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# MOUNTAIN GAZETTE

Vol. 13 No. 22 Serving Bolton, Cambridge, Jeffersonville, Jericho, Underhill and Westford, VT May 15, 2014

## Knotweed eradication at Mills Riverside Park

By Phyl Newbeck

Special to the Mountain Gazette

On Friday, May 2, students at Browns River Middle School got their hands dirty for a good cause. They joined Josh Benes of the Jericho Conservation Commission and John Koier of the Jericho Underhill Land Trust in a project to eradicate invasive Japanese knotweed at Mills Riverside Park by planting silver maple trees to shade them out.

According to Benes, Japanese knotweed is one of the worst invasive species in the state, in part because of its dispersal strategies. During storms, its roots release from the stream bank and float downstream where they reattach to another bank and resume growing, causing a huge amount of nutrients and sediment to be released from the soil. "This is extremely bad for our aquatic ecosystems," said Benes, noting that it can lead to excessive algae growth which kills fish by depriving them of oxygen.

May 2 started with an early morning talk by Benes about watersheds and interconnectedness to Team da Vinci, group of 45 seventh grade students led by teachers Maria Germano and Justin Wills. The team's motto is "a little effort today for a better tomorrow." The students helped clear a ten-foot radius around each tree site and then planted, watered and fertilized 22 silver maple saplings. In the afternoon they returned to spread black plastic around the base of the trees, placed rocks on the plastic to anchor it in place, and numbered each tree. Community members will have the opportunity to "adopt" a tree. They will be asked to check on their tree during the course of the summer to ensure that it is healthy and that no knotweed is growing near the base. The Conservation Commission has come up with an adoption slogan: "It takes a community to grow a tree within a knotweed patch, but trees grow stronger with supportive caretakers. Will you adopt a tree?" Almost half the 22 trees have already been adopted.

Team da Vinci will go to the park every week to ensure that there is a two-foot buffer around the existing trees. They will also look for invasive species and document animal use and/

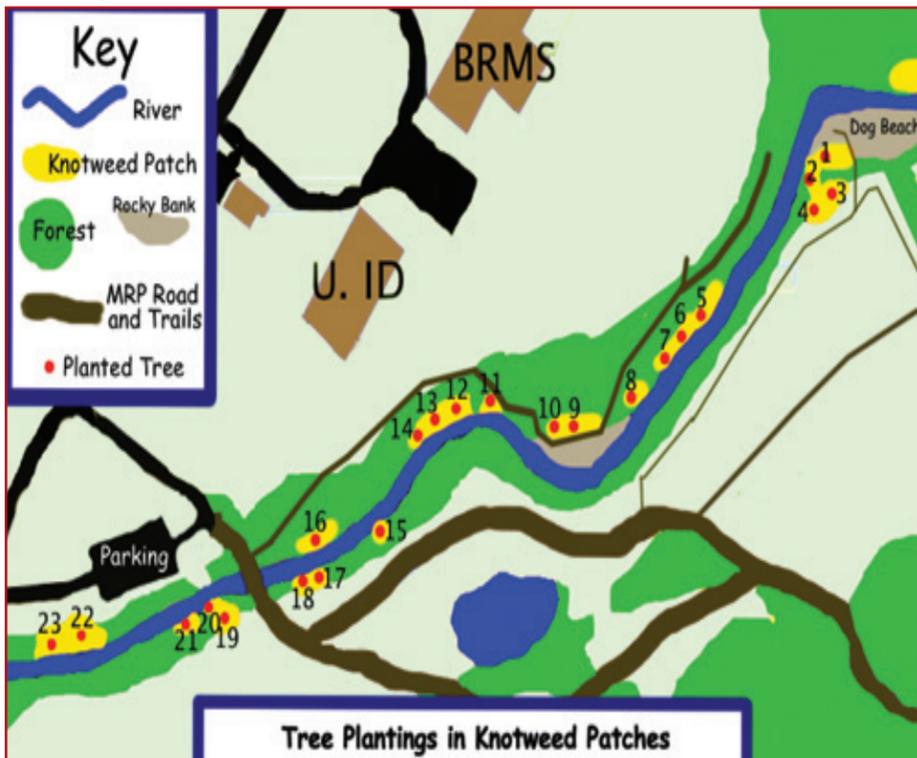
or abuse. Koier and Benes enjoyed working with the youngsters. "It is enlightening to see how a child reacts to seeing what impact they can have on our ecosystems and why it is important," said Benes. "Working with our children to develop a deep connection with the natural world is vital to creating a strong community."

In addition to Team da Vinci, the tree planting endeavor was helped by members of the MMU S.H.A.P.E. (Students Helping Achieve Philanthropic Excellence) club, and a few adult volunteers. Koier reported that last year, volunteers expended considerable time and energy digging up and burning Japanese knotweed plants, a process which did not significantly impede their growth. This year, they decided to plant silver maples because they are a riparian species that thrive near the water, grow to great heights, and cast significant shade. "Knotweed loves the sun," said Koier. "We're trying to get nature to work with us."

A map of the 22 trees will be posted on the covered bridge leading into the park so even casual park goers will have the opportunity to check on the health of the silver maples. Even those who have not "adopted" trees are encouraged to do their part to check the growth of knotweed in the area. "It's a long-term solution to a difficult problem," said Koier. "We're hopeful that we've planted a legacy."

Germano feels like the knotweed eradication project has taken her full circle. "Josh was a student of mine," she said. "It's fabulous to see him back. I did something right those many years ago." Benes expressed similar sentiments. "Ms. Germano was my seventh grade teacher," he said. "I admire her ability to work so well with kids and so enthusiastically explain why the work we were doing was so important. She still has all the energy she had in the past to do good work to make ecosystems stronger."

Germano hopes the project will help her students develop a feeling of ownership of the entire park, not just their individual trees. "Even one person can make a monumental impact," she said.



## Quinny's journey

There was nothing special about that day, just an average day in the crazy life of our little family of four. And then a phone call at work from our daycare changed our lives forever. Our two year old daughter Quinn had a seizure and was being taken to the hospital by ambulance. When we asked them if she was ok, their response was, "we don't know." The time it took to drive to the hospital were the longest minutes of our lives. Testing revealed nothing and we were sent home, being told that the odds were that it would never happen again. But it did, again and again and again. We learned she had a seizure disorder, more commonly known as epilepsy. It's a word everyone has heard, a word that to most simply means someone who has seizures. That definition barely scratches the surface. It means fear, exhaustion, helmets, medications with side effects, possible developmental delays, and counting.

We count the days between seizures, worrying every moment in between because the next body-wracking seizure will arrive with no warning. We count the minutes of a tonic-clonic seizure, waiting an agonizing five minutes while watching her body convulse before we can administer a drug rectally to try and stop it. We hold a vigil over her another 5 minutes, hoping the seizure will stop, making sure she's still breathing and not aspirating her own saliva before we administer another dose and call the ambulance. We count the hours of lost sleep since the seizures sometimes come when she's asleep and we worry we won't wake up to hear her. And then, impossibly, things get worse when we start counting the different types of seizures we see torture her little body, now witnessing atonic and absence seizures.

Drop seizures (atonic) are pure evil, quick and vicious. Without warning, it's as if she is a puppet that has its strings cut, losing all muscle tone, and at that same time she gets a forceful shove from above. She is at the mercy of whatever object happens to be in front of her, her face and head taking the impact. It all happens in a millisecond, but these seizures are much more cruel than the long tonic-clonics. Those happen 20 or more times daily, again with no warning. We are now told that she has a rare form of epilepsy called Doose Syndrome. We look back now and think how lucky we were before to have never heard that name before. Now we were counting the things Quinn couldn't do anymore, like climbing high at the playground, walking down stairs alone, taking a bath alone, or really just being allowed to be the independent and stubborn two year old she wanted to be.

We now have to count on two hands the different medications we are giving daily to try to control these seizures, medications that taste horrible and cause her to gag. The medications, although helping with her seizures, come with powerful side effects that make it hard for her to just be herself. We lose count of the number of doctor visits and tests performed on her: bloodwork, EEGs, CAT scan, and an MRI that in the end provide us with no reason why this



Quinn at last year's walk.

is happening to her. Apparently idiopathic epilepsy, of unknown cause, is the most common. One in 26 people at some point in their lifetime will develop epilepsy, which includes a wide spectrum of disorders, each with its own complications. Quinn's Doose Syndrome is extremely rare, found in only 1-2% of childhood epilepsies.

Throughout the months of struggling, we found one shining light, the Epilepsy Foundation of Vermont. They were there throughout the difficult process, providing us with a well-timed phone call to vent, invaluable resources, and helping us meet other families going through the same things. They even came to our daycare to talk to the caregivers about epilepsy and what they should expect if Quinn were to have a seizure. We now enjoy participating in the annual fundraising events. Our team, the Quinny Dippers, jumped into Lake Champlain in April for the Big Chill, and we will be participating in the Walk for Epilepsy at Oakledge Park on Sunday, May 18.

We are still counting, and we can happily report today makes 226. This is the number of days we have been seizure free since this all began in early 2013. It took the addition of a third anti-convulsant medication, which was the miracle drug for us. We still have a long road ahead of attempting to wean her off some of the other medications without losing the seizure freedom we've gained. We are hopeful our seizure-free days will continue to grow as she does, and a cure for this disorder is just around the corner. In the meantime, the Dale family, and our tough little Quinny, will keep on fighting.

Join our family in the fight against epilepsy. Register for the Walk for Epilepsy or show your support at [www.epilepsyvt.org](http://www.epilepsyvt.org). For more information call the Epilepsy Foundation of Vermont at 800-565-0972 or go online to [www.epilepsyvt.org](http://www.epilepsyvt.org).

**CORRECTION - ACCORDING TO FAIRPOINT - THEY HAVE GONE PAPERLESS FOR THEIR RESIDENTIAL NUMBERS**

We will not be receiving any phone books but are told to use 411 or their internet services.

Help update the Jericho Underhill Phone Book. Email us your correct phone number, cell number and/or your email address. Send your information to Brenda Boutin at [mtgazette@earthlink.net](mailto:mtgazette@earthlink.net).



The Quinny Dippers taking the plunge.



Quinn keeps her spirit high.

PHOTOS CONTRIBUTED

4-H

**Regional showcase for talented 4-Hers**

More than 100 talented 4-Hers from the Northeast Kingdom and Lamoille County participated in the Northeast Regional 4-H Spring Showcase on Saturday, April 26 at the Lyndon Town School in Lyndonville.

It was a day filled with education and entertainment as the 4-H club members took part in stage presentations, action exhibits, public speaking contests, and demonstrations. They also displayed their photos, posters, tabletop, and technology exhibits, designed to show the public what they have learned through 4-H activities and projects.

For many of the top entries, the event was a springboard to 4-H State Day, a capstone event for outstanding 4-Hers from throughout the state. That University of Vermont (UVM) Extension 4-H event will take place Saturday, May 17 at the Barre Civic Center in Barre.

Entries continuing on to 4-H State Day from Lamoille County include:

**ACTION EXHIBIT:** Lamoille Localvores, Jeffersonville (How to Make a Seed Tape); Leprechauns 4-H Club, Johnson (Surviving in the Backcountry).

**POSTER:** Land Boardman, Jeffersonville (Five Threatened Species); Quincy Boardman, Jeffersonville (Seven Breeds of Horses); Hope Ferris, Jeffersonville (One Way to Wash Paint); Noah Ferris, Jeffersonville (Ducks are Awesome); Elias Gillen, Jeffersonville (Types of Mangos); Mariah Ingalls, Johnson (Manchester Lumber Mill).

**PUBLIC SPEAKING:** Ramona Bilodeau, Essex Junction (member of a Lamoille County 4-H club; talk on GMOs).

To learn more about 4-H in Lamoille County, contact Anthony Willey at (802) 751-8310, ext. 357.

**Statewide 4-H horse judging contest**

Horse-savvy 4-Hers from eight Vermont counties competed in the annual State 4-H Horse Judging Contest on Sunday, May 4.

The University of Vermont (UVM) Extension 4-H event was split between two locations, the Green Mountain Horse Association facility in South Woodstock (judging) and Woodstock High School, Woodstock (oral reasons). For older 4-Hers, ages 14 and up, the event also served as the qualifier to be named to the Vermont 4-H horse judging team, which will compete at the Eastern National 4-H Horse Round-up in Louisville, KY in November.

The 4-Hers were divided according to age with a separate division, Senior Novice, for teens 14-18 years old who are either new to 4-H or competing for the first time in this contest. All the competitors judged performance and conformation classes of Morgan geldings, stock-type geldings, carriage driving, Western pleasure, and English pleasure horses, providing written placements for each class, which were scored according to the placings by the official judge. Seniors (14 and up) and Juniors (12 and up) also were required to give oral reasons for their placings.

The four seniors who received the highest overall scores in the contest were named to the state 4-H horse judging team. They are Rachel Scibek, Colchester; Emma Pearson, North Hero; Catherine Thrasher, Rupert and Katelyn Patenaude, Derby Line. Alternate is Cassidy Wyman, Cambridgeport.

The top five winners in the other age groups, listed in order of placement, were:

Juniors (8-11 years old): Lily Tuckerman, Barnard; Carly Jenkins, Jericho; Faith Ploof, Essex; Jenna Dolloph, Chester; Lauren Bentley, Richmond.

Juniors (12-13 years old): Olivia Suker, Shrewsbury; Hailee Blades, Jeffersonville; Madison Bentley, Richmond; Bridget Webber, West Burke; Delaney Simmons, Hartland.

Novice Senior: Kylee Taylor, Athens; Kayla Yurkevich, Halifax; Hannah Hobbs, Brattleboro; Emily Todd, West Rutland.

The 4-H teens assisting with this event were David Gringeri, West Haven; Alexis Walker, Essex Junction and Holly Weglarz, Hartland, all members of the 2013 Vermont 4-H Horse Judging Team.

For more information on the Vermont 4-H horse program, contact Wendy Sorrell, UVM Extension 4-H livestock educator, at 802-656-5418 or 800-571-0668, ext. 2 (within Vermont).

**Participants in the VT 4-H Sheep Quiz Bowl and Skill-A-Thon**



4-Hers matched wits at the VT 4-H Sheep Quiz Bowl/Skill-A-Thon Saturday, April 26. Participants and their leaders/ instructors: back row (from L): Christa Cousineau, Orwell; Megan Watrous, Orwell; Kathleen Parent, Orwell; Max Crossman, Whitehall, N.Y.; Lindsey Fitzgerald, Colchester; Sharron Bigelow, Bristol; Marlene Duell, Hinesburg; Abhi Dodgson, South Hero; William Cousineau, Orwell. Middle row (from L): Bekah Parent, Orwell; Terri Metcalf, Addison; Karen Bushey, Bristol. Front row (seated): Corinna Hobbs, Hinesburg; Cyrus Tyler, Richmond; Caroline Hobbs, Hinesburg; Raymond Bushey, Addison; Alysha Chesser, Shrewsbury; and Willa Shakeshaft, Putnam Station, N.Y. Seated on floor: Jarrod Bushey, Addison.

PHOTO CONTRIBUTED

**JCC Summer Bible Camp**

Registration is open for the Jericho Congregational Church Summer Bible Camp, which runs Monday-Friday, June 23-27, 9:00 AM – 12:00 noon. All children ages 4 through 6<sup>th</sup> grade are invited to attend this FREE event.

This year's theme is *Gangway to Galilee: Amazing Grace Adventures*. Don't miss the boat! Set sail with us to sing fun songs, do crazy crafts, eat yummy snacks, and play awesome games as we learn more about Jesus' amazing grace! Can't wait to see you there!

For information, call registrar Cari Causey, church phone 899-4911.

**Commemorate D-Day with the VT National Guard**

The Vermont National Guard Library and Museum will commemorate the 70<sup>th</sup> Anniversary of D-Day on Saturday, June 7, with activities scheduled for 10:00 AM-5:00 PM at Camp Johnson, VT Rt. 15, Colchester. D-Day, the allied invasion during World War II on the beaches of Normandy, France, took place on

June 6, 1944 and was the largest amphibious military assault in history. The victory at Normandy would enable allied troops to begin their march across Europe and ultimately to defeat Hitler's forces, resulting in the surrender by Germany on May 8, 1945.

Museum and outdoor military motor vehicle tours will be offered throughout the day along with several children's events, speakers, a commemorative ceremony, and much more. The event is free and open to the public; donations to support museum projects are welcome. Volunteers to support this event and regular museum operations are welcome. All are invited to attend, but a special invitation is extended to WWII veterans and their families.

- Schedule of Events:
- 10:00 AM - Exhibits Open
  - 10:30 AM - Interpretive tour of the Green Mountain Military Vehicle Club outdoor displays
  - 11:00 AM - Interpretive tour of the Museum indoor exhibits
  - 11:30 AM - Lecture: "Vermont Casualties at Normandy"
  - 12:30 PM - Interpretive tour of the Museum indoor exhibits
  - 1:00 PM - Special presentations followed by lecture: "Chaplains in the Military WWII"
  - 2:30 PM - Interpretive tour of the Green Mountain Military Vehicle Club outdoor displays
  - 3:00 PM - Lecture: "Reflections on a Recent Visit to Normandy"
  - 3:30 PM - Interpretive tour of the Museum indoor exhibits
  - 5:00 PM - Exhibits close

The Museum is located at Camp Johnson, on VT Rt. 15 just north of St. Michael's College. For more information about the Vermont National Guard Library and Museum or this event, call the Museum, Tuesday-Thursday 10:00 AM-4:00 PM, at 802-338-3360, or email [museumadm@gmail.com](mailto:museumadm@gmail.com).

**Blood Drawing June 4**

Plan to donate blood on Wednesday, June 4 at United Christian Assembly, aka Catalyst Church, on Raceway in Jericho between 1:00 – 6:00 PM. You will be served yummy pie and ice cream after your donation, and you'll be entered in a drawing for a deluxe Eureka Camping Package, with a value of \$1670. The need for blood is constant, and supplies are never sufficient. Give the gift of life... it feels good!

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—Michelle Brown

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COMMUNITY COLUMNS

**Are you in pain?**

By Mary H. Kintner, D.C., R.N.  
Chiropractor and Nutritional Consultant

Pain management has been in the news lately: think about the State of the State speech, the local rate of robbery, Phillip Seymour Hoffman...

There are pharmaceutical options. Non-steroidal anti-inflammatory drugs (NSAIDs) are commonly used both as prescriptions and over the counter. These drugs have significant side effects such as gastrointestinal pain and bleeding. NSAIDs also can have adverse effects on the kidneys and the liver. Steroids are powerful and effective drugs but have important negative impacts such as osteoporosis, mood changes, sleep disturbances, weight gain, glaucoma, and diabetes. And there are opioids – oxycodone, oxycontin, codeine, morphine, and heroin. (A controversial new and even more potent narcotic may be released soon.) Addiction and death can be some of the consequences of opioid drugs.

Some causes of pain cannot be avoided, but many causes of pain are influenced by lifestyle. As a chiropractor, I advocate prevention first! So what can you do to reduce or eliminate pain? First look at your diet. Processed foods, sugar, alcohol, grains, dairy, and caffeine create inflammation and pain. To reduce symptoms, reduce or eliminate intake of these foods. Omega 3 essential fatty acids, found in deep sea fish such as salmon, are naturally anti-inflammatory. To reap the benefits, eat fish often and/or supplement with a high quality (properly distilled from fish that are wild caught in clean water) fish oil. Vitamin D3 helps regulate pain in a number of ways, so get some sunlight and supplement. (We live at a latitude where it is hard to get sufficient amounts without supplementation.) Emotional Freedom Technique (EFT) uses tapping of acupuncture points and can be very effective in pain management. Right now EFT is having its annual free summit. Find it online. Ginger and turmeric are spices with powerful anti-inflammatory effects. Boswellia (aka frankensense) can be effective in pain management. Bromelain, an enzyme found in pineapple, helps relieve pain. Oils from evening primrose, black currant, and borage contain gamma linolenic acid (GLA), which influences the pain-regulating prostaglandin pathways. These can be especially useful in the management of arthritic pain. Creams containing cayenne (active ingredient is capsaicin) can be used topically. Cayenne/capsaicin works on substance P, which is a compound that transmits pain signals to the brain. Chiropractic, massage, meditation, hot/cold therapies, and acupuncture all have greatly reduced or relieved pain, particularly if the cause of pain is addressed!

Some pain can be avoided, some cannot. Do what you can to reduce the causes of pain by improving lifestyle. Use drugs as a last resort!

**International Marvin Jones Award presented to Rex Rexford**



Russell Rexford of the Jericho-Underhill Lions Club received the International Marvin Jones Award for continuous and outstanding service to his club and community at the annual convention of D-45 Vermont Lions Clubs at the Lake Morey Resort Saturday, May 3. Rexford is often behind the scenes providing leadership, coordination, and time with good cheer and quiet determination. From left, Lions Marybeth Holden, Kendal Holden, Russell Rexford, David Williamson, Cindy Berg, David Damkot, and Loreen Teer.

PHOTO CONTRIBUTED

**Don't strike out when it comes to baseball safety**

By Lewis First, M.D.

Chief of Pediatrics at Vermont Children's Hospital

With Little League in full swing, parents have been stepping up to the plate to ask me if I have any safety tips for preventing baseball injuries this spring and summer. Let me see if I can hit a few tips out of the park.

Emergency rooms see more than 100,000 baseball and softball injuries to kids under the age of 15 each year. Many of these are to the ankle and knee, though eye injuries are also common.

To prevent your child from becoming a Little League injury statistic, make sure your child has all the required safety gear every time he or she plays or practices. This means a helmet and face guard, as well as mouth guard for batting or running the bases. If your child is a catcher, they will also need a face mask, chest and throat protector, and shin guards. All guys should wear a cup or athletic supporter. Children who wear glasses should wear protective lenses as well.

Before playing all children should do two things: warm up by stretching to prevent muscle strain injuries, and walk around the field to remove debris and rocks and fill holes that kids can trip over or fall into.

If your child is a pitcher, talk to the coaches about the maximum number of pitches that can be thrown each week to prevent overuse injury to the shoulder and elbow. Make sure the coach and your child adhere to that limit.

Breakaway bases that detach when someone slides into them should be used to prevent many ankle and knee injuries. Sliding should not occur headfirst.

All players on or off the field should be paying attention to what is happening at all times to avoid being hit by a fair or foul ball. And don't forget to make sure your ballplayer wears sunscreen when out on the field.

Finally coaches should put the emphasis on fun and fundamentals rather than winning at all costs, which can lead to a higher chance of injury.

Hopefully, tips like this will hit a home run and not allow you to make an error when it comes to keeping your child out of injury trouble when they play ball this summer.

**Epiphany**

By Suzanne Kusserow  
Senior Guest Columnist

I don't want to leave here. This spot of sun touching lime-lace poplars, cuddled beneath an ancient white pine, will not be here tomorrow... not in exactly the same way, ever again. I don't want to chat; tomorrow will be fine for old friends; today is for the last of the snow, for the twinkle of red flowers from the maples like cinnamon spice on the dead copper leaves; for the spiral of shadbush blossoms in the wind. No, I don't want to leave... now or forever. This is a small wink of time, and I am trying to make it last. Eternity is in such details; how to make that happen. Impossible, you say. Maybe. Depends if you look at time as wishes, at memory as real, at myth as truth.

We of the linear minds: there is a beginning and an end; something is false or true; an hypothesis that is not yet proven. An epiphany can come on a summer day full of green. It can come when old age swings you from lines to circles. We all want a blue sky forever. Are we so egocentric to think that if we are not here it will go away? An epiphany comes as we die; each self bursts into thousands of pieces and the earth throws you out of its orbit. And each piece becomes a leaf, a cloud, a chunk of earth, a dog's breath or a bird's song. You will never know what or where you are... or even care. Care is gone, thought is gone; regret, accomplishment, hurt, majesty, are gone; all the things that you made up for yourself are gone. An epiphany is being lost and then falling into a new world. And no one can lead you there; no one can teach you how to get there. You are the only one who can change yourself into a miracle, one of such small dimensions that no one else will ever notice.

**The Mountain Gazette**

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

Deadline: May 29

Publication: June 5

Brenda Boutin publisher/ad sales /delivery

News writer - Phyl Newbeck

Letters Policy:

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

**LETTER TO THE EDITOR**

**Students learn to improve food choices**

To the Editor,

I am David Horner, the food service director at Chittenden East Supervisory Union. We are a nine-school district.

We have recently made healthy changes in our salad bar due to one of the classes' study on nutrition/health. The students have been studying about the human body in Mrs. Kerry's class. About three weeks ago, she invited me to come talk with students about the school food service program, the challenges with the USDA requirements, and parameters of a meal requirement. They were working making the salad more healthy from what they learned.

About two weeks later Mrs. Young dropped off at my office the results of all their hard work. Each student created beautiful trifold color brochures. They had titles like "How to make the CHMS salad bar healthier", "Pomegranates are red, blueberries are blue, choose heart health for me and you", "School Heart Health", "Keep Camel's Hump Heart Healthy".

We at Camel's Hump Food Service have taken great pride in having a great salad bar. It has 28 items on it and a dozen of different fresh vegetables. We know it is healthy and awesome. After reading through the brochures, which not only suggested heart healthy foods not currently on it, they had descriptions of why and how these foods would improve our health.

The items they figured out that would improve the health and participation were: blueberries, pomegranates, avocados, grape juice, strawberries, nuts, pumpkin seeds.

We will be adding most of these. Yesterday I had the manager Diane Fitzgerald order blueberries, avocados, grape juice, pumpkin seeds, and strawberries. We will add pomegranates when they come in season next year. The nuts could not be added due to allergies.

This is students making and learning how to make effective change in action, something that they carry throughout their life.

Sincerely,  
Dave Horner

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

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"Open Hearts, Open Minds, OPen Doors"  
71 Vermont Route 16, Jericho (next to the Town Hall)  
Rev. Sangchurl Bae, 899-4288  
Sunday Worship Service, 9:00 AM  
Children's Sunday School, 9:00 AM  
Men's breakfast - third Sunday, 7:00 AM  
jerichoumc@jumvt.org www.jumvt.org

**MOUNT MANSFIELD UNITARIAN UNIVERSALIST FELLOWSHIP**

A Liberal Spiritual Community  
195 VT RT 15, Jericho, VT 05465  
Phone: 899-2558 website www.mmuuf.org  
We gather at 9:30 AM at the newly renovated space at 195 VT RT 15, Jericho (red barn across from Packard Road) on the 2nd and 4th Sundays of September - June for worship, reflection, growth, and support. All are welcome.

**ST. THOMAS ROMAN CATHOLIC CHURCH**

"Worshiping God in Spirit and in Truth in the Holy Sacrifice of the Mass"  
On Green Street in Underhill Center  
Weekend Masses:  
Saturday 4:30 PM  
Sunday 8:30 AM  
Pastor: Rev. Charles "Rick" Danielson  
Deacon: Peter Brooks  
Religious Ed. Coordinator: Laura Lynch Wells, 899-4770  
Parish Secretary: Theresa Gingras  
Phone: 802-899-4632, email: stthomas5@myfairpoint.net  
Website: www.stthomasvt.com

**UNITED CHURCH OF UNDERHILL**

"Welcoming, Worshiping, Working for God"  
At the Green on route 15 - Rev. Kevin Goldenbogen - 899-1722  
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

## COMING EVENTS

**Saturday, May 17**

**24<sup>th</sup> annual Medieval Fair & Bratwurst Fest**, 10:00 AM – 4:00 PM, Good Shepherd Lutheran Church, Jericho. Demos: live hawks and owls, a working forge, swordplay, stick juggling, Maypole Dance and Parade of Nobles. Music by Mount Mansfield Madrigals, plus Celtic music and Early Music Consort. Medieval crafts, Luthur room, hand printing press. Games: stilts, tug of war, Dunk the Jester, CastleBlocks, centipede walk. Bratwurst meal with fresh sauerkraut and potato salad, soft pretzels, more. Free admission and parking; handicapped accessible.

**Garage Sale - Underhill Central School**, 10:00 AM – 2:00 PM, Underhill Central School, Underhill Center. Kids' items, books, household items, more. Proceeds benefit TEAM UCS, the school's PTO, which supports the arts and the educational experience in the school.

**Woofstock 2014: Dog Festival**, 9:00 AM – 3:00 PM, Basin Harbor Club, Vergennes. Fun Run and Walk (with dogs!), agility course/DockDogs/K-9/Disk Dog demos, vendors, kids' activities, silent auction to benefit Homeward Bound Animal Welfare Center, doggie play park, shelter dog parade, more. For information, <http://basinharbor.com/event/woofstock>, [pr@basinharbor.com](mailto:pr@basinharbor.com), or call Jen Wyman, 802-475-7830.

**Perilous Passages evening reception**, 6:30-9:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Kick off the season's exhibit on the Passenger Pigeon's extinction; meet artists, enjoy wine and cheese. Donation suggested; prints, cards, art for sale. Information, 802-434-2167 or [museum@birdsofvermont.org](mailto:museum@birdsofvermont.org).

**Timmy Failure Total Takeover Party**, 2:00 PM, Phoenix Books, 21 Essex Way, Essex. Special guest Total the Polar Bear – do a photo op with Total in your own "distinctive scarf." Free. For information, 802-872-7111.

**Birth and Beyond**, 8:30 AM-4:30 PM, Franklin County Home Health, 3 Home Health Circle, St. Albans. To preregister and for information including cost, 802-527-7531.

**Beekeeping Workshop**, 1:00-3:30 PM, 18 MacLean Rd., Alstead, NH 03602. Charles Andros, former NH/VT Apiary Inspector. Topics: finding queens, requeening and two-queen colonies, pollen collection, swarm control, supering, and bee

venom therapy. Inside if it is a rainy day. Registration required; [lindenap@gmail.com](mailto:lindenap@gmail.com) or call 603-756-9056.

**Sunday, May 18**

**Lincoln and Vermont**, 2:00 PM, Missisquoi National Wildlife Refuge, 29 Tabor Rd., Swanton. Historian Howard Coffin traces how Lincoln's leadership of the war effort and his political canniness shaped the relationship between the president and Vermont. Information, Rebecca Rupp, 802-868-2879.

**Pleasant View Cemetery Association annual meeting**, 6:00 PM, Westford Town Library, Westford. All members encouraged to attend to discuss the present status and future of the Cemetery Assoc.

**Monday, May 19**

**Team Meeting – Relay for Life of Chittenden County**, 5:30 – 6:30 PM, American Cancer Society, 55 Day Lane, Williston. For information, [www.relayforlife.org/chittendenvt](http://www.relayforlife.org/chittendenvt) or 802-233-6776.

**Tuesday, May 20**

**Breastfeeding: Keep it Simple**, Tuesday, May 20, 5:30-7:00 PM, Northwest Medical Center, Family Birth Center Conference Room, St. Albans. Conducted by VT Department of Health staff. Learn how your body makes milk, what to expect, tips for getting nursing off to a great start and who to call if you need support or help. Personalize your breastfeeding plan, line up your support, go over the basics, ask questions and get real-life answers. Free; pre-registration required, 524-7970

**Thursday, May 22**

**Catalyst Church concert fundraiser**, 7:00 – 10:00 PM, Catalyst Church, Raceway, Jericho. Music by Joe Frey, The Andy Needham Band and Jaime Jamgochian to raise funds for the locally founded Dominican Advance "Everyone Can" project, which is building a high school for rural Dominican teens, who otherwise wouldn't have educational opportunity after 8<sup>th</sup> grade. For tickets and information, [www.catalystvt.org](http://www.catalystvt.org) or 802-373-2608.

**Year of No Sugar** with Eve O. Schaub, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. The story of a Pawlet, VT family's 12-month no-sugar experiment and its sweet results – revealing how tightly we're held hostage by sugar and what it takes to kick the habit. Free. For information, [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 802-448-3350.

**Start the Conversation Workshop**, 11:30 AM-12:30 PM, The Lodge at Shelburne Bay, Great Room, Pine Haven Shores Rd., Shelburne. Planning for end-of-life care before it becomes a worry is as important as all the other life plans you have made. Free and open to the public. For information, [www.starttheconversationvt.org](http://www.starttheconversationvt.org).

**Friday-Saturday, May 23-24**

Giant Spring Tag Sale, Jericho United Methodist Church on Rt. 15 from 9:00 AM – 5:00 PM and Saturday, May 24 from 9:00 AM – 2:00 PM. Contact Kathy, 899-3404 or Linda, 899-4529 with questions.

**Saturday-Sunday, May 24-25**

**Sugar Social**, Waterbury Center Community Church, VT Rt. 100, Waterbury Center. Come celebrate old fashioned sugar on snow with donut, pickle, and hard-boiled egg. Maple bake sale with baked beans, candy, pies, breads, and more. For information, 802-244-8089.

**Tuesday, May 27**

**UWCC Annual Celebration & Community Awards**, 4:30 – 6:30 PM, Dion Family Student Center, St. Michael's College, Colchester. United Way of Chittenden County unites the community to solve complex problems – real change is possible when we work together. Register online at <http://liveunited.splashthat.com/> or click event link at [www.unitedwaycc.org](http://www.unitedwaycc.org). For information, 802-864-7541.

**Wednesday, May 28**

**League of Women Voters of Champlain Valley annual meeting**, 4:30 PM, Richmond Library, Richmond. Program on "Campaign Finance/Voter Empowerment" for members and guests begins at 7:00 PM. Chittenden Cty. Senator Ginny Lyons, Bill Butler of Jericho, and Rick Hubbard of S. Burlington lead an informal talk about the League's future with a "What's Next?" discussion. Potluck meal, 6:00 PM. For information, email [nstracy@comcast.net](mailto:nstracy@comcast.net) or call 860-4732.

**Saturday, May 31**

**Spring Bird Monitoring Walk**, 7:30-9:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Join experienced birders on the museum's property. Most fun for adults, older children, and somewhat more experienced birders. Please your own binoculars and dress for the weather. Cocoa, coffee, and tea after the walk at the Bird Viewing Window inside the museum. Free, donations welcome. Please pre-register, 802-434-2167 or [museum@birdsofvermont.org](mailto:museum@birdsofvermont.org).

**Exploring Bird Language**, 8:00 AM – noon, Education Barn, Green Mountain Audubon Center, Sherman Hollow Rd., Huntington. Workshop introduces the five voices of birds and opens the senses to movements of the natural world. For adults and teens, 16+. To pre-register (required) and for information including cost, contact 434-3068 or email [vermont@autubon.org](mailto:vermont@autubon.org).

**Monday, June 2**

**Look Good Feel Better**, 4:30-6:00 PM, Northwest Medical Center, Conference Room 1, St. Albans. Free interactive demonstration for women who are experiencing appearance related side effects due to treatment. Featuring Carol Lumbr, Beautician, Rail City Salon, and Bonnie Rainville, Beautician, Elite Body Boutique. Call Olivia LaPort, 802-524-8479 to register.

**Saturday, June 7**

**D-Day 70th Anniversary Commemoration**, 10:00 AM-5:00 PM, VT Nat. Guard Library/Museum, Camp Johnson, VT Rt. 15, Colchester. Museum and outdoor military motor vehicle tours will be offered throughout the day along with several kids' events, speakers, a commemorative ceremony, and much more. Free and open to the public; donations to support museum projects welcome. Volunteers to support this event and regular museum operations welcome. A special invitation is extended to WWII veterans and their families. For information, call Tuesday-Thursday 10:00 AM-4:00 PM, 802-338-3360, or email [museumadm@gmail.com](mailto:museumadm@gmail.com).

## ONGOING EVENTS

## ADULT ACTIVITIES

**Birds of Vermont Museum** open every day, 10:00 AM-4:00 PM, May 1-October 31. Exhibits: *Perilous Passages* and *Wings of Clay*, on the consequences of the extinction of the Passenger Pigeon as interpreted in art. Admission: members free; non-member adults \$7; discounts for seniors/children. 900 Sherman Hollow Rd., Huntington. 802-434-2167 or [museum@birdsofvermont.org](mailto:museum@birdsofvermont.org).

**Early Birder Morning Walks**, Sundays May 4-June 29, 7:00-9:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Ramble the museum forest/meadows led by experienced birders. Come to several to hear the changes in who calls and when! Afterward, coffee at the viewing window in the Museum. Bring binoculars and good walking shoes. Early mornings are often damp with dew and boots are definitely in order. Don't forget bug spray/tick repellent! Free, donations welcome. Please pre-register, 802-434-2167 or [museum@birdsofvermont.org](mailto:museum@birdsofvermont.org).

**Free yoga classes for veterans** – 10:30-11:30 AM, Mondays through May 5, Thursdays through May 8, VA Medical Center, White River Jct., VT. Therapeutic yoga classes to all VA-enrolled veterans and Champ VA patients. Space limited; please contact Pat Pierce 802-295-9363 x6230 to sign up. Yoga mats, props provided. Classes are considered non-scheduled visits, with no co-pay/travel pay authorized. Certified instructors, one a Marine.

**Yoga**, Tuesdays, 6:30-8:00 PM, Collins-Perley Sports Complex, St. Albans. For information including cost, 802-527-1202.

**Contra Dance**, Friday, May 9, 8:00-11:00 PM, Shelburne Town Hall, Shelburne. Callers Amelia Fontein and Guillaume Sparrow-Pepin and Jokers Wild (Everest and Alden Witman and Aidan Murphy). Monthly dances presented by Queen City Contras, [www.queencitycontras.org](http://www.queencitycontras.org). Admission charged.

**Chittenden County Postage stamps** and post card club, 1<sup>st</sup> Wednesday of the month 6:15-8:30 PM, A IDX Circle GE Healthcare Building, South Burlington Information email: [Laineyrapp@yahoo.com](mailto:Laineyrapp@yahoo.com) or call me at 802-660-4817

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

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

**Essex Art League** meets the 1<sup>st</sup> Thursday of the month, from 9:00-11:00 AM, at the Essex Junction Congregational Church, VT Rt. 15. The meeting agenda includes a business and social time, and features a guest artist presentation. A detailed calendar, listing featured speakers, is published on the League's website: [www.essexartleague.com](http://www.essexartleague.com).

**Handbell ringers**, Tuesday evenings, United Church of Underhill. All are welcome at rehearsals. Two ensembles; opportunity for small groups/shorter time periods. We ring a variety of music in a variety of settings and look forward to new faces joining us. Beginners welcome. Call Roger, 899-3106, for information.

**Mt. Mansfield Scale Modelers** gather on the 3<sup>rd</sup> 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 Street, Essex Junction.

**The Women of the United Church of Underhill** meet on the 2<sup>nd</sup> Saturday of each month, 8:00 AM at the Church located at the park, VT Rt. 15, Underhill Flats. Women interested in sharing Christian prayer and discussions are welcome. Contact Julianne Nickerson at 899-3798 for more information.

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

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

Ongoing continued on page 5

## BEAUTY

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## News from

NORDIC REHAB & WELLNESS  
PHYSICAL THERAPY

Steve Hayes P.T., from Nordic Rehab & Wellness Physical Therapy, would like to announce that he will be joining Copley Hospital's Rehabilitation Services. Together they will be expanding the services offered to our community.

Steve and I would like to thank all the providers, patients, and community for their patronage and support over the last nine years. We have enjoyed getting to know each of our patients and assisting in their pursuit to improved health. Steve will be available to provide a continuum of care for all his patients at Copley Rehab beginning May 21st.

We hope all of our patients are doing well and will call us at our new location at Copley Hospital Rehabilitation (888-8303) if assistance is needed. Medical records may be obtained by mailing a request to:

PO Box 152, Cambridge, VT 05444  
or calling, 802-666-5803.

Thank you for your support, laughs, healing, friendship, memories, and patronage.

Judy & Steve Hayes

**Ongoing events** continued from page 4

**HEALTH EVENTS & GROUPS**

**Al-Anon** meetings, Jericho United Methodist Church, Thursday mornings 10:00 AM, and Saturday mornings, 10:00 AM.

**Alcoholics Anonymous Meeting** "Wing It" group meets Sundays, 11:00 AM, Maple Leaf Farm, Stevensville Rd., Underhill. Open Speaker meeting followed by a Brunch (\$10 charge for the brunch).

**Alcoholics Anonymous Meeting**, "The Firing Line" group meets Wednesdays, 7:15-8:15 PM, Maple Leaf Farm, Stevensville Rd., Underhill. Open Step meeting.

**Alcoholics Anonymous Meeting** "The Firing Line" group meets Saturdays, 8:00-9:00 PM, Maple Leaf Farm, Stevensville Rd., Underhill. Open Speaker Discussion meeting.

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

**Brain Injury Support Group** - offer survivors and family members, caregivers, friends and the community a place to come and receive valuable resources and information about brain injury. The support group is a place to share experiences in a safe, secure and confidential environment. Monthly meetings: 4<sup>th</sup> Fridays at the YMCA in Winooski 11:00 AM-noon; 1<sup>st</sup> Wednesdays at Fanny Allen in Colchester, 5:30-7:30 PM; and 2<sup>nd</sup> Tuesdays at the Saint Albans diner in Saint Albans. Call the BIAVT help line, 877-856-1772.

**Cholesterol Class**, 8:00-9:00 AM, Wednesday, Northwestern Medical Center, St. Albans, Cobblestone Education Room. Monthly group discusses foods and eating habits that may help to manage your cholesterol levels, including practical suggestions for overcoming the barriers to eating in a heart healthy way. Topics: saturated/unsaturated fats, fiber, portion sizes, American Heart Association guidelines. **May 14 speaker:** Kay Tran, Reg. Dietitian, MS, CDE. Free; pre-registration required, 802-524-1234 or email [cjhwh@nmcinc.org](mailto:cjhwh@nmcinc.org).

**Diabetes and You**, Wednesdays May 19, 26, June 2, 9, 16, 2:00-4:00 PM, Northwest Medical Center, Conference Room 2, St. Albans. This self-management educational program is a five part, 10-hour group education program, plus telephone follow-up sessions, for people with diabetes and their families. Facilitator Deb Robertson, RN, BSN, CDE, Northwestern Medical Center. Accredited by the American Diabetes Association. Call for pricing information; size limited to 15. Pre-registration required, 524-1031 or email [drobertson@nmcinc.org](mailto:drobertson@nmcinc.org).

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

**Healthier Living with Chronic Disease**, Tuesdays May 6, 13, 20, 27, June 3, 10, 5:30-8:00 PM, Northwestern Medical Center, Conference Room 1, St. Albans. Are you or someone you know living with chronic disease? Then this 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. Free; pre-registration required, 782-5323 or 524-1031 or email [hmessier@nmcinc.org](mailto:hmessier@nmcinc.org).

**Healthier Living with Diabetes**, Wednesdays May 7, 14, 21, 28, June 4, 11, 10:00 AM-12:30 PM, Cold Hollow Family Practice, St. Albans. Learn how to manage the issues that go along with your chronic disease. Free; pre-registration required, 524-1031 or email [drobertson@nmcinc.org](mailto:drobertson@nmcinc.org).

**Healthy Weight Support Group**, Mondays, 12:00-12:30 PM, Northwestern Medical Center, Conference Room 3, St. Albans. Support group for those working on weight management. Combines behavioral and nutritional strategies to increase physical activity and decrease calorie intake. Provides techniques to help manage eating behaviors. Come 15 minutes early for weight check. Kay Tran, Registered Dietitian, MS, CDE, & Leslie Gardzina, Registered Dietitian. No registration required, just drop in.

**International Cesarean Awareness Network** supporting mothers and families recovering from or learning about cesareans and VBACs. For more information email [ICANvt@gmail.com](mailto:ICANvt@gmail.com) or call Jessilyn at 802-363-5499.

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

**TOPS Chapter 145** meets 6:15 PM Thursdays, Eagles Club, VT Rt. 109, Jeffersonville. Weigh-in 5:15-6:00 PM.

**Healing Circle Breast Cancer Network**, support group for women with breast cancer, monthly meetings 1<sup>st</sup> Tuesdays 5:30 PM, Northwestern Medical Center, Conference Room #1. RSVP at 524-8479.

**Lamoille Home Health & Hospice:** Offering Hospice Volunteer Training. Health care professionals share their knowledge and passion for hospice. Please contact Charlene at 888-4651 or [ccamire@lhha.org](mailto:ccamire@lhha.org) for more information.

**Franklin County Prostate Cancer Support Group**, monthly, 1<sup>st</sup> Tuesdays, 5:15-7:00 PM, Northwestern Medical Center Conference Room #2, St. Albans. This support group offers men opportunities to educate themselves and each other; share and learn from each other's experiences; offer support to each other, a spouse or partner; and advocate early detection of prostate cancer. For more information, Fern Mercure, 524-0719.

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

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

**KIDS**

**Storytime in the Nestlings Nook**, Tuesdays May 13, June 10, July 8, August 12, 10:30-11:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Pre-schoolers and friends are welcome for stories about birds, then craft project, music, or nature walk (depends on topic/weather). Free with admission, donations welcome. No pre-register; information, 802-434-2167 or [museum@birdsofvermont.org](mailto:museum@birdsofvermont.org).

**Sundays for Fledglings**, "more or less alternate Sundays", May 18-October 31, 2:00-3:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Enjoy discovering birds - feathers to flying, art to zoology. Earn a Junior Birder Badge. Aimed at kids 5-9; siblings welcome. Free with admission, donations welcome. Pre-registration helpful; information, 802-434-2167 or [museum@birdsofvermont.org](mailto:museum@birdsofvermont.org).

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

Mondays: Jericho Community Center, 9:30-11:00 AM  
 Wednesdays: Richmond Free Library, 8:45-10:15 AM  
 Thursdays: Bolton's Smilie School, 9:00-11:00 AM the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of the month  
 Thursdays: Huntington Public Library, 11:00 AM-12:30 PM  
 Fridays: Underhill Central School, 9:30-11:00 AM  
**Kids' Yoga**, 3-5 years & 6 years and up. Toddler tumbling and new moms' groups. The Well, 644-6700.  
**Early Literacy Storytime**, Thursdays, 11:00 AM at Westford Public Library. Stories and activities utilizing early literacy concepts for age's birth-preschool. Drop-in; no registration needed. We welcome new families. For more info, contact Victoria at 878-5639 or [westford\\_pl@vals.state.vt.us](mailto:westford_pl@vals.state.vt.us), or visit [www.westford.lib.vt.us](http://www.westford.lib.vt.us) and click on Events @ Your Library.

**SENIORS/COMMUNITY MEALS**

**Jeri-Hill XYZ Seniors** meet at the Town Hall in Underhill Center on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month. All seniors are welcome. Dinner served at 11:30 AM. For information, Bette Workman, 899-4446, Loreen Teer, 899-1363 or Doug Keith 899-2582.

**Johnson Community Meal** - 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month, 11:30AM-12:30 PM, United Church, Johnson. Come for a hot meal and get to know your neighbors. Meal will be followed by community gathering. For information, please contact: Ellen Hill, 635-1439, [ellen.hill@jsc.edu](mailto:ellen.hill@jsc.edu).

**Westford Senior lunches** - Join Westford Seniors for lunch at the Red Brick Meeting House on the Common, monthly on the 2<sup>nd</sup> Monday. No lunch in July or August. Lunch served at 12:00 noon with a short meeting or presentation following. Call 878-7405 or 879-7382 for information or for a ride.

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

**Huntington senior meal site** - The Huntington senior meals are served monthly on the 3<sup>rd</sup> Tuesday, 12:00 noon at the Community Baptist Church, Huntington Center.

**St. Jude's Church**, Hinesburg, senior meals held on 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month with bingo games afterward. Everyone is welcome including caregivers. Dinners \$4 per person. For information call Ted Barrette, 453-3087.

**Starksboro First Baptist Church**, Starksboro senior meals, 4<sup>th</sup> Thursday of the month, 11:30 AM. Call Brenda Boutin, 802-453-6354 for more information.

**"Good Food for All" free dinners**, 2<sup>nd</sup> 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.

**SPORTS ACTIVITIES**

**Ongoing Pilate classes**, Dakini Studio, Underhill, Mondays and Thursdays, 6:00 PM. Register at 899-4191. For more information and other scheduled classes, [dakinistudio.wordpress.com](http://dakinistudio.wordpress.com).

**Qi Gong**, the ancient Chinese art of movement, classes: Saturdays 9:00-10:00 AM, 562 VT Rt. 15, Johnson; Saturdays 11:00 AM-noon, River Arts, Morrisville; and Sundays 11:15 AM-12:15 PM, Artful Cup, Jeffersonville.

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

**Zumba Fitness**, Monday evenings only, 5:30-6:30 PM, River Arts Center, Morrisville. Certified instructor Karen Machia. No registration required, drop in. 888-1261 or [www.riverartsvt.org](http://www.riverartsvt.org) for more details.

**Zumba Fitness**, Saturdays 8:30 AM, Jericho Community Center. Licensed instructor Lori Preiss. 899-0343 or [lori@greenmountainfitness.com](mailto:lori@greenmountainfitness.com).

**SUPPORT GROUPS**

**CFS, Fibromyalgia, Lyme Disease, Chemical Sensitivity and Gulf War Syndrome**, 1:00-3:00 PM, monthly, 3<sup>rd</sup> Thursdays, The Bagel Cafe, Ethan Allen Shopping Center, Burlington. For information, [www.vtcfids.org](http://www.vtcfids.org), Lainey at 802 660-4817, or 800-296-1445 ask for Rik

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

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

**Veterans Job Networking**, Wednesdays, 9:30-11:00 AM, VFW

Post, Essex Jct.; 1:00-2:30 PM, American Legion Post, St. Albans.

**Eating Disorders Parental Support Group**, monthly on the 3<sup>rd</sup> Wednesday, 7:00-9:00 PM, Covenant Community Church, VT Rt. 15, Essex Center. For parents of children with, or at risk of, anorexia or bulimia. We focus on being a resource and providing reference points for old and new ED parents. For information, Peter, 899-2554.

**TOWN GOVERNMENT & ORGANIZATIONS**

**Cambridge Area Rotary** meets on 1<sup>st</sup> Thursday of the month, rotating to local restaurants, 7:00-8:00 AM. For information, Anita Lotto, 793-0856, or Chuck Hogan, 644-8134.

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

**Jericho-Underhill Water District** meets 1<sup>st</sup> Monday of the month, United Church of Underhill, Underhill Flats, 7:00 PM. For information, 899-4076 or 899-3810.

**Jericho Historical Society**, monthly on 2<sup>nd</sup> Thursdays, 7:30 PM, Old Red Mill, Jericho.

**Jericho Underhill Park District Board** meeting, 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays, 7:00 PM, Deborah Rawson Memorial Library project room, Jericho. Residents of Jericho and Underhill always welcome. 899-2693 for information.

**Jericho Energy Task Force** meets monthly, 2<sup>nd</sup> Thursdays, 7:00-8:30 PM, Jericho Town Hall, VT Rt. 15, Jericho.

**FARMERS' MARKETS**

**Jericho Farmers' Market**, Thursdays, Mills Riverside Park, VT Rt. 15, Jericho. For information, 802-343-9778.

**THRIFT SHOPS & FOOD SHELVES**

**Essex/Jericho/Underhill Food Shelf**, 3<sup>rd</sup> Saturdays (except May 10 and June 14), 9:00 - 11:30 AM, at 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, 3<sup>rd</sup> 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 Jct., VT Rt. 15, 10:00 AM-3:00 PM Tuesdays and Wednesdays; 4:00-8:00 PM Thursdays.

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LIBRARY NEWS

**DEBORAH RAWSON LIBRARY, UNDERHILL**  
**R.J. Palacio's *Wonder* is the winner of this year's Dorothy Canfield Fisher book award** and has also been chosen as this year's Vermont Reads book. Free copies of *Wonder* will be available this summer through a grant from the VT Humanities Council and in cooperation with the JES, UID, UCS, and BRMS libraries. DRML will host programs this summer for all ages about this inspiring book about the power and importance of kindness in everyone's life.

**If you love to putter and tinker with machines**, join Thad after school on Thursday, May 15, 2:45 – 4:30 PM for some time to work on some projects. Take things apart and look inside! Use parts to build something else! Invent and create! Call 899-4962 to sign up and reserve your spot in the workshop.

**BIRD talk and walk! Thursday, May 15, 6:30 PM.** Calling all bird watchers and nature lovers! Join Evergreen Erb to learn more about our feathered friends! There will be a discussion, slideshow presentation, and a chance to hear their songs. Meet up again with Evergreen on Saturday May 17 at 7:00 AM at Mills Riverside Park for an early morning bird walk.

**CPR/AED and First Aid Class, Sunday, May 18, 1:00 PM.** Interested in becoming certified in CPR/AED and/or First Aid? CPR/AED will take place from 1:00 – 3:00 PM and will cost \$40; First Aid will be from 3:00 – 5:00 PM and will also cost \$40, with another \$10 for the text. Total cost for both classes and text: \$90. Proceeds will be donated to the Leukemia and Lymphoma Society. Rose Bergeron is a certified instructor for the American Heart Association who has been teaching CPR for 30 years and First Aid for 25 years. She currently works as a medical assistant in the outpatient Cardiology clinic at FAHC. Class size is limited; call 899-4962 to sign up.

Calling all Scrabble players! **Monday, May 19 is the next Scrabble night.** Come join your neighbors for an evening of challenging word fun and laughter!

**May Story Times!** Drop in for stories, songs, a walk, or gardening (weather permitting!) and snack. No registration required. **Wednesdays, May 21 and 28, 10:30 AM.**

**Parlez-vous francais? French Conversation Group will meet**

**Thursday, May 22, 6:30 PM.** For more information, call Henry 899-3349 or Anne 899-4265. A bientôt!

**Bookshare! Thursday, May 29, 6:30 – 7:30 PM.** Join Kristin Humberger for a discussion of *Brainstorm: The Power and Purpose of the Teenage Brain* by Daniel M. Siegel MD. Between the ages of 12-24, the brain changes in important, and oftentimes maddening, ways. According to renowned neuropsychiatrist Daniel Siegel's *New York Times* bestseller *Brainstorm*, if parents and teens can work together to form a deeper understanding of the brain science behind all the tumult, they will be able to turn conflict into connection and form a deeper understanding of one another.

**Family FUN Night with "Minute to Win it" challenges for all! Friday, May 30, 6:30 – 8:00 PM.** Bring the whole gang and wear clothes that are OK to get messy! Arrive a few minutes early to get into teams and be ready to LAUGH! Space is limited; call 899-4962 to sign up.

**May Baby Time! Saturday, May 31, 10:30 AM.** Drop in and join Thad as he leads our group with board books, lap rhymes and songs for babies 18 months and younger. This is a wonderful time for parents and child care providers to connect, chat, and share ideas. Older siblings welcome. 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.

**JERICHO CENTER LIBRARY**

**Writers' Group 7:00 Monday, May 26.** Writers of any genre are welcome to join to share their work and to have it critiqued as well as to listen to and to critique the works of others.

**Need Summer Program Teen Helpers** – looking for Summer Children's Program Teen Helpers to help facilitate/photograph programs for 2014 theme – Science "Fizz! Boom! Read!" June 20-July 30. Teen helpers, grade 5 and up, can sign up for as few or as many programs in which they are interested in helping. Please contact Donna, 899-4686, for information.

**Summer Program 2014** – This year's summer reading program is coming up fast! The library can use the following supplies this year. If you would like to donate some of them please drop them off at the library. For more information call 899-4686.

- pony beads/skeins of yarn
- glue gun/sticks/ribbon/felt
- washable/fabric markers
- paint/glitter/gems/feathers
- tissue paper/string/duct tape
- pipe cleaners/pom poms
- google eyes/buttons
- white cotton pillow cases, t-shirts, or tote bag
- any kind of magnets
- Frozen juice metal lids
- Magnifying glasses
- Appliances (old/broken) phones, blenders, coffee makers, bicycle wheels, remote control cars, wind-up toys, printers, scanners

All of these programs are free of charge. Donations are **always** welcome.

**Children's story time** Wednesdays, 10:00 AM – noon. Thematic readings read by Elizabeth, music with Derek, and a snack. May 21 – Churnin' Butter on the Farm. May 28 – The Chicken or the Egg? – LIVE Chicken! June 4 – I Spy Science. June 11- Geeky Dads

**Arduino Grant** from the Vermont Department of Libraries. Arduino? Is that a new Italian coffee? Italian, yes! Coffee, no. Vermont DOL announced that 14 VT libraries were awarded Arduino software for summer programs at the elementary and middle school levels. Jericho Library and DRML have developed a series of programs to help students use this innovative and unique software created by teachers and students at the Interaction Design Institute, Ivrea, in Ivrea, Italy. Introduced in 2005, it is an open-source electronics prototyping platform based on flexible, easy-to-use hardware and software. Arduino was designed to give students an inexpensive and easy way to program interactive objects. Program participants will learn and create origami objects. More information will be forthcoming, so keep your eyes on Front Porch Forum, school handouts, and the *Mountain Gazette*; or call the library, 899-4686, and talk to Donna. You can also call Thad at DRML, 899-4962. Information will also be posted at each library's web site.

E-readers are now available for loan at the library for our patrons who choose to read their books electronically.

The Board of Trustees meets regularly the first Tuesday of the month, 7:15 PM at the library. The next meeting is June 3, 7:15 PM.

**The Jericho Town Library**, on the Green in Jericho Center. Hours: Monday: 2:00-7:00 PM, Wednesday 10:00 AM-noon (includes children's story time); 2:00-7:00 PM; Friday 1:00-5:00 PM; Saturday 10:00AM-noon. For more information call 899-4686 or email us at [Jerichotownlibrary@gmail.com](mailto:Jerichotownlibrary@gmail.com).

**FAIRFAX COMMUNITY LIBRARY**

Events are free unless otherwise noted. Please pre-register. Call or email [libraryprograms@fwsu.org](mailto:libraryprograms@fwsu.org)

**PJ Story Hour**, Thursday, May 1, 6:30-7:30 PM. First Thursdays of each month will be the regular time slot for this program.

**Needle Felt an Owl or Penguin**, Saturday, May 3, 10:00 AM-12:00 noon. With Annette of *Make Life Cozy*. Free. Must pre-register. Ages 10+, under 14 must be accompanied by an adult. Fun and easy!

**Preschool Story Hour: Mothers**, Tuesday, May 6, 9:30-10:30 AM. Themed stories, songs, and activities for ages 0-6.

**After School Maker Series**, Tuesday, May 7, 3:00-4:00 PM. Triangular Origami Box. Learn to fold a triangular origami box and lid. Ages 10+. Free. Pre-register.

**Frozen in Time book discussion**, Thursday, May 8, 6:30-8:00 PM. Join us in a discussion of this exciting and true survivor/rescue story. Books available for loan at the library, or as an audio book from *Listen Up Vermont*.

**Fiber Arts Group**, Saturday, May 10, 10:00 AM-12:00 noon. Bring your knitting, crochet, or other fiber arts project and maybe a favorite book to share if you like. All welcome.

**Preschool Story Hour: Cows**, Tuesday, May 13, 9:30-10:30 AM.

**Linda Radtke Presents Civil War Songbook**, Tuesday, May 13, 6:30-8:00 PM. Linda wears period clothing and is accompanied by a pianist to take you back in time. A VT Humanities Council Event. Free.

**R.E.A.D. to a Dog**, Wednesday, May 14, 3:15-4:15 PM. Kids 5-10 can read a book of their choice to a fuzzy, friendly dog. To sign-up for a 15-minute time slot, call or stop by.

**Card Making with Karen McNall**, Saturday, May 15, 5:00-8:00 PM. Make some one-of-a-kind cards to send to family and friends. Nominal fee for materials, payable to instructor. Stay for all 3 hours and have a marathon session, or stay for just a little while – it's up to you! Ages 10 and up, under age 15 must be accompanied by an adult.

**Preschool Story Hour: Baby Animals and Music with Alana**, Tuesday, May 20, 9:30-10:30 AM.

**Crafternoon - Bubble Painting**, Wednesday, May 21, 3:00-4:00 PM. Join local artist Nicole Vance for this fun activity! Ages 6+. Pre-register at the library. Limit of 15 participants.

**Intro to Digital Resources at the Library**, Thursday, May 22, 6:30-8:00 PM. Join Debbie and Annette as we guide you through the wide array of digital materials available with your library card, including how to download audio and e-books.

**Monday, May 26: Memorial Day: LIBRARY CLOSED!**

**Preschool Story Hour**, Tuesday, May 27, 9:30-10:30 AM. Parades!

**R.E.A.D. to a Dog**, Wednesday, May 28, 3:15-4:15 PM. Kids ages 5-10 can read a book of their choice to a fuzzy, friendly dog. To sign-up for a 15-minute time slot, call or stop by.

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

**RICHMOND LIBRARY**

Any questions? Comments? Just give us a call or email: 434-3036, [rfl@gmavt.net](mailto:rfl@gmavt.net). If you'd like to get our news via email, please let us know.

**VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE**  
 Preschool Story Hour Thursdays at 10:00 AM. The Varnum Memorial Library. Crafts and stories with our wonderful readers. Free and the public is invited. 644-2117

Hours: Mondays and Tuesdays 12:00-7:00 PM, Wednesdays 3:00-7:00 PM, Thursdays 9:00 AM-7:00 PM, and Fridays 2:00-5:00 PM, Saturdays 10:00 AM-3:00 PM.

**WESTFORD PUBLIC LIBRARY, WESTFORD**

Library Hours: Wednesday 1:00-7:00 PM, Thursday 10:00 AM-6:00 PM, Friday 1:00-7:00 PM, Saturday 10:00 AM-2:00 PM; website: [www.westfordpubliclibrary.org](http://www.westfordpubliclibrary.org); Email: [westfordpubliclibrary@gmail.com](mailto:westfordpubliclibrary@gmail.com). Like us on Facebook. 878-5639, Bree Drapa, Librarian.

LETTER TO THE EDITOR

Thanking foster parents

**To the Editor,**  
 May is National Foster Care Month and we at the Department for Children and Families, Family Services Division, would like to take this opportunity to thank foster and kinship parents in our community for their hard work and dedication to families across our region. The Family Services Division is committed to keeping children connected to their families, communities, and schools. Foster and kinship families help us keep this commitment by opening their homes and their hearts to children in need. They provide safe and nurturing temporary homes for children, support parents as they work towards reunifying with their children, and truly make a difference in their lives. Their commitment leaves an indelible mark on families for generations and we are extremely grateful for their dedication. Because of them, we are able to live up to our mission to "keep local kids local." Being able to stay in their own schools – with their friends, teachers, afterschool activities, and familiar surroundings – can make a huge difference in the lives of children and youth in foster care.

We hope you will take a minute to thank the foster and kinship parents you know for the important work they do!

For more information about becoming a foster parent, please contact Cathy Frost or Shannon York at 863-8370 or visit us on the web at [www.fostercare.vt.gov](http://www.fostercare.vt.gov).

On behalf of our staff and the children and families we serve, thank you for all you do to keep children safe, support families, and keep families connected!

**Shannon York, Resource Coordinator  
 Department for Children  
 and Families Family Services**

**N. Underhill Cemetery Association annual meeting report**

Members and Friends of the North Underhill Cemetery Association met on Saturday, May 3 for its annual meeting, which was very productive and elected a new association president, Kayla James. Kayla is the daughter of Rick and Gail James of Bristol, VT and she is the grand daughter of the late Ruth Morse Taylor who was the association's president for many years. Kayla is a post-graduate student at St. Michael's College in Colchester and is studying to be a teacher. Please feel free to contact Kayla and welcome her aboard as our president, [kmjames89@gmail.com](mailto:kmjames89@gmail.com).

In other good news, an Underhill-Jericho Boy Scout, Justin Isabelle, is working on an Eagle project at the North Underhill Cemetery. He is organizing his fellow scouts and parents to replace veteran flag markers, replace broken fence parts, cut brush, straighten monuments, and clean monuments. This will be happening on Memorial Day weekend.

*Randy Clark, Sexton/Treasurer, NUCA*

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**Thurs June 5 6:00 pm**  
**Health Care and Your Retirement**  
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ART / MUSIC / THEATER

ART/PHOTOGRAPHY

**Jericho-Underhill Open Studio Tour**, 10:00 AM – 5:00 PM, Saturday-Sunday, May 24-25. Tour Headquarters: Emile A. Gruppe Gallery, 22 Barber Farm Rd, Jericho, 802-899-3211, [www.emilegruppegallery.com](http://www.emilegruppegallery.com). Tour map and show includes sample work from 20 tour artists opening their studios to visitors for sales and demonstrations.

**Emile A Gruppe Gallery**, 22 Barber Farm Rd., Jericho. Current Exhibit: *Landscape Perspectives*, Fiona Cooper Fenwick, Jane Neroni, Julie Davis. Through Sunday, June 1: Harald Aksdal's "Landscapes as Meditations." Sunday, May 4: Jericho author Maeve Kim will read from her third - and first published - novel *There's Nothing 86 Tonight*, 3:00-4:00 PM. A local teacher, birder, naturalist, and musician, Maeve began writing at age 11. The book is a love story about three people who have been isolated by circumstance and trauma. Gallery hours: Thursday-Sunday, 10:00 AM-3:00 PM or by appointment. Information, [www.emilegruppegallery.com](http://www.emilegruppegallery.com) or 899-3211.

**Dianne Shullenberger Gallery**, Jericho-Underhill Open Studio Tour, 10:00 AM – 5:00 PM, Saturday-Sunday, May 24-25, 228 Nashville Rd., Jericho, 802-899-4993. *Circular Earth*, a 10-piece series of collages made with all natural objects.

**In the Studio with Mary Bryan**, Friday, May 2-Sunday, September 7, Bryan Memorial Gallery, 180 Main St., Jeffersonville. Bryan Memorial Gallery celebrates the 30<sup>th</sup> anniversary of its founding with an exhibition of paintings by Mary Bryan, in whose memory the gallery was built. The exhibition of 100 paintings includes watercolors, oils, collages, and egg tempera paintings, painted over 30 years in Vermont, Massachusetts, Alaska, the Southwest, England, and the Caribbean. Opening reception Sunday, May 6, 2:00-4:00 PM. Artists Roundtable, discussing the work and world of Mary Bryan, will precede the reception at 1:00 PM. A preview of the exhibit can be seen at [www.bryangallery.org](http://www.bryangallery.org). For information, 802-644-5100. Gallery hours: May 3-July 1, Thursday-Sunday, 11:00 AM-4:00 PM; July 2- September 7, daily 11:00 AM-5:00 PM.

**4th Annual Jericho Plein Air Festival**, to celebrate, nurture, and enhance the visibility of our art community. Call to Artists: Saturday, July 19, festival headquarters: the Emile A. Gruppe Gallery, 22 Barber Farm Rd, Jericho Center, VT. Painting sites to be announced. Registration: \$20. The work created on Saturday will be exhibited at the Emile A. Gruppe Gallery from July 20-August 10, 2014, with an opening reception on Sunday, July 20 from 2:00-4:00 PM. For information and registration materials contact Barbara Greene at [blgreene@myfairpoint.net](mailto:blgreene@myfairpoint.net) or (802) 899-2974.

Dr. David Garbutt retires



After 45 years of practice, optometrist Dr. David Garbutt is retiring and transferring his practice to Dr. Francis (Frank) Pinard of Newport Optical. Dr. Pinard will begin seeing patients in Morrisville in early May. The Morrisville office will be a full-time second location for Dr. Pinard and his associates. Ophthalmologist Dr. Mark Iverson, who shared office space with Dr. Garbutt, will continue to see patients in the Morrisville office. Dr. Pinard is a 1984 graduate of Saint Michael's College and received his doctorate training at Southern College of Optometry in Memphis, TN. He has practiced in Newport for over 25 years and is the current president of the VT Optometric Association.

PHOTO CONTRIBUTED

**Senior Art Show**, Wednesdays through Tuesday, May 20, 10:00 AM-3:30 PM, Senior Center of Essex Junction, 2 Lincoln Place, at the Five Corners. For information, 878-6944.

**PleinAir Outdoor Art Day** in Milton, Saturday, May 17, 7:00 AM-1:00 PM for creating at designated sites, register at Milton Grange, US Rt. 7, Milton; artists' reception 1:00-2:00 PM at the Grange. All ages, skills, mediums welcome; basic art supplies available for purchase. Preregister with Pilar Paulson, [cherrystreetstudio@yahoo.com](mailto:cherrystreetstudio@yahoo.com) or 831-224-5152. For information, [www.miltonartistsguild.org](http://www.miltonartistsguild.org).

**Sara Bridgman Opening Reception**, Friday, May 9, 5:30 PM, Amy E. Tarrant Gallery, Flynn Center, Burlington.

**The Governor's Gallery**, Pavilion Office Building, 5<sup>th</sup> floor, 109 State St., Montpelier. RE-ENVISIONED, Fabric Collage & Colored Pencil by Dianne Shullenberger. Through Friday, June 27, Monday-Friday, 8:00 AM-4:30 PM.

MUSIC

**Scriabin: Russian Visionary**, Friday, May 16, 7:30 PM, Cathedral Church of St. Paul, 2 Cherry St., Burlington. Moscow-born pianist Dmitry Rachmanov performs an all-Scriabin program, reflecting the composer's 30-year stylistic development. Featured are four sonatas: the early *Fantasy Sonata #2*, *Sonata #4*, the late *Black Mass #9*, and the groundbreaking middle-period *Sonata #5* as well as a variety of preludes and études between the sonatas. Part of a concert tour marking the 100<sup>th</sup> anniversary of the composer's death. Reduced admission for students and seniors; age 15 and under free. For information, Martin Poppe, 802-864-0471.

**Celebration of Youth Concert**, Saturday, May 17, Colchester. Presented by the Burlington Chamber Orchestra, led by Conductor Yutaka Kono, UVM's Director of Orchestra, in a performance of works by Schubert, Frederick Delius, and Mozart, as well as a commissioned piece by student composer Adele Woodmansee. For information, [www.flynnntix.org](http://www.flynnntix.org).

**Piano Master Class** Saturday, May 17, 9:15 AM-noon, Cathedral Church of St. Paul, 2 Cherry St., Burlington. With Dmitry Rachmanov, Professor of Piano at California State University, Northridge, where he serves as Chair of Keyboard Studies. Rachmanov has also served on the summer faculty at the Adamant Music School since 1993. Sponsored by Cathedral Arts and Greenfield Piano Associates. Free and open to the public. Sponsored by the Flynn Center for the Performing Arts - for more information including cost, contact the Flynn box office, 802-863-5966, or go online to [www.flynnntix.org](http://www.flynnntix.org).

**Flynn Show Choirs**, Monday-Tuesday, May 19-20, 6:00 and 8:00 PM; FlynnSpace, Flynn Center, Burlington.

News at WVPD's Old Mill Park in Jericho

The spring flooding was not kind to the newly repaired culvert at the entrance of Old Mill Park off VT Rt. 15 (behind The Old Red Mill). The Winooski Valley Park District (WVPD) is working with their insurance provider to get this repaired. Please use caution when entering the park.

The WVPD has been working with students from Mount Mansfield Union High School on various projects in the classroom and in the field at Old Mill Park. Students from Sandy Alexander's Conservation Biology class took part in two important service learning projects. Students began by removing invasive Japanese Knotweed and Honeysuckle from the riverbank of the Browns River. Next, students wire-wrapped trees to protect them from beaver. Students loosened wire on existing trees and added some new wire to trees alongside the Clay Brook wetland. Later in May students will be working with the WVPD crew to make repairs to the trail along the river and to fix other spots in the trail system that were eroded by recent heavy rains.

If you are interested in volunteering to remove invasives or helping with trail repairs, please contact Tim Larned at [timlarned@wvpd.org](mailto:timlarned@wvpd.org), or "like" the Winooski Valley Park District on Facebook to see what is happening at a park near you!

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**Jazz Piano Cabaret**, Friday, May 30, 7:00 PM, Shelburne United Methodist Church, Shelburne. Dr. Joe Utterback will perform in the church Fellowship Hall. Doors open at 6:30 PM. Free admission and refreshments. For information, 802-985-3981.

**Concert for Families and Kids of all ages**, Sunday, June 1, 1:30 PM, Elley-Long Music Center, St. Michael's College, Colchester. The Burlington Civic Symphony presents music by Rossini, Smetana, Prokofiev. The mayor of Burlington will narrate *Peter and the Wolf*. Conductor Daniel Bruce. For information including cost, contact the Flynn box office, 802-863-5966, or go online to [www.flynnntix.org](http://www.flynnntix.org).

**Piano & Choral Music Concert**, Sunday, June 1, 3:00 PM, Shelburne United Methodist Church, Shelburne. Dr. Joe Utterback's solo improvisations and singing anthem compositions with the Shelburne United Methodist Church Choir in the church Sanctuary - featuring *Newtown Requiem*. Doors open at 2:30 PM. For information including cost, 802-985-3981.

**Westford Summer Concert Series**, on the Common in Westford, 7:00 – 8:00 PM (except 8/17 starts at 6:00 PM). Bring a blanket or lawn chair. Rain location: Red Brick Meeting House. Co-sponsored by the Westford Library, Westford Recreation Dept., and the Westford Parenting/Education Committee. June 29: The Aerolites, rock, folk, Americana, and funk; July 13: Starline Rhythm Boys, country and juke joint sounds from the Tennessee hills and Texas honkytonks of the '40s and '50s; July 26: Mud Season, Westford rooted acoustic renditions of old and new folk, Americana, and contemporary; August 17: Bill Staines, folk music singer/songwriter.

THEATER/FILM

Sponsored by the Flynn Center for the Performing Arts - for more information including cost, contact the Flynn box office, 802-863-5966, or go online to [www.flynnntix.org](http://www.flynnntix.org): **Stand Up, Sit Down, and Laugh**, Tuesday, May 13, 7:30 PM, FlynnSpace, Flynn Center, Burlington. **Bread & Puppet Theater: Birdcatcher in Hell**, Friday, May 16, 8:00 PM, MainStage, Flynn Center, Burlington. **Adele Myers and Dancers: Theater in the Head**, Friday-Saturday, May 16-17, 8:00 PM, FlynnSpace, Flynn Center, Burlington. **National Theatre Live: The Curious Incident of the Dog in the Night-Time**, Saturday, May 22, 2:00 and 7:00 PM; Palace 9 Cinemas, S. Burlington.

COLLEGE NOTES

**Rebecca Dolan** of Underhill, VT was one of more than 200 Potsdam students who completed one or more internship placements at companies, non-profits, or campus departments in the Spring 2014 semester. Dolan interned with Community Performance Series.

**Robert Mathieu** of Underhill, VT was awarded a Bachelor of Science Business Administration in Finance, Cum Laude, at Coastal Carolina University's Spring 2014 commencement ceremony.

**RUMMAGE SALE & FOOD DRIVE**  
SATURDAY, MAY 24  
9:00 AM - 4:00 PM  
at the ROBINSON ELEMENTARY SCHOOL STARKSBORO

Life's Helpers is having a rummage sale and food drive. We are accepting donations for the rummage sale now. The sale will benefit the Starksboro Fire Dept. and Food Shelf. On the day of the event please bring a non-perishable food item(s) for the food shelf. For more information please contact: Penny 434-6053 or Phyllis 434-2559.



Richmond Rescue Subscription Plan

Richmond Rescue is offering a \$55 annual subscription plan for all members of your household. The plan year runs from July 1, 2014 to June 30, 2015. The plan waives any co-pay, deductible or over limit charges which you would otherwise have to pay. As a subscriber your insurance company will be billed and we will accept that amount as payment in full. If you do not have health insurance, the plan would waive all charges ordinarily billed to you by Richmond Rescue.



When you become a subscriber you not only support Richmond Rescue, you ensure coverage for you and your family.

HOW TO BECOME A SUBSCRIBER:

Mail back our subscription mailing that goes out on June 2nd  
Pay online by Paypal: [www.richmondrescue.org](http://www.richmondrescue.org)  
By mail: Send a check for \$55 to PO BOX 404 Richmond, VT 05477

QUESTIONS OR INQUIRIES:

Email: [director@richmondrescue.org](mailto:director@richmondrescue.org)

Phone: 802-434-2349 (M-F, 9-5)

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**GMBC spring bike rides**

All riders with the Green Mountain Bicycle Club must wear helmets and obey the rules of the road! Please do not ride two abreast if there is traffic in either direction. For mornings with questionable weather, please call the ride leader to make sure the ride is still taking place. Ride leaders are obligated to go to the starting point and provide maps, but may choose not to ride if the weather is miserable. Riders below the age of 18 must be accompanied by a parent.

**Vergennes Voyager** - Sunday, May 18. Ride: 26-mile rolling (E) or 39-mile flat to rolling (E/M) rural ride running along Otter Creek to Middlebury for a bakery stop. The longer ride rolls out by Kingsland Bay State Park before heading south to Middlebury. There may be a short unpaved section, but no big hills. Meet 9:45 AM at Vergennes High School, east parking lot. Leaders: John Bertelsen, 864-0101, [jo.bertel@gmail.com](mailto:jo.bertel@gmail.com); Karla Ferrelli, 864-0101, [karla.ferrelli@gmail.com](mailto:karla.ferrelli@gmail.com).

**St. Albans Explorer** - Saturday, May 24. Ride: Light, rolling hills with beautiful views by the lake. The 35 (E/M) mile route goes to St. Albans Bay Park and returns, while the 50 (M) mile route continues on to Swanton and back. A "social ride" will go at a more leisurely pace. Meet 9:45 AM at Georgia Park and Ride. For those coming from the Burlington area, we suggest carpooling at the Colchester Park and Ride at Exit 17 off I-89, or perhaps meeting at UVM or Dorset Park in South Burlington. Leaders: Matt Kuivinen, 881-9045, [mattkui@earthlink.net](mailto:mattkui@earthlink.net); Sal DeFrancesco, 363-0963, [salnesp1@gmail.com](mailto:salnesp1@gmail.com). Social ride leader: Donna Leban, 865-2839, [lightspd@comcast.net](mailto:lightspd@comcast.net).

**Grand Isles Flats** - Sunday, June 1. Ride: One of the flattest rides of the season, 28 miles (E/M) that circle Grand Isle and includes some dirt, with a more casual pace than the long ride. The 58 mile (M) ride can visit St. Anne's Shrine (restrooms / picnic tables; no food) and a fossil bed. Meet 9:15 AM, Folsom School, South St., S. Hero. Leaders Amy Otten, 878-4070 or [amyotten@netscape.com](mailto:amyotten@netscape.com); Ralph Kilmoyer, 878-4070 or [ralphkilmoyer@comcast.net](mailto:ralphkilmoyer@comcast.net).

**Bound for Bristol** - Sunday, June 8. Ride: 35 miles (M) on low traffic roads from Hinesburg to Bristol; stop at bakery. Most hills are in the beginning. Long ride adds 15 miles (M) through Bristol with some small hills. Meet: 9:15 AM, Clifford Lumber, across from Hinesburg General Store, VT Rt. 116 (up to 10 cars may park at store). Leaders Sal DeFrancesco, 363-0963 or [salnesp1@gmail.com](mailto:salnesp1@gmail.com); Warren Coolidge, 735-1836 or [wcinvt@gmail.com](mailto:wcinvt@gmail.com).

**Hinseburg Hollow**, Sunday, June 15. Ride: South through Huntington to Hinesburg Hollow. Short ride 25 miles (M) returns to Williston via North road. Long ride 47 miles (M/S) continues through N. Ferrisburg to the lake, then back through Hinesburg. Meet 9:15 AM, Williston Central School by tennis courts. Leaders Dorothy Pumo, 829-8729 or [dpmo5@gmail.com](mailto:dpmo5@gmail.com); Chet Huang, 503-1080 or [chet.huang.vt@gmail.com](mailto:chet.huang.vt@gmail.com).

**Cabot Sampler**, Sunday, June 22. Ride: 45 (M/S) and 55 (S) mile options, Cabot through Greensboro and Craftsbury. Both versions of the long ride stop at Willy's Store in Greensboro, with views of Caspian Lake. Two longer rides track the shore of Lake Eligo, a fairly hilly ride with much scenery and low traffic. 28 mile social ride with easier pace will start in Hardwick and do the same loop clockwise, avoiding traffic on VT Rt. 15. Meet 9:15 AM, for long ride at Cabot Town Green, .5 mile beyond the Creamery; for social ride at Grand Union Family Market behind bank on VT Rt. 15, on west side of Hardwick. Leaders Pat Stabler, 225-8951 or [everstab@verizon.net](mailto:everstab@verizon.net); Glen Brooks, 373-1583 or [gfbrooksvt@gmail.com](mailto:gfbrooksvt@gmail.com); social ride leader Donna Leban, 865-2839, [lightspd@comcast.net](mailto:lightspd@comcast.net).

**CHMS boasts four environmental awards and successful PROSPER program**

By Mark Carbone  
Principal, Camels Hump Middle School

I am pleased to share that CHMS has won four prestigious environmental awards this school year: Energy Star, Vermont Green Ribbon, Vermont Governor's Award for Environmental Excellence, and National Green Ribbon.

Camel's Hump Middle School was Energy Star-recognized as being one of the top 25% of schools in the country in terms of energy efficiency. Congressman Peter Welch and EPA Representative Michael Kenyon were part of an awards ceremony presenting Energy Star flags to each of the 11 schools that "met or exceeded rigorous standards for healthy ventilation, thermal comfort, and lighting quality." This event marked the launch of Project Green School, a statewide collaborative designed to help Vermont's K-12 schools move to a more sustainable energy future. One of three Vermont Green Ribbon Schools for 2014, CHMS was chosen for being exemplary in reducing environmental impact and costs, improving the health and wellness of students and staff, and providing effective environmental and sustainability education. The Vermont Governor's Award for Environmental Excellence recognizes the actions taken to conserve and protect natural resources, prevent pollution, and promote environmental sustainability, which in turn contribute significantly to protecting the environment, conserving energy, and reducing the production of greenhouse gases. CHMS was one of 48 schools nationwide to be honored with the US Department of Education Green Ribbon School Award. The award honors schools for "demonstrating ways to simultaneously cut costs, improve health, and engage students with hands-on learning that prepares them with the thinking skills necessary to be successful in college and careers."

We have had a very successful pilot initiative this spring. CHMS, in partnership with UVM Extension and PROSPER Partnerships, offered the APEX program to provide hands-on learning opportunities through evidence-based programs. Participants experienced a weekly seven-session program which included family dinner, games and activities, and childcare for younger siblings. For a portion of the time, parents attended workshops on topics such as setting limits and computer/Internet safety, while the student group learned about saying no, advocacy, and problem solving. Participating families enjoyed quality time together; parents gained more confidence in their parenting and communication skills; and students had fun and learned tips for surviving and thriving in middle school.

Since the pilot program was such a success, we would like to continue to offer this program to more CHMS families. To help support this program, and enjoy a fun night out at the ballpark watching the Vermont Lake Monsters game, discounted tickets are available for \$6 to the game on Wednesday, June 18 at 7:05 PM at Centennial Field in Burlington. A portion of the proceeds will go toward the CHMS/PROSPER program. If you have questions about tickets or game night, phone 802-655-6611.

**Thank You for Your Sacrifice**



Thank you for honoring Maj. Thomas E. Kennedy 35, of West Point, N.Y.; assigned to Headquarters and Headquarters Company, 4th Brigade Combat Team, 4th Infantry Division, Fort Carson, Colo.; died Aug. 8 2012 in Sarkowi, Afghanistan, of wounds caused by a suicide bomb attack. Cousin of Patrick, Maria, Molly, Anna and Patrick Burke of Jericho, VT

**27th Annual Golf Scramble July 12**

Enjoy 18 holes of play followed by a barbeque luncheon while supporting your community hospital - register for Copley Hospital's annual Scramble Tournament. Early Bird Registration for the Hospital's 27th Copley Golf Scramble is nearing deadline. Your early bird registration includes morning refreshments, 18 holes of scramble format golf, barbecue luncheon, awards ceremony, and a tax deductible donation to Copley.

This year's outing will be held Saturday, July 12 at the Copley Country Club in Morrisville. The Scramble is a key fundraiser for the hospital, raising more than \$15,000 for Copley last year. Proceeds from this year's event will benefit Copley's Charitable Care Program, a program that last year provided nearly \$1 million in charity care. Copley thanks presenting sponsor Stewart Construction, Inc. of Essex Junction along with Hackett Valine & MacDonald, MetLife Resources, and Union Bank for their assistance with the Scramble. Online registration is available at [copleyvt.org/givingtocopley](http://copleyvt.org/givingtocopley).

The 18 hole tournament is for golfers of all levels and experience. Manosh explains that the scramble format ensures that every team has an even chance at winning. Hospital volunteer Polly Manosh is assisting with event details.

In addition to prizes for the lowest overall team score, prizes will be awarded for the first hole-in-one on the 14th hole and all par 3s, courtesy of McMahon's Chevrolet. Specialty prizes awarded to the longest drive and nearest to the pin are courtesy of area businesses.

Player fees go up after the early bird special, which ends May 31. Sponsorship packages include one or more players. To register for the Copley Scramble and for more information, contact Jill Baker, 888-8302 or [jbaker@chsi.org](mailto:jbaker@chsi.org). It's FORE a good cause!



**May 2014 Community Senior Meals**  
For more information call CVAA at 865-0360

Monday	Tuesday	Wednesday	Thursday	Friday
<p>12 <b>Covenant Church</b> Essex Ctr. 12:00 noon Salisbury Steak, Broccoli &amp; Cheese Potatoes, Mashed Turnips, Wheat Roll, Peaches</p>	<p>13 <b>Pizza Hut</b> Susie Wilson Road, Essex Jct. 10:00 a.m. check-in 11:00 a.m. lunch "All you can eat Pizza Buffet"</p>	<p>14 <b>JP's Diner &amp; Deli</b> River Road, Essex Jct. 10:30 a.m. check-in 11:00 a.m. lunch Meatloaf</p>	<p>15 <b>Ray's Seafood</b> Essex Jct. 10:30 a.m. check-in 11:00 lunch</p>	<p>16 <b>United Church</b> Hinesburg 12:00 noon Spaghetti &amp; Meatballs, Italian Vegetables, Whole Wheat Roll, Chocolate Chip Cookie</p>
<p>19 <b>Covenant Church</b> Essex Ctr. 12:00 noon Spinach Pie, Parslied Potatoes, Wax Beans, Wheat Bread, Tapioca Pudding</p> <p><b>Papa Nicks</b> 3:00 p.m. Meatloaf</p>	<p>20 <b>Elk's</b> North Ave., Burl. Check-in 10:00 Lunch 11:00 Chicken and Biscuits</p>	<p>21 <b>Athen's Diner</b> Colchester Check-in 10:30 Lunch 11:00 Roast Pork</p>	<p>22 <b>Holiday Inn</b> So. Burlington 11:00 a.m. check-in 11:30 a.m. lunch Turkey Dinner</p>	<p>23 <b>United Church</b> Hinesburg 12:00 noon Beef Stew, Fresh Broccoli Cheese Bake, Biscuit, Brownie</p>
<p>26 <b>Memorial Day Holiday - No Meals</b></p>	<p>27 <b>Pizza Putt</b> So. Burlington 10:30 a.m. check-in 11:00 lunch Spaghetti</p>	<p>28 <b>IHOP LUNCH</b> University Mall So. Burlington Check-in 10:30 Lunch 11:00 Pot Roast Dinner</p>	<p>29 <b>Dutch Mill</b> Shelb. Road, Shelb. 10:30 a.m. check in 11:00 a.m. lunch Baked Stuffed Chicken Breast</p>	<p>30 <b>United Church</b> Hinesburg 12:00 noon Four Cheese Spinach Lasagna, Tossed Salad, Italian Bread, Grapes</p>

# A Moment in Time - Conversation with a WWII VET

## World War II Veteran William Durbrow

By Brenda Boutin  
Mountain Gazette Staff

It takes all kinds to make a village, and *kind* is a word that fits World War II veteran William Durbrow. “Emily do you need a chair,” he asks as we settle in for the interview. She had a quadruple bypass, he explains. She laughs heartily. “I’m fine,” she counters. The tenderness, love, compassion, and concern for each other are evident. Bill and Emily met in seventh grade in Caldwell, NJ.

William is one of three children born to Lloyd and Helen Durbrow. Bill was born in 1923 on Spy Hill in Becon, NY. Lloyd passed away just recently at age 88, and his sister Betsy is 91. Bill is 90 and Emily is 91.

Bill’s father died at an early age and in 1938 Bill attended military school at McDonogh, in Owen Mills, MD. “I had a great time there,” he said. Bill was an avid sports participant, playing baseball, football, and polo. “I have an artificial knee,” he says. Someone hit him while they were in a polo match. Bill remembers well the horse he rode – May West was her name. Bill graduated in 1942.

In 1942 William entered World War II, right out of high school. He completed eight weeks of basic Marine training at Parris Island, SC. “I stayed on as a drill instructor for about a month,” he remarked.

In 1943, he joined others headed for the Pacific Theater to fight the Japanese. The troops were assigned to the 4<sup>th</sup> Marine Division located at Camp Pendleton, CA. Bill and about a thousand other volunteers from Camp Lejeune, NC and Parris Island loaded onto a train and headed cross country. “I remember pulling into Salt Lake City and there was the Salvation Army handing out coffee,” he said. “I’ve never forgotten that kindness.”

The 4<sup>th</sup> Marines left San Diego, CA in 1944 and headed to Pearl Harbor, HI. “We were on Maui, on the highest mountain. There was a tent camp for 20,000 men.” He remembered stopping for a moment to gather his thoughts.

The division first deployed to the Marshall Islands, on Roy and Anor in the South Pacific, then the Mariana Islands of Guam, Saipan, and Tinian. They were in the Marianas for over a month.

“I was in motor transport,” Bill said, when got called to headquarters to become the driver for Major General Harry Schmidt.

Bill drove the general but also took messages to the front. “It was my job to run messages to the front,” he said. “I went on foot a lot.” Travel was too difficult to venture forward in a jeep.

Durbrow’s unit participated throughout the Pacific campaign, from Iwo Jima to the occupation of Japan. They landed on Kyushu and Shikoku. “We landed and there was not a soul in sight,” Bill remembered. Then after a few days, kids came down from the mountains asking for cigarettes. Slowly the old timers came out of the hills as well.

“There was an awful lot of traveling,” Bill said. He remembers traveling on flat bottom landing boats, cargo and troop ships, all escorted by the Navy. Bill sustained a shrapnel wound to one leg. His tour of duty ended in late 1945.

Bill’s mother kept a scrapbook for him. Among the articles was one that read: *General’s chauffeur decorated for courage and zeal while serving as a Marine chauffer for Marine Major General Harry Schmidt during three important campaigns against the Japanese. Platoon Sergeant William Durbrow, of 10 East Chase Street, has been awarded the Bronze Star. Sergeant Durbrow’s duties required him to move frequently in areas under enemy fire to deliver messages and to drive the commanding general and visiting officials on inspection trips of forward areas, the citation said.*

Bill married his grade school sweetheart Emily Smith. “We were standing on the corner in Mont Claire, NJ,” Emily says. “I said we better get a license.”

After the service Bill applied to the University of Massachusetts under the G.I. Bill, and was accepted. But life had another spot for Bill and his family. “I saw a farm in Vermont advertised,” Bill said. “Mrs. Snow’s farm in Underhill Center was for sale and I bought it.”

“I scratched college,” he says with a grin and never regretted it. The Durbrows reactivated the Underhill Ski Bowl formerly run by Lawrence Egan and used the property for Camp Mansfield a school for boys. “My mother had taught remedial classes,” Bill said. He went on to explain that was classes for kids with dyslexia. Later the Camp admitted girls as well. They ran the school until 1964.

“I remember Micky Cochran skiing at the bowl,” Bill said. “Micky was an engineer by trade and I think he went home and built his own tow-rope.” They closed the Bowl in 1984 because the insurance had skyrocketed. Bill and Emily skied into their eighties.

They farmed on the land purchased from Snow. The kids showed Brown Swiss cows at the fair. They milked thirty-five to forty head of cattle. Farming became less profitable and the cows were sold at auction. Hereford cattle were introduced to the land but after a while Durbrow donated the forty-five head to Vermont Technical School in Randolph for the beef program they had started.

In 1951 Bill and Emily’s family included four children: William, James, Susan, and Tom. The farm’s income wasn’t enough to support the family and so Bill went to work for Prudential Insurance. He stayed there until 1967 and then joined the team at Aetna, where he worked until he retired in the early eighties.

Today Bill and Emily enjoy the view of Mount Mansfield from their home in Underhill Center. When asked about what recommendation he would give to young folks today, Bill said, “I recommend that they get a good education and don’t be afraid of work.”

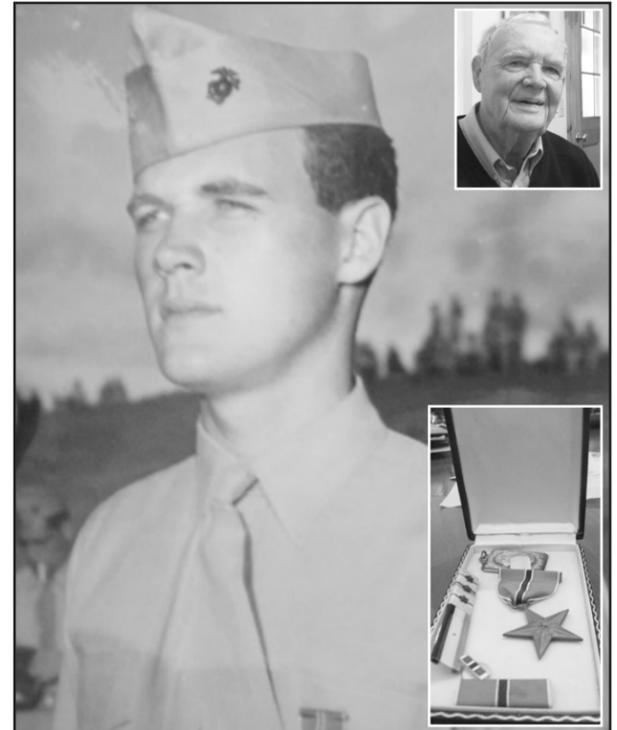
There is so much more to Bill’s story and you can see it all by accessing it through MMCTV channel 15, or by going to [www.vimeo.com/mmctv](http://www.vimeo.com/mmctv).

*This is the second article in the series A Moment in Time: Conversations with Senior Citizens presented to the communities of Underhill, Jericho, and Richmond by The Mountain Gazette and MMCTV. The second part in this series will appear in May and will feature Orelyn Emerson of Jericho, VT.*



Bill still has his dog tags. He proudly explains what each line means. During WWII the standard issue ‘Dog Tags’ used by USMC were round/oval, with information that told a lot about the wearer. The first line contained the surname; the second, the first name and initials; other lines contained the wearer’s blood type, vaccination date, and religious persuasion.

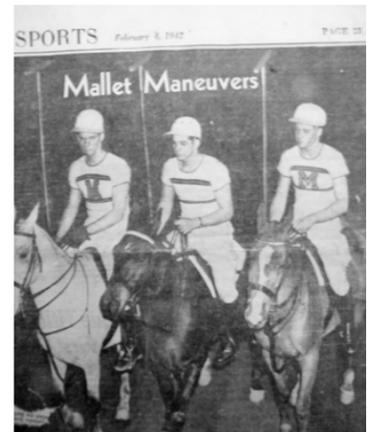
PHOTOS CONTRIBUTED



Platoon Sergeant William Durbrow proudly wearing the Bronze Star. Inset lower right: service medals flank Durbrow’s Bronze Star; Inset Upper right: Bill today.



Enlistedman William Durbrow driving Major General Harry Schmidt and other dignitaries to inspect forward positions.



Far right: Bill mounted on May West.

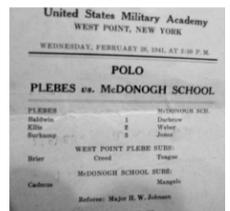


Bill and the love of his life Emily live in Underhill, VT.



Left: The Durbrows ran the Underhill Ski Bowl until 1984.

Right: Polo match card from 1941.



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**BRMS science fair**

Twenty-four students participated in this year's BRMS Science Fair on Thursday, May 1. More than 20 projects were entered and six semifinal winners were presented. The range of projects was varied and included testable questions such as the melting rate of different ice creams, how various music styles affect your heart rate, and whether smell affects your ability to taste jelly beans.

First place was awarded to 5<sup>th</sup> grader Megan Leach. Her project focused on penny science and how well copper stripped from pennies minted in different years could attach to steel paper clips. Her question was: does it matter when the pennies were minted? The answer is YES!



Megan Leach Olivia Monachino Cortland Doyle

Second place was awarded to 8<sup>th</sup> grader Olivia Monachino, who tested whether run off from local farms affected chemical levels in the Winooski River. Third place went to 6<sup>th</sup> grader Cortland Doyle, who hypothesized about whether sunlight affected the growth of wheat grass.

"The 2014 BRMS Science Fair was awesome," said Jeff Warren. Thank you to our local judges, Ben and Jerry's, and BRAG. Great job goes to Jeff Warren, Judy Leech, and Anita da Waard for organizing the event. We hope to see everyone entered again in 2015!



Many students participated in the science fair, pictured above and below.



**VFW to hold community breakfast**

A community breakfast will be held on Sunday, June 1, 2014 from 9:00 - 11:00 AM at the VFW Post 6689, 73 Pearl Street, Essex Junction (across from Big Lots). Sponsored by the Ladies Auxiliary to the Veterans of Foreign Wars. All are invited, both members and non-members! Adults \$7 and Children 10 and under \$3. Call 878-0700 for more information. Celebrating Father's on this Sunday, Father's eat free.

**Chittenden East Wolverines Youth Football 2014 Season Registration**

**Jericho Elementary School**  
Tues May 20, 6:00-7:30PM  
**Camels Hump Middle School**  
Wed May 21, 6:00-7:30PM



Open to boys and girls, Flag - Grades 1, 2, 3 & 4 and Tackle - Grades 5 & 6 and Grades 7 & 8. The program's mission is to build character and self-esteem through the experience of football, emphasizing a safe, positive, and personally rewarding environment for all participants. No football experience is necessary. Join the Wolverines!

Or, register by mail anytime:

Abby Hallock, CEYFA, 70 Plains Rd., Jericho VT 05465

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<p><b>Jericho - \$645,000</b> •Neighborhood, privacy and 14 acres of common land •1.46 acre site. Fantastic cooks kitchen w/ custom cabinetry and expansive marble topped island •Spacious master with cozy reading corner w/ gas fireplace. 2 additional bedrooms, bath and large office</p>	<p><b>Richmond - \$457,000</b> •3500+ sq ft. Brazilian cherry floors in oversized living room with fireplace •Kitchen with tile floors and island adjoins dining area •2nd floor with grand master suite with private sunroom retreat and great bath •2 addit. bedrooms, 3 car garage</p>
<p><b>Richmond - \$227,000</b> •Upper level with hrdwd floors, open kitchen/dining area •3 bdrms and den, 1 1/2 baths. Walk-out in law suite w/ open living/dining area and kitchen. 1 bedroom, den and full bath. •Enclosed heated porch and lg basement area down. Can be 1 family use with interior stairs</p>	<p><b>Underhill - \$220,000</b> •Cedar home w/ kiln-dried cedar exterior and interior. Cathedral ceilings in great room with 2 stories of oversized windows •Kitchen with newer appliances. 1st floor bedroom, den and 1/2 bath. 2nd floor master with full bath, WI closet and loft •Walkout basement. 2 car garage</p>



**Mobbs Farm will hold cleanup day June 7**

The Mobbs Committee is organizing a spring work day on Saturday, June 7 from 9:00 AM - noon. Projects such as minor bridge repair, brush clearing, and trail raking will clean up from the winter's deprecations and get the property ready for the summer season. Volunteers should gather at the Fitzsimonds Road parking area. Bring your own tools or use those provided.

Every day people use this 250+ acre property for walking, exercising dogs, riding bikes, and riding horses. In the proper seasons, hunters also use the property, which is owned by the Town of Jericho and managed by a citizen committee.

**JERICO -**  
Nestled in the Foothills neighborhood of Jericho this 4 bedroom, 2 full bath home is move in ready. Many upgrades complete in the past few years! Relax on your deck and take in the expansive mountain views. Enjoy the 1 acre lot perfect for gardening or play, oversized 2 car garage with storage and a unique breezeway entrance, all located on a peaceful cul-de-sac. \$315,000.

**TIM TRAPANI**  
**COLDWELL BANKER**  
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802-236-1402  
[timtrapani@gmail.com](mailto:timtrapani@gmail.com)

**NOTICE OF APPLICATION FOR INDIVIDUAL WETLAND PERMIT #2014-000**  
**May 15, 2014**

A request for An Individual Wetland Permit, required pursuant to the provisions of Section 9 of the Vermont Wetland Rules has been received from Town of Jericho c/o Todd Odit.

Town of Jericho c/o Todd Odit is requesting approval for the extension of the existing sidewalk northward to Pratt Road located adjacent to 288-320 Browns Trace Road. The proposed project will impact 285 square feet of Class II wetland and 15,865 square feet of buffer zone. This wetland has been designated as a significant (Class II) wetland under the Vermont Wetland Rules.

Copies of the application are available for review at the Vermont Wetlands Office in Montpelier, the Town Clerk's Office in Jericho, the Regional Planning Commission office in Winooski, and the Agency of Natural Resources website: <http://www.watershedmanagement.vt.gov/cfm/notices/info.cfm?id=4572>. Individual Wetland Permits may only be approved if the Agency is satisfied that the applicant has demonstrated that the proposed use complies with the Vermont Wetland Rules and the proposed use will not have an undue adverse impact on the functions and values of any significant wetlands or their adjacent buffer zones. In making the determination that the applicant has met this burden, the Agency will evaluate the potential effects of the proposed use on the basis of (1) the use's direct and immediate effects on the wetland; and (2) the use's cumulative or on-going effects on the wetland.

Any person may file comments in writing on this application through May 30, 2014 with:

Danielle Owczarski  
District Wetlands Ecologist  
[Danielle.Owczarski@state.vt.us](mailto:Danielle.Owczarski@state.vt.us)  
Watershed Management Division  
Department of Environmental Conservation  
One National Life Drive  
Main Building, 2<sup>nd</sup> Floor  
Montpelier, VT 05620-3522

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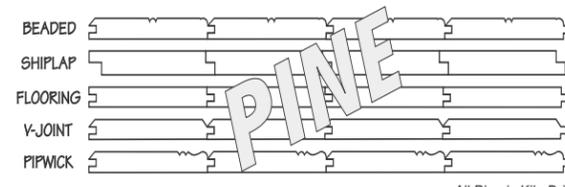
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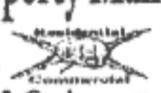
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