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Two New Faces at Bolton Valley Resort

By Phyl Newbeck
Special to the Mountain Gazette

There are two new faces in important positions at Bolton Valley Resort this year. Terry Solomon is taking over the reins at the Nordic Center and Chaz Ferris has moved east from Tahoe to manage the resort's three terrain parks.

Terry Solomon

Solomon is thrilled to have the opportunity to work at Bolton in a job he hadn't even realized was available. The day before Thanksgiving, a member of the Bolton volunteer ski patrol called to notify him that there was an opening and he jumped at the chance to apply. "It wasn't on my radar," he said "but it was a great opportunity." Previously Solomon managed the Morse Farm Ski Area and worked at Onion River Sports, both in Montpelier.

An avid alpine and Nordic skier, Solomon admits he doesn't have a lot of background in backcountry skiing but he hopes to work on that aspect of the sport. He has been skiing for 40 years, having spent his youth on the slopes of Glen Ellen which is now part of Sugarbush. Solomon had skied Bolton before taking the job and is now concentrating on learning more about the terrain. In addition, the Washington County resident hopes to visit nearby facilities like Sleepy Hollow in Huntington and get acquainted with the local Nordic ski community.

Solomon is already planning some new initiatives at Bolton. He wants to expand the kids' programs but is also interested in starting a weekly women's program. "Plenty of areas have women's programs once or twice a year," he said "but I'd like to see a weekly series to expand skiing opportunities for women." Although Solomon would gladly teach the program himself, he thinks there are plenty of "passionate and talented women" at Bolton who would be better suited for the job. Solomon has been pleased by the collaborative ethic of staff members and the offers of assistance. "People have been really welcoming to me," he said. "The staff is composed of bright, educated people who are passionate about the great outdoors, Bolton and the community."

Solomon recognizes that the Bolton Nordic Center is still in flux since the Vermont Land Trust is in the midst of a campaign to save the property from development. "I want to see it preserved," he said "because Vermont's heritage is all about access to recreation and natural areas. I want people to get outdoors. We need to preserve our outdoor playgrounds for us and for future generations." Solomon also worries that development could break up wildlife corridors which he considers vital for the area's animal population.

Solomon hopes there will be many visitors, both new and old, to Bolton this year. "Being engaged in the outdoors in Vermont is why people live here," he said. "Having resources for those who live and visit is key. I think Nordic skiing is part

Volunteer Green Up Day coordinator needed for town of Underhill

Still looking for someone to volunteer to be the Green Up Day Coordinator for 05-04-13. Duties are outlined below: Arrange drop-off coverage at the dump; Put up posters and distribute bags around town as soon as you get them; Provide a contact number and e-mail; Both Stores, Library, Town Hall, School, Posters in garages on Rte 15, Post on FPF and TTOL and town web page.

Contact local groups such as Boy Scouts, Girl Scouts and other service organizations - I don't have any current info

Contact Schools to see if they would like materials and bags.

Make/buy cookies and cider to have the dump with Thank You sign.

Complete form after that tells how much tonnage was collected.

Please contact me if you are interested.
Dawna Brisson, Town Administrator
Town of Underhill
P.O. Box 32
Underhill, VT 05489
802-899-4434 x100



Terry Solomon

of the working landscape. Socioeconomically it's a lot more available than alpine skiing which is a great sport but not everyone has interest or means to do it."



Chaz Ferris

Chaz Ferris was born in upstate New York but after heading to college in Arizona, he established himself as a snowboard instructor and coach out west. He started by working in outdoor education, leading hiking and climbing trips, but eventually he found his way to Tahoe where he taught snowboarding. After a stint at Crested Butte, he headed back to Tahoe but now he has returned to his East Coast roots.

Ferris visited Bolton as a youth and remembers enjoying the mountain so he is happy to be on staff for the 2012-13 season. "We're trying to provide a terrain park experience that's good for our clientele," he said. "We have several parks and the plan is change the features as the season progresses to give it more variety." Ferris will also oversee the March 1st through 10th installation of US Airbag, a contraption that travels to various ski resorts. The US Airbag is a training tool for those wanting to catch big air off jumps. It is a 65 x 65 foot airbag placed at the bottom of the jump to ensure a safe landing.

Bolton is the first area at which Ferris has managed a terrain park and he is excited about the opportunity. "I've worked in terrain parks for four years, coached five seasons and taught for ten," he said "so I'm pretty familiar with the territory, but I'm excited to have a new challenge. I'm looking forward to having tons of snow and having a great time pushing it around and building fun features for our guests to enjoy."

The Vermont Land Trust is still raising money to make sure the Bolton Valley Nordic Center will remain open for future seasons. They have raised 90% of the funds with another \$200,000 to go. Check out www.vlt.org/initiatives/bolton for more information on how you can help preserve this important piece of recreation land and wildlife habitat.

Copley's first baby of 2013



Copley Hospital welcomes our First Baby of 2013, Marina Lyon, born January 1 at 3:09am Admiring Marina are proud parents Lizi and Casey Lyon of Eden and was delivered certified nurse midwife Marje Kelso of The Women's Center.

PHOTO CONTRIBUTED

Winter Farmers' Markets in Westford and Jeffersonville

By Phyl Newbeck
Special to the Mountain Gazette

Just because its winter doesn't mean you have to forgo fresh vegetables or the camaraderie of the local farmers' market. This winter, both Westford and Jeffersonville will have indoor winter farmers' markets to continue the tradition of community gathering and healthy eating.

This was the first year the village of Jeffersonville had an outdoor farmers' market with 35 vendors gathering behind The Family Table on Wednesday afternoons. As the season began to wind down, organizer Deb Nevil surveyed her customers, including a query as to whether they would patronize a winter market. The response was overwhelming in favor of continuing the market so Nevil booked the cafeteria at Cambridge Elementary School for the first and third Saturday of every month from November to March, 10 a.m. to 2 p.m.

At its peak, the Jeffersonville Farmers' and Artisan Market had 35 vendors, but the winter version only has 15, in part because the space will not allow more. There have been some scheduling conflicts with the cafeteria, causing the market to move to the hallway, but that hasn't dimmed interest in the event. Local musicians provide entertainment and Nevil is trying to add special events like a fashion show later this winter. Santa Claus visited one of the December markets and the Hubcaps will be performing on January 5.

The market has a combination of produce, prepared food, and arts and crafts. Nevil staffs a table with products from local vendors who are unable to attend in person, like Green Mountain Kettle Corn and Vermont Peanut Butter. The market revolves around local food but it also has an international flair with Nepalese clothing and Caribbean spices. Most days, they have a steady stream of 125 to 150 customers including regulars who come every two weeks. "It's really about bringing people together," said Nevil. "We've got musicians, food producers and customers in a really nice space."

In Westford, the outdoor Farmers' Market is a

long-standing tradition, going back at least ten years. Three years ago, organizers held a single winter market; something they repeated the following year. This year, there will be two markets on the first Saturday of January and February. That date is another change; in the past the winter market was held on Friday afternoon, just like the summer market. Organizers decided more people would be able to attend if the event was moved to Saturdays from noon to 4 p.m.

Heike Meyer said Westford has had success with their winter market. "It's a small event," she said "but it's a small community." Meyer believes more people attend the winter market than the summer one. "In the summer people have plenty of choices," she said "but in the winter I think people make a point of coming." The Westford Market is held in the Brick Meeting House which can't hold more than 15 vendors. Summer vendors are given the first chance to sign up and often there isn't room for any others. Like the Jeffersonville Market, there is live music, with bands playing on the Meeting House stage. The area in front of the stage is kept free with chairs and tables reserved for those who want to listen to the music. "It's very tight," said Meyer. "Every space is taken."

Both markets serve a dual purpose of providing a meeting space, as well as a venue for the purchase of local goods. "Westford is a unique community," Meyer said. "People are very loyal to their farmers' market. Even if they don't need anything, they come." Nevil feels the same way about the Jeffersonville market. "It's a community building event," she said. Meyer almost echoed those words. "It feels like a community event," she said of the winter market. "It's a chance to meet with neighbors. There is lots of mingling and conversation. It's about the community coming together which is really nice."

Jeffersonville Farmers' and Artisan Market: www.jeffersonvillefarmersandartisanmarket.com
Westford Farmers' Market: www.westfordfarmersmarketvt.org

The staff at *The Mountain Gazette* apologizes for any inconvenience or missed articles. We suffered the loss of our newest computer (18 months) with a power surge. (2 surge protectors attached.) We struggled with an ancient computer and have produced this paper. Thank you for your continued support and patience. Brenda Boutin, editor/publisher

COURT REPORT

On December 31, 2012, at approximately 5:20 PM, the State Police initiated a traffic stop of a motor vehicle on Edwards Road, Cambridge, VT for a defective equipment violation. The operator of the vehicle was identified as **Danielle Currier**, 32 of Jeffersonville, VT. It was determined that Currier's license was criminally suspended in the State of Vermont. Currier was issued a citation to appear in the Lamoille County Court on February 27, 2013 for Driving License Suspended. CASE#: 12A105185

While investigation a report of a stranded vehicle on December 31, 2012 at 4:47 PM on Huntington Road, Richmond Sr. Ofc. Rick Greenough encountered the **Michael D. Ray**, 43, Huntington, VT, whose vehicle in a snow bank on Huntington Road, at the intersection with Hillview Road. Vermont State Police were on scene and advised that Ray had driven into the snowbank. Ray was very unsteady on his feet and had a strong odor of intoxicants coming from his person. A roadside breath test revealed that Ray had a BAC of .214%, nearly three times the legal limit. He was taken into custody for suspicion of DUI and transported to the Richmond Police Department. After processing Ray was released to ACT 1 in Burlington with a citation to appear in Vermont Superior Court in Burlington on January 21, 2013 at 8:15 AM. CASE#: 12RM01206

On January 1, 2013 at approximately 1:55 PM, VSP - Williston dispatch was advised of a vehicle that had slid off Stage Road adjacent to #2878. Initial information obtained was that although the operator was not injured and the vehicle was not damaged, the operator, **Peter M. Elder**, 50 of Richmond, VT, was physically unable to exit the vehicle. A member of the Vermont State Police, as well as personnel from the Richmond Police Department and Richmond Rescue, responded to the scene. Investigation revealed Elder was intoxicated and he was subsequently arrested and processed at the Williston Barracks. Elder's BAC was more than 2.5 times above the legal limit. He was issued a citation to appear in Chittenden Superior Court on January 17, 2013 and was then transported to a detoxification unit. CASE#: 13A100019

On January 1, 2013 at approximately 1:45 PM, Troopers from the Vermont State Police, New Haven barracks, were notified of a single vehicle crash on VT 17 in the town of Bristol. Troopers McNamara and Szarejko responded to the scene along with Patrolman Josh Otey of the Bristol Police Department. Upon arrival, Officers observed a green, 1995 Ford, Ranger pick-up truck with damage to right front fender, light assembly, undercarriage and drive train, partially off the roadway. The operator, identified as **Dalton Haselton**, 20 of Huntington, VT and his passenger were not on scene; however both were located a short time later. Subsequent investigation of the crash led to the arrest of Haselton for Driving

While Intoxicated. Haselton was also issued Vermont Civil Violation Complaints (Traffic Tickets) for driving with a civilly suspended driver's license and for driving at a speed that was too fast for conditions. Alcohol consumption, speed and hazardous road conditions are considered to be contributing factors of this crash. Haselton was cited to appear in Addison County District Court on January 21, 2013. CASE#: 13C200008

Following a joint investigation by the Vermont State Police & Vermont Department of Fish & Wildlife, 51 year old **Martin Chicoine**, of Colchester, VT and 54 year old **Thomas Mulhall**, of Richmond, Vermont have been cited to appear in Chittenden Superior Court for Unlawful Trespass.

This investigation follows an incident that occurred on property utilized by the VT Army National Guard and U.S. Military, which is located at 90 Ethan Allen Road in the Town of Jericho, VT. The incident occurred on November 18, 2012 at approximately 6:00 PM. Chicoine & Mulhall were apprehended trespassing on the property by Warden Tom Cook who was patrolling the area for hunters accessing the range illegally. Chicoine and Mulhall were stopped on the property with hunting rifles & while operating ATV's. Both individuals had previously been issued notices of trespass for the same property. Both individuals were also issued civil tickets for Operation of ATV on private land without permission.

The Ethan Allen Firing Range is a military installation consisting of approximately eleven thousand acres owned by the Corp of Engineers and leased to the State of Vermont. The Vermont Army National Guard uses and maintains the facility for training soldiers. Live fire training exercises take place as part of the training that occurs on the premises and pose obvious safety issues as well as reduced training time for soldiers when training has to be shut down due to persons trespassing. The two were cited to appear in Chittenden Superior Court Criminal Division on February 12, 2013 to answer to the charges. CASE#: 12A104526

After a joint investigation on December 1, 2012 at approximately 3:15 PM by the Vermont State Police and VT Department of Fish & Wildlife, 58 year old **Richard T. Blondin Jr.** of Milton, Vermont has been cited to appear at Chittenden Superior Court to answer to the offense of Cruelty to Animals.

This investigation follows an incident that occurred near the intersection of Snipe Island Road & Nashville Road in the Town of Jericho. During this incident a three year old German Shepard belonging to Bruce Jacobs of Jericho, VT was shot and killed while on Jacob's property. This incident occurred in close proximity to near-by Snipe Island Road, a public highway. This incident took place during muzzle loader season.

53 year old Richard T. Blondin Jr. of Milton, VT contacted the State Police after returning home to report that he had shot and killed Mr. Jacob's dog with a black powder rifle. Mr. Blondin and his hunting partner, 53 year old Glen Critchlow of Colchester, Vermont advised that they had mistaken the dog for a Coyote. Investigation by the VT Department of Fish & Wildlife determined

that the single fatal shot was fired from near-by Nashville Road. Following the investigation and a review by the Chittenden County State's Attorney's Office, Blondin was cited for Cruelty to Animals. Blondin is to appear in Chittenden Superior Court Criminal Division on February 26, 2013 to answer to the charges. CASE#: 12A104724

On December 19, 2012 at approximately 8:42 PM, Vermont State Police responded to a single vehicle off the roadway of Pleasant Valley Rd in Underhill, VT. The operator and lone occupant a **Kevin Moriarty**, 52 of Jeffersonville, VT was not injured in the crash. Moriarty was later believed to have been operating under the influence of alcohol and was taken into custody. While processing, Moriarty refused to provide a breath sample and was released on citation to appear in Chittenden County Court on January 8, 2013. CASE#: 12A104984

On December 20, 2012 the Vermont State Police was notified of a burglary at a residence on Skyview Drive in the town of Jericho, VT. The victim advised he was home at the time of the burglary and the suspect stole prescription medication. The victim was able to identify the suspect without question. The suspect Tyler Kidd, 24 of Huntington, VT, was located at his residence in the town of Huntington and was arrested for Burglary. Kidd was cited to appear in Chittenden County Criminal Court on December 21, 2012. CASE#: 12A104996

On December 24, 2012 at approximately 2:00 AM, the Vermont State Police was notified of a vehicle off of the roadway on School Road in the town of Fletcher, VT. The Vermont State Police located the operator involved walking away from the vehicle in the ditch. The operator, later identified as **Joseph Legrand**, 40 of Jeffersonville, VT denied operating the vehicle at the time of the crash. The subsequent investigation revealed Legrand was driving the vehicle while under the influence of alcohol. Legrand was placed under arrest for Driving Under the Influence and transported to the St. Albans Barracks for processing. During the processing Legrand provided a sample of his breath which showed his BAC to be above the legal limit of .08%. At the conclusion of the processing Legrand was released with a citation to appear in Franklin County Criminal Court on January 28, 2013 to answer the charge of DUI. CASE#: 12A206081

On December 19, 2012 at approximately 10:25 PM, Underhill/Jericho Fire Dept., Essex Rescue and VSP Williston responded to a report of a two car crash on River Rd., Underhill, VT. The crash was located near the intersection of Sand Hill Rd. It was determined that **Calvin Linde**, 17 of Underhill, VT had lost control of his Pontiac Aztec on River Rd. and crossed the center line. His vehicle subsequently struck a vehicle driven by Julie Kellner, 36 of Brandon, VT. Kellner was extracted from her vehicle by Underhill / Jericho Fire Dept. and transported to Fletcher Allen by Essex Rescue. She was determined to have a lower leg fracture. Roadways at the time of the crash were snow covered. Both operators were determined to be wearing seatbelts at the time of the crash. CASE#: 12A104986

LEGISLATIVE REPORT

Notes before returning to Montpelier

By Rep. Bill Frank

On January 9 I was sworn in to my fifth term representing Underhill and Jericho in the Vermont House of Representatives. Thank you all for this opportunity; it is indeed an honor and privilege to serve you in the legislature. Governor Peter Shumlin was also sworn in for his second term as our governor. There is always a lot of pomp and circumstance and I am excited to have a front row seat.

By the end of this first year of the two year biennium over five hundred bills will be introduced by legislators, each hoping to be taken up by the assigned committees; less than 10% will be accepted. I will introduce a bill to prohibit smoking in a car with a child under 18 present and I expect to co-sign other bills. Sometime in late January the Governor will present the legislature his budget proposal for fiscal year 2014. Before we can adjourn in May we must pass our version of a balanced budget. We know this will be difficult since we expect to start working with less money than last year. Also, Tropical Storm Irene recovery efforts were based on an assumed amount of money from the Federal Emergency Management Agency (FEMA) and their grant has since been altered downward.

The tragedy in Connecticut has made many of us take pause and has created many ideas on how to prevent such travesties from happening again. This is an ongoing dilemma but one that we must continue to work on. As a member of the Human Services committee which deals with mental health, I know the ongoing

needs of mental health services both at the State Hospital level and in the community. We

must always put the needs of this population in our discussion. Others feel some sort of gun regulations is needed, both at the state and federal level. President Obama said "These tragedies must end. And for them to end we must change." Change is often hard but in order to change we must be willing to discuss alternatives. The legislature is a perfect place for this discussion to take place and I am hopeful this can happen this year. In the meantime, our thoughts and prayers go to those affected.

Locally a good place for a discussion to take place is the Legislative Update evenings Rep. Till and I hold at the Deborah Rawson Memorial Library. The first event is Tuesday, January 15 from 6:30-8:00 PM. This is an informal meeting where you can discuss any topic in the legislature or just give your thoughts. We also have meetings scheduled on February 19 and April 4.

One evening in early December, my wife Bev came home to an alarm ringing: it was the carbon monoxide detector. She saw a code flashing and quickly phoned 911. Our fire department came, took readings throughout the house and checked the alarm. Thankfully it was just the backup battery. They assured us we did the right thing to call them and I cannot stress enough how thankful we are to them and their assurances that our home was safe. Please use this as a lesson: be on the safe side and call; there were no lights and sirens and our fire department did a professional job and put our minds at ease and put a new battery in our detector. Carbon monoxide is an odorless, colorless and toxic gas. Because it is impossible to see, taste or smell CO can cause damage before you are aware it is in your home. Many, many thanks and kudos to our great Underhill Jericho Fire Department.

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

Grow your knowledge of growing pains

By Lewis First, M.D.

Parents have been aching to ask me whether or not their child might be having growing pains. Well let me see if I can provide some information about this topic that is not too painful.

Growing pains are a normal occurrence in at least 25% of children. They usually occur in both legs, rather than one, between the ages of 3 and 5 years and again between 8 to 12 years. They can be intermittent occurring once a week or be more frequent occurring once or twice a day but usually at the end of the day or in the evening. They are described as deep muscle pains in the thighs, calves or behind the knee that can be so painful they can wake a child from sleep. There is no redness or swelling or limitation of movement with growing pains.

What causes them? We aren't sure, but it does not appear to be related to active periods of bone growth. It may be due simply to the strain that vigorous daytime activities put on growing muscles and bones. Some believe it is a variant of migraine headaches, in that parents or relatives of children with growing pains will have a history of migraine headaches. The good news is that these are not dangerous pains and are usually self-limited, going away in a period of days or weeks.

Treatment involves massage, stretching, use of acetaminophen or ibuprofen or even applying a heating pad to relieve the pain.

When should you worry? If the pain is persistent in only one leg, or there is redness, swelling, a rash, fever, or limp or the pain seems worse during the day rather than during the late afternoon and evening – speak to your child's doctor because these signs are not associated with growing pains but may represent a more serious problem.

Hopefully you'll grow to appreciate tips like this when it comes having a better sense of what growing pains are and are not.

Lewis First, M.D., is chief of Pediatrics at Vermont Children's Hospital at Fletcher Allen Health Care and chair of the Department of Pediatrics at the University of Vermont College of Medicine. <http://www.FletcherAllen.org/firstwithkids>

YULE FUEL



Bring your Christmas tree FREE to CSWD and it will be recycled into heat & electricity!

- ✦ Remove all ornaments, lights, tinsel, stands, etc., until all that's left is the tree itself. NO artificial snow.
- ✦ If you bagged the tree, you must remove the bag when adding your tree to the Yule Fuel pile.
- ✦ Bring your tree to CSWD Drop-Off Centers in Essex, Milton, Richmond, South Burlington & Williston, or the McNeil Wood & Yard Waste Depot in Burlington.

For hours, locations, and limits:  CSWDVT

CSWD | CHITTENDEN Solid Waste District | 872-8111 | CSWD.NET

Join Us For An Open House

Saturday, January 12, 2013 9:30 - 11:30 am

7 Red Mill Drive, Jericho



Vermont's First Parent-Operated Cooperative Preschool

Registration Dates for 2013-14
January 14 - 18: Current Students
January 21 - 25: Alumni & Sibling Families
January 28 - February 1: New Families

Talk with the Director of Education, staff, and current families and learn about the community of a parent-cooperative school. Discover the amazing outdoor playspace, meadows, and sledding hill that surround our building.

Saxon Hill School is inspired by the Reggio Emilia philosophy and offers 3 unique NAEYC-accredited programs, including kindergarten, for children ages 3-6. Bring your preschooler along and find out what makes us such a wonderful school!

www.saxonhillschool.org
 802-899-2400
saxonhillregistrar@gmail.com



MOUNTAIN HIGH PIZZA PIE

Monday - Saturday
11:00 AM - 9:00 PM

Sunday 4:00 PM - 8:00 PM

899-3718

Route 15
Jeri-Hill Plaza
Jericho

ADULT ACTIVITIES

Chittenden County Postage stamps and post card club meets every first Wed. of the month 6:15 -8:30 PM, A IDX Circle GE Healthcare Building. South Burlington Information email: Laineyrapp@yahoo.com or call me at 802 660-4817

The **Essex Art League** holds monthly meetings at the First Congregational Church, 39 Main St., Essex Jct. For information, 862-3014.

Drop in Watercolor Painting, Every 3rd Saturday, 9:00 - 11:00 a.m., at the River Arts Center in Morrisville. An opportunity to refine your watercolor skill set or learn new techniques if you're a beginner. Bring your own materials, no registration required, drop in. Suggested donation \$8. Call 888-1261, or visit our website: www.riverartsvt.org for more details. Join us.

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

Essex Art League meets the first Thursday of the month, from 9:00 - 11:00 am, at the Essex Junction Congregational Church on Main Street. The meeting agenda includes a business and social time, and features a guest artist presentation. A detailed calendar of meetings is published on the League's website: www.essexartleague.com.

The **Green Mountain Chapter of the Embroiderer's Guild of America** will meet on November 14 at 9:30AM at the Pines Senior living community, 7 Aspen Dr, South Burlington, VT 05403. First meeting is complimentary. Bring a bag lunch. Contact number 372-4255.

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

Micah's Men of the United Church of Underhill meet on the 3rd Saturday of each month at the church at 7:30 AM. For more information call 899-1722.

Mt. Mansfield Scale Modelers gather on the third Thursday of the month from 6:30 to 8:30 PM. Modelers encompassing all categories of interest and skill levels are welcome. Brownell Library, Kolvoord Community Room, Lincoln Street, Essex Junction.

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

The **VT-French-Canadian Genealogical Society - Beginning Genealogy, Tips on Getting Started**. The public is welcome to join us on Saturday, September 8, 2012 from 10:30 to 12:00 as Sheila Morris teaches you how to get started with this very rewarding hobby. Bring as much information as you can about your grandparents; births, marriages, deaths and where they lived. Afterwards our volunteers can help you get started using our many resources. **Open House at the Vermont Genealogy Library**

The public is invited to visit our library on Saturday, September 15 from 10 to 4 p.m. This is a great opportunity to see our collections and computer databases, including two free demonstrations. Meet our genealogists and learn how they can help you. We will have books and guides for sale on Vermont, Irish, French, English Scottish, and German ancestors.

The **VT Genealogy Library is located** on Hegeman Ave, Fort Ethan Allen, Colchester, across from the State Police Building. We are open Tuesdays 3 to 9:30 and Saturdays from 10 to 4. Call 802-238-5934 for more details or check our website www.vt-fcgs.org. We have many exciting classes this fall.

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

HEALTH EVENTS & GROUPS

Alcoholics Anonymous Meeting, "Wing It" group meets Sundays - 11:00 AM at Maple Leaf Farm on Stevensville Road, Underhill - it's an Open Speaker meeting followed by a Brunch (there is a \$10 charge for the brunch)

Alcoholics Anonymous Meeting, "The Firing Line" group meets Wednesdays, 7:15 PM - 8:15 PM at Maple Leaf Farm on Stevensville Road, Underhill - it's an Open Step meeting

Alcoholics Anonymous Meeting, "The Firing Line" group meets Saturdays, 8:00 - 9:00 PM at Maple Leaf Farm on Stevensville Road, Underhill - it's an Open Speaker Discussion meeting

Alzheimer's Support Group - Free educational support group series for families coping with a loved one with Alzheimer's disease and related dementias. This series gives caregivers the opportunity to better understand and develop strategies for the future. Held monthly at The Arbors at Shelburne. For more information and to

register, contact Nicole Houston, Director of Family Services, The Arbors at Shelburne, 985-8600.

International Cesarean Awareness Network supporting mothers and families recovering from or learning about cesareans and vbac's. ICAN support groups next meeting is October 14 at 4:00 PM at Maitri Health Care in Bouth Burlington with special guest Polly Perez. For more information email ICANvt@gmail.com or call Jessilyn at 644-6700.

American Cancer Society Man to Man Prostate Cancer Support Group Meeting, Tuesday July 10, 6:00 to 8:00 PM. Hope Lodge, Lois McClure-Bee Tabakin Building, 237 East Ave., Burlington, open discussion. Discussion topics may include prostate cancer treatment options and the current research studies; latest management for side effects of your treatment of choice; personal anecdotes; exercise, diet and nutrition; and the latest internet buzz. Faciliator, Mary L Guyette, RN, MS, ACNS-BC. Men newly diagnosed, men dealing with recurrent prostate cancer, men dealing with the side effects of treatment, and men who have been successfully treated for the disease. Any men dealing with advanced prostate cancer are also encouraged to attend in order to benefit both themselves and others through the sharing of experiences. For more information contact Mary L. Guyette RN, MS, 802-274-4990, vmay@aol.com or Sophia Morton, American Cancer Society, 802-872-6308 or Sophia.morton@cancer.org.

Overeaters Anonymous meets 6:00 - 7:00 PM Wednesdays at the Jericho United Methodist Church, VT Rt. 15, Jericho. TOPS Chapter 145 Jeffersonville meets 6:15 PM on Thursdays at the Eagles Club, Route 109, Jeffersonville. Weigh-in 5:15- 6:00 PM.

Healing Circle Breast Cancer Network, support group for women with breast cancer, meets first Tuesday of every month at 5:30 PM, Northwestern Medical Center, Conference Room #1. RSVP at 524-8479.

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

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

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

KIDS

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

Mondays: Jericho Community Center, 9:30-11:00 AM
Wednesdays: Richmond Free Library, 8:45-10:15 AM
Thursdays: Bolton's Smilie School, 9:00-11:00 AM the 1st and 3rd Thursdays of the month

Thursdays: Huntington, 11:00 AM-12:30 PM at Huntington Public Library
Fridays: Underhill Central School, 9:30-11:00 AM

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

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

SENIORS/COMMUNITY MEALS

Jeri-Hill XYZ Seniors meet at the Town Hall in Underhill Center on the first and third Wednesday of each month. All seniors are

Ongoing continued on page 4

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Stop in and enjoy our regular menu plus pizza,, chicken wings and much more.

Richmond Historical Society to hold January 27, 2012

The Richmond Historical Society will hold its 2013 Winter Program on Sunday, January 27 at 3:00 pm in the Richmond Free Library. The feature presentation is a documentary video entitled A Program about Unusual Buildings and Other Roadside Stuff. This entertaining travelogue investigates wacky roadside buildings all across America as well as the people and stories behind them. From a Shoe House to a Milk Bottle, a Clam Box to a Corn Palace, these quirky structures definitely catch the eye and attest to American exuberance and individualism. Refreshments will be served following the program. For more information, contact Martha Turner at rhs@oldroundchurch.com or 434-6453, or Fran Thomas at 434-3654. Admission is free. Handicapped accessible.

The Mountain Gazette

6558 VT RT 116 • Starksboro • VT • 05487
(802) 453-6354
email: mtgazette@earthlink.net
Next issue: Jan. 24; deadline: Jan. 17

Letters Policy

Letters must be kept to a maximum of 400 words, and we will run only one letter per writer, per calendar month. Each letter must be signed for attribution and contain the address and phone number of the writer.

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AREA WORSHIP SERVICES

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VT RT 15, Jericho
Sunday Worship Service 9:30 AM
Rev. Regina Christianson Rector
Karen Floyd, Parish Administrator, 899-2326
www.calvarychurchvt.weebly.com

GOOD SHEPHERD LUTHERAN CHURCH (ELCA)
273 VT RT15 - between Jericho and Underhill
Rev. Phillip Roushey, Pastor.
Sunday Worship 9:00 AM - Nursery Provided
Sunday School for all ages - 10:30 AM
pastor_phil@goodshepherdjericho.org
www.GoodShepherdJericho.org

JERICO CONGREGATIONAL CHURCH
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On the green in Jericho Center, VT
Pastor Peter Anderson & Youth Pastor Glenn Carter
Sunday Services at 8:00 AM & 11:00 AM
Fellowship at 10:30 AM
Sunday Youth Group at 6:15 PM
899-4911; www.jccvt.org

JERICO UNITED METHODIST CHURCH
"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 PM
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
All are welcome.

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Sunday 8:30 AM
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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

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Streaming audio sermons: www.becauseyoumay.com

HEALTH NEWS

Eating Well

By Mary Kintner, D.C., R.N.

Eating well is a paradox: Simple—just avoid salt, sugar, bad fats, artificial colors eat more fruits and vegetables etc. but hard because we eat on the run, our soils are depleted... But eating well has incredible benefits and CAN be done!

First, it is important to understand a little bit about nutrition. There are macronutrients: fats, carbohydrates and proteins. There are also micronutrients including vitamins, minerals, antioxidants, and phytochemicals. All of these nutrients have specific functions and are necessary for health.

Fat provides energy, cushions organs, insulates the body from extreme heat or cold, carries fat soluble nutrients, makes cholesterol based hormones and cell membranes. Food sources include plant oils (I like olive, coconut, and grapeseed) and animal fats such as butter. Trans also known as hydrogenated fats are artificial and horrible for health—“like eating plastic!” They are created to extend shelf life but ruin the health benefits of fats.

Carbohydrates provide fuel and energy for the body. They can be simple or complex. Examples of simple carbohydrates are refined sugar and flour. These substances are lacking in nutrients and create spikes in the blood sugar (the goal is to keep blood sugar even). Complex carbohydrates are found in fruits, vegetables and whole grains. Complex carbohydrates are high in fiber.

Proteins are the most abundant substance in the body (after water.) Hair, skin, nails, muscles, blood and organs are made of protein. Collagen, necessary for making tissues such as ligaments, scar tissue, and blood vessels, are made from protein. Protein is also the building block for hormones, enzymes, neurotransmitters, and milk production. Food sources for protein include fish, meat, eggs, dairy products, nuts and legumes such as beans and lentils.

Vitamins are naturally occurring substances in foods. There are fewer than 20 different types of vitamins. They are necessary for the body to perform its vital functions. Vitamins are easily absorbed.

Minerals make up 4-5% of body weight. They have many functions. Minerals maintain water and pH (the balance between acidity and alkalinity.) Minerals move nutrients in and out of cells. Minerals are not easily absorbed. Minerals and vitamins need each other to function. Minerals and vitamins are present in whole, unrefined foods but certain foods have higher concentrations for specific nutrients, for example, bananas and potassium, oranges and vitamin C.

Nutrition is the chemistry of the body. If you provide your body with good nutrition, it will reward you with health. The opposite is also true. If your body is starved of nutrients, or worse yet, fed artificial chemicals (ex. trans fats, fake colors, flavors, and sugars) your body will be challenged and perform poorly potentially resulting in inflammation/pain, fatigue, illness, and disease.

Mary Kintner, D.C., R.N. is a chiropractor and nutritional counselor practicing Jericho

LIBRARY NEWS

DEBORAH RAWSON LIBRARY, UNDERHILL

January Story Times - Stories, songs, fingerplays, snack and craft for preschoolers and their caregivers. Drop in no registration needed. Wednesday at 10:30 AM, January 16, 23; Thursday at 10:00 AM, January 10, 17, 24.

Parents would you like 15 to 20 minutes to find a new book? If so, stop by the library on Tuesday January 8 and meet our volunteer, Amy. Amy will be in from 6:30 to 7:15 PM reading to children allowing parents a few uninterrupted minutes to find a great book.

After School Video Gaming - Wednesday January 9 from 3:00-4:00 PM. Take a break after school and play Wii video games at the library! Several games are available including Mario Kart and Wii Sports. For students grade 5-8. Space is limited so call early and reserve your place. Light snack provided. To register call 899-4962.

Evening Story Time for Families at the Deborah Rawson Memorial Library - Parents with older preschoolers and children in kindergarten through second grade are invited to join Grace Marek for stories, craft and light refreshments. Thursday January 10 at 6:30 PM. Registration required call 899-4962.

Family Movie Night - Join the Deborah Rawson Memorial Library, Friday January 11 from 6:30 to 8:00 PM for Family Movie Night. Change into your pajamas, grab a pillow and bring the whole family. Watch as a 12-year-old boy searches for the one thing that

will enable him to win the affection of the girl of his dreams. To find it he must discover the story of the grumpy yet charming creature that fights to protect his world. Rated PG Light refreshments provided. Please call 899-4962 to register.

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.

FAIRFAX COMMUNITY LIBRARY

Thursday January 10, 3-4:15 PM: Read to a Dog. Kids can read a book of their choice to a fuzzy, friendly dog. To sign-up for a time slot, call (849-2420) or stop by the library.

Thursday January 10, 6:30-7:30 PM: Vermont Humanities Book Discussion of *Truman*. Join us for the final discussion of the Vermont Humanities Council’s 20th Century Presidents book club. We’ll be discussing the Pulitzer Prize-winning book *Truman* by David McCullough with facilitator Linda Bland. Books are available at the library to sign out. Free.

Saturday January 12, 9:30-12:30 PM [drop-in hours]: Make Your Own Birthday Cards!

Suffering from holiday card-making withdrawal? Join Kelly Diglio, card-making expert, at the library for some birthday card creating. The cost is \$5 for 2 card kits, with each additional one costing \$2. Make as many as you would like. Kelly will assist with how to assemble the cards. To register or for more information, contact Kelly at artsy.card@gmail.com or by cell at 609-405-2213.

Tuesday January 15, 3:00-4:00 PM: Chess Club - Play chess to your heart’s delight every Tuesday afternoon. Receive expert advice from a skilled instructor and play games with others. Boards and chess pieces are provided, though you can certainly bring your own. Free, for all ages and abilities.

Thursday January 17, 3:00-4:00 PM: After School Craft: Snowflakes. Did you know the first photographer of snowflakes lived in Vermont? Snowflake Bentley photographed over 5,000 snowflakes in his lifetime and coined the term “No two snowflakes are alike.” In this after school craft, kids will be making their own unique snowflake out of a variety of materials. Free, for ages 5+. Please preregister by calling, emailing, or stopping by the library.

Saturday January 19, 9:30-12 PM: Owl Needle Felting. January is

Libraries continued on page 5

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Ongoing continued from page 3

welcome. Dinners are served at 11:30 AM. For information, please call Bette Workman, 899-4446, Loreen Teer, 899-1363 or Doug Keith 899-2582.

Johnson Community Meal - Every 2nd & 4th Wednesday, 11:30AM-12:30pm at the United Church in Johnson. Come for a hot meal and get to know your neighbors. The meal will be followed by a community gathering. For more information, please contact: Ellen Hill: 635-1439, ellen.hill@jsc.edu.

Westford Senior lunches - Join Westford Seniors for lunch at the Red Brick Meeting House on the Common the second Monday of each month. The next senior luncheon is on Monday, September 13. There is no lunch in July or August. Lunch is served at 12:00 noon with a short meeting or presentation following. Call 878-7405 or 879-7382 for information or for a ride.

Bolton Up and Downtown Club meets the last Thursday of the month at the Bolton Fire station. Suggested \$3.00 donation. Meal at 5:00 PM. Open to adults 60 and over. Contact Doris Wheelock at 434-3769.

Huntington senior meal site - The Huntington Senior meals are served the third Tuesday of each month at 12:00 noon at the Community Baptist Church in Huntington Center.

St. Jude’s Church, Hinesburg, senior meals held on second and fourth Wednesday of each month with bingo games after the dinners. Everyone is welcome including caregivers. Dinners are \$3.00 per person. For information call Ted Barrette at 453-3087.

Starksboro First Baptist Church, Starksboro - senior meals, fourth Thursday of the month, 11:30 AM, call Brenda Boutin at 802-453-6354 for more information.

“Good Food for All” free dinners, 2nd Thursday of each month at the United Church of Underhill, Rt. 15, Underhill Flats, from 5 - 7 p.m., and on the last Thursday of each month at Calvary Episcopal Church, Rt. 15, Underhill Flats, 5 - 7 p.m. Everyone in the communities is invited.

SPORTS ACTIVITIES

Ongoing Pilate classes at Dakini Studio in Underhill. Mon and Thurs at 6:00 PM call 899-4191 to register. Find more information and other scheduled classes at dakinstudio.wordpress.com.

Qi Gong, the ancient Chinese art of movement, classes are as

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day January 22, 2013 at 7:00 PM. This meeting will be held at the Old Red Mill on 4B Red Mill Drive in Jericho.

THRIFT SHOPS & FOOD SHELVES

The Heavenly Cents Thrift Shop located just east of the Five Corners in Essex Jct. on Rte 15, the hours are from 10:00 AM to 3:00 PM on Tues. and Wed., 4:00 to 8:00 PM on Thurs. Please check us out.

Westford Food Shelf, open on the third Saturday of every month, 8:00 – 10:30 AM, United Church of Westford. All are welcome. Fresh produce, meat, and non-food items available.

follows: Saturdays 9-10AM—562 VT Rt. 15, Johnson; Saturdays 11AM-12PM—River Arts, Morrisville; Sundays 11:15AM-12:15PM—Artful Cup, Jeffersonville.

Zumba, Fairfax - Tuesdays 7:00-8:00 PM and Saturdays 9:00-10:00 AM. Contact Pam Adams 370-4437 or pamaj68@aol.com.
Zumba Fitness, Monday evenings only, 5:30 - 6:30 PM, at the River Arts Center in Morrisville. Zumba Fitness with certified instructor, Karen Machia. No registration required, drop in. Call 888-1261, or visit our website: www.riverartsvt.org for more details.

SUPPORT GROUPS

CFS, Fibromyalgia, Lyme Disease, Chemical Sensitivity and Gulf War Syndrome, 1:00 to 3:00 PM every third Thursday at: The Bagel Cafe, Ethan Allen Shopping Center Burlington, VT call or visit website www.vtcfids.org or Lainey at 802 660-4817 or 800-296-1445 ask for Rik

Alzheimer’s support group, third Wednesday, 9:30 – 11:30 AM, The Arbors, 687 Harbor Rd., Shelburne. Free education for individuals and families in the early stages of Alzheimer’s disease and related dementias. For information and to register, contact Nicole Houston, 985-8600.

Approach Autism With Advocacy, Recovery & Education (AAWARE) in the Lamoille Valley, third 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, third Wednesday, 7:00 – 9:00 PM, Covenant Community Church, VT Rt. 15, Essex Center. For parents of children with or at risk of anorexia or bulimia. We focus on being a resource and providing reference points for old and new ED parents. For information, Peter, 899-2554.

TOWN GOVERNMENT & ORGANIZATIONS

Cambridge Area Rotary meets on the first Thursday of the month, rotating to local restaurants, 7:00 – 8:00 AM. For information, call Anita Lotto, 793-0856, or Chuck Hogan, 644-8134.

Westford Fire Department, Mondays, 7:00 PM, at the fire station next to the Town Garage. For information, email John Quinn, jquinnvt@aol.com

Jericho-Underhill Water District meets first Monday of each month at the United Church of Underhill, Underhill Flats, 7:00 PM. For information, call 899-4076 or 899-3810.

Jericho Historical Society, second Thursday, 7:30 PM, Old Red Mill, Jericho.

Jericho Underhill Park District Board meeting, first and third Wednesdays, 7:00 PM, Deborah Rawson Memorial Library project room, Jericho. Residents of Jericho and Underhill always welcome. 899-2693 for information.

Jericho Energy Task Force meets the second Tuesday of every month from 7:00 to 8:30 PM at Jericho Town Hall.

Jericho Water District - the Board of Water Commissioners of the Village of Jericho, Inc. will hold their monthly meeting on Tues-

Libraries continued from page 4

the perfect time for a cozy morning crafting session! Join Annette Hansen, artist and owner of Make Life Cozy, for a morning tutorial on how to needle felt owls. Each participant will make his or her own felted owl to take home. Cost is \$10 cash or check (payable to the Fairfax Community Library). Register soon as we are limited to 12 participants. Email, call, or stop by the library to register. For ages 8+ (14 and under with a guardian).

Tuesday January 22, 3:00-4:00 PM: Chess Club. Play chess to your heart's delight every Tuesday afternoon. Receive expert advice from a skilled instructor and play games with others. Boards and chess pieces are provided, though you can certainly bring your own. Free, for all ages and abilities.

Thursday January 24, 3-4:15 PM: Read to a Dog. - Kids can read a book of their choice to a fuzzy, friendly dog. To sign-up for a time slot, call (849-2420) or stop by the library.

Tuesday January 29, 3:00-4:00 PM: Chess Club. Play chess to your heart's delight every Tuesday afternoon. Receive expert advice from a skilled instructor and play games with others. Boards and chess pieces are provided, though you can certainly bring your own. Free, for all ages and abilities.

Tuesday January 29, 6:30-7:30 PM: People Helping People Global. Have you heard of micro-lending before? Did you know that we have an international micro-lending organization right here in Fairfax? Please join us on Tuesday January 29 at 6:30 PM to learn more about the non-profit organization, People Helping People Global. PHPG has been helping people living on less than \$2 a day start businesses and raise themselves out of extreme poverty since 2009. The co-founders, Alex Tuck and Isabel Gamm, will be at the Fairfax Library to give a talk and head a discussion about the organization and its work. You can learn more about the organization at <http://phpgmicrolending.org>.

Thursday January 31, 6:30-7:30 PM: Intro to Digital Resources. - Did you receive a new tablet or eReader for Christmas? Did you know you can access a wide range of digital services on your digital device with just your library card? Resources include: Listen Up! Vermont audio and eBooks, One Click Digital audio books, Universal Class Adult Continuing Ed. Courses, and more! We'll be giving a free tutorial here at the library. Free.

Friday February 1 (3:00-6:00 PM) and Saturday February 2 (10:00 AM-12:00 PM): Stuffed Animal Sleepover. Young ones' favorite stuffed animals spend the night at the library. What happens when stuffed animals take over the library? On Friday, from 3 to 6 pm, children can drop off their stuffed animal with the librarians in the children's section. In the morning, children can come pick their animals up and watch a slideshow of the stuffed animals' night at the library, from 10:00 to 12:00 PM. Free, for children of all ages.

EVERY TUESDAY: Fairfax Community Library Story Hour. Join us for stories, crafts, and activities from 9:30-10:30 AM. For ages 0-6. January 15: Let's Count; January 22: Mittens & Music with Christy; January 29: [10:00-11:00 AM] Cats & Kittens. Special guests: the Franklin County Humane Society and friends.

Fairfax Community Library: 75 Hunt St., Fairfax, Vermont, 05454; Phone: 849-2420 Program Planner: Karyn Norwood at knorwood@fwsu.org; Library News: <http://www.bfafairfax.com/>

pages/communitylibrarynews.html. Facebook page: <http://www.facebook.com/home.php?#/pages/Fairfax-Community-Library>. School Year Library Hours: Monday, Wednesday 8:00 AM - 5:30 PM; Tuesday and Thursday 8:00 AM - 8:00 PM; Friday 8:00 AM - 3:15 PM; Saturday 9:00 AM - 1:00 PM.

JERICHO CENTER, LIBRARY

Preschool Story Hour - Join us each Wednesday from 10:00-11:00 AM for story hour, with not only stories but also music, a craft and a light snack.

Adult Writing Group - Do you like to write? Please consider joining the writers' group for adults that meets every other Monday evening from 6:30-8:00 PM. If you are interested in this free program call the library at 899-4686 for more details.

"Like" the Library on Facebook - If you're a Facebook user, be sure to "Like" the Jericho Town Library page — it's a great way to keep up on all the latest news and events as well as engage with your neighbors on library-related topics.

The next board of trustees meeting will take place on Tuesday January 8, 2013 at 7:00 PM at the library.

Library hours are Monday 1:00 PM - 5:00 PM, Wednesday 10:00 AM - 12:00 PM and 2:00 PM - 6:00 PM, Friday 1:00 PM - 5:00 PM, and Saturday 10:00 AM - 1:00 PM. For more information, call the library at 899-4686, email Jerichotownlibrary@gmail.com, or visit the library website at www.jerichotownlibrary.org.

VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE

Hours: Mondays and Tuesdays 12:00 to 7:00 PM, Wednesdays and Fridays 3:00 to 7:00 PM, Thursdays 9:00 AM to 7:00 PM, Saturdays 9:00 AM to 12:00 PM.

WESTFORD PUBLIC LIBRARY, WESTFORD

Call to Artists - The Westford Public Library seeks material to exhibit in our display case and on our walls. Local artists of all ages and any medium: photographers, sculptors, painters, fiber artists, wood workers, etc. are encouraged to get in touch with us about showing off your work and talent at the library.

Submissions will be accepted on a rolling basis throughout 2013. Selections are not competitive, and will be selected by the librarian and approved by the library Board of Trustees. We hope to schedule several artists for the months to follow. Artwork displayed does not necessarily represent the views of the library.

Please send an email to the librarian, westfordpubliclibrary@gmail.com, call 802-878-5639, or drop by the library to find out more.

Upcoming Events: Saturday January 26, 12:00 PM, Sydney Lea, Poet Laureate of Vermont, will be visiting the Westford Public Library for a reading of his poetry and prose. Snacks will be served! The library is open Wednesday 1:00-7:00 PM, Thursday 10:00-6:00 PM, Friday noon-6:00 PM, and Saturday 10:00 AM-2:00 PM. We can be reached at 878-5639, westford@plavals.state.vt.us, and www.westford.lib.vt.us.

DOROTHY ALLING MEMORIAL LIBRARY WILLISTON

Toddler Time: Friday January 11, 10:30 AM. Join us for stories, songs, and rhymes that encourage early literacy skills. Program includes a simple craft activity. For children ages 1-3. Free.

Pajama Story Time: Monday January 14, 6:30 PM. Bring kids in PJs with their favorite stuffed animal for stories with Abby Klein, a craft & a bedtime snack. Free. Presented by Building Bright Futures of Williston & Dorothy Alling Memorial Library.

Music with Raphael: Mondays, 10:45 AM, (except Monday, January 21 - Library closed) & Thursdays, 10:30 AM. For children up to age 5 with a caregiver. Free. No pre-registration. Limit: one weekday session per week per family.

Saturday Music with Raphael: January 19, 11:00 AM. Come sing, dance, and clap your hands with Raphael and his guitar. For children up to age 5 with a caregiver. Free. No pre-registration.

Babytime Playgroup: Wednesdays, 10:30 AM-12:00 PM (except for the 1st Wed. of each month, and January 23). January 9, 16, & 30. For infants & toddlers. Free. Sponsored by Building Bright Futures of Williston. Call Marjorie Von Ohlsen for more information at 658-3659.

Winter Story Hour: Tuesdays, 11:00 AM. Started January 8. Stories and a craft for children ages 3-5. Free.

Reading with Frosty & Friends Therapy Dogs: Tuesdays, 3:30-4:30 PM. Starts January 15. Bring a book and read to a dog! All dogs registered with Therapy Dogs of Vermont. All ages. Free. Call 878-4918 to pre-register for 10 minute individual sessions.

Homeschool Program: Project MICRO: Wednesday January 23, 1:00-3:00 PM. Students explore microscopic worlds in this hands-on workshop presented by Janet Schwarz from the UVM College of Medicine Microscopy Imaging Center. Students will have the opportunity to use real microscopes to investigate the properties of a variety of materials. Open to homeschool students ages 9 & up. Parents welcome to join in the experience. Free. Pre-register at 878-4918. Dorothy Alling Memorial Library, 21 Library Lane, Williston, VT. www.williston.lib.vt.us

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COLLEGE NOTES

The following local residents made the Dean's List for Fall 2012 quarter at Rochester Institute of Technology: **Chantel Charlebois** of Jericho, VT, a first-year student in RIT's Kate Gleason College of Engineering; **Neal Danis** of Jericho, VT, a fourth-year student in RIT's College of Imaging Arts and Sciences; **Lewis Hipes** of Cambridge, VT, a third-year student in RIT's College of Liberal Arts; **Colin McGlynn** of Waterbury, VT, a first-year student in RIT's College of Science.

Maura Spillane, a senior at Connecticut College, played the clarinet in the Connecticut College Orchestra winter concert on December 6, 2012. Spillane, a 2009 graduate of Mount Mansfield Union High School, is the daughter of Philip and Mary Spillane of Jericho, VT.

The following students were named to the dean's list for the 2012 fall semester at Messiah College: Underhill resident **Hannah Nichols** is a sophomore majoring in nursing. Jericho resident **Emily Price** is a sophomore majoring in philosophy.

OPBITUARIES



Geraldine F. (Russin) Wheelock, of Richmond, VT, went home today, December 20, 2012, to be cared for by angels. She was born on December 8, 1944, in Underhill, the oldest of six children born to Gerald "Pete" Russin and Florence M. "Skippy" (Hibbard) Russin. Geraldine worked two years at the Holiday Inn in South Burlington and 20 years at York Capacitor. She loved going to concerts and baseball games, especially seeing the Red Sox win. She loved to watch the NASCAR races on TV and going to the race track with her sons. She loved to travel to all of

these places. She leaves her sons, William J. Wheelock and wife, Marybeth (Brady), of Raleigh, N.C., and Wayne J. Wheelock of Richmond, VT; sisters, Mary Rich of Williston, VT, Dorothy Chaplin of Essex Junction, VT, and Patty Chaplin and husband, Paul, of Williston, VT; brothers, Gary Russin and wife, Julie, and Kenneth Russin and wife, Rhoda, of Huntington, VT, and her companion of 24 years, Harold Hallock. She also leaves several nieces and nephews; close friend, Sadie Wheelock; and several others of the Wheelock family. She was predeceased by her parents, Gerald and Florence Russin; Visiting hours were held on Sunday December

23, 2012, from 3:00 to 5:00 PM at Gifford Funeral Home, 22 Depot St., Richmond, VT.

Patrick Taze Huntley, 59, died on January 1, 2013, in Underhill, VT. He was born on August 28, 1953. Patrick attended Morrisville Agricultural and Technical College and then continued studies at the University of Vermont. He was active with UVM Rescue and continued EMS work in the area for over 35 years. Patrick held the position of First Assistant Chief with Richmond Fire Department and was a member of Richmond Rescue. He worked in the public accounting field for many years. In 1991, Patrick married Wendy King of Richmond. Their daughter, Katherine Grace, was born in 1996. As a family, Patrick, Wendy and Katherine enjoyed traveling, camping, and attending UVM hockey games. They also enjoyed sharing their home over the years with several special canine friends. Patrick will be greatly missed by their current Golden Retriever, Cullie. Patrick leaves his wife and daughter; as well as three sisters, Maeve Kim of Jericho, VT; Pamela Ferdinand of Colorado, and Susan Watts and her husband, Robert (Mac), of Delaware. Patrick also leaves nephews, Matthew Ferdinand, Samuel and Jackson King; nieces, Sheila Kim, Megan Kim, Jennifer Ferdinand, Siobhan Watts, Ceallaigh Watts, and Olivia King; as well as many cousins. He also leaves in-laws, Brian and Mary King; and brother-in-law, Bill King and wife, Barbara. Patrick was predeceased by his parents, Taze and Virginia Huntley of Craftsbury, VT. Arrangements are being handled by Elmwood Meunier Funeral Home of Burlington, VT. Information about a springtime memorial service will be available from the family at a later date. In lieu of flowers or donations, the family is establishing a fund for Katherine's future. Contributions may be sent to Brian and Mary King at 712 Telfer Hill Rd., Barton, VT 05822.

REVIEWS

ART/PHOTOGRAPHY

Essex Art League meets the first Thursday of the month, from 9:00 to 11:00 AM, at the Essex Junction Congregational Church on Main Street. The meeting agenda includes a business and social time, and features a guest artist presentation. The upcoming January 2013 meeting will feature Watercolor Artist, Libby Davidson, who will speak on *Birds and blossoms, hands on gesture drawing in motion*. A detailed calendar of meetings is published on the League's website: www.essexartleague.com.

Join Helen Day Art Center January 18 at 6:00 PM for the opening reception of Galen Cheney's solo exhibition in the East Gallery featuring colorful, large-scale, abstract paintings. Galen Cheney's work is grounded in the history of abstract expressionism, while sampling and evoking street graffiti within the urban landscape. Her bright textured images reveal layers of history, like the architectural remnants of urban environments.

MUSIC/DANCE

Queen City Contras will hold its regular dance on Friday, January 11, 2013 at 8:00 pm at Edmunds School Gymnasium, 299 Main Street, Burlington VT. Music will be provided by Randy Miller, David Cantini, and Roger Kahle. All are welcome, all dances taught, no partner or experience necessary. Beginners' session at 7:45 PM. Admission is \$8.00 adults. Under 12 free. Please bring clean, soft-soled shoes for dancing. Dance Info: 802-371-9492 or 802-343-7165.

**Jericho Center Library ADA Access Modifications
PG-2011-Jericho-00017**

The Town of Jericho (Town) is requesting proposals for consultant services to develop contract plans, specifications and construction cost estimates as detailed in the attached Scope of Work for the **Jericho Center Library ADA Access Modifications** project. There is a possibility that the Consultant selected might be awarded an agreement to provide services during construction.

All proposals become the property of the Town upon submission. The cost of preparing, submitting and presenting a proposal is at the sole expense of the proposer. The Town reserves the right to reject any and all proposals received as a result of this solicitation, to negotiate with any qualified source, to waive any formality and any technicalities or to cancel this RFP in part or in its entirety if it is in the best interests of the Town. This solicitation of proposals in no way obligates the Town to award a contract.

The full Request for Proposal document is available on the Town of Jericho website, <http://www.jerichovt.gov/>. Please address all questions related to this Request for Proposal to Jennifer Murray, Project Manager at (802) 899-2287 x104. Proposals shall be received by the Town of Jericho no later than **February 1, 2013 at 1:00 PM**. Proposals received after the deadline will not be accepted.

Proposals shall be submitted to Jennifer Murray, Municipal Project Manager, at the following address: Town of Jericho, P.O. Box 39, Jericho VT 05465.

JUST MARRIED



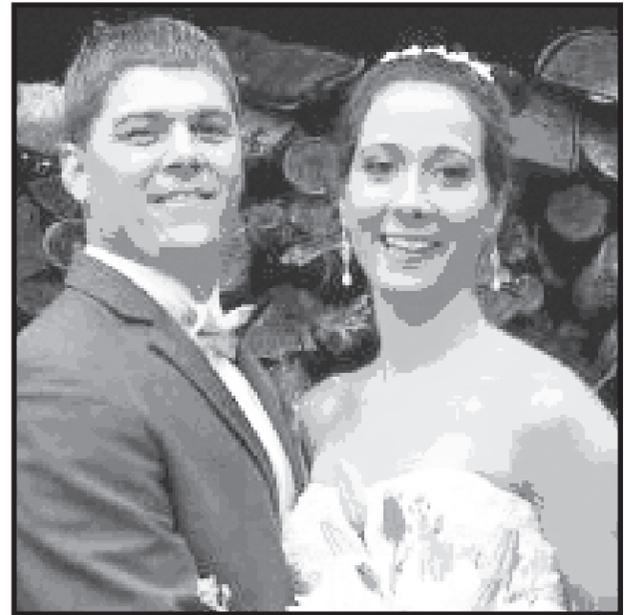
BERGERON - PICARELLA

Kathy and Bob Bergeron of Jericho, VT and Sharon and Bill of Brewster, NY announce the wedding of their children Alison Eileen Bergeron and Bill Michael Picarella. They were united in marriage September 28, 2012 at Our Lady of the Rosary Chapel in Poughkeepsie, NY. Father James A. Garisto was the officiate.

The best man was Jim Picarella, groomsmen were Dan Trudeau, Pete Jones, Jason Rizzo, Ben Unger, Patrick Bergeron and Kevin Bergeron. Ring bearer was Mason Bergeron, nephew of the bride. Maids of honor was Jen Bergeron and Kara Bergeron, sisters of the bride. Bridesmaids were Jen McGowan, Steph Smith, Brittany Hutchinson, Bridget Durette and Gillian McKnight. The flower girl was Cecilia Picarella-Benitez, cousin of the groom. A reception was held at The Grandview in Poughkeepsie, NY.

Mrs. Picarella attended Mount Mansfield Union High School, graduated from Eastern Connecticut State University with a BS in Physical Education and completed her Masters of Science in Education with an option in Special Education at Western Connecticut State University. She is currently employed at East Ridge Middle School teaching Physical Education in Ridgefield, CT and also coaches basketball at the high school. Bill Picarella completed his BS at Eastern Connecticut State University in Communications and is now currently working in NYC at Barclays.

The couple honeymooned in Aruba and now reside in Pleasantville, NY.



RIANI-GOES

Matthew Richard Riani and Paula Suplicy Goes were joined in marriage on September 29, 2012. Paula is the daughter of Heloisa and Jan Herder of Johnson, Vermont and Rony Suplicy Goes of Sao Paulo, Brazil. Matthew is the son of Richard and Judith Riani of Jericho, Vermont.

The couple was married in an outdoor ceremony at Pigeon Hill Farm in West Montgomery, Vermont encircled by the love of family and friends from near and far, amongst the beautiful fall foliage of the Northeast Kingdom. Catarina Goes, sister of the bride, and Ashley Donaldson were Maids of Honor. Emily Herder, step-sister of the bride, Ava Lavigne, Heather Zobel and Tricia Pierson served as Bridesmaids. Christopher Riani, brother of the groom, and David Gale were Best Men. Chuck Vaczy, Eddie Cafferty, Justin Charron, Nate Willard and Steve Boyden served as Groomsmen. The reception was held in the Carriage Barn of Pigeon Hill Farm.

Matthew is a 2003 graduate of Mount Mansfield Union High School and a 2009 graduate of Johnson State College. Paula is a 2006 graduate of Lamolille Union High School and a 2009 graduate of Johnson State College. The couple currently resides in Plantation, Florida where Matthew works as a Front Desk Supervisor for Marriott Hotels and Paula is self-employed as a Personal Trainer.

Recipes By Marian Tobin
POPOVERS

- 1 cup sifted all - purpose flour
- ¼ teaspoon salt
- 1 cup milk
- 2 eggs
- 2 teaspoons melted butter

Methods:
Sift dry ingredients together and half the milk and beat until smooth. Add eggs, unbeaten, beat well, then add remaining milk and butter. Using a beater, beat well for 3 minutes. Pour into pre-heated well greased muffin pans. Bake at 450° for 15 minutes, and then reduce to 375° for 20 minutes more. (I split a hole in the sides to keep them from collapsing) after taking them out of the oven.



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**SPECIAL TOWN MEETING
OFFICIAL WARNING
Town of Jericho**

The legal voters of the Town of Jericho are hereby notified and warned that a special town meeting of the Town of Jericho will be held at the Jericho Elementary School, 90 VT Rte. 15, in said town on Tuesday February 5th, 2013, to vote by Australian Ballot on the following Article. Polls shall open at 7:00 in the forenoon and close at 7:00 in the afternoon.

ARTICLE I Shall the voters of the Town of Jericho approve the amended Town of Jericho Land Use and Development Regulations adopted by the Jericho Selectboard on December 6, 2012?

DATED AT JERICHO THIS 3rd DAY OF JANUARY, 2013.

Catherine McMains
Kimberly Mercer
Timothy Nulty

JERICHO SELECTBOARD

Received for record this 3 day of January, 2013
Town Clerk

Watching Death

By Scott Funk
Aging in Place Advocate

Recently I was at the hospital visiting an old friend. The jaundiced color, frailty, body of skin and bones combined with the morphine drip told all this was a final visit. This was a moment of good-bye.

The conversation dwelt on platitudes and humor. But what is there really to talk about at such times? Everything has already been said that needed saying by the way lives were lived, by who one is and how one made his or her way.

So, in the sterile room of institutional health and diminished expectations, what can we do but joke and act like nothing extraordinary is happening? Tomorrow everyone will wake up and life will be the same except for one slight hole in the universe. One missing piece.

I have long ago entered the point where funerals have become more commonplace than marriages. There are friends and acquaintances that I now see only at funerals. There are those I catch up with solely to say good-bye.

Such is the blessing and the curse of a long life. If we last long enough, we get to bury everyone. If we do not, well, then someone else gets to bury us.

We don't talk about death and dying much in our society. The subject is taboo. It is almost as if dying is a personal failing. It has become more private, too. Deathbed scenes with family and friends gathered around are less common these days. When was the last time you heard the news reporter announcing the last words of someone famous?

That's too bad. If death is a part of life, then it must be good. The gift of life is good, so death must be a gift, as well. The native people of the far north believe that the wolf is a gift to the caribou. The wolf was sent to keep the heard healthy. Just like the wolf, death is a natural part of things. It isn't personal; it just is.

One of the things I've learned in working with older clients is that it isn't "if I die", it is "when I die". Perhaps if we could talk more about this, it might break down some of the false divisions our society has erected around aging. That we all will face and deal with death is far more significant than perceived differences of years or activities.

Not cheerful stuff, I know. But, aging is moving in a one-way direction. Each passing tells us more about our own mortality than anything else. This is not good. This is not bad. This is just the way of life and we must learn to deal with it. Each in our own way for more than anything else we are survivors. But, only temporarily.

Aging in Place, it doesn't happen by accident. And, it doesn't last forever.

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

Suder excels at Cheshire Academy Sports

Eric Suder of Jericho, VT, a 2012 graduate and basketball standout at Mt. Mansfield Union High School, is currently attending Cheshire Academy in Cheshire, Connecticut, for a postgraduate year. Eric is having a tremendous season as starting center and tri-captain for fighting Cats. Cheshire Academy won the 50th annual Frosty Francis Invitational Holiday Tournament, December 14-16 at Kingswood Oxford School in West Hartford. Suder was voted to the all-tournament team.



Sporting Afield – Outdoor Report: New Year's Resolutions

By Kristopher Boushie

New Year's resolutions are often focused on making things better, usually ourselves. These resolutions often fail because despite our best efforts to live healthier and rid ourselves of our bad habits, resolutions are usually no fun and are difficult to keep.

What if resolutions were enjoyable, good for you, and good for those around you? I have been accused of offering advice when none was requested. In that spirit of helpfulness, if you are looking for assistance in coming up with a suitable resolution, or two, or three, then read on for some suggestions.

- ü Teach a young girl to shoot a bow just like Katniss Everdeen in the Hunger Games or teach a young boy to shoot a bow just like you or another legend.

- ü Make a resolution to explore new spaces for hunting and fishing. Keep your rod and reel in your car so you can cast a line someplace new if you have a few minutes to spare.

- ü Introduce a non-hunter to venison or other wild game (the venison from the old buck that has been in the freezer for over a year might not be the place to start on this one).

- ü Get involved...and enjoy it. Join one of the many groups out there like the Ruffed Grouse Society, Trout Unlimited, or Ducks Unlimited. Attend their dinners. Meet new people and volunteer some time to help on a project. Attend a meeting or two to learn from some knowledgeable local and national speakers about topics you enjoy.

- ü Introduce a friend to nature. Take someone snowshoeing and show them animal tracks. Watch their surprise as a grouse flushes from its snow roost. Take a hike and show them deer rubs and scrapes.

- ü Learn a new woodsman skill. You may have been an outdoorsman your entire life, learn a new skill to better understand and appreciate our native woodlands.

- ü Take someone hunting or fishing who is either too young or too old to go by themselves. Both you and they will remember the day for years.

- ü Take up a new and complimentary "hobby"; something to get you out in the woods during the off season. Take up photography, bird watching, hiking, canoeing – something to get you outside; something you can do with family or friends. And it is definitely alright to do some scouting when you are outside.

- ü Support your local fly shop and hunting shop. While Cabela's is great, check out your local outdoor shop first. It is great to have and to maintain local resources.

If you are still looking for another resolution, then go ahead and lose 10 pounds and read some of the classics.

To comment or suggest new topics, please visit www.sportingafield.blogspot.com.

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We still have room for both skiing and snowboarding lessons as a private or group lesson. Come join us Friday nights from 5:00 to 8:00 PM for great skiing under the lights for a \$5.00 lift ticket. Please go on our website to learn more. www.cochranskiarea.com

Green Mtn. Outing Club Schedule

January 12 (Sat) **Journeys End South - I** - We'll start out on the Journeys End Trail and head south on the Long Trail from the Canadian border to North Jay Pass (Rt.105). Long day, lots of snow anticipated. Difficult snowshoe, pace 1 mph average, 5 miles (including a mile or so to winter parking). Group limit 10. E-mail leader by January 10. Darryl Smith, dsmith.vt.us@gmail.com

January 13 (Sun) **Belvedere Mountain** - We'll hike or snowshoe Belvedere from Route 118. Snowshoes and winter gear required. We always assume 6 hours - 3 hours up, 2 down, and 1 thrashing around lost in the usual winter blowdown - but last year we did not even get lost! Difficult, 6 miles total, 2000' climb - but winter conditions. Group limit 10. Contact leader by 1/11. Richard Larsen, 878-6828 or larsen007@aol.com.

January 19 (Sat) **Taylor Lodge** This hike is popular at any time of the year and is very good for snowshoes. We take the Nebraska Notch Trail and pass (or cross) a beaver pond before reaching the Long Trail. This takes us to Taylor Lodge, a good place for lunch. Easy to moderate, about 7.5 miles (including road portion which probably won't be plowed), approx. 4.5 hrs. Dot Myer, 863-2433 or dotmyer@myfairpoint.net

January 20 (Sun) **Cooley Glen to Mt. Grant** - Snowshoe along a beautiful brook for half the hike. Moderate hike, moderate pace, 8 miles, 2000' elevation gain. Group limit 12. Wes Volk, 355-4135 or wvolk@uvm.edu

January 26 (Sat) **Camels Hump Loop** - Forest City, Long Trail and Burrows. A great hike and a bit of a change from the Burrows round trip route. Great lookout spots on the ascent. 6 miles round trip, 2200' elevation gain. Group limit 10. Contact leader by January 24. Robynn Albert, 878-4036 or robynnalbert@hotmail.com

January 27 (Sun) **Red Rocks Park: Good for Children and Dogs** We'll snowshoe or walk through the old Red Rocks park and see beautiful signs of winter and the effects of the lake pounding waves against the rocks. Easy with easy pace, approx. 2 miles. Limit 3 dogs. Contact leader by January 26. Kelley Christie, 999-7839 or kelleymchristie@gmail.com

February

February 2 (Sat) **Adirondack Outing** - Location to be decided as date draws nearer. Count on 7-8 miles round trip, a likely visit to the Noonmark Diner post-hike! Group limit 10. Contact leader by 1/31. Robynn Albert, 878-4036 or robynnalbert@hotmail.com. Check Burlington Section web site as date draws near for specifics.

February 3 (Sun) **Lake Mansfield via Nebraska Notch** - From the Stevensville Road parking area, we'll snowshoe up Nebraska Notch to Taylor Lodge, then descend to Lake Mansfield and return. Moderate hike, moderate to strong pace, ~7.6 miles, ~1600' elevation gain. Group limit 10. Contact leader by February 1. David Hathaway, 899-9982 or David.Hathaway.78@gmail.com

February 9 (Sat) **North Jay Pass South - II** - We'll head south from North Jay Pass (Rt. 105) to Jay Pass (Rt. 242). There will be only ten hours of daylight, so we'll plan accordingly and carry a headlamp. Anticipate a lot of snow and a long day. Difficult snowshoe, pace 1 mph average, 9.3 miles. Group limit 10. E-mail leader by February 7. Darryl Smith, dsmith.vt.us@gmail.com

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MOUNTAIN GAZETTE DEADLINES AND PUBLICATION DATES

Mountain Gazette Publication & Deadline Dates 2013. The Mountain Gazette publishes on the 1st and 3rd Thursday of each month .

The deadline for receiving copy is Thursday, a week before publication, at noon. The advertising deadline is Thursday, a week before publication at 5:00 PM. For more information, please contact Brenda Boutin, Publisher of the Mountain Gazette 6558 VT RT 116, Starksboro, VT 05487 • Phone: 453-6354 • mtgazette@earthlink.net • On the web at www.mountaingazetteofvermont.com

DEADLINE DATE: THURSDAY

- January 3
- January 17
- February 14
- February 28
- March 14
- March 28
- April 11
- April 25
- May 9
- May 30
- June 13
- June 27
- July 11
- July 25
- August 8
- August 29
- September 12
- September 26
- October 10
- October 31
- November 14
- November 28 – the day before Thanksgiving!
- December 12
- December 26

PUBLICATION DATE: THURSDAY

- January 10
- January 24
- February 7
- February 21
- March 7
- March 21
- April 4
- April 18
- May 2
- May 16
- June 6
- June 20
- July 4
- July 18
- August 1
- August 15
- September 5
- September 19
- October 3
- October 17
- November 7
- November 21
- December 5
- December 19
- January 2-2014

SPECIAL SECTIONS:

- Bridal - February 7 • Home & Garden - March 21
- Senior Profiles - May 2 • Memorial Stories of Veterans- May - 16 • MMUHS Senior Photos - June 6
- LUHS Senior Photos - June 20 • Bridal - August 15
- Harvest Market - September 19
- Veterans Stories - November 7 • - Inspirational Stories - December 15

FEATURED PUBLICATIONS:

- Northwestern Vermont Animal Resources Guide - Deadline April 15, 2013, Publication July 12 , 2013
- Jericho Underhill Directory - Deadline April 1, 2013; Publication June 14, 2013



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MOUNTAIN GAZETTE RATES – 2013

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Web site - over 24,000 hits as of November 2011 - OVER 34,000 HITS AS OF Jan. 1, 2012
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TOTAL CIRCULATION – 4500 COPIES

The *Mountain Gazette* is owned and operated by Brenda Boutin. Brenda Boutin has a B.A. in Graphic Design/Graphic Designer.

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Help your students Unlock the Passion

We have soccer coaches, little league coaches... why don't we have writing coaches?

Many students have difficulty writing. I can help your student develop and improve his or her writing skills, but most important, I can teach them to love to write. That's the key. When young people love to do something, they learn how to excel at that activity – much like soccer.

When students learn how to write they learn how to organize their thoughts and present them in a way that others can clearly understand. They learn how to think. And when students learn how to write it makes everything else they have to do in school easier.

The ability to write improves confidence, teaches young people how to organize a head full of disparate thoughts, means better grades in school, and opens doors. The best part is, learning to write can reduce the stress associated with things like book reports, essays and term papers. I can help your child/student with everything from learning how to articulate what he or she wants to say before they put pen to paper, to selecting perspective and voice, to improving gram-mar and spelling to learning how to edit their own work like a professional. I have time to work with several students each semester. I work mostly with high school students, but I will work with middle school students and with adults involved in both creative and commercial writing. I can help with everything from copy editing for advertising and marketing, to grant applications to product and company brochures to preparation of full manuscripts for submission to agents and publishers. Call me (899-4209) or send me an email (ramlamvt@hotmail.com). You'd do it for soccer. Let's work together to unlock the passion. Richard Mindell, Jericho, Vermont