel free to write with your thoughts when you can't make it!

First, we were joined by Amila Merdzanovic from USCRI Vermont with updates on Afghan refugee resettlement. As of this week, 135 individuals have joined us in Vermont, most with young children. We've seen uplifting support in resettlement efforts, from clothing donations to transportation services. If you would like to contribute to these efforts, please consider donating here: <https://refugees.org/donate-uscri-vermont/>.

As we fielded legislative concerns and priorities, we primarily discussed climate action, workforce, housing, health care, redistricting, Proposition 5 on reproductive freedom, and airport activity.

Climate action: Addressing the climate crisis is a top priority for the Legislature this session. We are receiving the recommendations of the Climate Council, including accelerating our weatherization efforts and transition to electric infrastructure and vehicles. We are also discussing improvements to the electrical grid, supporting more in-state renewable energy development, and training a new climate workforce. The Council also recommends the passage of S.148, legislation I introduced that would ensure emissions reductions and green infrastructure benefits Vermonters equitably, centering those most left behind.

Workforce: This is where COVID safety and supporting our frontline workers showed up most, in addition to expanding our workforce and economic opportunity. We discussed tapping the potential of older Vermonters, coordinating existing workforce programs, advancing a Civilian Climate Corps, paid family and medical leave, and providing emergency funds to families experiencing one or more COVID infections at home that make child care and employment access difficult for short periods of time.

Housing: Many ideas are being put on the table as we seek to combat homelessness, low vacancy, and blight in our town and city centers. We can reduce sprawl while building quality, affordable housing along transportation corridors. We are working on funding to transition commercial buildings to residential use, support first-generation homebuyers, match institutional housing support to build more units near hospitals and colleges, and give municipalities more tools to rehab blighted properties.

Health care: Procedure access and mental health were raised and remain top priorities. We are working toward reducing barriers for mental health providers and centering schools that are struggling to meet the acute mental health needs of students. In addition to ending out-of-pocket primary care costs, Sen. Lyons is working on a climate change health care bill to mitigate the health impacts of climate hazards.

Redistricting: Sen. Pearson is now a lead in Chittenden County, as he was appointed to our internal Reapportionment Board. He shared his guiding philosophy that the process should be simple and logical while also being straightforward and empowering for voters. The proposals are currently under consideration, though there is little favorability in the Legislature for all single-seat districts because it would instantly remove a large portion of duly elected legislators without any democratic action from the voters.

Prop 5: In addition to an amendment fully abolishing slavery, a reproductive freedom amendment will be voted on in the House next week and, when likely passed, will appear on your ballots in November, giving our community the opportunity to secure reproductive rights and bodily autonomy for all.

Airport: The Senate has passed the Burlington Charter change to add a Winooski seat to the Airport Commission, but not before beginning a larger discussion on regional input and town representation, particularly given acute disturbances related to the F-35s. There was discussion of the health and environmental justice issues that should be revisited in conversations at the federal level.

Thank you for attending, writing in, or reaching out in any way. Our county and state are stronger with your active voices. Please don't hesitate to reach out via email, as well, at kramhinsdale@leg.state.vt.us. It's an honor and privilege to serve you.

Finally, given the remembrance of Dr. King last month and the start of Black History Month, I leave you with a quote that reflects why I do what I do, particularly in the pandemic: "It may be true that the law cannot change the heart, but it can restrain the heartless. It may be true that the law can't make a man love me, but it can restrain him from lynching me, and I think that's pretty important also."

Thank you for your engagement!

By Kate Donnally, State Representative, Lamoille-2

January 29

Thank you to all who joined Dan Noyes, Richard Westman, and me this morning for the first legislative community conversation of the 2022 session! I am always moved by the engagement of our community members and the expertise and knowledge that our community holds.

These conversations are live streamed and recorded. If you would like to watch the discussion from this morning, you can find it at the following link (where you can watch it at 2x the speed!): https://youtu.be/7_GwrQPF_6Y.

During our time together, we heard from Ellen Hill of the United Way, discussing the many initiatives currently taking place to support our communities and our neighbors. Additionally, we heard many concerns from the community about the lack of access to essential medical care and services at this time, including EMS, nursing, mental health, and primary care.

These community conversations are a great opportunity to share your thoughts, concerns, and questions about your community and the state as a whole. They are held the fourth Saturday of the month from 9:00 – 10:00 AM via Zoom. If you would like to attend upcoming conversations, please RSVP at <https://forms.gle/KVQkd7VwVPknksp38>.

Thanks as always for your engagement!

Legislative update from the VT House

Thomas Stevens, State Representative
Washington-Chittenden

January 29

We have just finished our second week of "mostly-in-person" work back in the State House in Montpelier. The Senate remains remote, and the House has been working in a hybrid mode. Some of us have been in attendance in our committee rooms, some of which (including mine) have been moved to larger spaces to accommodate social distancing. Others have remained at home because of health reasons and fear of contracting COVID or bringing it home to their family. We have been able to function in committees in a hybrid fashion, where committee members were allowed to vote on bills we worked on through the first several weeks. Our work "on the floor" has remained remote, which means that we still used Zoom exclusively to do the business of the whole body.

This will change this coming week. The House Rules Committee has voted out a plan for us to have hybrid sessions on the floor where we will be both in person and have remote access for those members who remain at home due to COVID-related health concerns.

We are grateful for the work of our Information Technology and Building and General Services staff for making this all happen. They have been able to install technology throughout the building that has made legislating during these times possible. For anyone who has worked, visited, or testified in the building knows that at its core it is a Civil War Museum, with mediocre air movement and tight spaces. To have made the building as safe and functional as possible is a testament to their skills and dedication. And while I miss the incredibly human element of this work, the work we do is actually more accessible to Vermonters through Zoom and YouTube, and it allows witnesses to testify with a greater convenience than doing it in person, especially if they are driving from a distance (and it's snowing, like this weekend in the southern part of the state).

We have passed the first iteration of the Budget Adjustment Act through the House. In years past, this may have meant moving money around to address shortfalls, but with the federal ARPA money and the increased tax revenue due to the expenditure of that money, we focused on allocating it in ways that addressed continued pressing needs. In the case of my committee, General, Housing, and Military Affairs, that meant allocating over \$70 million toward housing, especially as it relates to creating affordable housing for those experiencing homelessness. There are still over 1500 Vermonters, including over 400 children, still living in motels or shelters. It will take time to create the housing we need to house them all, and the allocation we made in several programs will help move us toward that goal.

Our committee has also been focusing on "social equity" bills — H.96, which proposes to create a truth and reconciliation commission in response to JRH 2 from last year, our apology for our role in the Eugenics movement, and H.273, which proposes to set up an initiative much like the Working Lands Initiative that would provide funding and a mechanism to distribute it to the BIPOC community and others in order to promote wealth equity in Vermont.

As always, please feel free to reach out with questions at tstevens@leg.state.vt.us.

Legislative update, week 4

By Alyssa Black, State Representative, Chittenden-8-3

February 8

Happy Tuesday, it's been a busy few weeks in Montpelier and I'm finally feeling as though I am settling into the routine of being in-person. I wanted this week to focus on two important items that have happened: proposals 2 and 5. I think they deserve an expansive explanation, and I thank you all for reaching out to me and sharing your perspectives and views on each.

Final Legislative passage of Proposal 2: Prohibiting slavery and indentured servitude. On Friday the House passed Proposal 2 by a roll-call vote of 139-3. I voted yes.

Vermont outlawed slavery in 1777 when it ratified its first Constitution. But the wording is not absolute. As currently written, only persons over the age of 21 cannot be held in slavery. Additionally, a Vermonter over this age can be bound into slavery if they consent to being a slave. Proposal 2 would amend Article 1, Chapter 1 of the Vermont Constitution, replacing this original section with language stating plainly that "slavery and indentured servitude in any form are prohibited."

Changing the state constitution is a four-year process. The proposed language must be approved by the Legislature in two successive biennia, a step that with Friday's vote is now complete. The proposed amendment will now be placed on the ballot for all Vermont voters to consider in November 2022.

Some may question the need for this change because slavery has been outlawed in the United States since 1865. But the unfortunate reality in 2022 is that forms of modern slavery, such as sex trafficking and the labor of undocumented immigrants, still exist in this country and Vermont is not immune. Additionally, the continuing challenges with racism in our society, one can argue that passing Prop 2 is worth it just for the message it sends about the aspirations we have for our state and how all Vermonters deserve to be treated.

"Language is powerful," said Rep. Hal Colston in presenting Prop 2 on the floor. "And the truth shall set us free."

Final Legislative passage of Proposal 5: Today, on a vote of 107-41 we passed Proposal 5. I emphatically voted yes.

I received a lot of feedback regarding this proposed Reproductive Liberty Amendment to the Vermont Constitution. From both sides of this issue. I thank each of you for sharing with me. Unfortunately, there is a lot of damaging misinformation floating around, so I wanted to explain what Prop 5 does and does not do and most important, Prop 5 is not the final say on this difficult question. Rather, it's a bill that would put before the voters of Vermont (that) the following language to be added to our Constitution:

Article 22. [Personal reproductive liberty]

"That an individual's right to personal reproductive autonomy is central to the liberty and dignity to determine one's own life course and shall not be

Legislative reports continued on page 5

Kintner Chiropractic Center

Dr. Mary Kintner



Flexible Scheduling

Unhurried, Gentle Head to Toe Care

Nutrition Counseling
High Quality Supplements

Massage

facebook.com/KintnerChiro
899-5400

LETTERS TO THE EDITOR

Help keep Proctor Maple Research Facility open for recreation

To the Editor,

For the last 70+ years, UVM Proctor Maple Research Facility has allowed everyone to use the property on Harvey Road in Underhill for recreational purposes. I want this to continue. However, the University has encouraged us to post the property for liability reasons. I have consistently advocated against this for many reasons and will continue to, but I have some personal requests to keep me on that path.

PLEASE – Pick up after your dogs. This may be the woods to you but this is our office, we walk EVERYWHERE. After a long day in the woods, dog feces on our boots, snowshoes, and tires is no fun.

Parking is limited. Keep in mind you must park outside of and not block any gate. This means you are in the Town right of way, so if there is a snow event, you WILL be towed.

Do not touch any of the tubing systems. If you see lines compromised by downed trees, branches, or wildlife, don't hesitate to contact me (802-238-1851 or wbosley@uvm.edu).

Let's all do our part to keep this awesome property open to the public. Thank you to everyone who already does this and especially our neighbors on Harvey Road.

Respectfully,
Wade Bosley
Maple Operations Manager
UVM Proctor Maple Research Facility
Underhill

Howe runs for third and final term on Jericho Selectboard

To the Editor,

Dear Jericho Neighbor,

I'm running for a third, and final, term on the Jericho Selectboard. I believe I've been an asset in managing town affairs. I would appreciate your vote.

Providing police, fire, and emergency services, as well as good highways, make up the majority of the town budget. I have worked to ensure reliable and essential emergency services. Costs for these services are increasing, yet they are no less indispensable. We cannot take the work of these providers for granted. As the Selectboard worked to rebuild the highway department, I led a review of the personnel handbook and related job descriptions to troubleshoot and improve cohesion among all town positions.

Our Town Plan and zoning regulations in Jericho are designed to reinforce the development of three busy village centers surrounded by green space. If only it was that simple! The glacial pace of planning, zoning, and development belies how consequential efforts in this area are. Like so many other towns, we need to provide folks of various incomes opportunities to live in the area. Are you for increased diversity? Here's one place to start. We must enhance our community so that young families can live here and the oldtimers can afford to stay. As for the Commercial District, when the timing is right we need to roll up our sleeves with willing partners and get back to work.

Over the last term I gathered, reformatted, and organized all town policies and ordinances. The Selectboard then reviewed them and updated policies that needed it. Importantly, I led a review of all our financial policies, being sure to include input from our treasurer and staff. These important documents guide the work of staff and Selectboard, providing consistency and

transparency in decision making. This is especially important as personnel change in the future.

There's more work to do. Many challenges will come before the Selectboard in the near future. The strategic utilization of federal ARPA funds is on top of this list. Some of the Selectboard's work will be managing and mediating conflicting interests, neighbor to neighbor. In the upcoming term, I plan to lead a review of our few ordinances to be sure they are up to date. I'd like to lead the Selectboard to clarify participation for the more than 60 folks who serve on Town Committees and Commissions (thank you one and all).

In all things, I hope my actions strengthen the community. Our libraries, farmers' market, parks, trails, and summer camp serve to mingle our futures. Schools, churches, sports, and cree-meets do the rest. Working for something bigger than me is rewarding and sometimes fun. I hope you'll support my re-election.

Wayne Howe
Jericho

Residential water use in Jericho

To the Editor,

I hope you will consider contacting the Jericho Select Board to consider allocating some of the federal ARP funds to help secure dependable and safe clean water for residential use for Jericho.

You may know that along with many of the essential services Jericho does not provide on its own (police, fire, water) that there are, in essence, a small number of separate water entities that service different areas and neighborhoods.

Understanding that it would appear the Jericho Select Board does not want to enter into providing any type of unified water system for us, I feel they do understand that to ignore the growing need for residential water needs would harm not only our neighborhoods and well being, but risk home values as well.

I would ask that the Select Board provide grants to each of the water entities that provide water in our neighborhoods to upgrade infrastructure needs. (Even consider a grandfather clause if recent repairs and upgrades were made or are in progress).

This could include in some cases generators in case of power loss, and a rainy day fund for emergencies (perhaps to help assist with aging water pipes in our neighborhoods — but not to include the water connection from individual homes to the neighborhood pipes).

For the large number of properties that own individual wells, perhaps a more limited-in-scope grant funds would also be available.

Living in a neighborhood where we once had our neighborhood community well fail, and gone without water for weeks, and then to receive no assistance from the Town of Jericho is not only a terrible hardship, but to see our Town government give no help is demoralizing.

In a perfect world it would be ideal if a plan could be devised to have Jericho have a unified water system (yet knowing the logistics and cost would be astronomical). Or if to collaborate with neighboring towns?

While I understand the Jericho Select Board seems to just look at residential water issues as if they are looking like a deer looking in the headlights, providing

agreed to the settlement of a discrimination claim from being forced to sign an agreement prohibiting them from being employed by that employer. <https://legislature.vermont.gov/bill/status/2022/H.320>

H.701 — this is a bill that follows up the legalization of the retail cannabis market by setting certain cannabis licensing fees. <https://legislature.vermont.gov/bill/status/2022/H.701>

H.367 — this is a short bill that requires private cemetery associations to manage perpetual care funds in the same manor as required of municipally managed cemeteries. <https://legislature.vermont.gov/bill/status/2022/H.367>

H.461 — this bill would exclude the income of people who are refugees or seeking asylum from counting towards household income of individuals/families who assist such individuals by providing a home for them. <https://legislature.vermont.gov/bill/status/2022/H.461>

In my committee (House Human Services) we continued work on understanding the Governor's budget and taking testimony on the status of service for individuals with developmental/intellectual disabilities.

Thanks for reading, and I can be reached at twood@leg.state.vt.us.



Above, a Salvation Farms volunteer bags surplus Vermont-grown apples for distribution to community-based food programs in Vermont. On December 21, 2021, VT Governor Phil Scott recognized Salvation Farms with an official Executive Department Recognition through his office's Rays of Kindness initiative for the Salvation's work to reduce food loss and expand access to locally-grown food for all Vermonters. The Governor thanked Salvation Farms "for strengthening Vermont's agricultural heritage and spreading this important message of optimism and hope, especially to some of Vermont's most vulnerable." Salvation Farms is proud to support Vermont farms and communities. For more information about Salvation Farms: www.salvationfarms.org. For more information about Gov. Scott's Rays of Kindness initiative: <https://governor.vermont.gov/rays-of-kindness>.

PHOTO CONTRIBUTED

grant money, with part of the federal ARP funds (under strict supervision and guidelines to our neighborhood water entities) would be, in my opinion (and I hope yours), a reasonable approach that needs to be considered!

Thanks for looking this over!
Neighborhood residential water needs must be addressed!
Agree or disagree, please let the Jericho Select Board know how you feel on this issue!

Robert (Bob) Devost
Jericho

Legislative reports continued from page 4

denied or infringed unless justified by a compelling State interest achieved by the least restrictive means.

It's difficult to change our constitution, as it should be. In this four-year process, Prop 5 passed the Legislature in the 2019-2020 biennium (and) today passed the 2021-2022 biennium. In this final step, it will be placed on the November 2022 ballot for all Vermont voters to decide. I believe this is necessary and wise, and it's one of the key reasons voted yes, to leave this important decision to all of us.

Access to safe, legal abortion under the care of a physician has been available in Vermont since 1972. While Prop 5 would enshrine this right in our Constitution, it would not change or expand in any way Vermont's medical standards or current practices when it comes to reproductive health care. Hospitals and health care facilities currently have, and will continue to have, the right to develop and enforce their own policies. Here are two examples:

- Prop 5 does not authorize abortions performed days or hours away from birth as described in many communications I received. So-called "partial birth abortions" were banned by a 2003 federal law and upheld by the Supreme Court in 2007. Abortions later in pregnancy, those performed up to 24 weeks, do happen rarely in Vermont but only when medically necessary.

- All hospitals in Vermont must comply with certain federal laws which protect health care providers' "rights of conscience" to refuse to participate in providing care that violates their religious or moral convictions, including abortions. This will not change.

Abortion is a wrenching moral issue. It's a difficult and painful personal decision that I believe should be left between a woman and her doctor. That's how things stand in Vermont now, and how they will continue to stand if the constitutional amendment is adopted. I was very proud to be able to vote yes on this proposal and I hope you have the same sense of pride when you make your vote in November.

Again, thank you all for your communications, feel free to reach out to me anytime at 802-598-1026 or ABlack@leg.state.vt.us.

Legislative Report

Theresa Wood, State Representative,
Washington-Chittenden

February 8

Last week in the Legislature we acted on the following bills:
H.320 — this is a bill that protects an employee who has

You don't need to wait for
MARCH 1st to learn about
local issues & budgets



Mount Mansfield Community TV
provides local municipal &
school board meeting coverage
all year on Comcast cable channels
1076 & 1086 and online, including
many **live streams**

Links to videos & more info on volunteering,
donating or producing your own show at
MtMansfieldCtv.org

Coming soon: Feb. 21/22: MMCTV/Richmond Free Library
TV Workshop for Middle Schoolers

MMCTV has moved!

**Richmond Town Center, 3rd fl., 203 Bridge St.
Mail: PO Box 688, Richmond, VT 05477
Contact: mmctv15@gmail.com, 802-434-2550**

WORSHIP SERVICES

Virtual services at MMUUF

Sunday services at the Mount Mansfield Unitarian Universalist Fellowship are held at 9:30 AM on the second and fourth Sundays of each month, September-June. Services are led by members of the fellowship and by invited guest speakers, including visiting UU ministers and leaders of other faiths. Each service explores a different topic. Worship, reflect, and sustain one another, within an inclusive spiritual community, built on values of honoring and affirming the worth of every person, striving for justice, participating in the world community, and respecting the natural web of existence. Services will be exclusively held over Zoom; please contact info@mmuuf.org or 802-899-2558 for how to join. Located at 195 VT Rt. 15, Jericho. Learn more at www.mmuuf.org and www.uua.org.

Jericho United Methodist Church

Jericho United Methodist Church welcomes you to grow in Christ with us. We hold dear the United Methodist Church's motto: "Open doors. Open Hearts. Open Minds." We recognize that our faith journeys are all unique, just as we as individuals are all unique. Know that whoever you are, whatever you do, you are welcome here. We believe that we grow together or not at all. All are welcome! Join us Sundays at 10:00 AM. There will be music, prayer and message from our pastor, Rev. Taeseob Cho. Please contact Rev. Cho at the church phone number, 802-899-4288, or his email, umccho@gmail.com. Located next to the Jericho Town Hall on VT Rt. 15.

United Church of Underhill

The United Church of Underhill is an active, vibrant congregation. We are young and old; single, couples, and families; believers, questioners, and questioning believers. All are welcome. Some people think of us as the Harvest Market Church or the Clutter Barn Church. We gather to worship together every Sunday morning at 10:00 AM. Our service is traditional but lively, with music, a children's sermon, and much more. For instructions on joining worship from home, please see <https://unitedchurchofunderhill.com/joining-worship-from-home/>. We provide many opportunities for worship, fellowship, and service, but we also welcome you to come in, be still, and contemplate your faith. Located at 7 Park St., Underhill. Pastor's office (with voicemail) 802-899-1722; church secretary, Tuesday and Wednesday 11:30 AM – 2:30 PM (no voicemail) 802-899-4583.

Church services in Jeffersonville, Waterville

The Second Congregational Church in Jeffersonville and the Waterville Union Church would like to invite all who feel called to join us for our online church services, Sundays at 10:30 AM. Know that no matter who you are or where you are in life's journey, you are welcome at our church; or in this case, our web-space! <https://www.facebook.com/watervilleunionchurch> or <https://www.facebook.com/SecondCongregationalUCC>.

Jericho Congregational Church is here to help

Jericho Congregational Church — "An Historic Church Proclaiming an Eternal Message" on the Green in Jericho Center, VT. Senior Pastor, David Coons and Youth Pastor, Peter Anderson. Sunday School at 8:30 AM for all ages, Fellowship at 9:30 AM, Worship Service at 10:00 AM; Nursery care provided. Youth group 6:15 PM Sundays in our Sunday school building ~ 899-4911; officejcc@comcast.net; www.jccvt.org

All are welcome at Good Shepherd, Jericho

You are invited to worship at Good Shepherd Church on VT Rt. 15 at 9:00 AM every Sunday. Services continue to be live virtual for the coming weeks. To join in: Zoom links are provided via Good Shepherd's communication document called the E-Bulletin. Subscribe ahead of time, by the Tuesday prior to a service you hope to attend, at www.goodshepherdjericho.org. You need to subscribe only once, and you can unsubscribe at any time. There are varied musical styles in worship services, including Folk, Contemporary, Celtic, Latin American, and traditional. In addition, online offerings include Monday evening Prayerful Meditation, Tuesday Evening Prayer, and Centering Prayer on Friday mornings. Good Shepherd also hosts the monthly online *Racism in America Forum*. We are an open-minded Christian community with a focus on social justice issues, where people from different faith traditions, along with those who aren't sure where they belong or what they believe, seek the support of a spiritual home. We welcome you in the name and love of Christ. Contact Pastor Arnold Isidore Thomas for more information at 802-503-9666 or pastorthomas@goodshepherdjericho.org.

Calvary Episcopal Church

Calvary Episcopal Church in Jericho, now worships virtually via Zoom on Sundays at 9:30 AM due to the Omicron variant's rapid spread throughout Vermont. If you would like the worship service login information, please contact the parish administrator at calvarychurchjericho@gmail.com or 802-899-0453. All are warmly invited!

St. Thomas Catholic Church

St. Thomas Catholic Church in Underhill Center invites you to join us in person for the Holy Mass at 8:30 AM every Sunday. There is also a vigil Mass at 4:00 PM on Saturday evenings. Our priest, Fr. Richard Calapan, also celebrates Mass during the week, on Tuesdays at 6:30 PM and Fridays at 8:00 AM. Confessions are available on Tuesdays before Mass. Visit us at www.stthomasvt.com or call 802-899-4632 for more information.

Send your news
to the
Mountain Gazette
at mtngazette@gmavt.net

OBITUARIES



Shawn William Turnbaugh Sr., 55, of Jericho, VT entered eternal rest Friday, January 29, 2022, after an extended illness. He was born in Burlington, VT on November 12, 1966. Shawn is survived by his son Shawn Turnbaugh Jr., daughter Krystal Turnbaugh, and brother Eric Turnbaugh; as well as his very special nieces and nephew Olivia, Ryan, and Emma Turnbaugh. He also leaves behind his beloved cousin Victoria Boutin, whom he considered his sister in his heart, and by lifelong friend David Manning. He was preceded in death by his father William Turnbaugh, mother Helen Withers, and sister Heidi Ziembra. Shawn spent the last several years employed by Barrett's Trucking doing what he loved — driving trucks. Spending time with friends and family was his favorite pastime. No funeral or memorial service is immediately planned. The family will notify loved ones in the future when a service is scheduled.



Wayne Douglas Norton, 75, of Jericho, VT departed on his own terms, in the arms of the love of his life, Margaret Norton. Wayne was defined by his heart and determination, which he showed over and over until his time came on Friday, January 28, 2022. He escaped a body gripped by a strong lung disease, and in doing so, has left behind memories for his loved ones to smile, laugh, and celebrate for years to come. Wayne was powerfully driven by his love for family. He shared loving bonds with his six siblings and had an especially deep connection with his always positive and humorous younger brother, Bruce. In 1963, Wayne met the love of his life, Margaret "Peggy" McCarthy. Wayne and Peggy wed in 1966, and recently celebrated their 55th anniversary, loving each other more with every passing day. The love between Wayne and Peggy is what created their three children, Todd Norton, Trevor Norton, and Carrie Guernsey. In addition to his love for family, Wayne was always compelled by his innate call to service. He proudly served his country in Vietnam as part of the Vermont 131st Army Corp of Engineers. Upon his return, Wayne worked for the city of Burlington, VT. Later, he would go on to establish a successful trucking company, Norton Brothers Trucking, with his brother, Ralph Norton. Every day when he left the office, Wayne returned to his home in Jericho. At a glance, one could easily tell just how proud Wayne was of his home. There was never a blade of grass that needed to be mowed, nor a single spot of paint that needed repainting. He needed his house to always be ready for what he treasured the most, to be visited by his family. Those visits happened often for Wayne, by his children and their families: Wayne's son Todd, his wife, Deb, and their children, Cooper and Colby; Wayne's son Trevor and his wife, Mary Ann; and Wayne's daughter Carrie, her husband, Andrew, and their son, Jackson. Despite his large and imposing stature, Wayne was a teddy-bear at heart. Always the jester, one could see the light in his eyes when he made someone laugh. He was a great storyteller, especially when the stories included his love of sports and cars. In fact, Wayne, a strong athlete in his own right, was eager to take on the role of mentor and coach when his own children and grandchildren began to play sports. He motivated them with his heroic story

of when in high school he was able to hit a home run despite playing in the game with a broken arm. The broken arm was a result of pretending to hold his father's truck. Early in his life, Wayne both drove and later raced his cherished GTO, which was fondly nicknamed "the Goat." Later, Wayne purchased his prized 1968 Corvette, which he used to surprise friends and family with joyrides on warm summer afternoons. We are sure he is sitting next to his father right now and driving one of those cars along roads with no speed limits in sight. Those who remember Wayne will never forget his strong presence, the twinkle in his eye or the way he made people feel when they were around him. Wayne had a way about him that someone could always tell how much he loved them and was proud of them without him even having to say a word. We know how proud he is of his family, and because of him, we now have an example to live up to for the rest of our lives. He will be dearly missed by all who were fortunate to have known him. A private service will be held in the Spring.



Kim Burdette Boomhower, 65, Westford, VT passed away unexpectedly of natural causes, on Saturday, February 5, 2022. Kim was born on May 9, 1956 in St. Albans, VT and was the son of Jackson B. Boomhower and Dawn Sweeney Boomhower. He graduated from Mount Mansfield Union High School in Jericho, VT in 1974, where he had a wonderful soccer career. He married Laurie Brunelle on September 15, 1990 in the Old Round Church in Richmond, VT. Kim was an Army Veteran, serving in Germany as a helicopter mechanic. After his military service he began his career at IBM. He had held various positions, retiring as a Process Technician in 2015. He was a member of the Eagles Club in Milton, VT. He was also a member of the bowling league for IBM and even bowled the coveted Perfect Game. Not to be outdone, he also shot a hole-in-one at Owl's Nest Golf Course in New Hampshire. Mr. Boomhower was a brilliant mechanic and had a great passion to work on cars and build specialized parts for Rolls Royces with his stepfather and friend Rick. He enjoyed local craft breweries. He loved America, making it to every state except for Alaska, Mississippi, and Louisiana. His granddaughter called him Papa and he loved making her laugh. He was a proud role model, teacher, and superhero to his grandson and enjoyed taking him on long car rides — "there is no such thing as getting lost" — a passion he shared with his father Jack. His mother Dawn will remember him as "the most loving son a mom could have, although he was sure I still needed cooking instructions from him." He is survived by his father Jack Boomhower and his wife Shelley; his mother Dawn Boomhower and her husband Rick Brown; his wife Laurie of 31 years; his three children Tara Boomhower, Amber Boomhower and her partner Ian Barton, and Kyle Boomhower and his partner Elise Wiecezrak; his two grandchildren Jacob and Lanasia; his siblings Kathy Irish and her partner Mike Forrest, Debbie Latham and her husband Rick Latham, Cindy Prescott, Carrie Boyer, Debbie Boomhower-Conger, Jackson Boomhower and his wife Emily, and Andrew Boomhower and his wife Robyn. He is also survived by numerous nieces, nephews, close friends, and beloved pets including his buddy, Bear. He is predeceased by his brother-in-law Dennis Prescott and his cousin/friend, Jeff Boomhower. In lieu of flowers please consider a donation to an organization in support of our veterans. "Life is good — take the long way home."

COLLEGES HONORS AND NOTES

Jesse Arbogast of Salt Lake City, UT has been named to the Fall 2021 Dean's List at the University of Utah, Salt Lake City, UT. Arbogast is majoring in English.

Ayla Bishop of Jeffersonville, VT has been named to the Fall 2021 Dean's List at Emmanuel College, Boston, MA.

Shannon Blaisdell of Jericho, VT graduated from Champlain College, Burlington, VT after the Fall 2021 semester, earning a Bachelor of Science in Health Care Administration.

Mya Brown of Jericho, VT has been named to the Fall 2021 Dean's List at Champlain College, Burlington, VT. Brown is majoring in Marketing.

Christopher Burges of Jericho, VT graduated from Champlain College, Burlington, VT after the Fall 2021 semester, earning a Bachelor of Science in Software Development.

Zachary Burns of Jericho, VT has been named to the Fall 2021 Dean's List and President's List at the University of Hartford, West Hartford, CT.

Desirae Byrd of Waterbury, VT has been named to the Fall 2021 Dean's List at Champlain College, Burlington, VT. Byrd is majoring in psychology.

Benjamin Cummings of Jericho, VT has been named to the Fall 2021 Dean's List at Champlain College, Burlington, VT. Cummings is majoring in Integrative Professional Studies.

Kyra Dissinger of Underhill, VT has been named to the Fall 2021 President's List at Champlain College, Burlington, VT. Dissinger is majoring in Creative Media.

Danielle Edwards of Underhill, VT graduated from Champlain College, Burlington, VT after the Fall 2021 semester, earning a MED in Master of Education in Early Childhood Education.

Adam Ely of Jericho, VT graduated from Champlain College, Burlington, VT after the Fall 2021 semester, earning a Bachelor of Science in Accounting. Ely also was named to the Fall 2021 Dean's List at Champlain College.

Joshua Graning of Jericho, VT graduated Magna cum Laude from Ithaca College, Ithaca, NY after the Fall 2021 semester, earning a Bachelor of Science in Software Development.

Charlotte Ide of Jericho, VT has been named to the Fall 2021 Dean's List at Champlain College, Burlington, VT. Ide's major is Secondary Education — English.

Stephanie Jacobs of Bolton, VT has been named to the Fall 2021 Dean's List at Champlain College, Burlington, VT. Jacobs is an Integrated Studies major.

Kodi Lein of Underhill, VT graduated from Champlain College, Burlington, VT after the Fall 2021 semester, earning a Bachelor of Science in Software Development.

Evan Llewellyn of Waterbury, VT has qualified for the Fall 2021 Dean's List at Worcester Polytechnic Institute, Worcester, MA. Llewellyn is a member of the class of 2022 majoring in Computer Science (BS).

Jonathan Miller of Jericho, VT has been named to the Fall 2021 President's List at Champlain College, Burlington, VT. Miller is majoring in Software Development.

Jamie Myers of Jericho, VT has achieved Dean's List honors for Fall 2021 at Vermont Technical College, Randolph Center, VT. Myers is a student in the Certificate of Practical Nursing program.

Lincoln Owens of Underhill, VT has been named to the Fall 2021 President's List at Georgia Southern University, Statesboro, GA.

Jackson Parker of Westford, VT has been named to the Fall 2021 Dean's List at Champlain College, Burlington, VT. Parker is majoring in Game Design.

Alisa Quiet of Jericho, VT has achieved Dean's List honors for Fall 2021 at Vermont Technical College, Randolph Center, VT. Quiet is a student in the Certificate of Practical Nursing program.

Alexi Jobst Shannon of Underhill, VT has been named to the Fall 2021 Dean's List at Champlain College, Burlington, VT. Alexi is majoring in Computer and Information Systems.

Marcello Souza of Jericho, VT has qualified for the Fall 2021 Dean's List at Seton Hall University, South Orange, NJ.

Anna Schwarz of Cambridge, VT has been named to the Fall 2021 Dean's List at the University of New Hampshire, Durham, NH.

Grace Solod of Underhill, VT has qualified for the Fall 2021 Dean's List at Worcester Polytechnic Institute, Worcester, MA. Solod is a member of the class of 2024 majoring in Biology and Biotechnology.

Austin Trask of Westford, VT has been named to the Fall 2021 Dean's List at Paul Smith's College, Paul Smiths, NY.

Karen Underhill of Jericho, VT has been named to the Fall 2021 Dean's List at Champlain College, Burlington, VT. Underhill is majoring in Business Management.

Jason Vanat of Jeffersonville, VT has been named to the Fall 2021 Dean's List at the University of New Hampshire, Durham, NH.

Lily Wolf of Underhill, VT has qualified for the Fall 2021 Dean's List at Worcester Polytechnic Institute, Worcester, MA. Wolf is a member of the class of 2024 majoring in Mechanical Engineering.

MISCELLANEOUS NEWS

History: Will Miller Green Mtn. Veterans for Peace, Ch. 57, Inc.

By Dave and Louise Ransom

Thirty years ago on March 16, 1991, at the Second Congregational UCC in Jeffersonville, a group of war veterans gathered again and voted to become the 57th Chapter of an organization that had been formed by a Vietnam War veteran and his friends in Portland, ME in 1985.

We all knew from experience that war was counter-productive, self-perpetuating, cruel, relatively lawless, often based on ignorance and lies, and always profitable for a few persons and their employees — which persons then worked to place others in power who would then encourage warfare. The real losers were the nations who pursued wars as a righteous or necessary solution.

We knew that many have not learned that truth, and others, about war.

The veterans were acquainted with and grateful for the work to assist veterans that was and is being accomplished by organizations such as Veterans of Foreign Wars, the Red Cross, the American Legion, Disabled American Veterans, churches, American Field Service, Fellowship of Reconciliation, Women's International League For Peace and Freedom, the Veterans Administration, et al, as well as private citizens, professors, teachers, librarians, who saw their task as one through which one could teach truthful stories and representations of even painful subjects. The veterans themselves were personally hurt mentally, physically, and emotionally by wars, from World War II through Vietnam at the time.

As the Chapter evolved through monthly meetings, witnessing for truth, education, peace, and against chicanery and villainy, members themselves learned, by relating to the national (now international) organization educational meetings and meeting other veterans and citizens and hearing their stories. Members themselves became more pacific in their personal and social behavior and witness, assisted teachers in schools and colleges, addressed persons in power, held private conversations with other citizens — for example, persons standing along a parade route, or military recruiters or armed forces members. Members were invited to speak in schools and churches, became better educated on the subjects of war and effective ways to develop a peaceful world, as, for example, through friends in the Fellowship of Reconciliation or American Friends (Quakers), personal growth, associate members who had not been injured by warfare, disciplines such as provided by Marshall Rosenberg's school of Non-Violent Communication, and personal growth. Members joined who were BIPOC. Leadership developed. Members consistently raised the question, "How may we best serve now, today?"

Members became public teachers, encouraged other veterans to tell and work off their stories rather than keep them trapped in painful memory. Members witnessed with signs and artwork at places of offense, established a Channel 15 program, fostered war victims seeking education in this country. One member, a former professor, authored a pictorial book simply entitled Fences.

Members became better acquainted with the intimate association of war and pollution and the potential destruction of the human species. Many alliances were formed, letters written, phone calls made, and (before COVID) gatherings attended.

Chapter members remain challenged by their inability to be more effective in the pursuit for truth, education, and world and local peacefully discovered solutions. We seek your help. (atspoons@gmail.com)

Yes, there are web sites for the national organization and local chapters such as ours. BTW, our Chapter needs a younger "techie," a friend of peace, who can manage our Chapter 57 website! Members do not need to be veterans.

Weatherizing your home

By Dwight Decoster, Underhill Energy Committee

As I sat in my home this weekend during the very cold couple of days I was very happy to have weatherized my home two falls ago. Not only is our home budget thankful for the 40% cut in heating costs, but I was very relieved that my home for the first time since we have owned it was able to maintain a comfortable temperature throughout the extremely cold temperatures.

Were any of you wishing that there was help out there for you to cut your heating bills, make your home more comfortable, reduce your carbon or lower your use of our world's resources? Well, there is help for many of you. As the Director of Champlain Valley Office of Economic Opportunity's (CVOEO) Home Weatherization Assistance Program I can point you to our Low Income Weatherization Program which, if you are income qualified and either own or rent (with property owner's consent) your home, is absolutely free to you. Some property owners may need to chip in towards certain costs. You can find the answer to your questions at <http://CVOEO.org>; click on the *weatherization* tab.

What if you don't qualify for the low income program? Well there are a couple of programs out there that can be of assistance to you.

First, if you are a Vermont Gas customer and you meet their eligibility criteria (which for Chittenden County is \$110,000 for a family of four), they will pay 75% of your project up to maximum of \$5000. You can reach out to VGS at 802-863-4511. For many of you who have high gas bills they also offer free home energy audits that can help you understand what you are facing with weatherizing your home.

For those of you who are not eligible for either of these programs, Efficiency Vermont (EVT) also has several programs and rebates that can help you move your weatherization project forward. EVT has rebates for weatherization, efficient heating and cooling appliances, household appliances, and many other projects. You can find information on these rebates and their help at <http://efficiencyvermont.com/>.

You may have heard that under Vermont's new energy plan there will be a drive to weatherize 90,000 homes between now and 2030. There will be a huge need for green collar workers in the weatherization field. If you are looking for work or think you might be interested in helping us in this endeavor, reach out. We are hiring at CVOEO.

This post has been brought to you by the Underhill Energy Committee. We are a group of residents looking to help the town and its citizens reduce the energy usage within town through education, technical assistance and action. If you have any questions please don't hesitate to reach out to the UEC. If there is a topic or project you need assistance with, don't hesitate to reach out to our members.

Free tax preparation with AARP Foundation Tax-Aide

The Varnum Memorial Library in Jeffersonville is sponsoring free tax preparation in partnership with AARP Foundation Tax-Aide to low- and moderate-income residents of any age — especially if you are 50 or older or can't afford paid tax preparation. Our volunteer counselors are IRS trained and certified to assist you in filing certain tax forms and schedules, as well as the Vermont State Tax return (including Property Tax Adjustment or Renter Rebate). Appointments will be scheduled for Mondays: February 21 and March 14, 21, and 28 at 9:30 AM and 11:30 AM. Our counselors are fully vaccinated and to keep everyone safe; we are asking you to wear a mask to your appointment. Each time slot can accommodate two taxpayers. To schedule an appointment contact the Varnum Library, 802-644-2117 or varnumrequests@gmail.com.

Appointments will be first-come, first-served and there are no walk-in appointments. Once your appointment is confirmed we ask that you stop by the library to pick up a packet of information and forms needed for your appointment. Library hours are Tuesday and Wednesday 9:00 AM – 6:00 PM; Thursday 8:00 AM – 6:00 PM; and Friday and Saturday 9:00 AM – 3:00 PM.

Improve business efficiency with Lean Office Strategies

By Pat Ripley, Executive Director, LEDC

If your business includes a busy office and you would like to learn how to make it run more efficiently, effectively, and in a way that saves you money, then this may be the best three hours of your time you spend this year. A well-run, well-managed and efficient small business is the backbone to all business success, whether that business is a manufacturer, provider of a service, or involved in the hospitality and recreation industries. Doing everything possible to make your business as "lean" as possible is crucial to ensuring your business' long-term viability and profitability.

Lean principles started in the manufacturing world, but are just as valuable for non-manufacturing processes. This three-hour introduction to Lean Office provides a brief history of Lean concepts with real-world examples. Lean tools such as standard work, batch reduction, pull systems, value stream mapping, and workplace organization are introduced along with hands-on exercises. Get ideas about how to find and eliminate waste in your office and administrative processes.

This workshop is a very high-level overview of some of the concepts, tools, and techniques that are used to reduce waste and make improvements in office processes. With a mix of content and interactive exercises drawn from multiple sources, you will be provided with a solid understanding of how office processes can be improved. Concepts to be covered include:

- lean: fix the process, don't blame the people;
- process thinking;
- saving time in office processes;
- the organized computer desktop;
- standard work, find the best way;
- value stream mapping: identifying waste in complex processes.

The workshop will be offered on March 16, 9:00 AM – 12:00 PM, at Green Mountain Tech & Career, 738 VT Rt. 15, Hyde Park. To register, go online to <https://improvebusinessefficiency.eventbrite.com>. VMEC will supply all materials for this training.

Speaker Bill Kuhns is a Mechanical Engineer who caught the computer bug early, starting a business making embedded test equipment in 1980. After working as an aerospace engineer for more than 15 years, he started a second career as a process improvement consultant with VMEC. In that role he worked with companies ranging from small manufacturers to IBM, focusing on process improvement in office and administrative functions. He also designed and built a house for his family and added a biomass heating system.

The automated controls he designed for the heating system became another business – Vermont Energy Control Systems LLC (VECS). The open-source monitoring and control system produced by VECS quickly found applications far beyond home heating, including food and agricultural products, leading to a third career as an entrepreneur

IMPORTANT NOTE - Masks are currently required at the venue. Please bring one with you since that requirement may still be in place. No other COVID restrictions are expected outside of masking. If masks are no longer required by the venue by the time the workshop date arrives, you will not be asked to wear one.

VEC Community Fund Grants support Vermonters

The Fairfield Community Center will be better able to purchase important food staples like flour, sugar, spices, and more, for weekly home-cooked community meals — thanks to a recent grant from the Vermont Electric Co-operative's Community Fund.

Other recent grants to local non-profits will support services for seniors, the purchase of a pop-up tent for outdoor recreation, and assistance for veterans.

Nearly two years ago, in March of 2020, the Fairfield Community Center had to discontinue their weekly sit-down meals because of the pandemic. The meals had been served by volunteers to approximately 30 guests a week, mostly seniors but when the pandemic struck, the center moved to grab-and-go meals and to serving up to 65 community members. The

recently-awarded grant of \$1000 will support the purchase of food staples necessary to re-start weekly sit-down, congregated community meals.

"Social isolation has had a major impact on physical and mental health," said Julie Wolcott, a volunteer at the center. "Congregate meals are a crucial strategy to preventing social isolation for older residents," she said, noting that over half of center's congregated meal recipients live alone. "We're grateful for this support from the VEC Community Fund."

Another recent grant recipient, the Franklin Homestead and Carriage House, provides safe, affordable, convenient housing for seniors age 55 and up. That grant of \$500 will support services including meals, cleaning, and laundry.

Other recent Community Fund support included \$500 for Johnson Recreation in Johnson for a pop-up canopy with wheels to be used for outdoor recreation activities, and \$1000 for the Vermont Veterans Summit to help fund its annual event set for Friday, June 3 at Northern Vermont University-Lyndon.

Electric vehicles — what do they cost?

By Ruth Machell Julianelle

Energy Committee Member, Underhill

The Underhill Energy Committee is continuing to answer questions people have about electric vehicles. These FAQs are not intended to be a binding, final definitive document, but should give enough information and resource websites that a reader can get a general appreciation of facts. If a reader wants updated or detailed information, they should talk directly to dealerships and reference web sites with updated information.

This week – What does an EV cost?

An EV or a plug-in hybrid can cost anywhere from less than \$25,000 to over \$90,000. Many, but not all, cars are available for leasing. As with traditional gasoline powered cars there may be promotional sales, seasonal initiatives, or other local cost reductions on any of these cars.

At present there are tax credits and rebates that can significantly reduce the cost of an EV:

- federal tax credit: up to \$7500 depending on the size of the battery and your annual federal tax liability.
- state incentives: up to \$4000 for income-eligible Vermonters purchasing or leasing a new EV.
- utility incentives: up to \$2500 depending on your utility
- other incentives: Some automakers, auto dealers, and other entities offer incentives

See the Drive Electric Vermont Electric Vehicle Incentive Calculator, <https://www.drivetricelectricvt.com/incentives>.

Note that incentives may go up or down depending on several factors:

- income level
- model and/or battery size of vehicle
- how many cars have been sold of a particular model
- the size of the federal or state bucket of money for incentives
- the size of the utility company's bucket of money for incentives

For more information on current rebates and incentives, check these sites:

- Electric Vehicles — Green Mountain Power, <https://greenmountainpower.com/rebates-programs/electric-vehicles/>
- Energy Transformation Programs — Vermont Electric Coop, <https://vermontelectric.coop/energy-transformation-programs>
- Alternative Fuels Data Center: Search Federal and State Laws and Incentives, <https://afdc.energy.gov/laws/search>

Volunteer Opportunities with United Way

LEND A HAND — VOLUNTEER! United Way's Volunteer Connection site is set up to help connect agencies and volunteers. Agencies are working hard to navigate volunteering during this time, but opportunities are increasing. Here is a link for Volunteer Connection to learn more about these and other opportunities.

DO DROP IN – Spectrum Drop-in Center in St. Albans serves youth ages 14-24. They provide lunch and dinner, Monday-Friday, and serve about 15 young people. They would appreciate any meal donations, which can be dropped off between 4:00 – 4:45 PM. A pizza delivery would be fine! To sign up for a meal, visit <https://www.mealtrain.com/trains/m6qowl>.

JOIN THE TEAM – Green Mountain Habitat's ReStore in Williston needs two volunteers to join their "linen team." Team members sort donations, price items for sale, and merchandise the linen section of the store. Twice a week, two hours each day. Contact Kali, kali@vermonthabitat.org.

SCORE FOR SUCCESS – SCORE volunteers help entrepreneurs achieve their dreams of owning a small business. They help with email marketing, networking, data and analytics, local events, and more. Volunteers can also help support SCORE with media contact for national and local public relations, fundraising, or serving as Community Ambassadors. Flexible scheduling. Learn more at www.score.org/volunteer.

JUSTICE FOR ALL – Essex Community Justice's COSA (Circle of Support & Accountability) program provides help for folks released from the time in jail so they can do well in the community. They are looking for volunteers to model social relationships through conversation and activities, help problem solve, and promote accountability. Flexible one hour a week scheduling. Contact Jill Evans, jevans@essex.org or 802-872-7690.

MENTOR! MENTOR! – Mercy Connection matches volunteer mentors with incarcerated and court-involved women as they make the transition to sustainable lives in Vermont. Mentoring pairs meet virtually, one on one, and in small virtual group meetings and healthy social events. Five-week training for mentors is being provided from March 2-30. Volunteer and make a difference! Contact Joanne Nelson, jnelson@mercyconnections.org or 802-846-7164.

LIBRARY NEWS

DEBORAH RAWSON MEMORIAL LIBRARY

The library is now open with updated hours, no appointment needed: Tuesday and Thursdays 10:00 AM – 8:00 PM, Wednesday and Friday 10:00 AM – 6:00 PM, Saturday 10:00 AM – 2:00 PM, and Sunday 1:00 – 4:00 PM. Everyone over the age of 2 is required to wear a mask. Please try to limit your visit to 30 minutes. Curbside pickup is still available; contact 802-899-4962 or rawsonlibrary@drml.org.

To register for programs, call 802-899-4962, or email Erik (program_assistant@drml.org) for Adult Programs or Abbey (youth_librarian@drml.org) for Youth Programs.

Adult programs

Tuesday, February 22, 7:00 PM, in person in the program room; masks required: Mystery Book Club: *The Lions of Fifth Avenue* by Fiona Davis. If you need a book, please call the library (802-899-4962) to request a copy. Due to delays with our courier you should request soon so that it has time to arrive. A Zoom meeting will also be available for those who prefer a virtual option. Please contact Holly (drawingmemlib@yahoo.com) if you would like to receive a link to the Zoom meeting.

Youth Programs

Ongoing
Tuesdays, 3:00 PM: Story Time [preschool]. We're switching things up and testing out an afternoon story time. We hope you can join us for songs, stories, flannel board games, and more! For school break week, Story Time on February 22 will be at 10:00 AM. Everyone over the age of 2 years old must wear a mask.

Spring Scavenger Hunt — We are spring dreaming! Each time you visit the library, you can hunt for the six spring-themed cutouts hiding all over the library. When you find them all, visit the front desk to enter a raffle for a spring chick finger puppet. You can play the scavenger hunt and enter as often as you like.

Check out these great programs!

All programs meet in person at DRML. Everyone over the age of 2 years must wear a mask. If you would like to join via Zoom, please email youth_librarian@drml.org.

Thursday, February 17, 3:00 – 4:30 PM: Young Writers' Club for tweens/teens. What's the real reason for toothaches? According to our young writers it's tiny ants with pickaxes! Come stretch your imagination and get silly with your fellow writers. No registration required.

Wednesday, February 23, 3:00 – 4:30 PM: Read to Wyatt [all ages]. Come during school vacation week and read to Wyatt the Bernese Mountain Dog. He and his handler, Ms. Sue, would love to help you build your confidence as a reader while they listen with no judgment to whatever stories you want to share. Please pre-register for a 15-minute spot. You can sign up when you visit the library, call us at 802-899-4962 or email youth_librarian@drml.org.

Thursday, February 24, 3:00 – 4:30 PM: Animation Club

[tween/teen]. Love going behind the scenes for movies? Then you'll love Animation Club! We check out behind the scenes videos and then turn the program room into a movie studio for our own masterpieces. Please pre-register. You can sign up when you visit the library, call us at 802-899-4962, or email youth_librarian@drml.org.

Saturday, February 19, 10:00 AM – 12:00 PM: Community Sledding Party [all ages]. Meet at Mills Riverside Park at 10:00 AM for some epic sledding adventures! Around 11:00 AM Ms. Abbey will head back to the library for folk to drop in for hot cocoa and a wintry craft. A huge thank you to our co-sponsors the Jericho Underhill Park District!

Tuesday, February 22, 3:00 – 4:30 PM: Among Us [ages 10+]. Get lost in the airship, run from danger, or maybe be the cause of it! Who's safe and who's sus? Find out when we play Among Us. Please pre-register. You can sign up when you visit the library, call us at 802-899-4962, or email youth_librarian@drml.org.

Friday, February 25, 3:00 – 4:30 PM: Nintendo Switch Games [ages 8+]. Help us unlock more characters in Smash Bros, new mini games in Mario Party, and new equipment in Mario Kart. Please pre-register. You can sign up when you visit the library, call us at 802-899-4962, or email youth_librarian@drml.org.

Contact information: email rawsonlibrary@drml.org; website www.drml.org; phone 802-899-4962.

JERICO TOWN LIBRARY

Jericho Town Library is sorry to announce that we will be canceling Storytime until further notice, at least through the end of February. Hopefully in a few weeks things will have settled down a little and we'll be able to gather safely again, but we thank you for your patience and understanding as we strive to keep the youngest members of our community healthy.

Thank you for supporting Jericho Town Library's second virtual Adopt-A-Book Sale! Here's how it works: you visit our Amazon charity list and choose a book to purchase, it ships directly to us, and then you get to be the first person to read it once it's ready for circulation. You can view the list here: https://smile.amazon.com/hz/charitylist/ls/2S96EX5QFBM0Q/ref=smi_ext_lnk_lcl_cl. You are more than welcome to make your purchase from another bookseller, just let us know so we can remove your book from the Amazon list. Feel free to reach out with any questions. Thanks so much for your support as we strive to keep our collection current, comprehensive, and exciting!

We continue to be open 10:00 AM – 7:00 PM Tuesday, 10:00 AM – 4:00 PM Wednesday-Friday, and 10:00 AM – 2:00 PM Saturday. With all this great snow we're getting, come check out some snowshoes for your family! Snowshoes are available to all Jericho Town and Deborah Rawson Memorial Library cardholders aged 18+, and we have a range of sizes that will fit your whole family.

Find us on Facebook and Instagram (@[jerichotownlibrary](https://www.instagram.com/jerichotownlibrary))

for regular updates on our programs, services, and collections. 802-899-4686, library@jerichotownlibraryvt.org, www.jerichotownlibraryvt.org.

Please check our website and the notice boards outside of the library for updates and more information on programs and library services: www.jerichotownlibraryvt.org or 802-899-4686.

VARNUM MEMORIAL LIBRARY JEFFERSONVILLE

Adult fiction has been moved to the front, and kids, young adults, and adult nonfiction to the back. New releases can be found in the middle.

If you're interested in supporting the Varnum in any way, be sure to check out our Amazon Wish List! Any donations are sincerely appreciated. Our list this year includes fish tank filters, hot chocolate, crafts, and even a fireplace insert! https://www.amazon.com/hz/wishlist/ls/2OTE5H21CH0EE?ref=wl_share

Please let us know how we can assist you by contacting varnumrequests@gmail.com or 802-644-2117.

The team at the Varnum: April, Carol, Carrie, Courtney, Hope, Jan, Karen, Krista, Laura, Lesley, Liv, Mark, Teelah, and Valerie.

The Varnum Memorial Library is open for curbside pickup and in-person browsing. Please continue to wear a mask. Our hours are: Tuesdays 9:00 AM – 6:00 PM; Wednesdays 9:00 AM – 6:00 PM; Thursdays 8:00 AM – 6:00 PM; Fridays 9:00 AM – 3:00 PM; and Saturdays 9:00 AM – 3:00 PM; closed Sunday-Monday. (Note, hours at the Varnum can vary week to week; please check the website to be certain.)

The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville, 802-644-2117; thevarnum@gmail.com; www.varnumlibrary.org.

WESTFORD PUBLIC LIBRARY

We have moved back inside for the colder weather months. We require that all participants wear a mask (regardless of vaccination status). Children under 2 are exempt from this requirement. We will do our best to social distance. Crafts will be a blend of takeaways and in-person.

The library hours of operation (meaning come in and browse the shelves, use the computer, grab a DVD, etc.): Tuesdays 10:00 AM – 7:00 PM, Wednesdays 1:00 – 7:00 PM, Thursdays 10:00 AM – 7:00 PM, Fridays 1:00 – 7:00 PM, and Saturdays 10:00 AM – 2:00 PM, no appointments needed. Patrons of all ages are welcome, children under 12 must be accompanied by an adult. If you feel you need curbside service, for whatever reason, please email Bree at the library and we can work something out. We want nothing to impede you from using the library.

February's all-month-long events:

- Blind Date with a Book! Check out our display of wrapped books — all you get is a very brief summary. Will you find a new favorite author? Will you have a new reading experience? Spice up your reading by checking out a "blind date" book — take a chance on a new book!

- The Art of Tasha Tudor: A personal collection by Peggy Rodgers, with original pieces you can only see at the Library.

- Winter Story Hike: If you missed it at WinterFest, The Mitten will be lining the school trails after mid-February. Park in the front school parking lot and follow the signs from the kiosk. Enjoy a walk to and around the Misty Meadows trail. Please do not walk on groomed ski tracks. Installation will stay up through the end of March.

Wednesday, February 23: Adult Book Group via Zoom, 7:00 PM. The Invisible Life of Addie LaRue by V. E. Schwab. France, 1714: in a moment of desperation, a young woman makes a Faustian bargain to live forever — and is cursed to be forgotten by everyone she meets. Thus begins the extraordinary life of Addie LaRue, and a dazzling adventure that will play out across centuries and continents, across history and art, as a young woman learns how far she will go to leave her mark on the world. But everything changes when, after nearly 300 years, Addie stumbles across a young man in a hidden bookstore and he remembers her name. Inspiring story for history buffs and book lovers alike (from [Amazon.com](https://www.amazon.com)). Print copies (preferred) at Library, digital copies might be available on Libby, especially for audio, but not for multi-use. Zoom link will be posted on FPF, Facebook, and sent to regular book club members.

Storytime is back on! every Thursday, 11:15 AM, inside the library. Masks required for all over two years of age, regardless of vaccination status. Thursday, February 24: no story time.

Fiber Arts Group meets every Thursday in person at the library, 6:30 PM.

Bedtime Math's Crazy 8s Club for grades K-2, Thursdays, March 3-April 28 (except April 21). The library is hosting another session (different activities) of Bedtime Math's fun, hands-on math club. Space is limited. Contact the library via email if interested. Good behavior is key to making this fun for everyone! Bus #3 from Westford School; permission and more information for those who sign up. Class ends at 4:30 PM; pick up as late as 5:00 PM.

The Westford Food Shelf is now open twice a month, on the first Wednesday of each month (March 2), 4:30 – 5:30 PM, on the third Saturday (February 19), 8:00 – 9:00 AM. With increased openings, they need more inventory! The Westford Public Library has food collection bins at all curbside pickups from now on. These bins are for non-perishable food and household items.

Find us on Facebook (www.facebook.com/westfordpubliclibrary) and Twitter (www.twitter.com/WestfordVT_pl). Bree Drapa, Librarian. 802-878-5639; <http://westfordpubliclibrary.org>; westfordpubliclibrary@gmail.com.

FAIRFAX COMMUNITY LIBRARY

We are asking everyone to please wear a face mask in the library. To help meet the needs of all library users, Curbside Pickup Services will be provided on Tuesdays and Thursdays, 3:00 – 7:00 PM upon request.

All events are free unless noted. Pre-registration required; please sign up at least one week before the program date; call 802-849-2420 or email libraryfairfax@gmail.com.

Youth events

Wednesdays, February 16 and 23, 10:30 AM: Preschool Story Time. Join us for stories and songs! Children's books will be available to check out as well. Before you leave, pick up an activity to make at home!

Wednesdays, February 16 and 23, 4:30 PM: Kids Yoga with Jessica Turner. Join Jessica Turner for weekly kids yoga classes! These classes will be held virtually, so keep an eye on your email for the zoom link. Ages 6+ Please email libraryfairfax@gmail.com or call 802-849-2420 to register.

Libraries continued on page 9

Stay Safe This Holiday Season and Throughout the Winter

Know How to Detect a Gas Leak

Smell



Natural gas is normally odorless. A distinctive, pungent odor, similar to rotten eggs, is added so that you will recognize it quickly.

Sight



You may see a white cloud, mist, fog, bubbles in standing water, or blowing dust. You may also see vegetation that appears to be dead or dying for no apparent reason.

Sound



You may hear an unusual noise like a roaring, hissing, or whistling.

If You Suspect a Leak:

Move immediately to a safe location. Call VGS at 1-800-639-8081, or call 911, with the exact location. Do not smoke or operate electrical switches or appliances. These items may produce a spark that might ignite the gas or result in a dangerous condition.

Do not assume someone else will report the condition.

Protect Meters and Vents from Ice and Snow

Don't push or pile deep snow around meters and ensure whoever removes snow from your property knows meter and appliance vent locations. Use extreme care when clearing snow surrounding, or large icicles above, meters and vents. If your meter gets encased in thick ice, please call us.



NEWS BRIEFS

Blood supply shortage

The Jericho-Underhill Lions Club is very grateful to the individuals who donated blood at our five blood drives in 2021. Because of you, the Red Cross netted 220 units of much needed blood.

This year we are scheduled to host three, possibly four drives, the first one in mid-April. If you gave at our drive on December 8, you are eligible to donate again now.

The Red Cross is experiencing an extreme shortage of blood. Due to this shortage, some surgeries and therapies have been or may be delayed.

If you have donated in the past or have never donated, please consider signing up at http://Redcross.org for a time and place that is convenient for you. After all, an hour or two of your time could mean a lifetime to a patient in need.

The Lions Club thanks you for your continued support. Be safe, stay healthy, and continue to be compassionate.

Cambridge Food Shelf new hours

The Cambridge Food Shelf, located in the basement of the Second Congregational Church in Jeffersonville, has new hours — now open on Tuesdays, 1:00 – 7:00 PM, but no longer open on Monday evenings.

In order to keep everyone safe, please bring proof of vaccination to shop downstairs. If you are not vaccinated, you are still welcome to come and have your order filled by volunteers while you remain upstairs.

New hours! Tuesdays only! Hours are 1:00 – 7:00 PM!

Westford Food Shelf needs

The Westford Food Shelf is running low on a few key items, specifically pasta and soup. We have also received a request for tomato soup — though all soups are welcome!

News briefs continued on page 12

Libraries continued from page 8

Wednesday, February 23, 1:00 PM: Pumping Heart Model. Learn a little bit about how the heart works and make a model that really pumps! Materials provided. Ages 8+ Please email libraryfairfax@gmail.com or call 802-849-2420 to register.

Adult events

Tuesday, February 22, 4:30 PM: DIY Stamp Making. Try your hand at stamp making! Materials provided. Please email libraryfairfax@gmail.com or call 802-849-2420 to register.

Thursday, February 17, 4:00 PM: Financial Literacy Workshop with Cody Fiala — Personal Budget. Starting in January, Fairfax Library began hosting three monthly workshops on personal finance topics. The sessions will provide participants with information they can act upon to manage and protect their money, and to work towards their financial goals. Handouts will be provided at each session, capturing the major points of the presentation and providing additional resources. Each session will be strengthened by the questions people ask! February's session will focus on understanding how a personal budget is beneficial for you, building a personal budget, and saving money by using a personal budget. A Zoom link is available for this event! Please email libraryfairfax@gmail.com or call 802-849-2420 to register.

The Library Book Club will meet to discuss the book Shuggie Bain by Douglas Stuart. Book club meets in the library and a Zoom link will be available to attend remotely. The next book club date: TBA. To reserve a copy of the book and/or request the Zoom link, email fairfaxlibrarian@gmail.com or call us at the library! All are welcome!

Hours: Mondays, Wednesdays, and Fridays 10:00 AM – 5:30 PM; Tuesdays and Thursdays 9:00 AM – 7:00 PM; and Saturdays 9:00 AM – 1:00 PM.

For up-to-date info about programs, visit our website: www.fairfaxvtlibrary.org, where you can also find a link to the interactive Google calendar. For up-to-date info about programs, visit our website www.fairfaxvtlibrary.org, where you can also find a link to the interactive Google calendar. 75 Hunt Street, Fairfax; 802-849-2420.

RICHMOND LIBRARY

Mask up, please. Everyone over the age of two entering the

Library is required to wear a facemask regardless of vaccination status. As a community library, we value the privacy and safety of all our patrons.

The Library's hours have changed to the following: Monday, Tuesday, Thursday, and Friday, 10:00 AM – 5:00 PM; Wednesday, 10:00 AM – 8:00 PM; and Saturday, 10:00 AM – 2:00 PM. Our webpage, Facebook, and email reflect this information and we will be changing physical signage soon.

Book Chat: Join the monthly Discover Between the Covers book chat with Rebecca Mueller of the Richmond Free Library and Stacey Symanowicz of the Huntington Public Library featuring materials from the two libraries. Chats will introduce readers to a variety of titles old and new, fiction and nonfiction, past and current award winners, favorite series, and perhaps a movie or two. There will be time set aside to let participants share what they have discovered, too! Use the zoom link found at https://richmondfreelibraryvt.org/collections/book-chats/.

Colección Española: If you have a child enrolled in the Spanish immersion program at Richmond Elementary School, you may be interested in our new collection of Spanish language resources. Books in the collection range from the simplest of board books to more complex language resources appropriate for intermediate students. Ask to be directed to the shelf where the collection is currently being held.

Youth Programs are currently ongoing with COVID precautions in place as needed. Program details are below. Weekly youth programs at the Library run September-May and follow the MMUUSD school district schedule for vacation days and weather closure days.

Mondays, 10:30 AM: Baby Laptime. This short, active storytime is for our youngest little book lovers and their grown ups. We'll look at picture books, sing simple songs, do some rhyming and bouncing, and sometimes get out the shakers and scarves. Designed for infants and early toddlers.

Wednesdays, 10:00 AM – 12:00 PM: Storytime and Playgroup. The good times kick off with stories and songs in the Library Community Room and then it's outdoor play time with old and new friends. For Storytime, families will spread out in the spacious community room. After Storytime we will move

outside to the playground for playtime as weather allows. Co-sponsored by the Library and the Lund Center. Kids from 0-5 and their grown ups are invited to join the fun.

Mondays, 5:00 PM in the Community Room: Kaiut Yoga with Caroline Sheftel. The Kaiut Yoga method applies biomechanical, integrative, and therapeutic techniques in the practice. Every individual class is designed with the purpose to increase freedom of movement and integration between body and mind. Caroline believes that yoga is for everyone, and finds this universal accessibility in Kaiut Yoga. Bring a yoga mat, a yoga bolster (or equivalent), and strap (or equivalent). By donation; proceeds will be given to charitable organizations.

Free Tong Ren sessions Molly Lawney leads a free bimonthly community energy healing class. She practices a form of energy healing called Tong Ren, which works well in a group setting and it's contact-free, so it also works well for social distancing purposes. For more information, contact molly@openchannelenergy.com.

Contact us at 802-434-3036 (leave a message after hours) or rfl@gmavt.net.

Richmond Free Library, 201 Bridge St., P.O. Box 997, Richmond, VT 05477; 802-434-3036; fax 802-434-3223; www.richmondfreelibraryvt.org.

BROWNELL LIBRARY, ESSEX JUNCTION

Contact us at frontdesk@brownelllibrary.org or 802-878-6955.

Brownell Library, 6 Lincoln St., Essex Junction. Contact Main Desk 802-878-6955, Youth Desk 802-878-6956, Reference Desk 802-878-6957, or frontdesk@brownelllibrary.org.

ESSEX FREE LIBRARY

Our online resources and services are always open. All you need is your library card. Don't have a library card? Request a virtual library e-card today to access our ebook and audiobook collections. (https://docs.google.com/forms/d/e/1FAIpQLScH6EF1cpRRmOhjQ_O1GTNOzZ1_eJS3WJtR4BQe1aT6mYMT0A/viewform?vc=0&c=0&w=1)

Essex Free Library, 1 Browns River Rd., Essex. 802-879-0313; essexfreelibrary.com



Call Today

Call Laurie today to schedule your tour. (802) 871-5808

Our Commitment Is Clear. Our Care is Undeniable.

MANSFIELD PLACE ASSISTED LIVING AND MEMORY CARE

We'd love to welcome you to our warm and caring community! Everything we offer is centered around your preferences as well as being designed for fun, fellowship, and independence. Naturally, safety is a top priority at all times.

Locally owned and operated. Mansfield Place takes great pride in our Vermont community and the families we serve.

MOUNTAIN GAZETTE RATE SHEET 2022

6558 VT RTE 116, STARKSBORO, VT 05487

802-453-6354 mtngazette@gmavt.net

www.mountaingazetteofvermont.com

The *Mountain Gazette* is the hometown newspaper for Bolton, Cambridge, Jeffersonville, Jericho, Underhill and Westford, Vermont.

We store deliver copies of the paper in Bolton, Cambridge, Jeffersonville, Jericho, Underhill, Westford, Hinesburg, Huntington, Richmond, Fairfax, Essex and Essex Junction.

TOTAL REGULAR CIRCULATION - 4500

(During the pandemic it has varied at the present time we are back up to 3500 and rising. We plan to be back to full circulation by May 2022.)

OPEN RATE

\$8.25 COLUMN INCH

Column width 1 7/16"

Listings below are measured width x height

Business card - \$33.00
3 1/4" x 2"

1/16 page - \$49.50
3 1/4" x 3"

1/12 page - \$66.00
3 1/4" x 4"

1/8 page - \$99.00
3 1/4" x 6"
5" x 4"

1/4 page - \$170.00
3 1/4" x 12"
5" x 8"
6 1/2" x 6"

1/2 page - \$290.00
10 1/4" x 8"
5" x 15 1/2"

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

Business directory ads: \$18 each, must buy 5 consecutive issues (\$90.00 pre-paid)
No changes. Size 3 1/4" x 1 1/2"

Classified ads: \$6.50 for 25 words, 10 cents for each additional word

Prepaid contracts available - Save up to 20%.
Purchase six ads of any size and run within 12 month.
Call Brenda Boutin, advertising manager at 802-453-6354 for details

Subscriptions \$35.00 per year - 24 issues

Inserts 1-4 pages, 8 1/2" x 11" Cost \$45.00 prepaid per 1000
Must purchase full circulation

Publication First and Third Thursday/Month
Deadlines: Thursday before publication
Copy - 12:00 Noon
Advertising 5:00 PM

The *Mountain Gazette*, 6558 VT RTE 116, Starksboro, VT 05487

Phone: 802-453-6354 mtngazette@gmavt.net

www.mountaingazetteofvermont.com

2022 Rebates for Your Home



If you're planning on improving the efficiency of your home or apartment this year, take a look at Efficiency Vermont's residential offers, including:



Air Sealing and Insulation

- 50% off weatherization project costs, up to \$3,000 (completed by an Efficiency Excellence Network contractor)
- DIY weatherization: \$100 back on select do-it-yourself projects



Heating, Cooling, and Water Heating

- Air-source heat pumps: discounts starting at \$350 + income bonus
- Ground source heat pump: up to \$2,100/ton + \$500 income bonus
- Smart thermostats: \$100 rebate for select ENERGY STAR models
- Water heaters: \$300-\$600 for select heat pump water heaters + \$200 income bonus
- Window air conditioners: \$100 rebate for select ENERGY STAR models
- Wood pellet furnaces & boilers: \$6,000 rebate
- Wood and pellet stoves: \$200 discount at select retailers



Electric Vehicles

- Up to \$6,500 in local incentives and up to a \$7,500 federal tax credit



ENERGY STAR Appliances

- \$200-\$400 rebates on heat pump clothes dryers, \$25-\$40 for dehumidifiers



Lighting

- \$100 rebate for qualifying LED fixtures for indoor growing, plus discounts on select ENERGY STAR LED fixtures at participating retailers



Income-based Assistance

- Free lighting, appliances, energy consultations, and more — visit efficiencyvermont.com/free-products to see if you are eligible.

Additional rebates may also be available from your electric or gas utility.



Not sure where to start?

Sign up for a **FREE** Virtual Home Energy Visit!
Call **888-921-5990** to learn more

All rebates are subject to availability and eligibility.
Visit www.efficiencyvermont.com/rebates for the most up-to-date information.

**Efficiency
Vermont**

ART / MUSIC / THEATER



The Snowflake Bentley Pavilion at Mills Riverside Park on a snowy winter day.
PHOTO BY SUZANNE FREITAS

Jericho Town Hall Art: Tracks. The latest exhibit of art within the Jericho Town Hall, *Tracks*, is now hung. It is open to all to view during regular Town Hall hours. The Town Hall does require masks to be worn inside the building. The show will run through April. Stop by to see how various artists viewed the theme. To pique your interest, Angelike Contis of MMCTV has created a short video of the work at <https://archive.org/details/jericho-art-tracks-jan-2022>. The video will also be posted on the Join in Jericho site.

VT Arts Council offers grant: *Creation Grants* support artists in creating new work. Grant funds may be used to compensate the artists for time spent creating new work, to purchase materials, or to rent equipment or space for the process. Both established and emerging artists are encouraged to apply. Examples of fundable projects include: a multimedia artist creating a new video series; a writer completing the first draft of a novel; a dance ensemble developing choreography for a new piece; a visual artist creating art for exhibition that explores new subjects and techniques; a musician composing music for a new album. The application deadline is Monday, April 4, 11:59 PM. For more information and links to the application process, go online to <https://www.vermontartscouncil.org/grants/artists/creation>. (Vermont Arts Council changed its grant management systems in early 2021.)

News briefs continued from page 9

Donations can be dropped off in the bins in town (library, Town Office, store) or brought on the third Saturday of the month, which is February 19 this month. Thank you for your support!

Black History Month educational resources

We are fortunate that resources exist to help us learn a complete history of our country. The Anti-Racism Daily (ARD) site <https://the-ard.com/> is a place to donate, sign up for the newsletter, and then get educated.

Right now ARD is even coordinating 28 Days of Black History, online at <https://www.28daysofblackhistory.com/>.

Jeffersonville water meter upgrade

By Trevor Welch, Head Water/Wastewater Operator
Village of Jeffersonville

The Village of Jeffersonville Trustees are excited to announce that we are implementing a new water meter data collection system. If you have had a new meter installed in the last six years, we will only have to replace the outside reader. If it's been longer than six years, we will arrange to have your meter and outside reader replaced.

We have hired New England Backflow Inc. to install the meters and outside readers. We plan to start the upgrade in early February, and complete the process by the middle of April. You will receive a letter with additional information in your next water bill. The schedulers from NEB will reach out to you if necessary.

As always, I'm available to answer any questions (jeffwater@myfairpoint.net).

Westford awarded another Community Wastewater Project grant

By Melissa Manka, Westford Town Planner

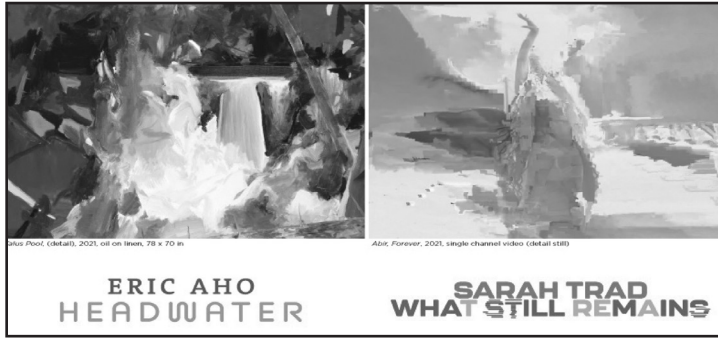
The Planning Commission is happy to report that the State of Vermont has committed funding of no less than \$2,377,136 for the Westford Community Wastewater Project. This is the largest grant the Town has ever been awarded and is more than we had expected — even Governor Scott mentioned this commitment to Westford in his State of the State Address! (<https://governor.vermont.gov/press-release/governor-phil-scott-delivers-2022-state-state-address>)

This significant State investment will greatly improve affordability for the Town and system users. And this funding is on top of Northern Borders Regional Commission grant already awarded in the fall of 2021. Congratulations to our town!

Westford news and information

By Nanette Rogers, Westford Town Clerk

Read the draft minutes from the Thursday, January 27, 2022 Selectboard meeting online at <https://westfordvt.us/wp-content/>



ERIC AHO
HEADWATER

SARAH TRAD
WHAT STILL REMAINS

If you have applied for a grant using our old system, your login credentials will no longer work. All applicants, new and old, must register in this new system using the "Register" link on the portal landing page. If you have questions or problems with registration or signing in, please contact Meredith Bell, mbell@vermontartscouncil.org, with "Grant Portal Access Help" in the subject line.)

March Art "Marathon" — art and a great cause! Westford EcoArtist Anne Cummings is teaming up with the Central Vermont Refugee Action Network (CVRAN), along with many other VT artists, to create work each day in March and share their process and creations with their donors. You can be one of them!

This CVRAN fundraiser will support the resettlement of Afghan evacuees as new VT residents, share what's special about the place we live with new Vermonters, inspire new work by many well-known Vermont artists, and connect artists to their community!

To participate, go online to <https://cvran.org/my-place-is-your-place-portraits-of-the-mountains-of-vermont/> and make a donation of any amount.

You may donate through my page or choose any one or more of the participating artists (including Westford resident Orah Moore) at <https://cvran.org/march-arts-marathon-2022-participants/>. Starting in March, donors will receive exciting updates showing what artists are creating!

For more information or questions contact EcoArt, annecummingsart@gmail.com or visit the CVRAN website, <https://cvran.org/>.

Middlebury New Filmmakers Festival is pleased to announce the return of MNFF Selects, its monthly in-person screening series at the Town Hall Theater in Middlebury, through May 2022. For this festival, MNFF Selects presents *Humans and Animals: Shared Experiences, Intersecting Worlds*. The series illuminates the deep connections between human beings and animals whose lives are intimately intertwined. Passes: individual tickets \$16 (under 12, \$7) available at www.midffilmfest.org, www.townhalltheater.org, by calling 802-382-9222, or in person at the THT box office, Monday-Friday, 12:00 – 5:00 PM. COVID-19 protocol: All attendees 12 and over must be vaccinated; and all attendees, including children under 12,

[uploads/2022/01/2022-01-27-Draft-Minutes.pdf](#).

Tree Warden opening — the Town of Westford is seeking a person to fill the role of tree warden. This is a volunteer position. Westford residency is not required but is preferred. The duties of the tree warden include enforcing all laws relating to shade trees and posting public notice of the intent to cut or remove a shade tree or group of shade trees. As an appointed official, the tree warden may also perform other related duties as designated by the Selectboard.

For more information on the role of the Tree Warden, please visit <https://vicommunityforestry.org/resources/vermont-tree-wardens-0>. To be considered for the tree warden position, please submit a letter of interest to Town of Westford, Attn: Nanette Rogers, 1713 VT Rt. 128, Westford, VT 05494, or townadmin@westfordvt.us.

For more information, contact Nanette Rogers, 802-878-4587 or townadmin@westfordvt.us.

Jericho Town Clerk on dog licenses, hours

By Jessica Alexander, Jericho Town Clerk

Jericho 2022 dog license tags have arrived. We are issuing tags to walk-ins or by mail. I have received about 60 requests in January to have tags mailed. These renewals should all have been mailed from the Town by Wednesday, February 9. If you wish to renew your dog license, you can send updated rabies vaccine through the website (<https://jerichovt.org/dog-registration>) or drop the certificate off in the Town Hall drop box. You are welcome to walk-in to the office and it is fine to bring your dog (on a leash) if you wish. You can also call the office to verify that we have the most recent rabies certificate on file with the Town.

During the month of February, the Town Clerk Office will be closed 12:00 – 1:00 PM for lunch. Our office hours are 8:00 AM – 12:00 PM, 1:00 – 4:00 PM Monday-Thursday, 8:00 AM – 12:00 PM Friday. We will be closed for the day on Monday, February 21.

Lamoille Valley Rail Trail planners seek input

By Seth Jensen, Principal Planner

Lamoille County Planning Commission

Completion of the Lamoille Valley Rail Trail in 2022 will bring exciting new opportunities to communities in northern Vermont. VTrans is working with stakeholders, trail users, and the public to develop a Management Plan for the 93-mile trail.

The Plan will describe a cohesive vision for the completed trail, identify long-range strategies for management, maintenance, operations, and enhancements to the trail, and support opportunities for economic development along the trail. Check out the LVRT Crowdsourcing Input Tool to share your thoughts on how the trail might better serve you and your community into the future.

For more information on the LVRT Management Plan process, check out the LVRT website at <https://vtrans.vermont.gov/lvrt>.

Burlington City Arts' spring exhibitions open Friday, February 18 (Wednesdays-Fridays 12:00 – 5:00 PM, and Saturdays 12:00 – 8:00 PM). First floor, *Headwater* (<https://www.burlingtoncityarts.org/exhibition/eric-aho-headwater>) features a new series of monumental paintings by Eric Aho that capture the artist's sensory experience of nature reconstructed through memory and invention. Second floor, in *What Still Remains* (<https://www.burlingtoncityarts.org/exhibition/sarah-trad-what-still-remains>), Lebanese-American artist Sarah Trad creates single and multi-channel videos that appropriate and manipulate scenes from popular movies, music videos, and television of Lebanon and Iran to investigate themes of personal and cultural identity. For more information, go online to <https://www.burlingtoncityarts.org/>.

PHOTO CONTRIBUTED

must wear masks while inside the theater.

Upcoming films in the Series:

Duma [PG] Sunday, February 20, 2:00 PM. In this drama directed by Carroll Ballard, an orphaned cheetah becomes the best friend and pet of a young boy living in South Africa. Winner of the Humane Society's 2006 Genesis Award for Family Feature Film and inspired by a true story, *Duma* offers audiences a blend of excitement, adventure and compassion in a beautiful and grand landscape.

Buck [PG] Thursday, March 24, 7:00 PM. Directed by Cindy Meehl; winner of the 2011 Audience Award for Best Documentary at the Sundance Film Festival, *Buck* is a revealing examination of the life of acclaimed "horse whisperer" Buck Brannaman, who recovered from years of child abuse to become a well-known expert in the interactions between horses and people.

Grizzly Man [R] Thursday, April 21, 7:00 PM. Director Werner Herzog delivers a heartrending docudrama that centers on amateur grizzly bear expert Timothy Treadwell, who periodically journeyed to Alaska to study and live with the bears. He was killed, along with his girlfriend Amie Huguenard, by a bear in October 2003. Winner of the 2006 Directors Guild of America Award for Outstanding Directorial Achievement in Documentary, *Grizzly Man* is an epic tale of the profound and fraught relationship between a man and the animals he dared to befriend.

The Rider [R] Thursday, May 12, 7:00 PM. The highly acclaimed second feature from Oscar-winning director Chloe Zhao tells the poignant story of a young rodeo cowboy who, after suffering a near fatal head injury, begins a search for new identity, seeking to know what it means to be a man in the heartland of America. Focusing on life in the indigenous community of the Pine Ridge reservation, Zhao offers a penetrating vision of masculinity and humility set in a world where humans and animals intimately co-exist.

For more information about MNFF Selects and the Festival: <http://www.midffilmfest.org>.

Burlington City Arts will offer a summer camp, and registration is now open for their half- or full-day camps and aftercare; full and partial scholarships are available. For more information, see BCA's digital summer camp catalog at <https://www.burlingtoncityarts.org/adult-youth-and-family-classes>.

BCA's spring exhibitions open Friday, February 18 (Wednesdays-Fridays 12:00 – 5:00 PM, and Saturdays 12:00 – 8:00 PM). First floor: *Headwater*, a new series (<https://www.burlingtoncityarts.org/exhibition/eric-aho-headwater>) of monumental paintings by Eric Aho. Second floor: *What Still Remains* (<https://www.burlingtoncityarts.org/exhibition/sarah-trad-what-still-remains>) is comprised of single- and multi-channel videos by Lebanese-American artist Sarah Trad.

For Family Art Saturday, February 26, 11:00 AM – 1:00 PM, BCA invites families to drop-in and create their own artworks inspired by Eric Aho's captivating, immersive paintings of the natural world featured in BCA's spring exhibition *Headwater*. Each Family Art Saturday offers a different art-making project that will ignite the imaginations of your family members! Free and open to the public.

BCA is gearing up for another year of amazing summer programming in City Hall Park, and will present a large number of concerts and events in the park, June-September. With a focus on finding new VT talent and presenting a diverse lineup, we want to hear from you if you're a performer, have a great band, or are a DJ that hasn't worked with us before. Drop a line and a link to Zach Williamson, zwilliamson@burlingtoncityarts.org.

Growing Works of Art contest calls for tree stories

Grade K-8 students, including homeschoolers, are invited to share their appreciation for forests and trees by creating an original story and artwork for the *Growing Works of Art* contest. The deadline to enter is Friday, March 11.

The theme of this year's contest is *Sharing your TREE-mendous story*. Students are asked to write a short story (one to three paragraphs) about a meaningful experience or memory about trees, and then create a work of art to illustrate their story. Entries will be judged on creativity and originality (50%) and how well the story is told through writing and art (50%).

All art must be original and no larger than 11"x17". Any medium may be used, including pen, pencil, crayon, pastels, paint, cloth, collage, photography, or computer-generated art.

Entries may be submitted by mail or email but must include the official entry form, which can be found at <http://go.uvm.edu/growingart> along with contest rules and submission guidelines. Past winning entries also are available to view on this website.

The winner in each age group will receive a Vermont State Park punch pass and will appear on *Across the Fence*, UVM Extension's weekday program on WCAX-TV (if possible, in 2022). Winning entries will be announced on Vermont's Arbor Day, which is May 6 this year, and will be featured on the contest website.

The contest is sponsored annually by the Vermont Urban and Community Forestry Program, a partnership between University of Vermont Extension and the Vermont Department of Forests, Parks and Recreation, as part of its Arbor Day activities.

For more information contact Gwen Kozlowski, gwen.kozlowski@uvm.edu or 802-651-8343, ext. 506.

Mountain Gazette

Publication & Deadline Dates 2022

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

The advertising deadline is Thursday, a week before publication at 5:00 PM.

For more information, please contact Brenda Boutin

Publisher of the Mountain Gazette

6558 VT RT 116, Starksboro, VT 05487

Phone: 802-453-6354 • mtngazette@gmavt.net

On the web at www.mountaingazetteofvermont.com

DEADLINE DATES:

THURSDAY

December 30

January 13

January 27

February 10

February 24

March 10

March 31

April 14

April 28

May 12

May 26

June 9

June 30

July 14

July 28

August 11

August 25

September 8

September 29

October 13

October 27

November 10

November 24

December 8

PUBLICATION DATES:

THURSDAY

January 6

January 20

February 3

February 17

March 3

March 17

April 7

April 21

May 5

May 19

June 2

June 16

July 7

July 21

August 4

August 18

September 1

September 15

October 6

October 20

November 3

November 17

December 1

December 15

SCHOOL NEWS

New at Audubon Vermont: Early Release Wednesdays

Following the MMUUSD calendar, one Wednesday each month will provide an opportunity for children in grades K-4 to get outside at Audubon, to explore and ramble with nature as our guide. Brewster Pierce Memorial School students can ride the bus to Audubon (arrives approx at 1:15 PM), but we welcome others to join us from 1:00 – 5:00 PM! Come to one or all. Cost: \$20/day for Audubon Members, \$24/day for the general public.

For more information, go online to <https://vt.audubon.org/programs/afterschool-audubon-vermont>.

MMUUSD PreK registration is open

**By Jenna Stewart, Communications Coordinator
and Executive Assistant to the Superintendent, MMUUSD**
Mount Mansfield Unified Union School District (MMUUSD) is excited to continue providing pre-kindergarten opportunities to families. The Universal Pre-K bill (Act 166) entitles all three-, four-, and five-year-olds (not attending kindergarten) to receive 10 hours per week of publicly funded Pre-K for 35 weeks. This education can be in any pre-qualified private program or home-based program, with a tuition of \$3656 paid to the provider by the school district. If a child attends a MMUUSD public school-based Pre-K, the program is free of charge. However, there may be a lottery for school-based programs.

If you have a returning PreK student in a school-based or private program, please go to the PowerSchool Parent Portal and fill out the enrollment form at <https://mmuud.powerschool.com/public>. Once logged in, click on the *Quick Links — Powerteacher Portal Home*, then click on *eCollect* forms. If you are interested in your child attending a school-based program, please complete this form by Thursday, March 3, 2022. If you have any questions about Powerschool, contact Wendy Garrapy, data@mmuud.org.

If you have a new PreK student, please complete the online enrollment form by Thursday, March 3, 2022 at <https://tinyurl.com/wpu67j3>. Once the form has been submitted, you will receive an email from data@mmuud.org within 24 hours with instructions on how to proceed with the registration process (wait times may be longer on weekends, holidays, and school breaks). Once the PowerSchool Portal link is emailed to you, log in, complete the required forms and upload a proof of residency and a birth certificate in order to be fully registered. If you do not receive an email with a PowerSchool Portal, please contact *Wendy Garrapy* at data@mmuud.org.

If you choose a school-based option, completing the registration by Thursday, March 3, 2022 ensures your child's name is entered into the lottery process. Placement letters will be sent out by Friday, March 11, 2022. If you have questions, or need help filling out the online forms or uploading documents, please contact Kyle Hibbard, kyle.hibbard@mmuud.org or 802-434-2962.

Part 2: The Early Years offers wraparound care including after school care (2:30 – 5:30 PM) for SMS, BP, and RES students. If you are interested in signing up for Part 2, registration will open on Monday, March 14. For those families who are in need of five full days (7:30 AM – 5:30 PM) of preschool for their child, Part 2: The Early Years will be prioritizing full time enrollment for the first three days that registration is open. For more information visit <http://part2kids.com/>.

Saxon Hill School will offer after school care (2:30 – 4:30

PM) to students that attend Underhill ID Preschool. After school registration will also open for SHS on Monday, March 14. I look forward to working with you and supporting your child's PreK education. For more information, please contact registrar@saxonhillschool.org.

Winona Smith Scholarship opportunities now open

The League of Women Voters of Vermont Education Fund is now accepting applications for its Winona Smith Scholarship program. Created in 1998 to honor the legacy of League leader Winona Smith, the scholarship is awarded annually to local high school seniors who embody the characteristics and qualities Smith displayed, of civic participation and community service.

Four \$1500 scholarships will be awarded to students who demonstrate financial need, scholastic achievement, and come highly recommended by their teacher. Scholarship details can be found at <https://bit.ly/LWVScholarshipDetails>.

Applications, due on Sunday, May 1, can be completed online at <https://bit.ly/lwvScholarship>. Students need to submit two essays (500 words), one on issues concerning voting rights, and the other on the impact of a recent civic, national, or world event. A letter of recommendation from a teacher is also required, <https://bit.ly/LWVTeacherRec>.

The scholarship can be applied towards continuation of education in an accredited vocational-technical or trade school and two- or four-year college or university. Scholarship recipients will be announced on Wednesday, June 1.

Last year, LWV scholarships were awarded to students from Winooski, Burr and Burton Academy, Otter Valley and Missisquoi Valley Union High Schools.

Questions can be directed to Becky Miller, lwvofvt.edfund@gmail.com.

2021-22 Westford School Robotics Recap

By Mark Drapa, North Rd, Westford

Our First Lego League (FLL) Robotics teams completed at the VT State Championships last weekend, wrapping up a very exciting season. We fielded four teams (up from two teams previously), with a total of 28 students. This was Westford's most popular sport by participation! Our teams include students from grades 4-8, with our biggest cohorts from grades 4 and 5. Students invested 80 hours each to design/build/program their robot and research/prototype their innovation project.

Our teams were all very competitive and well prepared. Their ability to speak publicly to present and defend their designs was awesome. This year's theme was called *Cargo Connect*, and centered around the challenges involved in the transportation of goods around our community and world.

In the Robot Game, our teams had two minutes, 30 seconds to run their programs to autonomously navigate their robot on a 4'x8' playfield, attempting to complete as many "missions" as possible to obtain the highest score. This is the culmination of tons of mechanical engineering, programming, and debugging — all in a high pressure environment.

For the innovation project, teams were asked to deeply research a problem with cargo transportation, invent/prototype a solution, and present their work to judges. Our teams had amazing ideas, including:

- using eyeshine (the phenomenon that makes eyes glow) as a means to detect animals and avoid crashes. By using infrared light and image detection, this system can "see" deer in places where normal headlights can't;

- rethinking shipping materials to find more environmentally friendly solutions. Popcorn combined with some interesting molding techniques can safely protect packages (and be fed to animals!);

- reimaging the Vermont state inter-library loan system to incorporate real-time locality and availability data to eliminate hundreds of miles of unnecessary miles of courier deliveries. Not only that, but delivery times were shown to drop by a factor of three!

- using risk analysis algorithms and data analytics to provide merchants with shipping method predictions that could cut package theft rates considerably. Carbon emissions savings from the wasted delivery/redelivery alone are in the tens of millions of tons per year.

Westford teams had quite a showing in the final standings. In the Robot Game, our teams placed second, fourth, fifth, and ninth overall, missing the top spot by a tiny margin. Also, one of our rookie teams won Best Overall Robot Design/Programming.

These kids did a great job, and are well on their way to become the next generation of engineers, scientists, mathematicians, and inventors. Thanks to the crew of all-volunteer coaches and mentors who gave their time to make this possible.

It's pretty neat to walk by the trophy case and see that Westford's students have consistently been a top FLL team in our state and nationally. If you know a robotics student, be sure to congratulate them on another exciting and fun season.

Interested in becoming a coach or mentor? Email markdrapa@yahoo.com to find out more.

VFN Conference on *Wrightslaw* Spec. Ed. Law and Advocacy

Registration has opened for Vermont Family Network's annual in-person conference on Thursday, April 14, 9:00 AM – 4:30 PM (exhibits open at 8:00 AM) at Delta Hotel by Marriott Burlington.

VFN's goal is to bring inspiring speakers and practical information to families of children and youth with disabilities or special health needs and the professionals who serve them. Pete Wright, Esq. from *Wrightslaw* will focus on Special Education Law and Advocacy. This program should meet the needs of parents, educators, health care providers, advocates, and attorneys. It will focus on Special Education Law; Rights and Responsibilities; Tests and Measurements to Measure Progress and Regression; SMART Individual Education Plans (IEPs); and Introduction to Tactics and Strategies for Effective Advocacy.

If you have questions, contact Rachel Boyers, 802-876-5315 or rachel.boyers@vfn.org. For an agenda, CEUs, scholarships, and to register, please visit <https://www.vermontfamilynetwork.org/what-we-do/resources/annual-conference/>.

Parent/Guardian registration fee is \$80 after February 15; Professional registration fee is \$150 after that date. The fee includes breakfast, lunch, and three hardcopy books needed for the training. There will be the opportunity for parents to chat during lunch.

Planning & Zoning Administrator



The Town of Underhill seeks to hire a Planning & Zoning Administrator (PZA). The successful candidate will administer and enforce the Town of Underhill's zoning and subdivision bylaws, as well as general planning functions. The PZA will work with the Development Review Board, and Planning Commission when necessary. Land use and zoning experience, the ability to read and interpret building and engineering plans, and the ability to effectively communicate zoning regulations and permit requirements to the public is required.

The individual must enjoy working in a small dynamic office, have knowledge of V.S.A. 24 Chapter 117 and experience working with engineers, attorneys and land developers. This is a full-time position with benefits, 40 hours per week. Pay is commensurate with experience; range is 50-55K with competitive insurance and benefits package. Seeking to hire as soon as possible.

Review the complete job description at underhillvt.gov.

Send cover letters, applications and resumes by Monday 2/28, 2022 at 4:00 p.m. to:

Jennifer Silpe-Katz, PO BOX 120 Underhill, VT 05489

Or email: jsilpe-katz@underhillvt.gov

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SCHOOL NEWS

Girls on the Run coach registration open now!

As a Girls on the Run (grades 3-5) or Heart & Sole (grades 6-8) coach, you make a difference. You empower participants with critical life skills — such as identifying and managing emotions, resolving conflicts, standing up for themselves and others, making intentional decisions, and building positive relationships. It's time to show up for your community's youth.

Seeing a girl activate her limitless potential is extraordinary. But being part of that transformation can be absolutely life changing. Our youth are navigating an increasingly complex world and facing new challenges at school, at home, in their peer groups, and throughout their communities. Will you be there for her, for them, this spring?

You do not need to be a runner, nor have coaching experience to volunteer. We train you and provide a comprehensive curriculum and resources.

Register online at <https://www.gotrvt.org/coach>.

Participant registration will open Wednesday, March 2, online at <https://www.gotrvt.org/>.

Not Flat 5K run/walk to benefit child cancer patients

By Nick Tanner, Underhill

Please join the *Not Flat 5K* on Saturday, March 5 to run or walk and raise funds for pediatric cancer patients and their families!

Locally, the *Not Flat 5K* will be held at Moore Park, 15 Pleasant Valley Rd. (across from the Underhill Town Hall) in Underhill Center. This is a community-centered event — all ages and abilities welcome. Kids 10 and under free. Racers will start first, with walkers following. And at the finish line, hot beverages await!

The route is a beautiful paved and dirt road loop through Underhill Center.

Sign up here: <https://because.massgeneral.org/event/not-flat-5k/e387925>. The race for runners begins at 10:00 AM, with walkers following. The 5K will be finished by 12:00 PM.

I'm running Boston this April in memory of a family member

who lost the fight to leukemia many years ago, who was treated at Massachusetts General Hospital (MGH). 100% of proceeds from this event go directly to the pediatric oncology department at MGH.

Hope to see you there!

Westford Women's Futsal registration now open

Women's Futsal, Session 2, sponsored by the Westford Recreation Department, will run on Thursdays through April 21, 7:30 – 9:00 PM. The cost is \$45 per ten-week session (no play during school breaks).

The play will be held at the Westford School gym. Masks are required.

To register online: <https://forms.gle/1nPDEvP6FeoCxKGD6>. The link is also available on the town website, at <https://westfordvt.us/recreation/>.

BRLI registration open; girls' softball returns

Registration is now open for the 2022 Browns River Little League season for boys and girls in Jericho and Underhill, aged 4-12! Register online (only) at www.brownsriverlittleleague.com. Registration is open through Tuesday, March 15 for 4-8 year olds. Early registration is important for league planning so don't delay.

Mount Mansfield Girls' Lacrosse Club registration is open

Welcome to the 2022 season of middle school girls' lacrosse — Mount Mansfield Girls' Lacrosse Club.

This program is for girls in grades 4-8. The season starts at the end of March (depending on snow) and runs through the first week of June.

Practice is held Mondays and Wednesdays, 6:00 – 7:30 PM, at Mills Riverside Park in Jericho. Games are Sundays in May and the first Sunday in June.

Please email melissamutolo@live.com for registration.

Congratulations Terri Edgerley

Beeman Real Estate is proud to announce that Terri Edgerley has recently passed her Broker's license exam and requirements to become a Real Estate Broker. Terri has been selling real estate in the area for over 15 years. She also had 34 successful real estate transactions in 2021 and is hoping for another banner year in 2022. Terri resides in Underhill and is hoping to increase her sales in the Chittenden county market area. You can reach Terri at 802-279-4590 or email her at terriedgerley@gmail.com to congratulate her and have her assist you with any of your real estate questions. PHOTO CONTRIBUTED



Cambridge Youth Soccer Spring Soccer Registration

Cambridge Youth Soccer is excited to announce that registration is now open for our Spring season. Teams for girls and boys are offered from pre-K through U16, depending on enrollment. For more information please go online to https://system.gotsport.com/programs/842N25686?reg_role=player.

Also, we are eagerly seeking individuals with time and energy to serve who may be interested in joining our board, as well as volunteers interested in working with us in other capacities, such as fields and equipment and program boosterism. Thanks!

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We have room for your ad. Call Brenda Boutin at 802-453-6354 for more information or email mtngazette@gmavt.net.

Owen Lyster awarded Flyin Ryan Adventure Scholarship

Owen Lyster is a 14 year old competitive freeride skier based out of Underhill, VT who went to the NorAms when he was only 11 years old. He was proud to take seventh place. He is a member of the Smugglers' Notch Freeski Club and his dream is to rank top 10 in North America for freeskiing and then to make it to the Junior World Tour and Freeride World Tour. He is using his award to help fund the trip to the next national ski competition in Snowbird, where he may qualify for the North American Championships.

The Flyin Ryan Adventure Scholarship Program exists to provide monetary awards to assist adventurers of all kinds, from all around the world, in pursuing their passions. Applicants must come up with their own set of Core Values and demonstrate character, passion for their goal, and financial need. To date the organization has given out over 120 awards. Learn more and apply at www.FlyinRyanHawks.org/Adventure-Scholarship-Program/.

The Flyin Ryan Hawks Foundation was formed in 2011 to extend the impact of the life



To my beloved partner Maeve,
 Every day, especially in winter and early spring, I look out for a bluebird. My favorite birds the chickadees come often, and with them arrive neatly dressed nuthatches, bodacious brave blue jays, goldfinches of drab dress holding the promise of golden glitter, wise crows, and busy doves. Seldom does my search for a bluebird on the wing become fulfilled, yet thankfully and lucky for me, every day, when I turn my sights around, there you are, my bluebird of happiness.
 I am one lucky fellow,
 Happy Valentine's Day

Bernie

of Ryan Hawks who, at the age of 25, tragically died while competing on the freeride world ski tour. Before he died, Ryan composed his 14 Principles for Living. The Flyin Ryan Hawks Foundation has focused its mission around the concept that "core values matter." Over the last three years, the Foundation has developed a five step program called Flyin Ryan Decisions. The program was pioneered at South Burlington High School, where over 1200 students have deliberately taken ownership of their lives by composing and communicating the core values which reside from within, and using their core values as a basis for increased self-respect and future decision making. The Flyin Ryan Hawks Foundation is currently introducing this same program to other schools around the state.



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