

Flood prevention work continues in Cambridge

By Phyl Newbeck
Special to the Mountain Gazette

Last December, residents of Cambridge celebrated the opening of the Cambridge Greenway Trail Bridge over the Brewster River. The new bridge was designed to reduce the possibility of flooding in Jeffersonville by moving the footings out of the floodplain.

According to Seth Jensen, Principal Planner with the Lamoille County Planning Commission, the ribbon-cutting ceremony did not mark the end of the project. The new bridge restored a quarter acre of floodplain and river scientists agreed that the addition of vegetation to that land would increase its potential to absorb water. Since funds for vegetation are beyond the scope of FEMA, which helped pay for the bridge, the Lamoille County Planning Commission began looking for ways to take the next step for the project. The result is a collaboration with the Intervale, Lamoille Conservation District, Cambridge Conservation Commission, Cambridge Rotary Club, and the sixth-grade class at Cambridge Elementary School to plant trees in the flood plain on Saturday, May 12.

Danielle Owczarski is the Watershed Planner with the Vermont Department of Environmental Conservation who oversees the Lamoille River Basin. Owczarski said the old bridge used to constrict floodwater, which led to flooding in Jeffersonville and Cambridge. As part of the five-year basin plan, which was written in 2016, grass has been planted on the new floodplain but more vegetation is needed. Although Owczarski's role with the state does not include implementation of basin proposals, she is a resident of Cambridge and has a vested interest in the project so she has been meeting with fellow residents to help with the work which will include harvesting local willow trees. "When willow trees are dormant you can take cuttings and put them in water to



PHOTOS CONTRIBUTED

root until they're ready to plant," she said. "You want at least two-foot long stakes that are an inch in diameter." The willows will be planted on the bank where they have access to water. "Willows have a dense fibrous root system so they hold on

to the substrate," she said. "Willows are the first line of defense and they provide great habitat for animals."

For the Cambridge Rotary Club, the tree-planting project is perfect because there is a

world-wide Rotary challenge to plant trees in 2018. Rotary International President, Ian Risely, asked each of the organization's 1.2 million members to plant at least one tree between last July (the start of the Rotary year) and Earth Day, 2018. Upon hearing the challenge, Anita Lotto, former president of the Cambridge Rotarians and now an Assistant District Governor, went to the Cambridge Select Board to offer to plant trees in town. When she learned about the bridge project, she pledged to have as many of the 33 Rotarians as possible on hand, with shovels, on May 12 even though that is technically after the end of the Rotary time frame. Lotto believes the local Cub Scout troop may also be on hand to provide assistance.

In addition to the willows, there will be other species planted at higher elevations. The Intervale is helping to organize the May 12 event and will determine the appropriate species for the climate and soil and provide some of the trees and tools. Another group eager to assist with the project is the sixth-grade class at Cambridge Elementary School. Teacher Mary Fielder reports that the UVM Watershed Alliance has been visiting her students for the past two years, teaching them about the watershed. "Each year we do a different analysis," she said. "We look at the physical, chemical, and biological aspects of the Brewster River." As part of the arrangement for getting the visits, the students agree to take part in watershed-based community service. Last year they painted rain barrels which were used to divert roof and gutter water from the river. This year, Fielder had already decided to plant trees and after contacting Jensen, she agreed to take part in the bridge project. Her students will concentrate on larger trees, planted in the higher part of the floodplain.

Many hands make light work so anyone interested in assisting with the project is welcome to contact any of the groups involved.

Bringing a year in Argentina – and Spanish – home to Vermont

By Ayla Frank York

I grew up in Jericho, VT where the houses all line up perfectly, with open yards, vast space, and beautiful gardens. It was a hard adjustment to Buenos Aires, Argentina when I flew down in August 2017 and I am now living in a residential city called La Plata. I first noticed small things when I arrived, like the number of lost dogs on the streets, that I can only take a five minute shower because over five minutes the power goes off just like it will after the majority of rain storms, and how the trash was littered on every street corner. I also noticed that the main roads, which are often dirt roads, are littered with speed bumps and cracks, making my driveway in VT look pristine.

In terms of language, Mount Mansfield Union High School (MMU) and Browns River Middle School prepared me very well. The Spanish here is very different from what I had been taught but my foundation in grammar helped me adapt faster than the majority of the exchange students and, in comparison to others, made my first three months much easier. High school kids should know that the level of languages taught at MMU is really good and can prepare you to communicate with cultures around the world. I encourage kids to push themselves and dare to see how far your basic language classes can take you.

One of my goals on this journey to South America was to become bilingual. At first, speaking Spanish was absolutely exhausting –

my brain felt like it was working a million miles an hour and at the end of the day I rarely made it to bed. I would fall asleep almost anywhere: at the dinner table, on couches, or in the car. This was also hard because my first family ate dinner at around 11:30 PM every night. The exhaustion wore off after the first two months and now, after seven months, I can fluently switch between the two languages and I don't even realize in which I am speaking or being spoken to. I actually don't really think much about the language at all. It is also really fun to speak complete Spanglish with the other exchange students, using the words in the language that comes to us first. Sometimes there are situations where I am speaking in English but thinking in Spanish – and that gets very complicated!

The great advantage to speaking Spanish is that it has allowed me to understand Argentinian culture on a deeper level. Not only in obvious ways, like speaking with the people in their native tongue, but also in that I can understand how they describe situations. I have come to know Latin American culture and find it to be incredibly vibrant, warm and open. Family here is so important and it's not strange to have uninvited aunts and uncles show up at any hour at your door. They stay up later, play music louder, and get together more often than we do.

So this experience has encouraged me to spread my knowledge and love of Spanish in my community when I return this summer. I have

decided to spread the wealth of language and run a Spanish Immersion Camp in our home in Jericho with my mother Berta Frank York. I am very excited to share what I have learned here, and plan to speak Spanish for a full two hours with kids. I want to show kids back home how to drink Yerba mate tea properly and play Spanish games, sing Spanish songs, eat Spanish food. I also hope to tell them about some of my adventures and we can enjoy summer camp activities with a cultural flair.

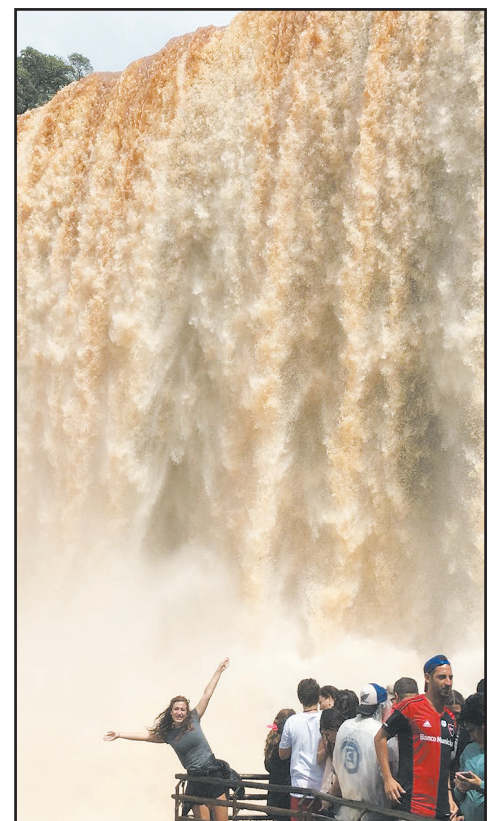
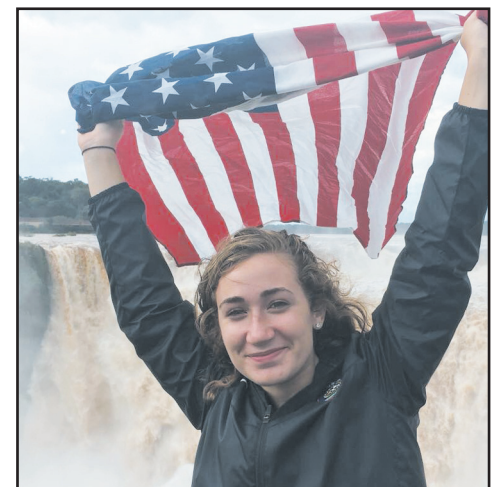
Hope you enjoy the photos of the beautiful rose garden I visited here in Buenos Aires and my memorable trip to Patagonia, where we were lucky enough to walk with penguins and see wild llamas. I am currently in Brazil enjoying the rainforest, tropical birds, and waterfalls.

I have mixed feelings about returning home to Vermont this summer as it will mean my year as a Rotary International Exchange Student in Argentina has ended and my college adventure in the fall will be about to begin! I do, however, look forward to reconnecting with old friends, my dog, my family, and leading the Spanish Immersion Camps. Please contact theyorkcamps@gmail.com for dates and info – all are welcome – no previous language exposure needed!

Ayla Frank York, who spent a year as a Rotary International Exchange Student in Argentina, is coming home to Jericho this summer and plans to lead a Spanish Immersion Camp at her home with her mother Berta Frank,

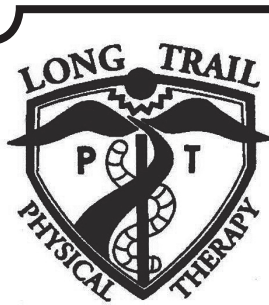
Instrumental Director at BRMS. Ayla will speak Spanish for two hours with her students and introduce them to Spanish games, songs, and foods. Contact theyorkcamps@gmail.com for dates and info – all are welcome – no previous language exposure needed! The photos show Ayla visiting a beautiful rose garden in Buenos Aires and in Brazil enjoying the rainforest and waterfalls.

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APRIL 2018

Heart Healthy Classes – Nutrition – Wednesday, April 18, 10:30 – 11:00 AM, Cobblestone Health Commons Cardiac Rehab Gym. Free; please register, 524-8849. This class discusses nutrition and meal planning guidelines to promote behavioral change for weight, cholesterol, and blood pressure management.

AARP Smart Driver Course – Friday, April 20, 1:00 – 5:00 PM, NMC Green Mountain Room. Speaker Doug Masson, AARP Instructor. Fee \$15 for AARP members, \$20 non-members. Pre-registration required, call Doug, 802-644-8310. This four-hour refresher course is open to all drivers 50 years and older. The curriculum addresses the normal physical changes brought on by the aging process and how these changes can affect driving ability, and then offers ways to compensate for those changes. The course also addresses changes in vehicles, regulations, and roads. Participants will also learn how to interact with other road users including truckers, bikers, pedestrians, and distracted drivers.

Movement for Parkinson's Disease – Friday, April 20, 10:00 – 11:00 AM, Homestead at Pillsbury Manor. Free; registration / information: 802-881-9673 or email Sarah, saramcm28@gmail.com, or Patty Rugg, patty_rugg18@comcast.net. 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.

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

5K Fun Run & Walk May 5 to benefit VNA Respite House

Grab your sneakers, it's go time! VNA's annual 5K Fun Run & Walk to benefit the McClure Miller Visiting Nurse Association (VNA) Respite House kicks off on Saturday, May 5, just a few short weeks away. It's sure to be a blast, and there's still time to register!

Since we opened the doors to our expanded, state-of-art Respite House on Prim Road in Colchester in September 2016, the demand for residential hospice care in our community has continued to rise. A 50% increase in admissions means more care than ever is being delivered by our highly-trained, dedicated staff, which is also growing to meet the increased demand.

The 21 resident rooms (up from 13 in the

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.

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.

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- Mark Twain

EMS tools of the trade

By Tessa Roy

An ambulance needs more than just a crew in order to help patients. Without our supplies we would be very limited in what we could for our patients during our transports to the hospital. All of our equipment is stored neatly and checked at the start of every shift, and equipment used during a call is replaced when the ambulance returns to quarters. At Essex Rescue we are dedicated to providing the best patient care possible, and keeping our ambulances organized and well stocked is essential to that goal.

I interviewed John Keating, an Advanced EMT with Essex Rescue, who also runs with Saint Michael's College Fire and Rescue and Milton Rescue. John emphasized the importance of keeping the ambulance organized and making sure that everything is in its proper place, saying that "when seconds matter I need to be able to quickly reach the equipment I require." I asked him what he viewed as being the most important equipment on our ambulance. "I would say that our crews and their training and knowledge are the most important things on the ambulance, but after that I would have to say our Lifepak 15 cardiac monitors are absolutely vital. They're like having an extra set of hands on the ambulance. I honestly don't know what ambulance crews did before we started carrying the Lifepaks."

Our Lifepak 15 cardiac monitor is certainly the most high-tech piece of equipment we carry, and John is spot on when he says it's like having an extra set of hands. The monitor can take a patient's blood pressure, monitor their heart rate and rhythm, blood oxygen levels, and carbon dioxide output, and transmit all of that information to our reporting system as well as the hospital emergency department; and it's also a defibrillator. The monitor is invaluable when the crew has their hands full with other procedures, such as securing an airway or placing an IV, or when the back of the ambulance is simply too loud for us to hear and obtain an accurate blood pressure reading.

Not everything we carry on the ambulance must be high tech to be useful, though. Our Stryker Stair Pro, for example, is one of our most versatile ways for moving patients, and its simple design and ease of use makes it a favorite among EMTs. Imagine the treads of a military tank, just much smaller and attached to chair, and voila you have the Stryker Stair Pro, or stair chair, as we call it. The track system allows us to move the patient down the stairs without lifting. We simply have one EMT holding the handles by the patient's feet, another at their head, and then we lean the chair back about 45 degrees and the tracks allow us to safely navigate down the stairs. This helps us avoid back injuries from lifting, and the built-in descent control on the tracks keeps the chair moving at a safe pace. The chair can be pushed on its wheels if its in its upright position, and that makes it useful for moving a patient down a narrow hallway or through narrow doorways where our stretcher would be too wide. It's also a great way to move patients who are having trouble breathing and don't want to lay flat while being carried to the ambulance.

No matter what the emergency, rest assured that we carry the equipment to deal with it. From your run of the mill bandages to our high tech cardiac monitors, our crews have the training and equipment they need to provide high quality patient care. We're always looking for devoted members of the community to join our efforts so if you're interested in being an EMT or a driver with Essex Rescue, please contact Joe Congdon at 878-4859 ext 7.

LETTER TO THE EDITOR

Questioning the effect of land regulations

To the Editor,

Katherine Sonnicks, Jericho Town Planner, presents in the March 15 *Mountain Gazette* "How Jericho is working to protect the town's natural resources." Another title might have been "How Jericho is working to diminish the already diminished property rights of the owners of large parcels of land."

We are told the first step began with an inventory in 2013 to "identify valuable forest resources, rare species, significant natural communities, and large connected habitat blocks..." Vermont's "Rare and Endangered Species" includes 684 rare species, including jack pine, yellow oak, eight varieties of goldenrod, mountain ash, and so on; 206 are protected by Vermont's Endangered Species Law. Only nine are listed federally. The rest, 673 species, are thriving outside the borders of Vermont.

If you pay environmental consultants to inventory "valuable forest resources, rare species, significant natural communities and large connected habitat blocks," what do you suppose they will come up with?

Vermont towns have been a beautiful thing: communities of privately owned land. The pleasure of owning land is walking around on it, making decisions about what to do here or there. Some regulation is desirable. Moderate zoning can be useful. How about a common sense balance?

The vision coming out of Montpelier and working its way into town planning regulations is something else, something like museums frozen by regulations. Or public parks under the supervision of central planners.

Majority, you (owners of small parcels of land) can gang up on your neighbors who own larger parcels. You can cancel one more element of private property rights, but is that a neighborly thing to do?

David Edson
Underhill

**Are you listed in the Jericho
-Underhill Community
Directory?**

No!

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or email your information
to bboutin@gmavt.net**

LIBRARY NEWS

DEBORAH RAWSON MEMORIAL LIBRARY

Thursday, April 19, 7:00 PM – Jericho Energy Task Force presents *Basic Everyday Bicycling*. Join Local Motion's expert workshop leader and daily bike commuter, Peter Burns, to get ready for a great year of riding your bike! In just one short hour, participants in the Basic Everyday Bicycling workshop learn about gear, bike condition, and safety. Participants will also have the opportunity to purchase significantly discounted safety gear like bike lights, reflective leg bands, bells, and more. Plus, free snacks! Please join us!

Movie Night in April – Friday, April 20 at 7:00 PM. Please call the library at 899-4962 for details.

Monday evening, April 30, at 6:30 PM – The Poetry Workshop Series, with this year's topic, *Shades of Green*, has been meeting at the Jericho Town Library throughout April, with Vermont poet Mary Jane Dickerson and on this evening their class will culminate in a poetry reading here at DRML. Everyone in the community is welcome and is invited to participate by bringing poems to read, their own or favorites, so they might participate too. Please join us!

For Children and Families
Movie and Popcorn Afternoon! Friday, April 20, at 3:30 PM. We will provide popcorn and lemonade just after the movie starts. No registration needed. Please call the library at 899-4962 for details.

Music with Peter on the last Thursday of April! DRML has a special music program for children and their families on Thursday, April 26, at 11:15 AM. Peter Alsen has been performing for children and families throughout Vermont for many years. You can find more about Peter at www.pukamusic.com. No registration required.

Story Hour with Beth and David London! Beth and David London, formerly of Poker Hill School, share songs and stories with young children and their families on Friday, April 27 at 11:00 AM. Snack will follow. No registration required.

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

Youth Programs

Story Time – second and fourth Wednesdays, 10:30 – 11:30 AM. Recommended ages: 0-5 years. Pop in for a casual hour of story time, smiles, songs, and laughter with Lisa!

Music & Movement for Little Ones – third Saturdays, 10:30 – 11:30 AM. Recommended ages: 2-4 years. 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. 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 Saturday, 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.

JTL Board meetings are held the second Monday of every month at 5:30 PM. All are welcome to attend.

Jericho Town Library is open Mondays, Tuesdays, Thursdays, 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 fiber 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.

Teens Teaching Technology (TTT) – Sunday, May 13, 1:30 – 3:00 PM. "How do I work this thing?" Come to this free community tech talk to have your questions answered and to be introduced to the basics of your device. Bring fully charged devices. Sponsored by the Cambridge Arts Council.

Crescendo Club Library Association – Do you have two hours a month to spare for a great opportunity? The Crescendo Club Library Association is seeking community members interested in helping the library anticipate and meet the needs of all we serve and to promote lifelong learning for everyone. Please let us know if you would like to be an active supporter and member of this organization that has worked to help the community for almost 120 years. Meets on the third Thursday of the month, 7:00 – 8:00 PM.

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

WESTFORD PUBLIC LIBRARY

Early Literacy Storytime, for ages birth to preschool, Thursdays, 11:00 AM. Several stories around a theme, and a theme-based craft. All ages and levels of attention are encouraged to come. Don't worry if they fidget – they are still getting a lot out of it!

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

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, call us for an appointment on Monday mornings. Slots are filling up fast.

Richmond Reads: The Vermont Humanities Council is pleased to announce that the Vermont Reads book for 2018 is *Bread and Roses, Too* by Katherine Paterson, a novel of historical fiction that tells the story of the 1912 "Bread and Roses" strike in the Lawrence, MA textile mills through the eyes of an Italian-American girl and a runaway boy. The Library has free copies of the book to distribute and will host a discussion on Wednesday, April 18. Watch for details.

New Playaways: Thank you to the Friends of the Richmond Free Library for funding the purchase of eighteen new youth titles on Playaway. If you are not familiar with this device, it is an all-in-one audio player simple enough for small children to use. Our growing youth collection contains titles appropriate for a range of ages from six to sixteen. We also have Playaways for adults!

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 noon.

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.

Library News continued on page 6

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ONGOING EVENTS

ADULT ACTIVITIES

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

The Vermont Genealogy Library in Fort Ethan Allen, Colchester has the resources to help you find those elusive ancestors. We are open every Tuesday from 3:00 – 9:30 PM. We continue to be open every Tuesday. Please see our website www.vtgenlib.org for more information including directions and how to contact us if you are visiting the area.

Toastmasters of Greater Burlington, 2nd and 4th Wednesdays, 7:00 PM, Holiday Inn, 1068 Williston Rd., S. Burlington. Do you want to develop your speaking and leadership skills? Ace an interview? Ignite your career? If so, Toastmasters of Greater Burlington is the place for you. You'll find a supportive learn-by-doing environment that helps you achieve your goals. For information, 802-782-4832.

Eagles Auxiliary #3210 holds bingo at the club house, VT Rt. 109, Jeffersonville, Friday nights. Doors open at 5:30 PM. Bingo starts at 6:45 PM. For information, contact Sally, 644-5377.

Handbellringers, Tuesday evenings, United Church of Underhill. All are welcome at rehearsals. Two ensembles; opportunity for small groups/shorter time periods. We ring a variety of music in a variety of settings and look forward to new faces joining us. Beginners welcome. Call Amy, 899-2154, for information.

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

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

HEALTH EVENTS & GROUPS

Healthier Living with Diabetes – free six-week class at the Cambridge Health Center to learn self-management techniques to prevent low blood sugar, practice healthy eating, be more active, reduce stress, communicate effectively with your healthcare team, and more. Upcoming sessions will run Wednesdays, April 18-May 23, 2018, 2:00 – 4:30 PM. For information, contact Rorie, 644-5114.

La Leche League of Essex Junction – monthly breastfeeding support meetings, first Thursdays, 6:30 – 8:00 PM, Essex Free Library, 1 Browns River Rd., Essex Junction. Join us whether you are pregnant, nursing your first tiny baby, or weaning your last

toddler. Free! We meet downstairs in the children's area.

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

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

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

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

Brain Injury Support Group – a place for survivors and family members, caregivers, friends, and the community to receive valuable resources and information about brain injury. The support group is a place to share experiences in a safe, secure, and confidential environment. Evening group: first Wednesday of every month 5:30 – 7:30 PM at Fanny Allen Campus, 790 College Parkway, Colchester, follow the signs; daytime group last Friday of every month at the Department of Labor, 63 Pearl St., Burlington, 12:00 – 1:00 PM conference room A. Call the BIAVT help line, 877-856-1772.

Autism – Vermont Healing Network, excellent autism resource 1-800-800-4005, vermontfamilynetwork.org.

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

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

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

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

KIDS

Playgroups free of charge and open to all children birth-5 years,

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

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

SENIORS/COMMUNITY MEALS

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

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

Westford Senior Lunches – Join Westford Seniors for lunch at the Red Brick Meeting House on the Common, monthly on the 2nd Monday. Lunch, 12:00 PM; short meeting or presentation after. Call Carol Howrigan 878-3090 for information or for a ride.

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

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

St. Jude's Church senior meals, Hinesburg, 2nd and 4th Tuesday of each month. Free bingo games afterward. Everyone welcome, including caregivers. Suggested donation \$4 per person. Information: Ted Barrette, 453-3087.

Starksboro First Baptist Church senior meals, Starksboro, 4th Thursday of the month, 11:30 AM. Call Brenda Boutin, 802-453-6354 for more information. **All ages are welcome!**

"Good Food for All" free dinners, 2nd Thursday of the month, United Church of Underhill, VT Rt. 15, Underhill Flats, 5:00 – 7:00 PM; and on the last Thursday of each month at Calvary Episcopal Church, VT Rt. 15, Underhill Flats, 5:00 – 7:00 PM. Everyone in the communities is invited.

TOWN GOVERNMENT & ORGANIZATIONS

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

Westford Fire Department, Mondays, 7:00 PM, at the fire station next to the town garage. Information: John Quinn, jquinnivt@aol.com.

Jericho Village Water District Board of Commissioners meet on the 3rd Wednesday of the month, 7:00 PM, Old Red Mill, Jericho.

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

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

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

Jericho Energy Task Force meets monthly, 3rd Mondays, 7:00 – 8:30 PM, Jericho Town Hall, VT Rt. 15, Jericho.

THRIFT SHOPS & FOOD SHELVES

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

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

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

MOUNTAIN GAZETTE

Publication & Deadline Dates 2018

The Mountain Gazette publishes on the 1st and 3rd Thursday of each month.

The deadline for receiving copy is Thursday, a week before publication, at noon.

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

For more information, please contact Brenda Boutin

Publisher of the Mountain Gazette
6558 VT RT 116, Starksboro, VT 05487
Phone: 453-2468 • bboutin@gmavt.net
On the web at www.mtngazettevt.com

PUBLICATION DATES:	DEADLINE DATES:
THURSDAY	THURSDAY
January 4	December 28
January 18	January 11
February 1	January 25
February 15	February 8
March 1	February 22
March 15	March 8
April 5	March 29
April 19	April 12
May 3	April 26
May 17	May 10
June 7	May 31
June 21	June 14
July 5	June 28
July 19	July 12
August 2	July 26
August 16	August 9
September 6	August 30
September 20	September 13
October 4	September 27
October 18	October 11
November 1	October 25
November 15	November 8
December 6	November 29
December 20	December 13

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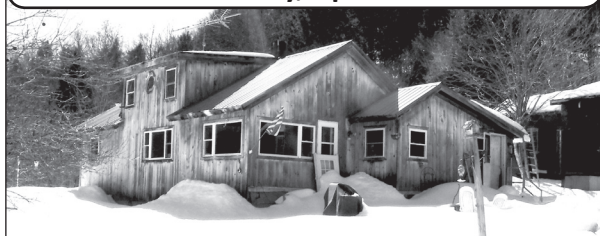
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LEGAL NOTICE

TOWN OF JERICHO- DEVELOPMENT REVIEW BOARD

NOTICE OF PUBLIC HEARING

The Jericho Development Review Board will hold a public hearing at 7:00 pm on Thursday May 10, 2018 at the Jericho Town Hall to consider the following:

- A request to the DRB by JD Bugbee for a Conditional Use and Site Plan review for the construction of 2 duplex residential units (4 units total). The property is located at 222 VT Route 15 which is located in the Commercial Zoning District.
- A request to the DRB by Brian & Julie Hehir for a Preliminary/Final Plat review for a 3 lot minor subdivision. This property is located at 36 Fitzsimonds Road which is in the Low Density Residential & Rural Agricultural Residential District.

All interested persons may appear and be heard. Additional information related to this application may be viewed at the Jericho Planning and Zoning Office during regular business hours.

Chris Flinn
Zoning Administrator
cflinn@jerichovt.gov

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.

Tuesday, April 17 – Ray's Seafood, Essex Junction. Check-in 10:30 AM; lunch 11:00 AM. Fish, potato, coleslaw, squash, roll, creemee.

Wednesday, April 18 – JP's Diner & Deli, Essex Junction. Check-in 10:30 AM; lunch 11:00 AM. Baked ham dinner, mashed potatoes, mixed vegetables, dessert.

Thursday, April 19 – American Legion, Colchester. Check-in 10:30 AM; lunch 11:00 AM. Chicken and biscuits dinner, dessert.

Tuesday, April 24 – Ray's Seafood, Essex Junction. Check-in 10:30 AM; lunch 11:00 AM. Fish, potato, coleslaw, squash, roll, creemee.

Wednesday, April 25 – Athens Diner, Colchester. Check-in 10:30 AM; lunch 11:00 AM. Turkey dinner, stuffing, mashed potatoes, cranberry sauce, green beans, rolls, pudding.

Thursday, April 26 – Dutch Mill, Shelburne. Check-in 10:30 AM; lunch 11:00 AM. Meat loaf, mashed potatoes, mixed vegetables, strawberry shortcake.

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.

Mallets Bay Diner & Bakery, Colchester. Tuesday-Friday, 7:00 AM – 1:00 PM. Breakfast and lunch.

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.

NVU-Johnson Integrative Medicine Day April 21

Northern Vermont University-Johnson's biannual Integrative Medicine Day will be 8:00 AM – 4:00 PM Saturday, April 21 at McClelland Hall on the NVU-Johnson campus in Johnson, and is open to prospective students and their families.

The free event, which will include group sessions on varied wellness, healing, and stress-reduction approaches, is geared to high school students interested in NVU-Johnson's Wellness & Alternative Medicine (WAM) Bachelor of Science program. Students may attend a WAM homeopathy or Native American healing class, talk with current WAM students, and go to sessions on meditation, yoga, herbalism, healing with horses, and other treatments and techniques.

Integrative medicine, which employs conventional and alternative treatments, is used in some major U.S. hospitals. Alternative medicine uses natural, non-invasive approaches including nutrition, herbalism, and homeopathy.

NVU-Johnson was one of the first accredited higher education institutions in the country to offer a science-based undergraduate degree program in wellness and alternative medicine. The WAM program – with interdisciplinary courses in the Behavioral Sciences and Environmental & Health Sciences departments – is the only program of its kind in the United States. Students may also pursue a WAM degree online.

To register, visit <https://connect.northernvermont.edu/register/IntegrativeMedicineDay>. For more information, call 802-635-1320 or email Susan.Green@NorthernVermont.edu.

Woodland beauties



Everything is blooming most recklessly; if it were voices instead of colors, there would be an unbelievable shrieking into the heart of the night.

- Rainer Maria Rilke

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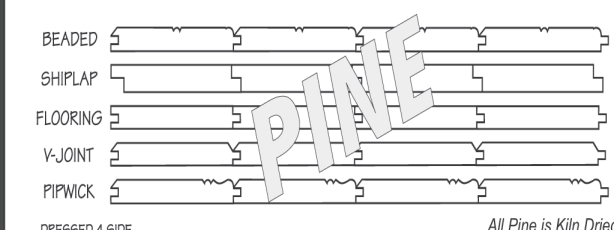
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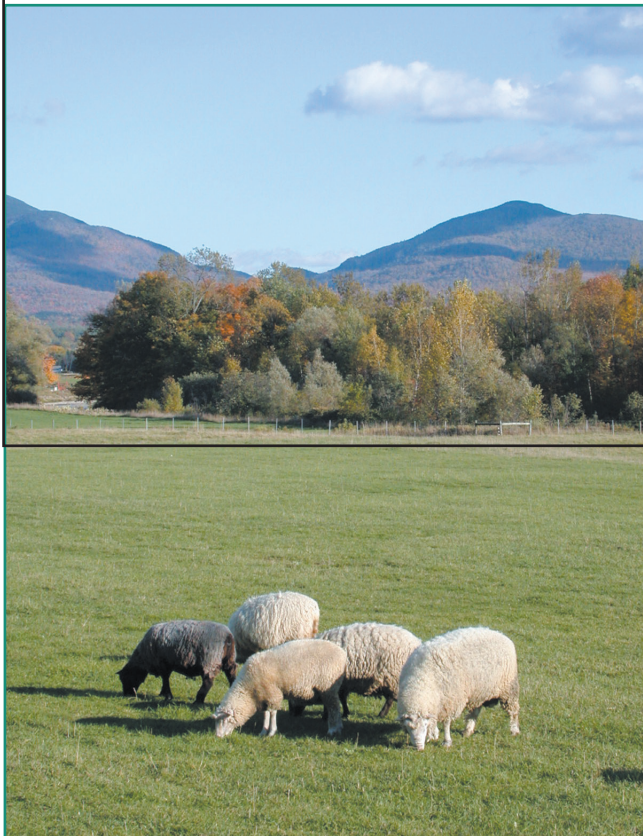
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Dreaming of Spring



When spring came, even the false spring, there were no problems except where to be happiest. The only thing that could spoil a day was people and if you could keep from making engagements, each day had no limits. People were always the limiters of happiness except for the very few that were as good as spring itself.

- Ernest Hemingway





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SCHOOL NEWS

Camel's Hump Middle School news

Mark Carbone, Principal

There's so much going at Camel's Hump Middle School – it's difficult to know where to start! Seventh and eighth grade students had their first session with teaching artists/visiting playwrights Geeda Searforce and Ethan Bowen as part of the Vermont Young Playwrights program. CHMS was the recipient of a generous grant from the National Endowment for the Arts and Vermont Arts Council. During the session, our young playwrights learned some of the fundamentals of playwriting, practiced building conflict and tension, developed characters, and planned their own ten-minute play.

After hours of preparation during lunch sessions, Brody Norris kept his cool and prevailed in the CHMS Geo Bee. Having aced the next-level qualifying test, Brody represented CHMS at the State Geo Bee. Despite a snow day postponement, Theo Esser stayed strong under pressure and held on to win the CHMS Spelling Bee. Theo then competed at the Vermont State Spelling Bee.

The CHMS community participated in International Pi Day on Wednesday, March 14. Pi (Greek letter "π") is the symbol used in mathematics to represent a constant – the ratio of the circumference of a circle to its diameter – which is approximately 3.14159. We celebrated Pi Day with pizza pie and whoopie pies for lunch. At the end of the day following a student pie-eating contest, students who memorized significant digits of Pi were rewarded by "pieing" Principal Carbone!

Two teams from CHMS participated in the Junior Iron Chef Competition at the Champlain Valley Fairgrounds. Team *Eggcellent* won the award "Lively Local" for the team that best highlighted Vermont foods, was tasty, and highlighted local, seasonal products. The team won for the "Egg in a Nest" recipe. Team *Mountaineers* also made a successful French Cheeseburger (vegan) and French fry crêpes with ketchup and mustard vinaigrette and garnished with a confetti of lettuce, tomato and a pickle. Thanks go to Diane Fitzgerald – if not for Diane, Junior Iron Chef would not have happened – as well as to James Macpherson and Dustin Smith for their assistance. All three volunteered time, energy, and a Saturday

to help the CHMS Junior Iron Chef teams.

CHMS engineering club members have been hard at work designing and constructing popsicle stick bridges for the upcoming Bridge Building Competition hosted by Vermont Technical College. Working in teams, the students are charged with researching, designing, and building their bridges under a strict set of competition specifications. Almost entirely student-run, the contest provides an excellent opportunity for collaboration while providing a showcase for an impressive showing of middle school ingenuity. These bridges are BIG! With a clear span of one full meter, these aren't your basic miniature balsa wood bridges. Teams will use several mathematical tools to estimate their bridge's carrying capacity and strength-to-weight ratio, and will then submit their bridge to mechanical testing to determine its failure point. CHMS has a number of teams attending the competition.

This year's drama production, *Adventures of a Comic Book Artist*, was a fun-loving, comic musical showcasing the talents of a number of CHMS students. Over 60 actors and crew members worked many months on the choreography and music, making the performance a huge success. Kudos to all involved!

We are excited to have had a CHMS team for the Middle School March Madness (MSMM) Volleyball Season/Program again this year. The month-long program offered students daily volleyball practice after school, with round robin games weekly with other participating schools. The season culminated with a jamboree the first week of April.

The school's greenhouse is host to 3000 onion sets and over 150 spinach seedlings. We are hoping for this fresh produce to be ready for student consumption by the end of April/beginning of May. We are always looking for volunteers to help with the CHMS community garden. If you are interested, please contact me by calling 434-2188.

The next meeting of the Mount Mansfield Modified Union School Board is at 6:30 PM on Monday, May 7 at Camel's Hump Middle School. The public is invited and encouraged to attend.



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