

Rivers property vote at Jericho Town Meeting

By Phyl Newbeck

Special to the Mountain Gazette

Sometimes things just aren't as easy as they look. In the fall of 2016, Honorary Underhill Jericho Fire Department Chief Randy H. Clark requested time to make a presentation to the Jericho Select Board. To the shock of those present, he announced that the UJFD wanted to give what had become known as the Rivers Property to the town. Clark was hopeful the transfer could take place by October 1 of that year. Unfortunately, the proposed donation wasn't as simple as it appeared and on Town Meeting Day, the voters of Jericho will be asked whether they wish to approve an expenditure of \$150,000 to finalize acceptance of the UJFD's gift.

The Rivers property has been a point of contention in town for several years. The 125-acre parcel containing a single-family house and barn, hay fields, and a gravel pit, was given to the UJFD by the late Alice Rivers, who had continued to live in the home for many years after the donation. Upon her death in 2012, the department made plans to sell the parcel and put the money into a trust fund to support their efforts. Although there were no restrictions in the deed, neighbors, friends, and those who had been privy to conversations between Rivers and the UJFD recalled that she felt very strongly about keeping the land open. Fearful of large-scale development of the space, a group called *Save the Rivers Property* was formed in the hope that all or part of the land could be conserved, and the town became involved in talks regarding the property.

In 2014, town residents voted to have the Select Board negotiate to purchase the property but the fire department rejected subsequent offers. They listed the parcel on Zillow for \$5.3 million with language suggesting it would make a great home for an out-of-stater who was tired of city life. Clark said he wanted the land to stay open but the only offers he received were from developers. When the property was reappraised, the value rose from \$731,500 to \$2,860,000. Saddled with a higher tax bill and disturbed by the fact that people were critical of the fire department's decision to sell the land, the UJFD decided to donate the property.

Select Board Chair Wayne Howe explained that although voters are being asked for an expenditure of \$150,000, the land transfer will actually be revenue neutral. The requested funds are not in the budget because of the Select Board's desire to have no more than a 3% increase over last year. The \$150,000 will be used for surveying, subdivision permits, and other legal fees. The UJFD has requested a portion of the land for training purposes and once they determine exactly what section they would like, that will have to be subdivided. Likewise, the existing house and three acres will be separated out and sold. Howe is confident the sale will, at the very least, recoup the \$150,000. "The property is essentially cost neutral," he said.

Howe stressed that there are no current plans for the property. "If this is approved we will start a process for gaining public input," he said. "First we've got to get the property and only then will we decide what to do with it." Howe recognizes that the process has taken longer than expected, noting that the fire department had to work through some internal matters before the donation could be completed. "We are continuously grateful for the generosity of the fire department," he said. "I believe residents of Jericho will see that this is a tremendous value. The vote is a practical way for us to gain ownership of the property."

Open meeting with Senator Bernie Sanders and German Ambassador Peter Wittig

Senator Bernie Sanders invites the public to a discussion about what we can learn from German progress and success on financing higher education, generating renewable energy, and more at a special town meeting with Senator Sanders and German Ambassador Peter Wittig to discuss these issues as well as Germany's success with apprenticeship and job-training programs on Friday, February 9 at 7:00 PM at the First Unitarian Church in Burlington. RSVPs are requested, (though not required) by calling his office at 1-800-339-9834.

Planning meeting for 2018 Jericho Garden Tour

The Community Center in Jericho invites you to be a part of this year's exciting Country Garden Tour, themed *Pollinators in the Garden*. This event is a major fundraiser for the Community Center. The proposed date is Saturday, July 28. Be part of a team that will coordinate gardens, arrange workshops, plan the delicious tea, design and or distribute posters, and work the day of the tour. Yup, we do have to work, too. But in the company of like-minded friends who share a passion for gardening and a spirit of community, this work should be fun. Please come to a brief meeting on Saturday, February 3 at 10:00 AM at the Community Center in Jericho Center. Please call Linda, 899-3820, and let us know if you can come to this meeting, or if you are interested but cannot come to this meeting and would like to be kept in the loop.

Kellen Sleamaker wins BRMS Geography Bee

Congratulations to Kellen Sleamaker for winning the Browns River Middle School Geography Bee Competition. On Friday, January 12, thirteen students competed in the school bee to test their geographic knowledge. The geography competition is designed to inspire students' curiosity about the world. Thousands of schools around the United States and in the five U.S. territories are participating in the 30th annual National Geography Bee. School champion Kellen Sleamaker took the qualifying test and will find out in March if he qualified up to be one of the top 100 Vermont scorers on that test. Sleamaker, seventh grader on Team Fusion, would then be eligible to compete in the state bee on April 6.

The National Geographic Society will provide an all-expenses paid trip to Washington, D.C., for state winners to participate in the Bee national championship rounds May 20-23. The first-place national champion will receive a \$50,000 college scholarship and an all expenses paid expedition to the Galapagos Islands.



Underhill Planning Commission to hold informational meeting

On Town Meeting Day, Underhill voters will be asked to approve two ballot items regarding changes to the town's Land Use and Development Regulations. On Thursday, February 15, 7:00 PM at the Underhill Town Hall, the Underhill Planning Commission will hold an informational meeting regarding these proposed changes.

Thoughtful citizen input gathered in six public hearings helped the Planning Commission formulate the proposals that will be on the ballot. We believe the proposed changes implement the Town Plan, clarify regulations, and incorporate the sentiments of Underhill residents.

The changes are separated into two ballot items. The first would create a new zoning district for the village of Underhill Center. Currently, the Center is part of the Water Conservation District, in which all lots are supposed to have at least five acres.

The new, compact district, carved out of the Water Conservation District, would better reflect existing lot size, bring more lots into conformance, and decrease the burden on property owners. It is not expected to increase the density of housing. All septic would still be regulated by the State of Vermont and all housing would still be required to adhere to Vermont health regulations.

The second ballot item would clarify language that has been confusing or contradictory and make changes to rules regarding accessory dwelling and multi-family dwellings (restricting all dwellings for more than two families to the village centers).

This meeting will be a good opportunity to ask questions about these proposals, find out how they might affect you and your land, and simply learn more about Underhill's Land Use Regulations and how they work.

NOFA conference on Organic Matters: Culture & Agriculture

The NOFA Vermont Winter Conference is an annual gathering for Vermont's farmers, gardeners, homesteaders and foodies featuring three days of learning, inspiration, good food, and great conversation, held this year on Saturday-Monday, February 17-19 at the University of Vermont in Burlington. Information and registration is at <http://nofavt.org/conference> and registrants can save \$20 per conference day by registering by Monday, February 12.

This year's theme – celebrating agrarian roots, the role of agriculture in environmental/social challenges, and the role of the next generation in positive change – will be addressed in keynote addresses, workshops, and two featured films: *Dolores* and *Look & See: A Portrait of Wendell Berry*.

This year's keynote speakers are Mary Berry, executive director of the Berry Center in Kentucky, and Onika Abraham, farmer, educator, and director of Farm School NYC.

The Berry Center asks, "What will it take for farmers to be able to afford to farm well? How do we become a culture that supports good farming and land use?" Farm School NYC's mission is to train local residents in urban agriculture to build self-reliant communities and inspire positive local action.

The conference offers networking opportunities in its extended lunch time, evening social opportunities, and seed swap. Attendees may participate in a community art project with Bonnie Acker, engage in thought-provoking roundtable discussions, and enjoy foods at the "hospitality table" donated by local food producers.

There is also a Children's Conference for the next generation of farmers, gardeners, and foodies, featuring hands-on workshops, art projects, yoga, outdoor play, and much more. The cost for children ages 5-12 is on a sliding scale, and space is limited. More information about the Children's Conference is at <http://nofavt.org/childrens-conference>.

Blood drive Wednesday, February 7 – Catalyst Church, Jericho

Area residents and visitors alike are encouraged to give blood on Wednesday, February 7 at the Catalyst Church (United Christian Assembly) on Raceway in Jericho. Donor hours are 1:00 – 6:00 PM. The need is constant... the gratification is instant. As always, delicious snacks await you after your donation. Call 800-733-2767, option 2, to make an appointment, or go to www.redcrossblood.org to schedule your appointment. Also, use the "Rapid Pass" process to speed everything up at the time of your appointment.

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4-H participants Chloe Barewicz, Jericho (front), and Allison Tourville, Georgia, learn about common poultry ailments from one of the educational tabletop exhibits at Poultry Fun Day on Saturday, January 20, in South Burlington.

PHOTO COURTESY OF UVM EXTENSION 4-H

Local 4-H'ers attend Poultry Fun Day

Chittenden and Franklin County 4-H'ers flocked to S. Burlington on Saturday, January 20 for Poultry Fun Day. The event, held at the University of Vermont (UVM) Extension Office, featured several activities designed to educate the 4-H'ers about chickens, ducks and other poultry. Participants included Chloe Barewicz, Jericho, Starry Nights 4-H Club; Sara Cannon, Hinesburg, and Addie Ploof, Essex Junction, both members of the Flying Hooves 4-H Club; Liam Gallagher, Fairfax, and Allison and Joe Tourville, Georgia, all from the High Hopes 4-H Club; and Julia McGibney and Griffin Preska, both from S. Burlington and the Feathered Friends 4-H Club.

Teen helpers were Nora Allen and Annika Cooper, both from Colchester, and Noelani Rupp, S. Burlington. All three belong to the Feathered Friends 4-H Club.

Noelani Rupp gave a presentation on the digestive system of the chicken, after which the group created a digestive system model to explore how food goes from feed pellets to feces. In a separate activity, they built mite and lice models as part of a learning station about common poultry health problems.

Amanda Gifford, an adult 4-H volunteer with the High Hopes 4-H Club in Fairfax, spoke about ducks and their eggs. Teen volunteer Nora Allen described common poultry health problems, while Chittenden County 4-H educator Rose Garritano conducted an activity to help the 4-H'ers understand biosecurity. The youths also participated in a quiz bowl competition both for fun and practice for the State 4-H Poultry Quiz Bowl slated for Saturday, March 3 in Johnson.

In addition, they prepared tabletop exhibits on various poultry topics and submitted savory egg dishes for a culinary competition. The winner of the latter was Julia McGibney with an egg frittata.

The Vermont poultry project provides opportunities for young people, ages 8-18, to learn about raising poultry and exhibiting poultry species in local, state, and regional shows. Members enrolled also participate in quiz bowls and skill-a-thons, as well as share what they've learned with the public through talks, demonstrations, and exhibits at 4-H events and fairs and field days.

COMING EVENTS



Professor Traci Griffith to discuss Hate speech and First Amendment

Hate Speech and the First Amendment: The Legal Right to Offend, Wednesday, January 31, 7:00 PM, Main Reading Room, Brownell Library, 6 Lincoln St., Essex Junction. St. Michael's College Professor Traci Griffith discusses free speech versus hate speech - one is a constitutionally protected form of expression, the other, an exercise in bigotry and hatred, posing as freedom. That distinction is critical because the conflicts that have erupted recently have left many wondering if there really is a difference. PHOTO CONTRIBUTED

Weinstein story-breaking journalist to speak at UVM February 6

New York Times journalist Jodi Kantor will speak at the UVM Davis Center on Tuesday, February 6 at 5:30 PM, hosted by the Vermont Women's Fund. Kantor, along with fellow Times reporter Megan Twohey, broke the Harvey Weinstein story about the powerful Hollywood film producer's 30-year history of sexual harassment and predation. The story opened up a national conversation about sexual harassment as wave after wave of similar accusations followed, resulting in the firings and resignations of many high profile men (and a few women) in politics, journalism, and the technology sector. Tickets to the event are \$20 per person, \$10 for students. Visit <https://www.vermontcf.org/JodiKantor> to purchase tickets.

Ms. Kantor inspired the inception of the Burlington-based company Mamava. In 2006, Ms. Kantor wrote an article about the class-gap for low-income working women wanting to continue breastfeeding once they returned to work. The message resonated with Vermont working mothers Sascha Meyer and Christine Dodson, who attribute the founding of Mamava directly to Kantor's story. Mamava's 'lactation suites' are found around the U.S. in places such as airports, sports arenas, convention centers, and universities and give women the designated space and privacy to breastfeed or pump milk in public spaces.

Jodi Kantor was the keynote speaker at the Vermont Women's Fund 2016 Annual Benefit, where she talked about the impact of journalism and cited the Mamava story as an example of the unknown power that a story can spark. The Vermont Women's Fund, a component fund of the Vermont Community Foundation, is a nonprofit philanthropic resource for women and girls focused on pathways for viable careers for women and girls and strengthening women's economic security in Vermont. Visit www.vermontwomensfund.org for more information.

March, April presentations: the history of Cambridge Junction

The Cambridge Historical Society presents two evenings of information-sharing and discussion on the history of Cambridge Junction, both at 7:00 PM at 49 School St., Jeffersonville, with panels presenting slide shows, histories, and stories. On

Wednesday, March 14, the panel Robert Marsh, Matt Safford, Jim Kinney, Dana Severence will lead a discussion on the Overview Of Cambridge Junction Buildings: Train Station, Dwellings, Post Office, Creamery, Hotel (and its fire), Roscoe Fuller Farm, Store, Livery Stable, Black Smith, School House, Covered Bridge. On Wednesday, April 11, the panel Roberta Marsh, Matt Safford will lead a discussion of Products, People, And Events Of Cambridge Junction Products: Butter, Milk, Maple Sugar, Ice, Lumber, Christmas Trees, Grain, Fertilizer, Mail; People: Passengers, Peddlers, Artists, Immigrants; Events: The opening of the RRs, Circus, Wars, 1927 Flood, Blizzards. Come to join the discussion or just to listen!

Wednesday, January 31 Hate Speech and the First Amendment: The Legal Right to Offend, 7:00 PM, Main Reading Room, Brownell Library, 6 Lincoln St., Essex Junction. St. Michael's College Professor Traci Griffith discusses free speech versus hate speech - one is a constitutionally protected form of expression, the other, an exercise in bigotry and hatred, posing as freedom. That distinction is critical because the conflicts that have erupted recently have left many wondering if there really is a difference. Professor Griffith will discuss the differences and the consequences of free speech versus hate speech. Professor Traci Griffith is Media Studies, Journalism and Digital Arts Department Chair, Associate Professor of Media Studies, Journalism and Digital Arts at St. Michael's College in Colchester.

Thursday, February 1 Free Community Soup and Bread Supper, 4:30 - 6:30 PM, Covenant Community Church, 1 Whitcomb Meadows Lane, Essex. Choose from a variety of hearty soups and breads, plus a sweet dessert. Stay at the church to eat with friends and family, or pick up to take home. The Suppers are held on the first Thursday of the month. For more information, call Pastor Jeannette Conner, 879-4313. Donations are welcome, but not expected.

Harry Potter Book Night: Fantastic Beasts, 6:00 PM, Phoenix Books Essex, 2 Carmichael St., Essex. We'll be sharing the wonder of J.K. Rowling's unforgettable stories and introducing the next generation of readers to the unparalleled magic of Harry Potter. Here at Phoenix young wizards, witches, and Muggles will be treated to an evening of beastly games, activities, readings, and quizzes. Free and open to all ages. Information: www.phoenixbooks.biz or 872-7111.

Saturday, February 3 French Canadian Supper, 5:00 PM, Our Lady of the Holy Rosary Church Hall, 64 West Main St., Richmond. Pea soup, meat pie, mashed potatoes, dessert, beverages, etc. Suggested donation \$12 to benefit the charities of Rosary Council of the Knights of Columbus 4684. Information: 434-2521 (daytime).

Saturday Story Time with City Market, 11:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington. Enjoy your Saturday morning with a reading of the children's book Escargot by Dashka Slater. A charming, funny, interactive picture book that is ideal for picky eaters and animal lovers alike, Escargot is about a beautiful French snail who loves salad - but not carrots! After we read together, we will have a fun and interactive healthy food activity. Presented in partnership with City Market. Free and open to all ages. Information: www.phoenixbooks.biz or 448-3350.

Tuesday, February 6 Harvard dream researcher David Kahn, 1:00 PM, Stearns Student Center Performance Space, Johnson State College, Johnson. Kahn, who teaches in Harvard Medical School's psychiatry department, will talk on sleep and dream science and discuss research methods and findings related to the psychology and physiology of sleep and dreams. The function of sleep, consequences of sleep deprivation, and neurobiology of a dreaming brain. He is also a psychiatry research associate at Beth Israel Deaconess Medical Center in Boston. Free. For more information, 635-1408.

Wednesday, February 7 The Art of Lithuanian Knitting, 6:30 PM, Phoenix Books Essex, 2 Carmichael St., Essex. Join author Donna Druchunas for a discussion of the traditional art of Lithuanian knitwear and its modern applications. Donna is a writer and knitwear designer with passions for knitting, world travel, and research. She has been visiting Lithuania, where her great grandparents were born, every year since 2007. Free and open to all. Information: www.phoenixbooks.biz or 872-7111.

Thursday, February 8 The Yin and Yang of Climate Crisis, 4:00 PM, Stearns Student Center Cinema, Johnson State College, Johnson. JSC instructor Brendan Kelly will discuss climate change in the context of Chinese medicine - the connection between climate change and imbalances in people and institutions. Kelly teaches in JSC's Wellness & Alternative Medicine program. Part of the JSC Faculty Lecture Series, which runs through the academic year. For more information, www.jsc.edu/news-events/events/faculty-lecture-series/.

Book launch for Friends and Other Liars, 6:30 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join author Kaela Coble to celebrate the launch of her debut novel. Sometimes the secrets we keep are more dangerous than the ones we reveal... Fraught with emotion, suspense, and hope, Friends and Other Liars is the story of five friends coming to terms with what it means to betray the ones who love you best. Kaela Coble lives in Burlington, and is a member of the League of Vermont Writers. Proceeds from ticket sales go to the VT Foodbank. Tickets \$3 include a coupon for \$5 off a copy of the featured book; coupons expire at closing the

evening of the event. Information: www.phoenixbooks.biz or 448-3350. Information: www.phoenixbooks.biz or 448-3350.

Friday, February 9 Contra Dance, 8:00 PM, Shelburne Town Hall, 5376 Shelburne Rd., Shelburne. Queen City Contrasts presents its regular dance, with music by Red Dog Riley (www.reddogriley.com) and caller Don Stratton. All are welcome, all dances taught, no partner or experience needed. Beginners' session 7:45 PM. Admission \$9 adults; under 12 free. Please bring clean soft-soled shoes for dancing. Information: 802-371-9492 or 802-343-7166; www.queencitycontras.org.

Friday-Saturday, February 9-10 Rummage Sale, 9:00 AM - 4:00 PM Friday, 9:00 AM - 1:00 PM Saturday, Grace United Methodist Church, 130 Maple St., Essex Junction. Take what you need and pay what you can. For more information please call Ann, 879-7943.

Saturday, February 10 Story time featuring Mouse Scouts Make Friends, 11:00 AM, Phoenix Books Essex, 2 Carmichael St., Essex. Join us for a story time with author Sarah Dillard. In this book, friendships will be tested and opposites will find they have more in common than they thought as the Acorn Scouts figure out what it takes to be true friends. Sarah Dillard was briefly a Brownie and a Junior Scout, and studied art at Wheaton College and illustration at the Rhode Island School of Design. Sarah lives in Waitsfield with her husband. All ages are welcome. Free and open to all. Information: www.phoenixbooks.biz or 872-7111.

Beginning Genealogy, 10:30 AM - 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. In this introduction to genealogy Sheila Morris will discuss records, techniques, and best practices for conducting sound research. This talk is aimed at beginners and at those who have already started but are still relatively inexperienced. Sheila will also cover how to organize the records and images that result from your research efforts. Bring as much information as you can about your grandparents: births, marriages, deaths, and where they lived. After the talk our volunteers can help you get started. For details: www.vtgenlib.org or 802-310-9285. Classes \$10. Open for research Tuesdays 3:00 - 9:30 PM and Saturdays 10:00 AM - 4:00 PM.

NVU-Johnson Badger Info Session, 10:00 AM - 2:00 PM, NVU-Johnson campus, Johnson, VT. Prospective students who attend the free event will get a campus tour, have lunch, and talk with admissions representatives and current students. To pre-register, <http://northernvermont.edu/badger-information-sessions>. For more information, contact erin.conner@jsc.edu or 635-1219.

Monday, February 12 Underhill Historical Society Annual Meeting, 6:30 PM, Underhill Town Hall, Underhill Center. Items of importance include the election of officers and any proposed constitutional changes. All are welcome; refreshments will be served.

Saturday, February 10 Italian Carevale Maskmaking, 12:00 - 2:30 PM, Shelburne Town Hall, Shelburne. Come celebrate the art and traditions of Carnevale at a family event - make a mask with Nicole Librandi, Julia Ely, and Josette Noll because "a Carnevale, ogni scherzo vale" or "at Carnivale, anything goes!" Sponsored by the Pierson Library In Shelburne and the VT Italian Cultural Association. Free and open to all; donations gratefully accepted. Children under 11 must be accompanied by an adult. Information: Nicole Librandi, 802-453-4157 or nicolelibrandi2@gmail.com.

Wednesday, February 14 Free Community Meal, 11:30 AM - 12:30 PM, United Church of Johnson, 100 Main St., Johnson. Hot lunch on the second and fourth Wednesday of each, through May, for all who attend. Johnson State College will offer a free community meal, open to the public. Johnson students, faculty, and staff serve as volunteers. All meals are at the same time and location. Sponsored in part by JSC Dining Services, the JSC SERVE program, and Laraway Youth and Family Services.

Ecumenical Ash Wednesday Service, 7:00 PM, Covenant Community Church, 1 Whitcomb Meadows Lane, Essex. "Come as you are." For information, 802-879-4313.

Friday-Saturday, February 16-17 "I Love Libraries" Book Sale, 5:30 - 8:30 PM Friday, 9:00 AM - 3:00 PM Saturday, Richmond Free Library, Richmond. Come shop from a fantastic selection of fiction and non-fiction books and media - music, DVDs, audio books - for all ages. Live local music; raffle with prizes including restaurant gift cards, T-shirts, local business gift cards, and more. Saturday \$5 bag sale, 2:00 - 3:00 PM. Organized by the Friends of the Richmond Free Library. For more information, call the Library, 434-3036.

Sunday, February 18 Underhill Community Soup Bowl, 5:00 - 7:00 PM, Underhill Town Hall, Underhill Center. Second Annual Winter Series! Free and family-friendly event! These gatherings were such a hit last year, a few community members have organized another series this winter. Come join your neighbors for this casual gathering on a Sunday evening. Have a simple but delicious dinner and connect with other town folks during these dark and cold months. Four soups will be provided, including a vegetarian option. Please bring bread, cheese, or a dessert to share; your own beverage; bowls, utensils, cups; a friend or neighbor. Hope to see you there!

Monday, February 19 Legislative Breakfast with Gov. Phil Scott, 7:30 - 9:30 AM, Stearns Student Center second floor, Johnson State College, Johnson. Sponsored by the Lamoille Chamber of Commerce. This series is an opportunity for citizens to speak directly with their representatives, who are responsible for explaining their positions and votes. Help steer the decisions being made in Montpelier! Admission for Chamber members \$10; non-members \$15. For more information, contact Jen Kittell, Lamoille Chamber of Commerce, 802-888-7607 or jen@lamoillechamber.com.

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COMMUNITY COLUMNS

Mrs. Ruth Paine – Part 1

By Doug Boardman
Special to the Mountain Gazette

If there was anyone to scare my Dad, it would be Ruth Paine. She had a farm that adjoined our land and I started working for her when I was 12 years old. She had a foreman named Reddy who lived there and ran the farm. She hired me to help Reddy on vacations and summers. She had 46 Jersey cows that we milked, approximately 25 hens, and one mean bull. That was the first money I earned because back in the day, we were expected to work for our folks for free and they put a roof over our head and fed us. (If we didn't like what was for supper, we were invited to go to bed hungry. The only time I might go to bed hungry was when we had tripe for supper.) I was paid 25¢ per hour and breakfast and lunch. Every morning I had to get up before 5:00 AM and run down to Paine's farm, which was about a half mile, and then run out into the pasture to get the cows in for milking. Most of the cows would always be heading for the barn, but there were always a half dozen who would hang out in the farthest area of the pasture over a hill and near a brook with some trees near it. I would get the bigger bunch started for the barn and then run down the hill to get the rest. There was one cow that was the leader and I would slap her and hold on to her tail to go up the hill. I had to get all the cows in the barn by 6:00 AM so we could milk them by 8:00 AM and have breakfast. Of course, Reddy ran the milking machine and I had to "strip" them, which means some of the cows had to be milked by hand. I learned real quickly which side to milk them on and to tuck their tails with my knee so they wouldn't slap the side of my head with their crap on their tails.

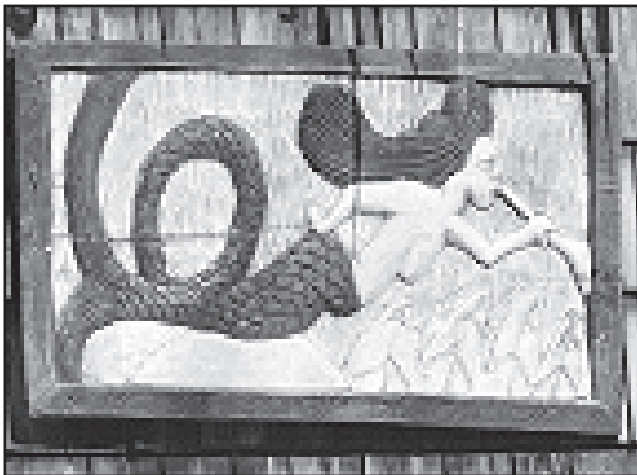
After milking we would carry the milk cans out to the cooler, which meant we had to carry them by the mean bull. I was showing off one day by carrying two milk cans and trying to get by the front of the bull and he got his horn under one of the handles and that milk can went flying up in the air and spilled milk all around the bull. I caught holy hell for the milk spill and ever after I hated that bull and punched him whenever I could. I never let the bull out of his stall. Reddy handled him. The bull had a big ring in his nose and Reddy used to lead him around with a rope and a big stick. Reddy used to go to town whenever it rained and I was expected to clean all the crud off the cows and especially their tails, so of course I was really pissed off when it rained. Every day I cleaned the gutters out with a shovel and a wheelbarrow and dumped it outside the barn in a big pile.

Mrs. Paine was a pillar of the community and the Sunday school teacher. I didn't work on Sundays on her farm but I did work for my father. One Sunday my father had me working on the metal barn roof and told me to hunch down so Mrs. Paine wouldn't see me. She had to walk right by our house to get to the Sunday school. I saw her coming up the road and popped up when she got in front of our driveway and said "Hi, Mrs. Paine!" and she said, "My, my, my, my! Doug, you get off that roof right now and come to Sunday school." She hollered at my father and I got off that roof in a hurry and went to Sunday school. Sunday school was a lot better than working on a hot tin roof and I knew my father wouldn't go against Mrs. Paine.

I got my license when I was 16 but was driving horses, tractors, and large hay trucks when I was 12 years old. By 16, I was making approximately \$25 per week and Mrs. Paine had an old 1936 Ford in her garage that she wasn't driving any more. She had only driven it to downtown Montpelier, which was just five miles one way, once a week. The biggest problem with the car was she only used reverse and second gear. She would back out of her garage but would drive in second gear the rest of the way and unfortunately, the road to the center was very hilly and she would come by our house bucking away because she couldn't get the car going fast enough until she got to a level area. When I purchased it from her she said she would sell it to me for \$250. We agree that I would give her \$20 every Friday out of the \$25 I earned. When I came in the tenth week, she said I had been so good about paying she said that she was taking \$50 off so I was paid up.

When I first took the car on the road, I put it into third gear and went 50 mph and black smoke came out the tailpipe and forever after used a fair amount of oil.

Jericho Mystery Photo #5: Mermaid Sighting



What with Valentine's Day fast approaching, a mermaid sighting in Jericho is bound to bring thoughts of romance. Jericho residents be aware, though, it is said that mermaids attract, hypnotize, and seduce sailors with their shrill and fascinating voices; they are humble and benevolent and always helpful to humankind. To have a rare sighting of a mermaid in Jericho in February suggests that songs drifting across the air might be coming from seductive yet kind mermaids. Take ye heed not to the mermaid's seduction, but consider her thoughts on how to treat a dearest loved one on Valentine's Day. Listen carefully and you will hear: this is what her soft sweet carols explore:

Why? Why do you love me, still? Why did you choose me, then and now? Do I make you happy – tell me how. Sometimes, and Valentine's Day is a good time, show your partner that you care with small gestures and cues throughout the day: longer hugs, love notes, an evening walk together holding hands. Use Valentine's Day as an opportunity to dedicate time to one and only one person

Changing Roles

By Sue Kusserow
Special to the Mountain Gazette

"The light changes. I will need more grace than I thought." – Rumi

We start as one small human, blossoming into variegations of our original theme as we grow. Usually we're lucky enough to hold on to our privileges. We continue to be shaped and growing: "She's stubborn, just like her Aunt Rose;" "He has to learn to share;" "How precisely he draws that line." And how often we grow into our predictions. DNA is passed from parents to children; so are opinions... and latent fears are turned into hopes. These patterns and paths seem to hold true for a long time, enforced as parents shape and direct, and later, observed and judged by 'outsiders' who ultimately become the young adult's world. So we often grow into what is predicted... and hoped.

But what happens when our neatly-labeled spans of life and time change, move forward, stand still, or drop backwards due to physical and mental changes? My mother was raised knowing the physical and mental interdependence of prairie neighbors, where there were no jobs, programs, places which came before harvesting what was left of an adjoining family's corn crop after a hailstorm or deep, debilitating snow drifts that dwarfed and imprisoned the whole house. All her life, she continued to bring casseroles to sick neighbors, loaves of still-warm bread to newcomers to town, with a discerning eye for what else might be needed. She was shy socially, and this was her entrée into friendships. She insisted I enter an RN to BSN program: "You will always have a job and a mission," and I have. So, trying to be helpful was a natural extension of my child/parent choices and direction.

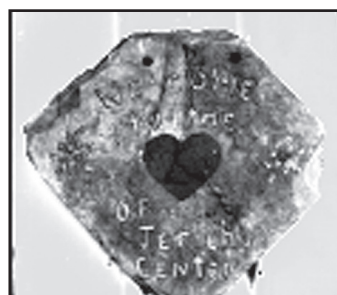
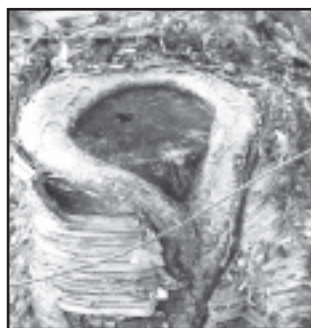
Now I am old. I, who never learned to take a hand when it was offered unless I could somehow reciprocate, am learning how to receive as well as give. Other people need the joy of giving and I need to let them: a hand out of the car, a steady shoulder to lean on, a meal cooked without my help, a phone call to defeat loneliness, a sweet card among the bills. I need to accept and not turn deeds into a necessary return of value. I need to look back at the times I gave and was so rewarded by the closeness of friendship that a reciprocal debt was never charted on anyone's "To Do" calendar.

Recently, I went with Betsy to a movie. She drove, picked me up, dropped me at the entrance, stood in line. We were late. The theatre was totally dark, except for a few previews that were dark both visually and morally. I couldn't see any seats and was gently pushed up the aisles by Betsy. When we reached an upper aisle, Betsy turned me to go in. Invisible hands from a long span of filled chairs reached out and held me in steadiness. I couldn't see faces, but I could tell by warmth, size, and firmness that they were different hands. All these invisible people were reaching out to steady me... we were all blind together. Had I struggled through, using my previous mode of independent action, I would have missed the joy of unknown people reaching without hesitation: a double-blind study!

It taught me something: one grows up, one is shaped and formed, one learns, one gives and enjoys the warmth of the shared gesture and tries to lessen the rather one-sided help that seems to be part of any kind of assistance. One takes, and learns to let others have a chance to play their roles of worth and unforced obligation. So I am trying to adjust my role of many years: from giving, into a gentle symbiosis with receiving. I am terribly apt to say, as I did as a child: "I can do it myself." And I really can't! So, thank you all for reaching with warm hands, looking ahead for me on a busy street or a rutted country road, slowing your own pace to walk with me, waiting until I can find an errant word, sharing a good story with a hot and spicy cup of tea or a smooth and peaty scotch. Thank you all for your patience and forbearance and love.

"Sometimes it is necessary to re-teach a thing its loveliness." – Galway Kinnell

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as though this was your first date together.

Appreciation. If you wish to buy flowers, candles, candy (or substitute sweet and colorful vegetables, fruits, and nuts) be sure to customize your gift to show that you notice what your partner likes. Find a special way to show her the beauty you see in her, the special traits that allure her to you, and make him or her feel appreciated. Share everyday chores and when the other person does even routine chores like washing dishes, laundry, or yard work, thank them immediately thereafter.

Seduction. Everyone can be seductive by projecting the conviction of their beauty or handsomeness. Dress neatly and noticeably. Though words are not enough, words do reach us, warm, and even excite us, when used to express feelings of caring and love. Poems need not rhyme, love letters need not be of Shakespearean verse. Say it sweetly in your own way.

Make a splash. Add excitement, fun, laughter to the mix. Swim freely with each other, be it at a movie, building a snowman together, even sledding, tobogganing or snowshoeing, whatever you might enjoy together, just the two of you.

This week's Jericho Mystery photo is indeed an enticing mermaid. Have you seen her in Jericho? This Valentine's Day notice all the beauty, seductive traits, and kindness in your partner, and the Jericho mermaid may wink at you the next time you drive by her abode.

Bernie Paquette discovers by observation; then shares photos and stories highlighting why Jericho is a special place! To see more of Jericho, VT photos, visit Jerichovermont.blogspot.com. Send your comments or Jericho stories to Bernie.paquette@yahoo.com.

High energy drinks vs. sports drinks

By Lewis First, MD

Chief of Pediatrics at UVM Children's Hospital

Parents have been thirsty to ask me whether or not high-energy drinks or sports drinks are good for their children. Let me quench everyone's thirst and provide some information on this topic.

Sports drinks may be beneficial to children who participate in prolonged vigorous physical activity. Examples include long-distance running, biking, or high intensity exercise like soccer or basketball. Sports drinks are not necessary for the casual athlete, who should turn to water instead.

While these drinks contain vitamins and minerals, they're also full of carbohydrates or sugars. Carbs and sugars can be an immediate source of energy when the body's stores are becoming depleted from physical activity. But if your child drinks them as part of a meal or not after exercise, they could cause weight gain.

High energy drinks, on the other hand, are full of sugar and caffeine. Some have as much caffeine as one to three cups of coffee. That much caffeine can lead to jitteriness, nervousness, headaches, difficulty sleeping, and frequent urination. Paired with sugar, that much caffeine can also increase the potential for dental cavities and weight gain. Large amounts of caffeine can increase heart rate and blood pressure, and even result in hallucinations and seizures.

While you might think high energy drinks would improve sports performance, they actually do just the opposite. Caffeine can make someone urinate more and become dehydrated rather than hydrated.

So what do I recommend? Sport drinks should be used only during physical activity and high-energy drinks should be avoided entirely for children and teens. But that is easier said than done. At most, a teen should consume no more than one high-energy drink a day. They should avoid drinking these at night or they will have trouble sleeping.

Do you want to know the best way for a teen to excel on the field and in the classroom? Make sure they get enough sleep, eat a well-balanced diet, and stay hydrated – with water.

Hopefully these tips will energize you to talk with your children about the pros and cons of sports and high-energy drinks.

Jericho-Underhill Community Directory
is STILL AVAILABLE
at the town clerks' offices,
local stores, and businesses

The Mountain Gazette

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Send your news to

mtgazette@earthlink.net, www.mtngazettevt.com

Area Worship Services

COVENANT COMMUNITY CHURCH

"Come As You Are"

1 Whitcomb Meadows Lane, Essex, VT 05452

(across from John Leos on Route 15)

Pastor: Rev. Jeannette Conner

email: cccpastorjeannette@gmail.com

Phone: (802) 879-4313

facebook: <https://www.facebook.com/Covenant-Community-Church-125345080830320>

Adult Bible Class: Sunday 9:00 AM

Worship Service: Sunday 10:00 AM

Fellowship: immediately after service

Child care (infant through pre-K) is provided during the worship service

Ecumenical Ash Wednesday Service: Feb. 14th, 7:00 PM

JERICHO CONGREGATIONAL CHURCH

"An Historic Church Proclaiming an Eternal Message"

On the Green in Jericho Center, VT

Senior Pastor David Coons and Youth Pastor Glenn Carter

Sunday Services at 8 am & 11 am

Nursery care provided

Sunday School at 9:30 am for all ages

Fellowship at 10:30 am

Youth group 6:15 pm Sundays in our Sunday school building

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899-4911; officejcc@comcast.net; www.jccvt.org

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On Green Street in Underhill Center Weekend Masses:

Saturday 4:00 PM Sunday 8:30 AM

Pastor: Rev. Christopher Micale

Deacon: Peter Brooks Religious Ed. Coordinator: Laura Lynch Wells,

899-4770 Parish Secretary: Theresa Gingras Phone: 802-899-4632,

email: office@stthomasvt.com, Website: www.stthomasvt.com

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www.unitedchurchofunderhill.com

Worship and Sunday School 10:30 AM

Local and Global Mission and Service Outreach Opportunities

for families, men, women and youth Streaming audio sermons:

www.becauseyoumay.com

Health programs and classes at Northwestern Medical Center

ONGOING

Cancer Exercise Rehab Group – Ongoing every Tuesday and Thursday, 8:00 – 11:00 AM, NMC Rehab gym, Cobblestone Building. Featuring Wendy Lawrence, certified NMC Oncology Rehab Physical Therapist. Pre-registration required; call 524-1064. Free for the first 8 weeks, then \$40. A physical therapy evaluation is required to assure that the client is able to participate. This class pinpoints the common needs of patients, which include decreased range of motion, decreased strength, and cancer-related fatigue.

Prenatal Fitness, every Wednesday, 5:30 – 6:30 PM, NMC Wellness & Fitness Room. Featuring Stephanie Preedom, AFAA. Pre-registration required; contact Stephanie, 802-288-1141 or stephanie.preedom@gmail.com. Free to Northwestern OB/GYN patients. Northwestern OB/GYN offers these free prenatal exercise sessions to strengthen and prepare you for a successful birthing experience. Join other moms as we lead you through a customized routine designed to make you feel energized and confident. Please consult a physician before beginning this exercise program.

Program now enrolling First Time Mothers: Franklin County Home Health Agency's Nurse Family Partnership Program (NFP) helps first time mothers in Franklin, Lamoille, and Grand Isle counties. NFP is an evidenced based program that enrolls mothers during pregnancy and provides them with regular nurse visits until their child's second birthday. Nurses provide support, education and counseling on health, behavioral, and self-sufficiency issues. Interested women and their healthcare providers can call 802-527-7531 for more information.

Vermont Quit Partners Fresh Start Tobacco Cessation Class, Wednesdays, 11:00 AM – 12:00 PM, NMC Cobblestone Building, Suite 202. Pre-registration required; to sign up for a session call Chari, 524-8480. Free. Enter this class at any time and join others for this series to help you successfully quit smoking. Sessions include: understanding why you have an addiction and how to quit; mastering the first few days, mastering obstacles; and staying quit and enjoying it forever. When you are ready to quit, the tools and support can make all the

difference. We can provide you with what you need to be successful! As a Vermont resident, you can get free patches, gum and lozenges.

Healing Circle Women's Cancer Support Group: first Tuesday of every month, 4:30 PM socialize, 5:00 – 6:30 PM meeting, Northwestern Medical Center Conference Franklin Room. Pre-registration required; free. A self-help cancer support group for women of all ages and lifestyles who have cancer. At our monthly meetings, we share information, offer each other support and comfort, and learn new things from speakers. We extend an invitation to any woman who has cancer, whether you are newly diagnosed or a long term survivor. Please call 802-524-8479 with any questions or to RSVP (not required).

Have You Lost a Loved One to Suicide? Second Thursday of every month, 6:00 – 7:30 PM, Northwestern Medical Center's Grand Isle Room. Pre-registration required; free. If the answer to the question is "yes," please consider attending a free, confidential group that meets monthly in St. Albans. Everyone in the group, including its facilitators, has had someone close to them take their life and knows how devastating that experience can be. You can just come and listen to others share what they are going through and how they are coping or you can share your own story. The choice is always yours to do what feels best to you. For more information on dates, times, and location or to answer any questions you may have call Tony, 802-393-6503.

Chronic Disease Support Group Workshops: Various times and locations. Pre-registration required; contact Deb Robertson, 524-1031 or drobertson@nmcinc.org. Free. Are you or someone you know living with a chronic health condition? Then the Healthier Living Workshop is for you! Learn to feel better by learning how to deal with frustration, fatigue, and pain, manage symptoms and medications, and improve strength and flexibility. Each session is 2½ hours once a week, for six weeks.

Grief and Recovery Support Group, first and third Wednesday of each month, 7:00 – 8:00 PM, Franklin County Home Health Office, St. Albans, 3 Home Health Circle. Pre-registration required; call Lori Wright, 527-7531. Free. Experiencing a loss can be painful to face alone. Franklin County Home Health's Grief and Recovery Support Group serves as a safe place to share feelings with others who are coping with grief. This support group is offered free of charge to anyone who would like to talk to others and help one another. It also provides a resource for grief education in our community.

Shadows of the Moon Autism Support Group: for one-on-one phone support, please call Cheryl at 802-868-7745 or Laura at 802-849-2817.

Alzheimer's Support Group: last Tuesday of each month, 6:00 – 7:00 PM, Northwestern Medical Center Franklin Room. Pre-registration required. Free. This group is for those with Alzheimer's and caregivers, family members, and friends and is facilitated by Amanda Wilson. Please call the 24/7 Helpline at 800-272-3900 or visit alz.org/Vermont to confirm details.

Parkinson's Support Group: second Tuesday of each month, 10:00 – 11:30 AM, Pillsbury Senior Community, conference room next to the library on the first floor, 3 Harborview Dr., St. Albans. Pre-registration not required. Contact Pat, 802-524-5520, or Judy 815-895-2312. Free. This group is open to those with Parkinson's and their caregivers including family and loved ones. The monthly meetings can provide an open forum to share experience with others who are coping with Parkinson's disease, gaining education and support. Wheelchair accessible.

Breastfeeding Moms Group: first Wednesday of each month, 10:30 – 12:00 PM. Please call 527-5586 to find location of next group. Pre-registration required; call 527-5586. Free. This group meets once a month for snacks, crafting activities, making baby blankets, and information from the experts.

Breastfeeding and Infant Massage Group: second Wednesday of each month, 9:30 – 11:15 AM, Alburgh Library. No pre-registration required. Free. Join other moms and babies to learn how to massage your baby and discover more about breastfeeding and parenting.

Latch On! Discussion Group: third Saturday of each month, 10:00 AM – 12:00 PM, Northwestern Medical Center Family Birth Center. No pre-registration required. Free. Learn about breastfeeding and share your stories. Enjoy light refreshments and connect with other moms.

Baby Bumps Support Group for Mothers and Pregnant Women, second and fourth Monday of the month, 4:00 – 5:00 PM, Northwestern Medical Center Family Birthing Center. Pre-registration required. Contact Rhonda Desrochers at Franklin County Home Health Agency, 802-527-7531. Free. Pregnancy can be a wonderful time of your life. But it can also be a time of stress that is often compounded by hormonal swings. If you are

a pregnant woman, or have recently given birth and feel you need some help with managing the emotional bumps in the road that can come with motherhood, please come to this free support group led by an experienced pediatric Registered Nurse. This group is for both pregnant women and mothers. Presented jointly by Franklin County Home Health Agency, Northwest Counseling and Support Services, Northwestern Medical Center, and the Vermont Department of Health.

Foot Clinics: various times and locations. Pre-registration required. Call Franklin County Home Health Agency, 802-527-7531 to schedule. Fee: \$20. Regular care of your feet can prevent problems. If you are an elderly and/or disabled person who is unable to do your own foot care, please consider attending a Foot Clinic. Franklin County Home Health Agency offers monthly Foot Clinics throughout the year in St. Albans, Swanton, Franklin, East Fairfield, and Enosburg.

Who's Your Person, What's Your Plan? (End of Life Planning): We plan for all life's milestones – marriage, birth, retirement. But few of us have plans in place for our end of life. And none of us can plan for the unexpected. Do you know who you want to speak for you and make medical decisions for you when you can't do this for yourself? Everyone 18 years and older should have a Health Care Agent – your person to speak on your behalf. By completing an advance directive you can provide this information to your family and physician. Start this conversation with your family before you are in a health crisis. Information and materials to help facilitate your conversation are available at <http://www.fchha.org/healthcareagent/> as well as www.starttheconversationvt.org. You can also call Franklin County Home Health Agency to learn more about completing an advance directive. We are also available to speak to community groups. Start the Conversation today. It's a gift.

FEBRUARY 2018

Vermont Quit Partners Fresh Start Tobacco Cessation Class: Thursdays, February 1-22, 5:00 – 6:00 PM, Swanton Public Library. Pre-registration required. To sign up for a session call Chari, 524-8480. Free. Join others for this four-session series to help you successfully quit smoking. Sessions include: understanding why you have an addiction and how to quit; mastering the first few days, mastering obstacles; and staying quit and enjoying it forever. As a Vermont resident, you can get free patches, gum and lozenges.

Look Good Feel Better – Monday, February 5, 4:30 – 6:00 PM, NMC Grand Isle Room. Featuring Carol Lumbra, Beautician, Rail City Salon, and Bonnie Rainville, Beautician, Elite Body Boutique. For women with cancer who are experiencing appearance-related side effects due to treatment. Join us to learn how to look good and feel better about the skin and hair changes that cancer treatment can cause. Free workshops/interactive demonstration led by trained, volunteer cosmetologists. Get help with cosmetics, skin care, and head covering options. Pre-registration required; please RSVP to 524-8479 to register.

Intro to Aquatic Exercise – Wednesday, February 7, 5:30 – 6:30 PM, Branon's Pool. Have you ever wondered if exercising in the water is right for you? Join NMC's aquatic physical therapists to learn about benefits of exercising in the water. Try basic exercises and learn how to progress exercises over time with use of aquatic equipment, etc. Attend this 60-minute session and earn a coupon for discounted membership to Branon's Pools. Please contact Faith DuBois, 524-1217 or fdubois@nmcinc.org to sign up.

Breastfeeding and You: Friday, February 9, 12:00 – 1:30 PM, VT Department of Health, St. Albans District Office, Federal St. Registration: Please call 524-7971. Free. Department of Health's FREE Breastfeeding Prep Class for you, family members, and other moms-to-be to plan for breastfeeding your newborn in the first month of life. Personalize your breastfeeding plan, line up your support, go over the basics, ask questions and get real-life answers. You can do it, WIC can help! To register, please call 524-7971.

Diabetes and You – Tuesdays, February 13-March 13, NMC Cobblestone Building, Suite 202. Join us at this self-management educational series for people with diabetes and their families, proven to help people improve control of this disease. Learn how to keep diabetes from controlling your life and improve your blood sugar control to feel better and delay or prevent complications. NMC will bill your insurance for the course fee. Scholarships available. No one will be turned away for lack of ability to pay. Pre-registration required; call Deborah Robertson, 524-1031.

Movement for Parkinson's Disease: Friday, February 16, 10:00 – 11:00 AM, Homestead at Pillsbury Manor. Registration/information: contact Sarah, 802-881-9673 or saramcm28@gmail.com, or Patty Rugg, patricia_rugg18@comcast.net. Free. Offered for people with Parkinson's disease and their care partners, this dance class is designed to engage participants' minds and bodies through many styles of dance, while exploring stretching, muscle strengthening, postural stability, and rhythm through instruction and energizing music. The class is offered in a relaxed social environment that emphasizes enjoyment, fun and creativity, with an eye towards connecting with the community. No dance experience required. No charge, donation appreciated.

Emotional Wellness: Wellness Recovery Action Plan (WRAP®), Mondays and Tuesdays, February 19, 20, 26, 27, 9:00 AM – 3:00 PM, NMC Conference Room Center, Franklin Room. The WRAP® workshop is a 24-hour long program, offered over several weeks and is designed for people struggling with mental health challenges and caregivers for those people. If you are struggling with a mental health problem – such as depression or anxiety – you are not alone. Free. Registration: call Deana Chase, 802-370-5626.

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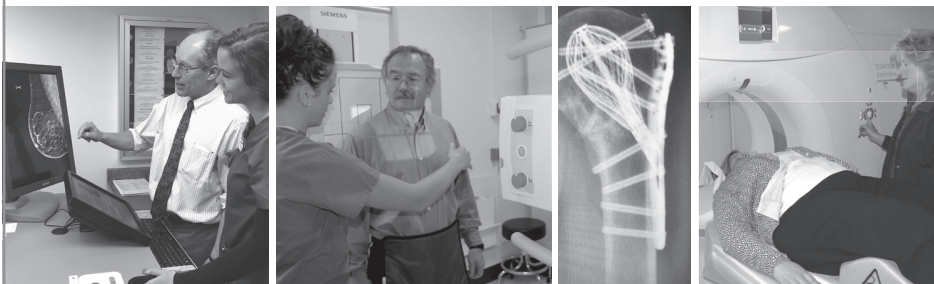
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United Way of NW Vermont – Volunteer Listings

By Sue Alenick, United Way Volunteer Columnist

LEND A HAND. VOLUNTEER! United Way of Northwest Vermont's mobile-friendly Volunteer Connection connects you to hundreds of local volunteer needs. Search by age, date, county, interests or causes that are important to you. Stay connected to community needs. Go to www.unitedwaynvt.galaxydigital.com or contact us at volctr@unitedwaynvt.org or 860-1677.

JOIN THE OFFICE FORCE – VNA of Chittenden and Grand Isle Counties is looking for a volunteer to serve three hours a day or more, one or two days a week, in their Colchester office. A working knowledge of Word and Excel is needed. Tasks include data entry, copying, and scanning. Background check required. Contact Angel Mean, 658-1900 or means@vnacares.org.

PLANT SALE – Burlington Dismas House is seeking one or two passionate gardeners to manage their 16th Annual Plant Sale. These volunteers should be able to identify perennials and enjoy working with energetic teams of volunteers. Tasks will also include helping with the marketing of the sale. Three-hour shifts (9:00 AM – 12:00 PM, or 1:00 – 4:00 PM) for four weeks from April 25-

May 25, culminating with the sale. Contact Kim Parsons, kim@dismasofvt.org.

BLOOD DRIVE – American Red Cross Blood Services needs Registration Volunteers to welcome donors, track and organize donors and lists, answer questions, etc. Blood drives are typically four to six hours long, and volunteers can work a whole or half shift. Interview and background check required. Call Alice Drislane, 497-6807 or Alice.Drislane@redcross.org.

TUTOR! TUTOR! – Mercy Connections would like to welcome new, qualified volunteers to tutor adults on-site in their Education and Transition Tutorials. Volunteers with educational experience are matched one-on-one with a student or with a small group of students, two to three hours on Tuesday and/or Thursday mornings. Students may need support with college homework, basic math, reading and writing skills, or preparation for the GED test, and each student has an individual learning plan. Training is provided. Contact Cathy Ainsworth, 846-7162 or cainsworth@mercyconnections.org, or Melissa Lang, 846-7084 or mlang@mercyconnections.org.

LIBRARY NEWS

DEBORAH RAWSON MEMORIAL LIBRARY

The French Conversation Group – Bonjour à tous! The French conversation group will meet on Thursday, February 1 at 6:30 PM. Any questions, please call Henry, 899-3349.

Music Sunday – On Sunday, February 4 at 2:00 PM we welcome *Cricket Blue*. Laura Heaberlin is bringing her musical talent “home” to Jericho and introducing us to her musical partnership with Taylor Smith. Smith and Heaberlin began performing as *Cricket Blue* while at Middlebury College and are quickly becoming recognized in Vermont and beyond for their musical skill and their song-writing prowess. Their songs reflect their interests in traditional American music and Indie-Rock with influences ranging from Anaïs Mitchell to Dylan Thomas. *Cricket Blue* has been described as possessing “rare wisdom and depth... your heart and mind will dance” by Mark Sustic, *Young Tradition Vermont*, and with “dovetailing harmonies and heart-melting melodies” by Dan Bolles of *Seven Days*. Please join us for an afternoon of music!

Mah Jongg at DRML – We play Mah Jongg on the first and third Mondays of each month. In February, we will be playing on Monday, February 5 at 6:30 PM, and then on Monday, February 19 at 1:00 PM. Please join us as we explore the ancient Chinese tile game of winds, dragons, and number tiles. If you like card games, you’ll probably love Mah Jongg!

The mystery book group is meeting on Tuesday, February 6 at 7:00 PM to discuss *Silence of the Grave*, by Arnaldur Indridason. Please join us!

Presidents’ Day Program – Thursday, February 15 at 6:30 PM: *Improbable Paths to the Presidency: Chester Arthur & Calvin Coolidge*. Join us for this talk on the story of two Vermonters and their remarkable journeys to our nation’s highest office. Presented by Tracy Martin, Historic Sites Section Chief, VT Division for Historic Preservation.

We are open on Sunday afternoons from 1:00 – 4:00 PM. Stop in for an afternoon of library enjoyment.

Library hours: Tuesday 12:00 – 8:00 PM, Wednesday 10:00 AM – 6:00 PM, Thursday 12:00 – 8:00 PM, Friday 10:00 AM – 6:00 PM, Saturday 10:00 AM – 2:00 PM, Sunday 1:00 – 4:00 PM; closed Monday.

For information on any of the library’s programs, call 899-4962. DRML is located at 8 River Rd., Jericho; www.drml.org.

JERICHO TOWN LIBRARY

CHILDREN’S PROGRAMS

Story Time, first, second, and fourth Wednesdays, February 7, 14, and 28, 10:30 – 11:30 AM; recommended ages: 0-5 years. Pop in for a casual hour of story time, smiles, and laughter with Lisa!

Music & Movement for Little Ones, third Saturdays, February 17, 10:30 – 11:30 AM. Explore the world of singing, dancing, and playing instruments with your little one in this lively musical- and motion-based group!

Circle Time, third Wednesdays, February 21; recommended ages 0-5 years. Join storyteller and musician Katie Coons for this dynamic, interactive hour of movement, song, play, rhyming games, craft and snack.

ADULT PROGRAMS

Jericho Writers’ Circle, second and fourth Saturdays, February 10, 24, 10:00 – 11:00 AM. Are you a writer seeking community? Join JTL’s new bi-monthly Writers’ Circle! All genres welcome. Coffee, tea, and encouraging company provided.

Transition Town Jericho, Monday, February 26, 5:30 – 7:00 PM. The transition town movement is about building resiliency in our towns and communities to confront peak oil, climate change, and the numerous other issues we are facing. Repair Cafés, skill-sharing, local currencies are just a few manifestations of transition movements; how it manifests itself in Jericho is up to you and me, the people who live here.

Board meetings are held the second Monday of every month at 7:15 PM at Jericho Town Library. All are welcome to attend.

Jericho Town Library is open Mondays, Tuesdays, Thursday, and Fridays 2:00 – 5:00 PM; Wednesdays 10:00 AM – 12:00 PM and 2:00 – 7:00 PM; and Saturday 10:00 AM – 12:00 PM.

For more information on programs and library services, please visit our website at www.jerichotownlibraryvt.org or give us a call at 899-4686.

VARNUM MEMORIAL LIBRARY
JEFFERSONVILLE

Weekly Crafting Circle, Mondays, 5:00 – 7:00 PM. Come and enjoy ber and fabric with craft novices, as well as folks who have enjoyed handwork arts for their lifetimes! Have a project you’re already working on? Bring it in and share your expertise and enthusiasm.

The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville, 802-644-2117; thevarnum@gmail.com. Hours: Mondays and Tuesdays 12:00 – 7:00 PM, Wednesdays 3:00 – 7:00 PM, Thursdays 9:00 AM – 7:00 PM, Fridays 2:00 – 5:00 PM, and Saturdays 10:00 AM – 3:00 PM. Closed Sundays.

WESTFORD PUBLIC LIBRARY

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

RICHMOND LIBRARY

February Foyer Display: Sheila Fazackerley started collecting brooches when she was about five or six years old after her nana gave her one as a birthday gift. Fifty years have passed and she’s still collecting them. The collection really soared when Shelia started working in the school system here in Vermont, about twenty years ago. Sheila, an autism specialist, wears a different pin every school day throughout the year, often following a seasonal theme. Currently there are approximately 570 in Shelia’s collection. Come see some of them during the month of February.

February Art Show: During the month of February we will feature the comic and collage work of our own, L.J. Kopf, a professional cartoonist since 1976. His single-panel cartoon *Edge* appeared in every issue of the Vermont Vanguard Press, a news and arts weekly paper published in Burlington from 1978-1990. *Into Every Life a Little Edge Must Fall*, a selection of those cartoons, was published by Fantagraphics Books in 1988. Fantagraphics also published his strips in their anthology magazine *Pictopia*.

Child and Babysitting Safety Certification Course: We are teaming up with Richmond Rescue to offer this important course to youth age 12 and older. The course will cover child safety, first aid basics, and CPR. Successful completion will result in official “Child and Babysitting Certification” as outlined by the American Health and Safety Institute. The course will be held on Saturday, March 10, 9:00 AM – 2:00 PM. There is no charge, but space is

limited. Reserve your spot by contacting the library, 434-3036 or rfl@gmavt.net.

Book Discussions: Tuesday, February 13, 6:00 PM: *The Shape of the Sky* by Shelagh Shapiro. *Shape of the Sky* tells the story of Resolute, VT – population 613 – a town trying to raise much-needed money by hosting a rock festival. Days before the music is due to begin, a fan is found dead in the woods. Thursday, February 15, 7:00 PM: *When the Devil Holds the Candle* by Karin Fossum. When two teenagers steal a purse from a stroller, it results in an infant’s death. Unaware of the enormity of their crime, Zipp and Andreas are intent on committing another.

Tax Preparation Assistance with AARP volunteers: Every year, volunteers help seniors submit their tax returns. If you think you may be interested in meeting with a preparer, let us know and we’ll put your name on a list. Sessions start Monday, February 5.

Preventing Type II Diabetes – The UVM Medical Center will be offering a long-term diabetes prevention workshop in the Richmond Free Library mezzanine. The program offers education and support to help you adopt healthier eating and exercise habits to reduce your risk of developing diabetes. Participants will meet once a week for 16 weeks, then every other week, then monthly over a year. The series begins Wednesday, February 7. Space is limited. Call Amanda, 847-5468, to sign up. Consider signing up if you:

- Are overweight or obese
- Don’t get enough exercise
- Have high blood pressure
- Have abnormal cholesterol
- Have a parent, brother, or sister with diabetes

Saturday February 10 at 7:30 PM, James P. Taylor Series: join the Burlington Section for the annual James P. Taylor outdoor adventure presentation at the Library. Hear author and avid hiker Garry Harrington discuss his Appalachian Mountain Club book *Chasing Summits: In Pursuit of High Places and an Unconventional Life*. This Vermont native and graduate of Saint Michael’s College will recount his hiking adventures in Vermont, New England, and beyond, including having climbed all the 14ers and all the state highpoints in the continental U.S., and high peaks around the world such as the Matterhorn in Switzerland. GMC members will appreciate his deep experience hiking in Vermont, the Adirondacks, and New Hampshire, including literally thousands of hikes up Mount Monadnock (including a record 16 summits in a 24-hour period). GMC Members \$5, non-members \$8, children free.

Save the Dates! Friends of the Richmond Free Library Annual Booksale, Friday, February 16, 5:30 – 8:30 PM, and Saturday, February 17, 9:00 AM – 3:00 PM. The Friends offer a wonderful selection of materials in a great shopping venue! Please consider being a Friend and join in the effort. Consider being a table mover, cashier, organizer, or tallier, baker, etc. Or, do you like to play music or sing? Sign up for one of the best gigs around (no pay, but the appreciation is great!) at <http://www.signupgenius.com/go/30e0544a5a722a13-musicians>. The annual Friends booksale is the largest single fundraiser for the Library, making it possible them to underwrite the summer programming, special presentations and acquisition of additional materials. Please help out! Have questions or want more information? Contact Mary Keller-Butler, unnamedmtn@hotmail.com.

Green Mountain Audubon Society will host a program open to the public on Wednesday, February 21, at 6:30 PM. Topic to be announced, but save the date because they always have a great program!

Adult Playaways – Playaways aren’t just for kids! Stop at the circulation desk and view our new acquisitions and try out the new audiobook format. It works with earbuds or auxiliary cables and doesn’t require changing CDs!

Weekly Children’s Programs

No one ever regrets taking their child to storytime. We offer three weekly programs for young children. Choose the one that’s right for your child and schedule. While the programs are planned with the ages listed in mind, older and younger children are always welcome. No registration is required.

Baby Laptime: This short storytime is for babies ages 0-24 months and their grownups. We will share the magic of stories, songs, rhymes, bounces, and fingerplays designed to introduce these youngest children to color, sounds, fine motor skills, and body movement. Join the fun on Mondays at 10:30 AM.

Storytime and Playgroup For children age infant-5. Introduce your child to many new friends and to the wonderful world of books on Wednesdays. Music begins at 10:00 AM, followed by stories and then free play until 12:00 PM.

Early Bird Math Storytime This storytime is for children ages 2-5. We will explore numbers, shapes, patterns and sets through books, songs, rhymes, and games. This fun, interactive storytime happens in the community room. Join us on the first three Fridays of the month at 11:00 AM.

Yoga Storytime: Children ages 2-5 can join us for yoga storytime. We’ll enjoy thoughtful books and engage our bodies with active movement. Join us on the fourth Friday of the month at 11:00 AM.

Snow Days and School Vacations: We do not offer our regularly scheduled youth programs when school in the district is cancelled due to weather or during school vacations. The library does remain open, however (there are weather-related exceptions) so plan a visit during school breaks to stock up on books and play for a while in our bright, warm space.

Open Monday and Wednesday, 10:00 AM – 8:00 PM; Tuesday and Thursday, 1:00 – 6:00 PM; Friday, 10:00 AM – 6:00 PM; Saturday, 10:00 AM – 2:00 PM.

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

FAIRFAX COMMUNITY LIBRARY

Youth Events

Thursdays, February 1, 8, 15, 22, 3:15 – 4:00/4:45 PM: Chess Club continues for those registered.

Thursday, February 1, 6:00 – 7:00 PM: PJ Story Hour. Kids age 0-6 listen to themed stories, followed by a craft and snack. Thanks to Building Bright Futures for this wonderful program.

Saturday, February 3, 9:30 AM – 12:30 PM: Take Your Child to the Library Day. Come down to the library for special kids’ activities including a scavenger hunt and special craft. Drop-in program. All ages. No registration required.

Tuesday, February 6, 9:30 – 10:30 AM: Preschool Story Hour. Join us for themed stories, songs, and activities for ages 0-6. February 6: Snowmen; February 13: Valentine’s Music Special with Caitlin. No registration necessary for Story Hour.

Tuesday, February 6 and 13, 3:00 – 4:30 PM: Sewing Club: Bracelets. Youth age 8+ will make fabric bracelets in this two-part

class. Students will meet in the library then go to room #457 to work. Must register for both sessions. Space is limited.

Wednesdays, February 7, 21, 3:15 – 4:15 PM: READ to a DOG. Kids ages 5-10 can read a book of their choice to a fuzzy, friendly dog. Call to reserve a 15-minute slot.

Monday, February 12, 3:00 – 4:00 PM: Crafternoon: Needle Felted Hearts. Kids ages 6+ will learn how to needle felt hearts for Valentine’s Day. Must register.

Wednesday, February 14, 3:00 – 4:00 PM: Lego Club. Kids ages 6+ enjoy themed Lego play after school. Please register.

Thursday, February 15, 6:30 – 7:30 PM: Family STEAM Night. Join us for this great family program, where each month parents and children complete fun activities having to do with Science, Technology, Engineering, Art, and/or Math (STEAM). This month our theme is “Astronomy” and we will have a guest presenter from the VT Astronomical Society showing us how to use our new telescope! Please register.

Monday, February 19, 3:00 – 4:00 PM: Lab Girls. This club empowers young women to explore science and technology through hands-on experiments and activities. For grades 4-8. This month we will learn about women inventors and the girls will get to tinker with some tools and raw materials. Our guest will be SAM Roach-Gerber, Director of Innovation at VCET. Must register.

Tuesday, February 20, 9:30 – 10:30 AM: Spanish Story Hour: Bilingual Stories with Karin. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for story hour.

Wednesday, February 21, 3:00 – 4:00 PM: STEM Club “Tumbling Toys.” Kids age 6+ will create a marble run with local inventor Ralph Lemnah. Must register.

Tuesday, February 27, 10:00 – 11:15 AM: Winter Beach Party. Take a break from the cold at our Winter Beach Party. We will have beach themed stories, crafts, music, snack, and activities for ages 2-8. BYO beach attire and towel! Must register.

Adult Events

All Month Long: Winter Reading BINGO. Pick up a BINGO board at the library and record the titles of books you read during January and February in different categories. If you fill in a row (across, down or diagonal), you can turn your board in for a prize. We’ll post a list of all the titles read for the game at the end!

Thursday, February 8, 6:30 – 8:00 PM: Fiction Book Group discusses *The Tricking of Freya* by Christina Sunley. A quest to uncover a family secret leads Freya Morris from the remote Canadian village of her youth to her family’s roots in Iceland. Copies are available at the library. New members always welcome.

Saturday, February 17, 9:00 – 11:00 AM: Tech Help. Get help with individual tech questions. You can ask any technological question and/or bring in a device with which you need help. You will be ably assisted by our techie, Josiah. Call to reserve a half hour time slot, or drop in.

Saturday, February 17, 10:00 – 11:00 AM: Seed Swap. Join us for our annual seed swap. Bring in any extra seeds you might have saved from last year and share with neighbors to increase the diversity of your garden. We usually have an abundance of seed donations from local companies too, so if you are new to gardening, you can just come and learn from neighbors what grows well in their gardens and bring home a few seed packets. We will also be raffling off a seed starting kit to one lucky participant!

Tuesday, February 20, 5:30 – 7:30 PM: Fearless Art. Local artist Julie Griffis leads this exciting art class where participants get to experiment with different tools and mediums to create a mixed media art piece to take home. Refreshments will be provided.

Saturday, February 24, 10:00 AM – 12:00 PM: Board Game Café. Enjoy some free coffee or tea and muffins while spending the morning playing board games with old and new friends. Check out some of the library’s collection of over 120 games, or bring a favorite from home to teach others.

All events are free unless noted. Pre-registration encouraged. www.fairfaxvtlibrary.org, 802-849-2420. Call or email libraryprograms@fwsu.org.

Copley and Dartmouth-Hitchcock collaborate to offer rheumatology services via telemedicine

Copley Hospital is partnering with Dartmouth-Hitchcock (D-H) Connected Care to introduce Rheumatology appointments via telemedicine for residents of greater Lamoille County. This new service helps overcome current barriers to accessible rheumatological care and will improve access for patients living in rural north central Vermont.

The partnership brings together D-H Rheumatologist Daniel A. Albert, MD and Copley’s patients via telemedicine to provide evaluations, follow-up exams, and recommendations for relevant therapies or interventions. This TeleRheumatology specialty service uses live, two-way secure video on large format, high-definition mobile carts in the Multi-Specialties Outpatient Clinic at Copley Hospital.

“Copley’s collaboration with Dartmouth-Hitchcock Connected Care enables us to improve access to needed care in our community,” said Vera Jones, Chief Operating Officer of Copley Hospital. Jones explained that the hospital had offered rheumatology in the past but had to discontinue the service when the provider retired. “Telemedicine uses technology to remove barriers to care and with Dr. Albert’s expertise, our community again has access to treatment of arthritis, rheumatic diseases, and other bone, joint, and muscle disorders close to home.”

“Telemedicine is an increasingly effective way of rendering care to patient populations that are more difficult to access,” said Dr. Albert, who mixes periodic in-person visits to smaller hospitals with telemedicine to provide care to patients in rural areas.

Dr. Albert has more than thirty years of medical experience and currently continues both health service and translational research with a primary focus on innovative therapies for autoimmune disease. Major research interests of late include Rheumatoid Arthritis Treatment Strategies, and Health Economics of Rheumatic Disease with emphasis on TeleRheumatology Services.

To begin, the TeleRheumatology Clinic at Copley Hospital will be held the fourth Friday of every month from 9:00 – 11:00 AM beginning Friday, February 23. It is anticipated that an additional TeleRheumatologist with Dartmouth-Hitchcock will join the clinic later this year.

For more information about the TeleRheumatology Clinic at Copley Hospital in collaboration with Dartmouth-Hitchcock, please call 802-888-8372.

ART / MUSIC / THEATER



Hanna Saterlee will perform at the 8th Annual Dance Showcase on Saturday, February 17, 7:00 PM at Main Street Landing Black Box Theater. For tickets, \$25 in advance or \$28 at the door, 802-876-5315 x 247 or the Flynn Theater Box Office.

PHOTO BY DERRICK SENIOR

ART/PHOTOGRAPHY

An MMU Fine Art Show is currently on exhibit at the Emile A Gruppe Gallery, displaying the works of students of the Mount Mansfield Fine Arts Department. The show includes metal works, photography both black-and-white and digital, drawing, and ceramics, taught by teachers Cyndi Listernik, Greg Pajala, and Jon Harrison. The public is invited to see the show. Gallery hours are Thursday-Sunday, 10:00 AM – 3:00 PM. Meet students and teachers at the closing reception on Sunday, February 18 1:00 – 3:00 PM. Emile A Gruppe Gallery, 22 Barber Farm Rd., Jericho; open 10:00 AM – 3:00 PM Thursday-Sunday or by appointment; 802-899-3211 or www.emilegrupppegallery.com.

Call to Artists for Spring Open Studio – Artists wishing to participate in the Jericho Underhill Open Studio Tour held on Memorial Day Weekend, May 26-27, 2018 are invited to contact Dianne Shullenberger, vtidiane@hotmail.com or 899-4993, or Emilie Alexander, ealexander22@yahoo.com or 899 3211. The JU Open Studio Tour is part of the Vermont Crafts Council annual Open Studio Weekend, which provides a venue for the public to meet artists all over the state primarily in their places of work. There is a participation fee of \$35 which covers advertising materials. The Jericho Underhill Tour provides additional promotion for the artists in this area, with the Emile A Gruppe Gallery serving as headquarters for the public to get maps for both the state and local participants. Deadline for signing up is Tuesday, February 23.

Bryan Memorial Gallery in Jeffersonville has gift certificates available for a bus trip, which will take place in March, to Salem, MA to see art by Georgia O'Keeffe. If interested or for more information, contact Mickey Myers, 644-5100.

Bryan Memorial Gallery presents a show for Valentine's Day: *Love Lost and Found*, a member exhibit of paintings exploring the vicissitudes of love, in its Middle Room, running through Sunday, April 1. The juried exhibit includes 28 paintings in a variety of mediums by 23 artists. Also, *Land and Light and Water and Air*, including over 100 juried landscape paintings of New England scenes from regional artists. The gallery is open daily, Thursday-Sunday, 11:00 AM – 4:00 PM and by appointment. Free admission. Bryan Memorial Gallery, 180 Main St., Jeffersonville; 802-644-5100; www.bryangallery.org.

The Audubon Photography Award Traveling Exhibit will come to Burlington (One Main Lobby, Main Street Landing's Union Station, 1 Main St., Burlington) through Tuesday, February 6. The exhibit will be open to the public every day from 10:00 AM – 6:00 PM, with a reception on Friday, February 2, 5:30 – 7:30 PM. Selected from more than 5500 entries, the winning photos were published in the summer 2017 issue of *Audubon* magazine and show bird life in its most vivid, vulnerable, formidable, and elegant. Photographers from 49 states and eight Canadian provinces submitted images in three categories: professional, amateur, and youth. A panel of five judges sifted through the stunning images and selected 100 for this exhibit based on technical quality, originality, and artistic merit.

The Common Grounds Art Show Call to Artists from the Birds of Vermont Museum is in recognition of 100 years of the Migratory Bird Treaty Act and its conservation consequences. We seek bird-oriented artworks that involve themes of commonality, conservation, migration, habitat, protection, and/or coordination among peoples, species, places, and/or time. The show runs from May 1-October 31 in the Museum's multi-purpose room, halls, and foyer. Most art will be hung on the walls. We have shelf space for three-dimensional works and some ceiling space if your work is suitable there. Feel free to visit and scope out the options. Art in any media, by new or returning artists, of any age, may be

considered. Artists are invited to submit up to three works, by sending no more than three .jpgs showing your work, to museum@birdsofvermont.org, with "Submission for Common Grounds art show" in the subject. Alternately, you may send up to three prints to the Museum, attention Common Grounds art show. Please include your contact information and a description of work (media, artwork size, when made, etc.). Entries are due by Tuesday, March 27, 2018. Museum staff will select pieces by April 5 and will let artists know by email if possible. The Museum asks for permission to reproduce images of the selected works in print and online as part of publicity for the exhibit. Selected pieces should arrive at the Museum on or before April 20 and be ready to hang (if applicable). Artists are responsible for shipping or drop-off/pick-up. Pick-up should occur by November 30, 2018. Artists who show their work here are invited to sell originals, prints, and/or cards through us on consignment; details available on request. We are happy to arrange artist workshops at the Museum with our exhibitors; please tell us if you are interested. Please call or email Kir Talmage or Allison Gergely with any questions. We can be reached at 802-434-2167 or museum@birdsofvermont.org.

Visions of Vermont Art Galleries in Jeffersonville is open Tuesday-Sunday, 11:00 AM – 5:00 PM. Hosts Jane and Terry Shaw, 644-8183; Visions of Vermont, 100 Main St., Jeffersonville. For more information, visit www.VisionsofVermont.com.

At Helen Day Art Center in Stowe, the two-person exhibit *Ordinary Time* features the work of Maine-based painter Grace DeGennaro and the kinetic sculpture of Boston-based Anne Lilly. These artists elevate the ordinary into the extraordinary by working with engineering and geometry to create fluidity and beauty. Through April 14. Also through April 14 in the East Gallery: *The Infinite Shapes of Water*, an exhibit of large-scale digital photo prints by Philip Herbison, with a free artist talk on Friday, February 9 at 5:30 PM. Helen Day Art Center, 90 Pond St., Stowe.

Do you like cartooning? The Fleming Museum of Art has announced its winter/spring 2018 season with the opening of two new special exhibitions. In the East Gallery, *Self-Confessed: The Inappropriately Intimate Comics of Alison Bechdel*, a survey of the work of the illustrious Vermont cartoonist. Bechdel (b. 1960) writes and draws stories that explore universal concerns, from the building of community, to the complexity of family relationships, through the minute observation and recording of her own life. Bechdel is the recipient of a MacArthur Fellowship and the third Cartoonist Laureate of Vermont, a position unique to the state. In the Wolcott gallery, we compliment and contrast the Bechdel exhibition with the work of famed 19th century French caricaturist Honoré Daumier and his series of forty lithographs published in 1844, titled *Les Bas Bleus*, or *Bluestockings*. Daumier (French, 1808-1879) was an artist, printmaker, and caricaturist whose works offered pointed and humorous social and political commentary, often in the form of cartoons published in popular magazines. In 1844, Daumier turned his attention to a group of women with newfound literary and intellectual ambitions, known in French as les bas-bleus, and in English as bluestockings. Those opposed to this newfound freedom, including Daumier, mocked the bluestockings for being unfeminine and inattentive to their domestic duties. This exhibition posits Daumier's cartoons as a window into their time. We can simultaneously appreciate their comedy, and be critical of the attitude that produced them. There will be an opening reception hosted by UVM President Thomas Sullivan and Fleming Director Janie Cohen on Wednesday, February 7, from 5:30 – 7:00 PM. The Fleming Museum of Art, UVM, 61 Colchester Ave., Burlington.

Essex Art League meets the first Thursday of the month, September-May, 9:00 – 11:00 AM at the Essex Junction Congregational Church on VT Rt. 15, Essex Junction. The agenda includes a business and social time and a guest speaker/artist presentation. More information including a calendar and online gallery is available at the League's website www.essexartleague.com.

The Milton Artist Guild offers a number of fun and varied workshops. On Sunday afternoons in February, 1:00 – 3:00 PM, MAG's Art Center and Gallery offers free drop-in workshops in creative fun where families can stop by and create art with their children while listening to live music and enjoying light refreshments. Children must be attended by a parent or an adult custodian at all times; all age groups welcomed. On Saturday, February 3: Mask Making Workshop, 2:00 – 4:00 PM, Milton Artist Guild Art Center & Gallery, 199 US Rt. 7 So, Milton. Create an elegant Masquerade Mask in a workshop for any who plan to attend the Valentines Masquerade & Mini-Masquerade Ball. Masks, basic instruction, and a wide variety of decorating supplies provided. MAG members \$20; non-members \$25, children ages 8-14 \$10. Registrar Christina Lesperance, castlegarden_vt@yahoo.com. For information, contact the Milton Artists' Guild, P.O. Box 369, Milton, VT 05468; www.miltonartistsguild.org.

MUSIC

The Westford Music Series will bring back the *Front Porch Foursome* for the February offering at the UCW white church on

the Westford common on Sunday, February 4, 4:00 – 5:00 PM. The VT-based band features Kathy Mulligan, Charlotte Reed, Britni Bigelow, and Nancy Geise performing contemporary folk music in tight harmony with beautiful vocals and a variety of instruments. The concert will be followed by refreshments and opportunity to meet the performers. Free will donation admission. For more information call Marge Hamrell, 802-879-4028.

Cricket Blue – Laura Heaberlin, originally of Jericho, and Taylor Smith – will perform at the Deborah Rawson Memorial Library, 2:00 PM on Sunday, February 4. Recognized for their songwriting and for their harmonies and melodies, their songs reflect their interests in traditional American music and Indie-rock. Free.

The Burlington Chamber Orchestra's eleventh season performances this season will include a Collaboration with the UVM Dance Department featuring Claude Debussy's *Prelude to the Afternoon of Faun* and Aaron Copland's *Appalachian Spring* on March 3 and 4; and a collaboration with *Bella Voce Chorus* Mozart's *Marriage of Figaro Overture*; Mel Bonis, *Suite en forme de valse pour orchestre*; and Gwyneth Walker's *Love is a Rain of Diamonds, I Will be Earth, Thank you God, The Tree of Peace and How Can I Keep* on May 12. The Concerto Competition winner will also perform at the May concert. General admission is \$30 adults and \$10 students (with identification). Adult tickets for the January Concert with Soovin Kim will be \$40. Season tickets are \$120 for adults and \$40 for students. For more information go to www.bcovt.org, or contact Sharon Radtke, 802-893-4082 or bco@bcovt.org.

The group *Chaque Fois* – Alec Ellsworth and Katie Trautz with Chris Hollis – play Cajun music for a Mardi Gras celebration at the Zenbarn in Waterbury on Saturday, February 10. For information, www.zenbarnvt.com.

THEATER/FILM

The 8th Annual Dance Showcase – Embracing Inclusion Through Movement will be held on Saturday, February 17, 7:00 PM at Main Street Landing Black Box Theater, 60 Lake St., Burlington, with 100% of proceeds going to support Vermont Family Network, which supports all VT families of children with special needs to reach their full potential, and Puppets in Education, which uses life-sized puppets to teach children how to keep safe and healthy and to appreciate each other's differences. This year, New York City, New England, and Montreal's best professional and semi-pro dance companies and soloists will perform selections from a diverse background of dance disciplines, featuring: Bryce Dance Company from NYC, Di'Ahna Restry & Liam Reddy from Boston, Cult of Yes and Kali Maat from Montreal, Kala Seraphin from Montreal, She Awakens of New England, Nicole Dagesse and Hanna Satterlee, Christina Kelly, Ana Maria & De Train, Cobra Gymnastics & Dance Center, Shelby Jones, Celtic Company from Green Mountain Performing Arts, Arunima Dasgupta, Haley Bradstreet & Robin Riley, Jeh Kulu Dance and Drum Theater, Toby MacNutt & Mac Melrose, Champlain College Dance Team, PH Dance & Ers, Dream City Dance, Candace Fugazy & Abby Pepin, Ballet Viridis, HIGHSTEPPERS and The Accaliae. Tickets: \$25 in advance, \$28 at the door are available at VT Family Network, 802-876-5315 x247, or at the Flynn Theater Box Office and www.FlynnTix.org.

Burlington City Arts presents an *Architecture + Design Film Series*, a free screening once a month until April 2018. Come for a thoughtful discussion and light refreshments to a creative gathering aimed to broaden awareness, foster connections, spark new ideas, and ultimately build momentum towards positive action. Wednesday, February 21: *Stone Rising: The Work of Dan Snow* directed by Camilla Rockwell. Wednesday, March 21: *The Salt of the Earth* directed by Wim Wenders and Julian Ruberio Salgado. Wednesday, April 18: *Five Seasons: The Gardens of Piet Oudolf* directed by Thomas Piper. Sponsored by Burlington City Arts and the UVM Department of Art and Art History. Location: Contois Auditorium, 149 Church St., Burlington. All showings are at 6:00 PM.

FlynnArts Summer Camp registration opens to the general public on Friday, February 2, offering over 30 summer camps for ages 3-19, taught by professional educators and performing artists. Younger camps use themes from favorite books and topics kids love (Wizards, Seuss, Spies, etc.) as jumping off points for dramatic discovery and play creation. Older campers explore different genres in the performing arts (acting, dance, voice, film, TV, radio, comedy, puppetry, musical theater, jazz music, etc.) in greater depth. The Summertime Jazz and Summer Youth Theater productions provide talented and passionate students the opportunity to increase and showcase their skills in a supportive and inspiring environment. Camps are held in our studios and on our stages, as well as off-site at partner locations. We provide supervised care until 5:00 PM following many camps to make life easier on working parents. Camps are announced in January and enroll throughout the spring and summer. For information, <https://www.flynncenter.org/education/take-a-class/summer-programs.html>.

PEOPLE IN THE NEWS - OBITUARIES



Michael Everett Therrien – On the 17th day of January, 2018, our beloved son, brother, uncle, and friend Michael Everett Therrien of Westford and Barre, VT, passed peacefully from this earthly world into his eternal resting place. Mike was born in Burlington, VT on July 18, 1957 to Millie (St. Peter) Therrien and the late Everett (Terry) Therrien. Mike grew up in Westford, VT and graduated from Essex Junction (VT) High School. Always a thoughtful and considerate person, Mike derived great pleasure from spending time with family and friends. His interests included local history and family genealogy, gardening, and anything to do with food – from cooking to eating, Mike loved food. Work always found him employed within the food industry, most recently as a meat cutter at Shaw's in Berlin, VT. He was a member of the VT Old Cemeteries Association, working alongside his uncle, Red Therrien, to clean and repair old cemetery markers. Mike will be remembered by all who knew him as a man of honor, truth, and integrity. He will be missed beyond measure. Mike leaves his mother, Millie, and her partner Ray Lavigne; his sister Lorrie and her husband Mike Machia; his brother Ed; his God sister Nichole Clayton and her sons Aydyn and Ethyn; and good friends, Joni, Steve, Harry, and Dusty; his aunts and many cousins. Mike loved children and the family pets, especially Chici and Charlie. He was predeceased by his dad, his younger brother Gil, as well as several uncles and aunts. Mike's family extends their special thanks

to Ilene and Ed Chase for all of their prayers and support, to his VNA Home Health providers Kelly, Kasey, and Kelsey, and the staff at the McClure-Miller VNA Respite House, all of whom provided amazing care and concern for his comfort. The family requests there be no flowers. For those who wish to make a donation in Mike's memory, please consider the McClure-Miller VNA Respite House, 3113 Roosevelt Hwy, Colchester, VT 05446. A funeral service was held Monday, January 22, 2018 at Minor Funeral Home, Milton, VT. Interment followed at St. Luke's Catholic Cemetery, Fairfax, VT.

Bonita "Bonnie" June (Cahoon) Morse of Underhill, VT, born June 1, 1946 and passed Thursday, January 25, 2018. Bonnie is the daughter of Paul and Elsie (Fuller) Cahoon. Bonnie lived her early life in Walden, VT on the family farms. She attended a one-room school in Walden for her elementary education and graduated from Danville (VT) High School in 1964, and then graduated from Champlain College, Burlington, VT in 1966. Following her graduation she was employed at IBM until 1969. In 1967 she married Alan Morse in Danville, VT and they then moved together to Colchester, VT and then Underhill, where they have resided for the past forty-four years. At a time prior to cell phones and GPS she and family members drove to Alaska for a traveling vacation. In 2000 Bonnie and her family vacationed in Scotland where she visited her ancestral castle, which was always a highlight of her travels. She spent many years



having a daycare in her home. She also worked in the offices of Browns River Middle School and Clark's Truck Center. Upon retirement in 2004, Bonnie and Alan began spending winters traveling around Florida in their RV and eventually purchased a winter home in Ocala. Bonnie's health declined due to several strokes and eventually they were unable to continue traveling. In 2017 they celebrated their 50th wedding anniversary. She enjoyed reading and gardening, baking, movies, dancing, and all kinds of music. Bonnie is survived by her husband Alan, their son Loni and his wife Amy Morse of Jericho, VT, their daughter Loren and her husband Gregory LaBelle of Peabody, MA, and their daughter Lynne and her husband Daryll Kemp of Underhill, VT. She also leaves five very special grandchildren: Ryan and Justin Morse, Mae and Jack LaBelle, and Easton Kemp. She also leaves her siblings: Myrna and her husband Mike Lawson of Cabot, VT, Pauline Prevost of Walden, VT, and Stacy and his wife Donna Cahoon of St. Johnsbury, VT. Her ten nieces and nephews, and their children, were all special people to her, as well as the many cousins of her parent's relatives. On the Morse side of her family she leaves her sister-in-law Ginnie Morse of Danville, VT. A celebration of her life will be held at the Jericho United Methodist Church on Saturday February 3, 2018 at 2:00 PM. Visiting hours will be held at the Minor Funeral Home in Milton, VT on Friday, February 2, 2018 from 4:00 – 7:00 PM. Burial will be at the Underhill Cemetery at the convenience of the family. Online condolences may be made to www.minorfh.com.

AGE WELL COMMUNITY SENIOR MEALS

Age Well hosts Community Meals at over 70 locations. Programs vary from small rural gatherings, to senior centers, to an ever-growing array of restaurants. Menus are available on the 22nd of each month for the following month. Meals are on a first-come, first-serve, month-by-month basis; \$5 suggested donation. Call Age Well, 802-662-5200, after 10:00 AM for reservations for the following month on or after the 22nd of the month. If the 22nd falls on a weekend, reservations may be made the following Monday. Milk is served with all meals.

Thursday, February 1 – Dutch Mill, Shelburne. Check-in 10:30 AM; lunch 11:00 AM. Homemade wheat bread, baked stuffed chicken breast, mashed potatoes, vegetable medley, strawberry shortcake.

Tuesday, February 6 – Ray’s Seafood, Essex Junction. Check-in 10:30 AM; lunch 11:00 AM. Fish, potato, coleslaw, squash, roll, cream.

Wednesday, February 7 – JP’s Diner & Deli, Essex Junction. Check-in 10:30 AM; lunch 11:00 AM. Chicken and biscuits with mixed vegetables, dessert.

Thursday, February 8 – American Legion, Colchester. Check-in 10:30 AM; lunch 11:00 AM. Meatloaf, mashed potatoes, mixed vegetables, rolls, dessert.

Monday, February 12 – Papa Nick’s, Hinesburg. Check-in 2:30 PM, lunch 3:00 PM. Spaghetti and meatball dinner, rolls, dessert.

Tuesday, February 13 – Pizza Hut, Susie Wilson Rd., Essex Junction. Check-in 11:00 AM; lunch 11:30 AM. All you can eat buffet – salad and pizza.

Tuesday, February 14 – Holiday Inn, S. Burlington. Check-in 10:30 AM; lunch 11:00 AM. Sweetheart Luncheon! TICKETS

REQUIRED, contact Pat Long, Community Meal Coordinator, at the meal sites or visit Age Well’s office (76 Pearl St., Suite 201, Essex Junction, VT 05452, 865-0360). Chicken Florentine, mashed potatoes, salad bar, vegetable of the day, biscuits, dessert.

Thursday, December 15 – Pizza Putt, S. Burlington. Check-in 10:30 AM; lunch 11:00 AM. Garden salad, baked ziti with meatballs, garlic bread, ice cream cake.

Tuesday, February 20 – Ray’s Seafood, Essex Junction. Check-in 10:30 AM; lunch 11:00 AM. Fish, potato, coleslaw, squash, roll, cream.

Wednesday, February 21 – Athens Diner, Colchester. Check-in 10:30 AM; lunch 11:00 AM. Roast pork dinner, rolls, mashed potatoes, green beans, pudding.

Thursday, February 22 – Pizza Hut, Susie Wilson Rd., Essex Junction. Check-in 11:00 AM; lunch 11:30 AM. All you can eat buffet – salad and pizza.

Tuesday, February 27 – Ray’s Seafood, Essex Junction. Check-in 10:30 AM; lunch 11:00 AM. Fish, potato, coleslaw, squash, roll, cream.

Wednesday, February 28 – Athens Diner, Colchester. Check-in 10:30 AM; lunch 11:00 AM. Turkey dinner, mashed potatoes, stuffing, vegetable, cranberry sauce, rolls, dessert.

Restaurant ticket program – Age Well’s restaurant tickets are available year round, and no longer need to be used the month they are purchased. Tickets are good for Age Well’s fiscal year, October 1, 2017-September 30, 2018, but are nonreturnable and non-exchangeable. For tickets, connect with Pat Long, Community Meal Coordinator, at the meal sites or visit Age Well’s office (76 Pearl St., Suite 201, Essex Junction, VT 05452, 865-0360). Tickets

must be presented before ordering. Restaurants have the right to offer limited menus.

The Abbey Pub & Restaurant, Enosburg Falls, lunch and dinner Tuesday-Sunday, 11:30 AM – 5:00 PM.

Athens Diner, Milton, Monday-Saturday, 6:00 AM – 4:00 PM, Sundays 6:00 AM – 3:00 PM.

The Champlain Café at Burlington Tech Center, Fridays only; reservations required. Call 864-8426 x12121.

Dutch Mill, Shelburne, Monday-Sunday, 7:30 AM – 2:00 PM. Halfway House Restaurant, Shoreham, Monday-Thursday, 5:00 AM – 8:00 PM.

Harpers at Holiday Inn, S. Burlington, Early Bird dinner, Monday-Sunday, 5:00 – 7:00 PM.

IHOP, S. Burlington, Monday-Sunday, 7:00 AM – 9:00 PM.

Mimmo’s, Essex Junction, Mondays, 11:00 AM – 3:00 PM.

Pizza Putt, S. Burlington, lunch or dinner served seven days a week.

Professional Foods Café and Bakery (formerly Colonial Room), Essex. Call 879-5595 after 5:00 PM on Monday to listen to a recorded message with menu options and days the café will be open that week. Luncheon check-in is promptly at 11:00 AM. Always closed on Saturdays, Sundays, Mondays, and Tuesdays.

Rosie’s Restaurant, Middlebury. Mondays-Wednesdays, 6:00 AM – 12:00 PM (breakfast); 11:00 AM – 3:00 PM (lunch).

Ray’s Seafood, Essex Junction, Sundays – Wednesdays, 11:00 AM – 4:00 PM.

St. Michael’s College, Colchester. Monday-Friday, dinner 5:00 – 6:00 PM; Saturday-Sunday brunch, 11:30 AM – 1:00 PM; dinner 5:00 – 6:00 PM.

Trader Duke’s at Doubletree, S. Burlington, Mondays, 4:00 – 6:30 PM.

PEOPLE IN THE NEWS



Erin Parizo named Vermont 2018 Engineer of the Year

Erin Parizo, P.E., has been named Vermont’s 2018 Engineer of the Year. A native of Underhill, VT and graduate of Mount Mansfield High School, Jericho, VT, she was selected for this award based on her technical accomplishments, stature

in the profession, contributions to professional organizations, and involvement in the community. Ms. Parizo received her Bachelor’s Degree in Civil Engineering from the University of Vermont in 2011, where she was a member of the both National Society of Collegiate Scholars and Chi Epsilon, the civil engineering honor society. Ms. Parizo became a licensed professional engineer in Vermont in 2015. She is working as a traffic design project manager at the VT Agency of Transportation since 2016 and is currently managing fourteen projects that are either actively in construction or in design throughout various stages of project development. Ms. Parizo was nominated by VTrans executive staff to the first annual Leadership Institute Program, which focuses on developing the skills of emerging leaders within the agency. Ms. Parizo was employed as a transportation engineer by VHB,

Inc., from 2012 to 2016. She has served on the Vermont Society of Engineers Board of Directors as a director and as secretary, and she is currently second vice president of the Board, responsible for organizing the society’s largest fund-raising activity. In the community, Ms. Parizo has volunteered her time with the Vermont MathCounts competition for middle school students, and she has led a group of students on an alternative spring break activity to work with underprivileged children in the Providence, RI City Arts program. Ms. Parizo will be presented with her award at the annual Engineers Week banquet, which will be held on February 23. PHOTO CONTRIBUTED

Benjamin Hallman headed to Korea for Olympic Internship

Benjamin Hallman of Underhill, VT has been selected to assist with the 2018 Winter Olympic Games, being held February 9-25 in Pyeongchang, Korea. Hallman, a Sport Management major at Ithaca College in Ithaca, NY, will assist with venue operations during the games.

“I’m most looking forward to being part of the environment and the atmosphere of the Olympic Games and working with international sport and the different organizations,” said Hallman.

Sport management students from Ithaca College regularly work at high-level sporting events. Students have previously worked at the Super Bowl, NCAA basketball tournaments, and in positions with numerous professional sport organizations.

“We are thrilled to be able to offer these students the opportunity of a lifetime at the 2018 Pyeongchang Winter Olympic Games,” said Sean Reid, dean of the School of Business. “A key part of the sport management program is the experiential learning that comes from internships and professional development activities. In the competitive job market in the sport industry, having these real world experiences on their resumes differentiate our students and makes them stand out against the competition.”

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WESTFORD SPORTS



Grass Fed Cows wins the 19th Westford Broomball Tournament

Instead postponing this year's tournament due to a slushy rink on Saturday, broomball organizers adjusted and held the entire tournament Sunday, January 14, when the rink in the Westford Common was frozen in order for some great broomball. The warm Brick Meeting House was ideal for breaks, baked goodies, coffee, cocoa, and tea. Temps were minus four in the sun, but fire pits took the edge off. As a spirited, regional tournament and Westford School homecoming, it also looks like broomball could cure cabin fever anywhere.

PHOTO CONTRIBUTEDS

Valentine's Day

Wednesday
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SCHOOL NEWS

Private and school-based Pre-K opportunities for residents of Bolton, Jericho, Huntington, Richmond, and Underhill

Mount Mansfield Modified Union School District (MMMUSD) and Chittenden East Supervisory Union (CESU) are pleased to announce Pre-K opportunities for the 2018-19 school year. These opportunities are available to residents of Bolton, Jericho, Huntington, Richmond, and Underhill. The Universal Pre-K bill (Act 166) entitles all 3-, 4-, and 5-year-olds (not yet eligible for kindergarten) to receive 10 hours per week, for 35 weeks, of publicly funded Pre-K. This education can be in any pre-qualified program. If a child attends a pre-qualified center or home-based program, tuition of \$3267 will be paid by the school district to the provider. If a child attends a school-based Pre-K, the program is free of charge.

To ensure funding for your child's private Pre-K Partnership through ACT 166, parents/guardians must complete a Private Partnership Enrollment Form and must also be registered with the private child care provider.

To apply for one of the MMMUSD/CESU school-based programs, offered at Brewster Pierce Memorial School, Richmond Elementary School, Smilie Memorial School, and Underhill I.D. School, please complete the School Based Enrollment Form.

Links to the Private Partner Enrollment Form and the School Based Enrollment form can be located at <http://www.cesuvt.org/our-schools/pre-kindergartenschool>.

The School Based Enrollment Form is also used to enroll in our federal early childhood grant program. This program is five full days a week, serving 4-year-olds of income-eligible families. This classroom is located at the Richmond Elementary School.

Please note: If your child is already enrolled in an ACT 166 Private Partnership or in a school based program you DO NOT need to re-enroll.

If you have questions, please feel free to contact our PreK Coordinator at 802-434-2962 or sheri.boutin@cesuvt.org.

COLLEGE GRADUATES

Joseph Gagne of Westford, VT graduated from Castleton University, Castleton, VT in December 2017 with a Bachelor of Arts in Criminal Justice, and will be recognized during the 231st Commencement on Saturday, May 12 at the Castleton Pavilion.

Seldon Hill of Westford, VT graduated from Castleton University, Castleton, VT in December 2017 with a Bachelor of Science in Communication, and will be recognized during the 231st Commencement on Saturday, May 12 at the Castleton Pavilion.

Julia Smith of Jericho, VT graduated magna cum laude from Castleton University, Castleton, VT in December 2017 with a Bachelor of Arts in Psychology, and will be recognized at the 231st Commencement on Saturday, May 12 at the Castleton Pavilion.

Morgan Young of Cambridge, VT graduated magna cum laude from Castleton University, Castleton, VT in December 2017 with a Bachelor of Science in Physical Education, Health Education, and will be recognized during the 231st Commencement on Saturday, May 12 at the Castleton Pavilion.

COLLEGE HONORS

Kira Clokey of Jeffersonville, VT has been named to the Dean's List at Becker College, Worcester, MA. Clokey is majoring in nursing.

Bradley Adair of Jericho, VT has been named to the Dean's List at the University of Delaware, Newark, DE.

Peter Barbagallo of Jericho, VT has been named to the fall 2017 Dean's List at the University of Rhode Island, Kingston, RI.

Andrea Barton of Jericho, VT has been named to the Dean's List at the University of Vermont, Burlington, VT.

Caleb Battig of Westford, VT has been named to the fall 2017 Dean's List at Grove City College, Grove City, PA. Battig, the son of Dr. Michael and Mrs. Heather Battig, is a junior and a 2015 graduate of Essex High School.

Marina Bowie of Jericho, VT has been named to the fall 2017 Dean's List with highest honors at the University of New Hampshire, Durham, NH.

Gabrielle Boyson of Underhill, VT has been named to the Dean's List at the University of Vermont, Burlington, VT.

Anna Burke of Jericho, VT has been named to the Dean's List at the University of Vermont, Burlington, VT.

Chace Carpenter of Cambridge, VT has been named to the Dean's List at the University of Vermont, Burlington, VT.

Solar Power For People, Not Profit.

Vermont Electric Cooperative is member-owned and committed to the best interests of our members and their communities. This is why we developed VEC Co-op Community Solar—an easy and efficient way for all VEC members to get great value while supporting clean electricity.

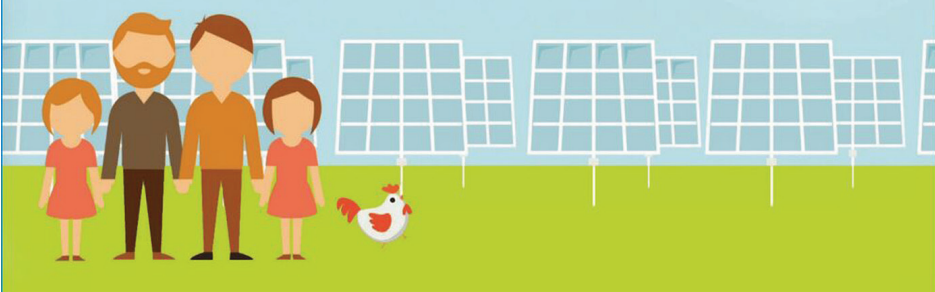
VEC Co-op Community Solar is perfect for folks renting their home and for houses with a shady site or unsuitable roof.

Members simply make a one-time upfront payment (starting at just \$100) to sponsor a portion of the solar array and receive a guaranteed fixed monthly credit on their electric bill.

Participants can opt out at any time for any reason, and get back a prorated portion of their sponsorship. Ten and twenty year terms are available and so is affordable financing.

With one project up and running in Alburgh, and two projects in development in Grand Isle and Hinesburg, now is a good time to support solar with VEC Co-op Community Solar.

For more information, visit vermontelectric.coop/solar or call 1-800-832-2667.



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Great upgrades including HW floors & a finished walkout basement. Bright & sunny end unit boasts 2 bdms up & a full bath, as well as a 1/2 bath down. Open living room & eat-in kitchen/dining with 2 pantries! Great country community association, including 10 acres of common land right in town!



Fairfax - \$142,500

Wonderful new condominiums for adults 55+. Large 1st floor unit with living room, dining room & kitchen creating comfortable flow! Granite countertops in kitchen & bath! Great 1st floor community room with fireplace. 9 acres of common land with walking trails! Relax on the rear deck & covered porch!

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