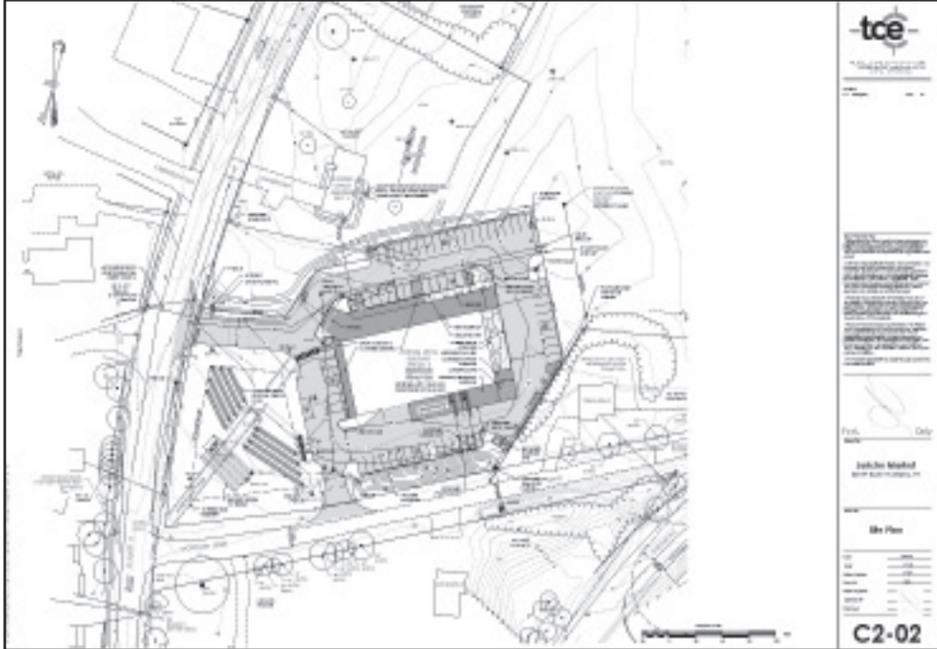


New Jericho Market to open first of August



Above: Overall site plan for the Jericho Market in Riverside/Underhill Flats. Right: Artist's rendition of the two facades of the 17,000 sq. ft. market. PHOTOS CONTRIBUTED



By Graham Swaney
MMU Journalism intern

Local Jericho and Underhill residents will soon be able to enjoy the benefits of having a full-sized grocery store right in town. The "Jericho Market" will be located at 364 VT Rt. 15, at the intersection of VT Rt. 15 and Dickenson Street. The store will be owned by Mike Comeau, who also owns the Richmond Market in Richmond, the Village Market in Waterbury, the Shelburne Supermarket in Shelburne, and the Sterling Market in Johnson. According to Comeau, the store is scheduled to open its doors to the public for the first time on August 1.

According to the Jericho Development Review Board Permit, the Jericho Development Review Board unanimously approved the project on April 9, 2015. The Vermont District Environmental Commission #4 issued an Act 250 land use permit in December of 2015. The property, which originally belonged to Jericho resident David Villeneuve, was subdivided and sold to Jerry Davis. Jerry Davis, in addition to being the new owner of the land, is the owner of Peak CM, the construction company that is building the store.

When the building is complete, it will be leased to Mike Comeau. "Jerry is basically building me a vanilla box," Comeau said. "I am taking care of all the interior improvements."

Comeau said the store will initially be strictly groceries, because he is not anticipating the demand that would merit a pharmacy. The new Jericho Market will be stocked with all the foods that one might expect at a regular grocery store, with a bakery, a deli, fresh produce, meats, wine, and seafood; Comeau said he is planning to support local producers by selling their products. The store will be painted red and is designed to look like a barn from the outside, similar to the way the Richmond Market is designed to look like an old train station. There will also be a green space in front of the store, complete with picnic tables, benches, and flowers.

Peak CM is not building the market from the ground up. Instead the company is renovating an existing metal building and expanding it into the full sized store. The company is also demolishing an old wooden garage that sits on the property. The market will be 17,000 square feet when completed, which according to Mike Comeau

will make it one of the largest independent grocery stores in the state. The store is a stand-alone business but Mr. Comeau is hoping that the market will become an anchor store, helping other stores to open on the remaining property in the future. "We assume that if the grocery store does well there, maybe other businesses will come and build on some of the other land," Comeau stated.

The store's main access point will be an entrance on VT Rt. 15. There will also be an exit onto Dickenson Street, but because Dickenson Street is one-way, it will be left turn only. VTrans, the agency responsible for maintaining state-owned infrastructure, is considering the addition of a left turn lane on VT Rt. 15 to make it easier for southbound vehicles to enter the store parking lot. Sidewalks will be constructed in front of the store and along VT Rt. 15. The land use permit conditions require reassessments of the traffic impact caused by the store after its first and fifth year of operation. State and local authorities may then implement new traffic control measures. The CCTA bus and park-and-ride will be moved off site. The new location has not yet been decided on.

Generally the store has been well received by the community. "We have had a lot of people coming in support of this grocery store," Michele Patrick, Jericho Zoning Administrator commented. The store will save many local residents having to drive all the way to Essex or some larger town to shop for groceries. Comeau also believes the Jericho Market will be much more "community oriented" than a larger box store would be.

Despite being highly anticipated by some residents, others, particularly those who are tied to local businesses in the area, have aligned themselves against the store. Phil Jacobs, owner of Jacob's Market on Park St. in Underhill Flats, created a petition against the project. The petition opposes the store on the grounds that it would severely harm or even shut down small stores in the area. Jacobs Market is particularly likely to suffer. Jacobs Market, which is less than a mile from the project site, would be in direct competition with the Jericho Market when it is completed. The petition collected over 300 signatures, but since the project does not violate any town regulations the petition poses no threat to its continued construction.

24-hour endurance race at Bolton Valley

By Phyl Newbeck
Special to the Mountain Gazette

For anyone interested in testing their limits, there's a great opportunity coming up at Bolton Valley next month. RJ Thompson of Native Endurance is putting together what is believed to be the first 24-hour backcountry ski and splitboard race in New England from Saturday, March 19 to Sunday the 20. Competitors can enter in the solo category or as a team, and there will also be a 12-hour option for those who prefer not to be completely sleep-deprived.

Several years ago, Thompson took part in some 24-hour mountain bike races in Moab as part of a relay team and he thoroughly enjoyed the experience. When he moved back to Vermont he got a job at Bolton Valley planning events and working with the racing league. Impressed with the fact that Bolton has significant backcountry terrain adjacent to the Nordic center, he thought about ways to make more people aware of the trails. Showing snow lovers the backcountry terrain is one of the reasons for putting together the event that is being called *24 Hours of Bolton*, but it's not the only reason. "The biggest part is the community aspect of it," Thompson said. "You get solo racers who are really passionate and serious about what they're doing, and relay racers who are just trying to see what they can do. You get to bring together people across various levels of the sport including skiers and splitboarders."

At this juncture there have already been 33 registrants for the race, the majority of whom will be racing solo. Most are from Vermont but there is a team from Boston and racers from Maine, New Jersey, and Colorado. The majority of the entrants are in the skiing division, which Thompson chalks up to the fact that transitions are trickier on a splitboard. He stressed that you don't have to be a hard-core racer to enter. Relay teams can have up to four members and if they sign up for the 12-hour division, that breaks down to roughly three hours of skinning and skiing for each person.

Both races start at noon on Saturday, March 19. Racers will need metal-edged skis or snowboards, appropriate bindings, climbing skins, food, water, and a headlamp. A backpack is recommended. The course is a mix of backcountry and alpine terrain during the day, with just alpine terrain at night. There will be two aid stations to provide assistance. Bolton Valley is offering a reduced room rate of \$80 for those who want to take a quick catnap during the event.

Bill Ross grew up in Vermont, moved to Colorado, and currently lives in Winter Park. Having taken part in 24-hour mountain bike races, he was intrigued when he learned about the *24 Hours of Bolton* and booked a flight so he could enter. "I'm looking for a good challenge," he said. Ross recently retired from the U.S. Forest Service and felt that this was a good time to test

his limits. "I'm 59 and a lot of people asked me if I could even stay up that late," he joked. Ross is taking the event seriously and has received some nutrition counseling from the University of Colorado's Sports Medicine Department. "As a firefighter I got laid off in winter," he said, "so I was always climbing something and skiing. This is just adding 12 hours to what I usually do in my off time."

This hasn't been a snowy winter so Thompson has a back-up plan for a 12-hour race solely on alpine terrain that has been enhanced by snow-making, but he hopes it doesn't come to that. "People have been bummed about this winter," he said. "The weather impacts everything from skiing numbers to the sale of donuts at Cold Hollow Cider Mill, but even if the snow isn't great, we can still pull this off."

The registration fees which range from \$120-160 go to cover the cost of overhead expenses but racers are encouraged to set up a fundraising page on the event website to raise money for Vermont Adaptive Ski and Sports. Thompson is hoping more people will register for this unique event. "It's a great way to showcase the backcountry terrain," he said, "and a great way to meet new people and make stronger connections with those you already know."

To register, go to <http://www.nativeendurance.com/bolton24.html>.

Red Cross Month – give blood in March

Since 1943, every U.S. president has designated March as Red Cross Month to recognize how the Red Cross helps people down the street, across the country, and around the world.

Donors of all blood types are needed to help accident and burn victims, patients undergoing organ transplants, those receiving cancer treatments, and others who rely on blood products.

Make an appointment to become a hero to patients in need by downloading the free Red Cross *Blood Donor App*, visiting redcrossblood.org or calling 1-800-RED CROSS (1-800-733-2767).

Upcoming blood donation opportunities include:

Thursday, March 3, 8:00 AM – 2:00 PM, Mount Mansfield Union High School, Browns Trace, Jericho

Thursday, March 3, 10:00 AM – 3:00 PM, St. Albans Healthcare and Rehab Center, 596 Sheldon Rd., St. Albans

Friday, March 4, 12:00 – 5:00 PM, Frog and Toad Childcare and Learning Center, 26 Pine Crest Dr., Colchester

Saturday, March 5, 10:30 AM – 4:00 PM, University Mall, 155 Dorset St., S. Burlington

Saturday, March 5, 10:00 AM – 3:00 PM, Burlington Town Center, upper level between Spencer's and Famous Footwear, Burlington

Tuesday, March 8, 11:00 AM – 4:00 PM, Bellows Free Academy, 75 Hunt St., Fairfax

Friday, March 11, 3:00 AM – 2:00 PM, Champlain Valley Union High School, 369 CVU Rd., Hinesburg

Tuesday, March 15, 11:30 AM – 5:00 PM, St. Michael's College, Dion Student Ctr., Winooski Park

Read the *Mountain Gazette* online at www.mountaingazetteofvermont.com.
Advertise in the *Mountain Gazette* print version and receive free online advertising!
Like us on Facebook and use the Jericho Underhill Community Directory.



Need Spring? Come to the Winter Show of the N. VT Artist Association at the Emile A Gruppe Gallery, Jericho, open Thursday-Sunday, 10:00 AM – 3:00 PM or by appointment, 899-3211. Among the works featured is this painting, Peonies in Bloom, by Dena Couture. PHOTO CONTRIBUTED

Artists' Mediums expands to Cambridge

For almost 30 years Artists' Mediums of Williston has provided fine art materials, professional picture framing, classes, and informal gallery space at their Williston location. The store will expand to include a new venue: the Artists' Mediums Art Shop. Located just off VT Rt. 15 in Cambridge, the space has expansive views of the mountains and Boyden Valley Winery.

Artists' Mediums Art Shop is scheduled to open on Friday, April 1, with a grand opening celebration to take place during Open Studio Weekend in May.

Initially, the space will be open Thursday-Sunday but those hours may be expanded in the future. "I'm really excited about this new space," said Lindner. "The location is pretty fantastic and this will allow us to provide Vermonters and visitors to the state with a new venue for seeing the tremendous talent Vermont artists have to offer."

Colds

By Scott Funk

My lovely wife and I have just survived three hacking, coughing, sneezing weeks of headaches, fevers, and fatigue. It was one of those times in life that demonstrate how wonderful it is to be in love with the person you live with. Nothing tells more about a relationship than a stuffy nose and productive cough. This is especially so when it is obvious I'm the one who brought the bug into the house.

Younger people may find this gross, but it is in taking each other's temperature and making hot tea or a rosemary-thyme steam that we really know the value of having a partner. No one else is going to forgive the disruptive coughs, or risk nearness when there is a fever, like someone who actually loves you.

Whether it is because of this winter's lack of snow or the extreme swings between high and low temperatures, I don't know. What I do know is that both of us spent most of February thick-headed and runny-nosed. By the time we broke down and went to the doctor, we were ready for the miracle of science to cure our ills. We got reassurance "that this too will pass" and something to quiet the coughs and let us get a little sleep.

Then it was back to long hours on the couch, searching Netflix for something new that didn't explode. There we snuggled up and appreciated how wonderful it is that someone can love you while you are sneezing. It got so pitiful, even the dog began to avoid us.

Fortunately, I'm in a business working with older people and so can't go to work if I am sick. This gave us the greatest luxury modern medicine can offer: time to simply rest and recuperate.

That isn't something enough people have today. Too many work multiple jobs with no sick leave benefits. They have to soldier on and take symptom suppressants while they struggle through the workday, infecting all around them. Not so for this old guy and his wonderful wife; we got to lay low and let the vile cold run its course.

Being over 60 with a cold is kind of scary. It is amazing how low it can lay you out and how hopeless it can make you feel. There were points when it was hard to believe people don't die from the sniffles. The older we get, the longer and more precarious the road of recovery can be.

We are in the 21st century and there is still nothing anyone can offer that is better than chicken soup, lots of rest, and reassuring hugs from someone who truly cares. With all the advancements of science there is still nothing more therapeutic than the look of a loved one who can see through the fog of illness to the vibrant person you still are somewhere deep inside.

Aging in place, it doesn't happen by accident – and you should always have some Kleenex in the house.

Cory Abell of Cambridge, VT, a freshman majoring in Mechanical Engineering, has been named to the Fall 2015 Dean's List at Clarkson University, Potsdam, NY.

Brent W. Adair of Jericho, VT, a senior majoring in Mechanical Engineering, has been named to the Fall 2015 Dean's List at Clarkson University, Potsdam, NY.

Nicholas Edward Adams of Jericho, VT, a freshman majoring in Physics, has been named to the Fall 2015 Dean's List at Clarkson University, Potsdam, NY.

Patrick Aselin of Jericho, VT has been named to the Fall 2015 Dean's List at Rensselaer Polytechnic Institute, Troy, NY. Aselin is studying Materials Engineering.

Marlena Baker of Waterbury, VT was named to the President's List for the Fall 2015 semester at Southern New Hampshire University, Manchester, NH. Baker is a BS – Business Administration major.

Kelsa Battig of Westford, VT, a senior English major at Grove City College, Grove City, PA, has been named to the Dean's List with High Distinction for the Fall 2015 semester. She is a 2012 graduate of Essex High School in Essex

Singing

By Sue Kusserow
Special to the Mountain Gazette

I have always loved singing. It has been a part of my life ever since my mother sang to me as a child. She was often off-key, but with me, she was not embarrassed. So I learned that mistakes are part of the imperfections that create fun, if they are cloaked in laughter. As I grew older, I took singing lessons and was able, as a soprano, to reach a second-level A. From there on it has been downhill, in musical terms. I sang wherever my nursing teaching jobs took me, and found myself more comfortable as an alto. My last choral singing was as a tenor, and I proved the age-old truth that any thing not kept in practice will go back to its easiest form, in this case, croaking along to a low G. I resolved to quit before I turned bass.

And it has been enormously fun. Since I enjoyed moving from place to place in my nursing/teaching role, I was able to "repeat" my favorite chorale work: Brahms' *German Requiem*. I have sung it in Burlington, West Virginia, Seattle, Portland, Zimbabwe. The latter needs an explanation: I was a Fulbright Scholar teaching community health in Harare, and I joined an English chorale made up of white Zimbabweans, who for generations had called this country their home. We performed one evening at the Italian Club, singing the chorus from *Nabucco*, a Verdi opera. I wished that such a wonderful mix of countries would guide the nation into strength, but it did not.

But, here it is the present: I sing now with one of my favorite groups: the Underhill Central School's Kindergarten classes. Over the years, I sang with my original three children, kept on singing, and then enjoyed my grandchildren and their friends in grades 1-4. It has been one of the joys of my life, and I would like to tell you about it. I would like to start with the question:

How does one pick songs? First, most of them need to have a definite, simple beat: a hand-clapping, foot banging, easy-to-catch rhythm: "Good morning, little children/ And how are you today?/ I've come to sing a little song/ And chase the clouds away." And of course, they want to participate: "Old Mr. Rabbit... eating all my _____." The most popular choice is carrots: in soup, in salad, in cakes, in pies? The entries get wonderfully silly as we have blueberries with the juice running down his chin; turnips, which

"But I don't wanna eat my vegetables!"

By Lewis First, MD

Chief of Pediatrics at UVM Children's Hospital

Parents have been quite picky with their questions about what to do if their toddler won't eat their vegetables. Let me see if I toss some tips, and not just asparagus tips, on the subject of children not eating vegetables.

First, not liking vegetables probably gets its origin from the strong preference infants, children, and even their parents have for sweet-tasting foods. That makes less sweet vegetables a less-desirable option. Now add in toddlerhood. That's when parents try to set limits and young children try to exert their autonomy by simply saying no to vegetables and other things.

Understanding this key toddler mentality – of saying no as a sign of autonomy – allows you as a parent to better understand things you can do to encourage vegetable eating. But you should also know that the vitamins and nutrients found in most vegetables can also be found in other foods that your child may want to eat, including meat, fish, and other fruits. So forcing vegetables is not the answer.

Nagging, forcing, bargaining, or bribing simply create power struggles that fail in the long run. They give your toddlers all the attention they seek and more – without eating a single pea or carrot. So, what do I suggest?

If you do want your child to at least try vegetables, don't give in to your toddler's food preferences. Even though a toddler will want to eat the same things day after day, don't go there. Instead, offer a variety of foods. You can even ask them to choose from among two or three options per meal (to give them some sense of autonomy) or ask them to help you prepare the vegetables for the family meal. This may be all it takes to encourage more flexibility in your children's food preferences.

Studies have shown it can take 10 tries with the same new food before a child will accept it. So keep trying. Smaller portions of a vegetable on bigger plates can be more palatable to a toddler, especially if paired with foods your child likes.

Parents, you need to set a good example. Eat with your child and eat the vegetables you want your child to eat. If you aren't getting them to try a new vegetable, try getting your child into a situation where they can see their peers eating that new vegetable. That might be the secret weapon that can get your young child eating veggies, too. If you have success, don't forget that raw vegetables can be a choking hazard for young children, so make sure they are cut into small enough pieces to prevent choking.

CAMPUS HONORS

Junction, VT, and is the daughter of Dr. Michael and Mrs. Heather Battig of Westford.

Benjamin Bliss of Jericho, VT was named to the Dean's List at Bucknell University, Lewisburg, PA during the Fall 2015 semester. Bliss is in the class of 2019.

Matthew Blow of Jericho, VT has been named to the Fall 2015 Dean's List at Hobart and William Smith College, Geneva, NY.

Hailey Burkhart of Underhill, VT has been named to the Fall 2015 Dean's List at Rochester Institute of Technology, Rochester, NY. Burkhart is studying Mechanical Engineering.

Chantel Charlebois of Jericho, VT has been named to the Fall 2015 Dean's List at Rochester Institute of Technology, Rochester, NY. Charlebois is studying Biomedical Engineering.

Lillian M. Devereux of Jericho, VT has been named to the Fall 2015 Dean's List and also awarded the Presidential Diversity Scholarship at St. Lawrence University, Canton, NY. Devereux, a graduate of Mount Mansfield Union High School in Jericho, is a member of the Class of 2019 at St. Lawrence.

Julia Dunn of Jericho, VT was named to the Fall 2015 Dean's List at Worcester Polytechnic Institute, Worcester, MA. Dunn is a member of the class of 2019 majoring in biomedical engineering.

Joseph Faryniarz of Jericho, VT was named to the Fall 2015 Dean's List at Paul Smith's College, Paul Smiths, NY. Faryniarz was also named an Adirondack Scholar.

Kaylee Ferris of Waterbury, VT, a Veterinary Technology major, has been named to the Fall 2015 Dean's List at Mount Ida College, Newton, MA.

Ryan Forbes of Westford, VT was named to the Dean's List at the University of Vermont, Burlington, VT. Forbes is a Civil Engineering major

he doesn't really like, and makes AWFUL faces; (What's a turnip, Gramma Sue?) As the 40-minute session bounces along, they need some relief from sitting still on the carpet, so we go to *Jump Along, Jim Along, Josie, Oh*. And then jump leads to run, to twirl, to march, to skip along... (I found out that very few kindergarteners know how to skip.) We seem to have a lot of animals in our songs: ducks, a fox, a froggie, ladybugs, cats, and of course, turtles. The latter requires curling up on the carpet, until in the last verse: and when he forgets that you're there/he'll go walking around with his head in the air. All participating turtles then lumber along, with very authentic turtle imitations. I brought in an old shell once, with both carapace and plastron in place, but it was hard for them to image where the legs and tail might poke out. They were doing it quite nicely on their own!

This brings up the idea of words; most often they don't make sense. "Remember kids, there weren't any televisions, or even a radio, so to have fun, people made up words and things to do with the words. Sometimes the words tell a story, like Mr. Fox." I remember a few years ago, when one young man said he didn't want to sing that song, because Mr. Fox ended up eating the gray goose. We sing about the ladybugs: "One, two, three/ladybugs came to the ladybug picnic." Starting about February, most all of the children can count up to 20 ladybugs, who made the picnic just in time to eat sandwiches full of fleas, and got so full, they said: No more, PLEASE.

I had a different request just recently: "Could we have a quiet song, Gramma Sue?" Great idea! I had never tried one, thinking they would get too restless, but they know themselves pretty well and all sat quietly for a southern lullaby, as we counted stars: "Bye and Bye/stars shinin' number one, number two, number three/how I love my babe, bye and bye."

Next time, I would like to introduce you to some of the learnings I have gleaned from these wonderful groups: teaching? fun? restlessness? But I want to take time right now, right at the beginning of this series: Thanks so much to Ronda Curry and Nancy Scott, who are the teachers who join in the actions, helping kids learn how to skip, getting me up from that TINY chair after 40 minutes, and other kind things.

Easing your children into winter sports

By Lewis First, MD

Chief of Pediatrics at UVM Children's Hospital

With winter here, parents have been giving me anything but the cold shoulder in asking me how they can get their young children interested in a winter sport. Let me see if I can glide through some suggestions to make that happen.

Winter sports are a great way to keep kids physically active when they might otherwise be cooped up at home. They are also a great way for families to spend time together.

So how should you get your children interested? A great idea is to start by watching winter sports like skiing or snowboarding on television, taking your child to a ski race, a hockey game, or an ice rink and seeing if skiing or skating piques your child's interest.

If they do want to try a sport, it's best to wait until they are at least four years of age so they have the proper balance, coordination, and strength to play a winter sport, not to mention the ability to follow directions.

The next step is to make sure you keep their safety in mind. Proper equipment such as a good helmet for most winter sports is essential, so don't just pass a helmet from an older sibling to a younger one if that helmet is not properly fitted to your younger child's head. In addition, knee pads and wrist and shin guards may also be a good idea for sports such as snowboarding.

If the sport happens outside, make sure that your child is dressed in layers to protect against the cold. Otherwise, they might not want to play any outdoor winter sport because they are too cold to focus on learning the sport. Hats, gloves, and sunglasses are also a must outdoors, as is a good sunscreen.

Let your child dictate the pace of learning. Tell your child in advance that falls will occur in most winter sports and not to give up when that happens. Teaching your child how to fall and get back up, or better yet, having a child- and family-friendly instructor teach your young one, may be just what your child needs to learn to prevent serious injury.

Most importantly, even if your child picks up a sport easily and wants to compete, make sure the focus stays on fun and fundamentals versus winning at all costs. Otherwise, they could be prone to an unnecessary and avoidable injury.

Hopefully tips like this will slide down easily when it comes to introducing your young child safely to the joys of winter sports.

Lewis First, MD, is chief of Pediatrics at The University of Vermont Children's Hospital and chair of the Department of Pediatrics at the University of Vermont College of Medicine.



Mountain High Pizza Pie

Monday - Thursday
11:00 AM - 8:30 PM
Friday
11:00 AM - 9:00 PM
Saturday
11:00 AM-8:30 PM
Sunday 12:00 - 7:00 PM

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Route 15, Jeri-Hill Plaza
Jericho

in the College of Engineering & Mathematical Sciences.

Emily Frazier of Cambridge, VT, a senior at Johnson State College, Johnson, VT, has been named to the Dean's List for the Fall 2015 semester.

Agathe Fredette of Waterbury, VT, a sophomore at Johnson State College, Johnson, VT, has been named to the Dean's List for the Fall 2015 semester.

Nolan Frey of Underhill, VT, a senior at Johnson State College, Johnson, VT, has been named to the President's List for the Fall 2015 semester.

William Frick of Jericho, VT was named to the Fall 2015 Dean's List at Worcester Polytechnic Institute, Worcester, MA. Frick is a member of the class of 2016 majoring in interactive media and game development.

Casey Fuller of Waterbury, VT was named to the Dean's List at the University of Vermont, Burlington, VT. Fuller is a Mathematics major in the College of Engineering & Mathematical Sciences.

Erica Fuller of Underhill, VT, a senior at Johnson State College, Johnson, VT, has been named to the Dean's List for the Fall 2015 semester.

Gabrielle Garfield of Bolton, VT has been named to the Fall 2015 Dean's List at Champlain College, Burlington, VT. Garfield is majoring in Secondary Education-Social Studies.

Flynn Liam Genadio-Allen of Jeffersonville, VT, a sophomore majoring in Civil Engineering, has been named to the Fall 2015 Dean's List at Clarkson University, Potsdam, NY.

Jonathan Griffin of Jericho, VT was named to the Fall 2015 Dean's List at Worcester Polytechnic Institute, Worcester, MA. Griffin is a member of the class of 2017 majoring in aerospace engineering.

Nicole Grzywna of Richmond, VT, a freshman at Johnson State College, Johnson, VT, has been named to the Dean's List for the Fall 2015 semester.

Campus Honors continued on page 8

HEALTH NEWS

Health classes from Northwest Medical Center

Cancer Exercise Rehab Group, ongoing Tuesdays and Thursdays, 11:00 AM – 12:30 PM, NMC Rehab gym, Cobblestone Building. A physical therapy evaluation is required to assure that the client is able to participate. Class pinpoints the common needs of patients, including decreased range of motion, decreased strength, cancer-related fatigue, and lymphedema. Wendy Lawrence, certified NMC Oncology Rehab Physical Therapist. Pre-registration required: 524-1064 to register or for more information. Free for the first 8 weeks, then \$40 for open gym access.

Fit Moms, Wednesdays, 7:00 – 8:00 PM, NMC Wellness & Fitness Room; free to NMC OB/GYN patients. Get in shape for a strong birthing experience. Join other moms as we prepare our bodies for labor. Please consult a physician before beginning this exercise program. Contact Stephanie Preedom, AFAA, 802-288-1141 or stephanie.preedom@gmail.com to register or for more information.

Stronger U, Mondays and Wednesdays, March 7-May 25, 9:00 – 10:00 AM, Northwestern Medical Center, Conference Center. Stronger U is a strength building exercise program to help aging women battle the losses in strength and bone mass, which occur naturally as one ages. Our focus is on the benefits of strength building in the muscles and bones. There are other positive effects, which include increasing tendon and ligament strength, increasing muscular tone, generating greater postural support and helping to increase metabolism. A physician authorization is required. Cost: \$99 for 10-week session; pre-registration required, for more information or to sign up contact Cindy Rutkowski, 524-1217 or crutkowski@nmcinc.org.

Breastfeeding: Keep it Simple, Friday, March 25, 12:00 – 1:30 PM, VT Department of Health, 27 Federal St., St. Albans. You are invited to the Department of Health's free Breastfeeding Prep class. Learn how your body makes milk, what to expect, tips for getting nursing off to a great start, and whom 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. Offered by VT Department of Health staff. Pre-registration required, call 524-7970 to register.

Understanding and Responding to Dementia Behavior: an education program by the Alzheimer's Association, Tuesday, March 15, 5:30 – 7:30 PM, Northwestern Medical Center, Green Mountain Room. The Alzheimer's Association offers this program to help caregivers decipher behaviors and determine how best to respond. By the end of the session, attendees will be able to: identify common triggers for behaviors associated with dementia, explain the process for assessing and identifying challenging behaviors, list strategies to address some common dementia-related behaviors. Through practical information, resources, and interviews with experts, this program will help caregivers to address the challenges of dementia-related behavior. Speaker Amanda Wilson, Franklin County Home Health Medical Social Worker, BA and Professional Community Educator for the Alzheimer's Association-Vermont Chapter. Pre-registration required, call 524-1234 to register. Free.

Diabetes and You, Thursdays, March 3-31, 1:00 – 3:00 PM, Richford Health Center. This self-management educational program is a five part, ten-hour group education program, plus telephone follow-up sessions for people with diabetes and their families. Accredited by the American Diabetes Association. Facilitator Deb Robertson, RN, BSN, CDE, NMC. Limited to 15 participants. Call for pricing information. Pre-registration required: 524-1031 or drobotson@nmcinc.org.

Healthier Living with Diabetes, Mondays, March 21-April 25, 1:30 – 4:00 PM, Georgia Health Center. Are you or someone you know living with diabetes? 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. Free; pre-registration required, 782-5323 or 524-1031 or hmessier@nmcinc.org.

Look Good Feel Better, Monday, April 4, 4:30 – 6:00 PM, NMC Conference Room #3. For women with cancer who are experiencing appearance related side effects due to treatment. Join us to learn how to look good and feel better about the skin and hair changes that cancer treatment can cause. Free workshops led by trained, volunteer cosmetologists. Get help with cosmetics, skin care, and head covering options. A free interactive demonstration featuring Carol Lumbra, Beautician, Rail City Salon and Bonnie Rainville, Beautician, Elite Body Boutique. Please RSVP to 524-8479 to register.

Saturday Childbirth Education Workshop, March 5, 8:30 AM – 4:30 PM, Franklin County Home Health, 3 Home Health Circle, St. Albans. Join other expectant parents in a day-long workshop to prepare for the birth and care of your baby. You will learn about labor, birth, medications in labor, and relaxation and breathing techniques. You can also enroll in an optional breastfeeding class held on the Monday evening following your workshop. Fee \$90; pre-register at 527-7531.

Foot Clinics – Regular care of your feet can prevent problems. If you are an elderly and/or disabled person who is unable to do your own foot care, please consider attending a Foot Clinic. Franklin County Home Health Agency offers monthly Foot Clinics throughout the year in St. Albans, Swanton, Franklin, East Fairfield, and Enosburg. To schedule an appointment, please call 802-527-7531. The cost for Foot Care Clinics is \$20.

Vermont Quit Network – Freshstart (tobacco cessation class), Thursdays, March 10, 17, 24, 31, 4:30 – 5:30 PM, Swanton Public Library. Join others for this four-session series to help you successfully quit smoking.

Sessions include: understanding why you have an addiction and how to quit; mastering the first few days, mastering obstacles; and staying quit and enjoying it forever. As a Vermont resident, you can get free patches, gum, and lozenges. To sign up for a session call Chari, 524-8480.

Parkinson's Disease Outreach group meets monthly. The Support Group provides an opportunity for people with Parkinson's and their families and care givers to give and receive support and share information. Participants can learn from each other, meet new people, have discussions, and listen to presentations. Call Pat Rugg to get the meeting date, time and place, 524-5520.

Healthy Weight Support Group, Mondays, 12:00 – 12:30 PM, NMC Grand Isle Room. This is a weekly support group for those working on weight management. It combines behavioral and nutritional strategies to increase physical activity and decrease calorie intake and provide techniques to help you manage your eating behaviors. Come 15 minutes early for a weight check. Speakers Kay Tran, Registered Dietitian, MS, CDE, and Leslie Gardzina, Registered Dietitian, NMC. Free. No registration required, just drop in to attend.

Start the Conversation – End of Life Planning. We plan for all life's milestones – marriage, birth, retirement. But few of us have plans in place for our end of life. Planning for end-of-life starts with understanding your care options, including hospice and palliative care options. An advance directive can provide this information for your family and physician. Start this conversation with your family before you are in a health crisis. Information and materials to help facilitate your conversation are available on a new website for the *Start the Conversation* statewide initiative, www.starttheconversationvt.org. Or call Franklin County Home Health Agency, 802-527-7531 or www.fchha.org.

Diabetes Support Group – The Diabetes Support Group meets the second Monday of every quarter (March, June, September and December) in The Green Mountain Room at Northwestern Medical Center. The lunch session starts at 11:30 AM (complimentary lunch provided); topic is from 12:00 – 1:00 PM. The evening session starts at 5:00 PM (complimentary dinner provided); topic is from 5:30 – 6:30 PM. There is usually a guest speaker. Call Debbie Robertson to indicate which session you would like to attend, 524-1031.

Healing Circle Breast Cancer Network, Healing Circle Cancer Support Group – A self-help cancer support group for women of all ages and lifestyles who have cancer. At monthly meetings we share information, offer each other support and comfort, and learn new things from speakers. We extend an invitation to any woman who has cancer, whether newly diagnosed or a long term survivor. Held the first Tuesday of every month from 5:00 – 6:30 PM, NMC Conference Franklin Room. Please call 802-524-8479 with any questions or to RSVP (not required).

Are you breastfeeding? Thinking about it? Come and join other moms, babies, and families at our regular breastfeeding support/social group. The group is offered by the VT Department of Health and is free to all. You can ask questions and get help, join group discussion, and most important – meet moms just like you and share your experiences. There are several meeting times each month: first Saturday of the month, 9:30 – 11:30 AM, Bent Northrop Memorial Library, Fairfield (by Fairfield Center School);

second Wednesday of the month, 9:30 – 11:30 AM, Family Center, Alburgh; third Thursday of the month, 10:00 AM – 12:00 PM, NMC Family Birth Center conference room. Call 524-7970 for more information.

Have you lost a loved one to suicide? If the answer to the question is "yes," please consider attending a free, confidential group that meets monthly in St. Albans. Everyone in the group, including its facilitators, has had someone close to them take their life and knows how devastating that experience can be. You can just come and listen to others share what they are going through and how they are coping, or you can share your own story. The choice is always yours to do what feels best to you. For more information on dates, times and location or to answer any questions you may have, call Tony, 802-393-6503.

Chronic Disease support group workshops – Are you or someone you know living with a chronic health condition? Then the Healthier Living Workshop is for you! Learn to feel better by learning how to deal with frustration, fatigue, and pain, manage symptoms and medications, and improve strength and flexibility. If interested, please call 524-8831 or 524-1031. Each session is 2½ hours once a week, for six weeks. Your interest will help decide locations, dates, and times.

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

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

Baby Bumps Support Group for Mothers and Pregnant Women – Pregnancy can be a wonderful time of your life. But it can also be a time of stress that is often compounded by hormonal swings. If you are a pregnant woman, or have recently given birth and feel you need some help with managing the emotional bumps in the road that can come with motherhood, please come to this free support group lead by an experienced pediatric Registered Nurse. This group is for both pregnant women and mothers. Support groups are held on the second and fourth Tuesdays of the month, 5:30 – 6:30 PM at the Birthing Center, NMC, St. Albans. For more information, contact Rhonda Desrochers at Franklin County Home Health Agency, 802-527-7531. This program is presented jointly by Franklin County Home Health Agency,

The Mountain Gazette

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mtgazette@earthlink.net

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Area Worship Services

JERICHO CONGREGATIONAL CHURCH

Jericho Congregational Church
"An Historic Church Proclaiming an Eternal Message"
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MOUNT MANSFIELD UNITARIAN UNIVERSALIST FELLOWSHIP

A Liberal Spiritual Community 195 VT RT 15, Jericho, VT 05465
Phone: 899-2558 [website www.mmuuf.org](http://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)
All are welcome.

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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](mailto:stthomas5@myfairpoint.net), Website: www.stthomasvt.com

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www.unitedchurchofunderhill.com
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[REHABILITATION SERVICES]

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LIBRARY NEWS



Not to worry about the lovely winterberries at the Deborah Rawson Memorial Library. The beautiful plants have grown too tall, interfering with library security. A wonderful group of very talented community volunteers responded to a request for a Saturday morning workshop. The winterberries were cut back and will recover. A few cedars were topped and pruned. A few more were cut down and trimmed for posts for possible use in our proposed Shakespeare Garden.

PHOTO CONTRIBUTED

DEBORAH RAWSON LIBRARY, UNDERHILL

Music Sunday – Sunday, March 6 at 2:00 PM. Singer-songwriter Amy Dixon-Kolar incorporates Celtic, traditional, blues, and folk influences into her contemporary acoustic style. Recognized enthusiastically by reviewers, listeners, and organizations globally, her honest lyrics, distinctive vocals, and fluid guitar stylings come together in a fresh expressive mix. Amy's inspiration for her songwriting comes from her work as a performer, teacher, social activist, ASL interpreter, and mother. Her award-winning single, *Rosa Sat*, has had over 300,000 views on YouTube, has been scored for choruses and is being sung all over the world. Her other albums, *Now It's Time* and *Dancing Through the Storm*, have also received high praise. Please join us as we welcome this very special musician.

Jericho/Underhill – Seated Tai Chi for Health and Balance: Mondays and Thursdays, 10:00 – 11:00 AM, through Thursday, April 21. CVAA (The Champlain Valley Agency on Aging) Tai Chi for Health and Balance is a starter level course for older adults interested in improving or maintaining strength, balance, agility, and flexibility while increasing pain-free range of motion for persons with inflammatory joint conditions. This seated form is also beneficial for people with chronic conditions such as Lupus, Parkinson's, MS, and Fibromyalgia. The combined slow, continuous movement, deep breathing techniques, positive visualization, and mindfulness exercises reduce stress and help maintain an overall sense of well-being. To register, contact Karen Hatin at CVAA, 1-800-642-5119 x1019 or taichi@cvaa.org. Open to anyone age 50+. There is no charge for classes, but donations to sustain the program are most welcome and can be mailed directly to CVAA, 76 Pearl St., Suite 201, Essex Junction, VT 05452.

The French Conversation Group will meet on Thursday, March 3 at 6:30 PM. Stop in for some conversation and cultural exchange. For more information, call Henry at 899-3349.

Mah Jongg is at DRML now twice a month! We play Mah Jongg on the first Monday evening of the month and on the third Monday afternoon of the month. So in March, we will be playing on Monday, March 7 at 6:30 PM and on Monday, March 21 at 1:30 PM. Whether you have never played before, would like to sharpen your skills, or just join a bunch of folks ready for a fun time, please join us as we explore the ancient Chinese tile game of winds, dragons, and number tiles. If you like card games, you'll probably love Mah Jongg!

Deborah Rawson Book Lovers (DRBL) – Tuesday, March 8, 7:00 PM. This is an adult book discussion group that meets monthly at the library. This month's selection is *Luna* by Julie Anne Peters. New members are always welcome to drop in on any meeting, which is always the second Tuesday of the month at 7:00 PM. For more information, contact Christine@cstaffa.com.

Legislative Update: Thursday, March 10, 6:30 PM. Bill Frank and George Till will be here to provide legislative information and answers to your questions. Please feel free to drop in and meet up with your representatives.

Adult Coloring Party – Tuesday, March 15, 6:30 PM. Remember how much fun you used to have coloring? Well, we do and so we're getting out our colored pencils and relaxing by the fireplace (maybe some quiet music playing?) and coloring some beautiful and intricate designs. Stop in and partake in this creative way to unwind. We will provide materials, and maybe some cookies, too! Adults only, please.

Wednesday March 16, 6:30 PM: Landscape Design for Pollinators, by Jane Sorensen. As we domesticate the landscape, it is up to us to provide habitat for pollinators in our landscapes. Learn how to create and enhance pollinator habitat in your landscape. Jane will cover who the pollinators are, what their role and status is, what poses threats and most importantly what their habitat needs are, including how to provide water, shelter, and food. You will leave with Jane's handouts that include her extensive plant lists for different garden and meadow settings, and sol and sun exposures, plus piles of resources to become a pollinator advocate yourself. Jane Sorensen is a retired landscape architect and is currently co-owner, with her husband, of River Berry Farm, an organic small fruit and vegetable farm in Fairfax, where she also grows and sells plants for pollinating.

The Friends of the DRML will meet Wednesday, March 16 at 10:30 AM.

The Board of Trustees will meet Thursday, March 17 at 7:00 PM.

For Kids and Families

Friday Story Hour – Beth London, formerly of Poker Hill School, will be offering song and story hour on Friday mornings in March. Beth will bring a favorite story and follow that with songs for singing and dancing accompanied by her guitar, ukulele, and other instruments. Children of all ages are welcome to join her at 11:00 AM. No registration needed.

Welcome Baby Social for 2015 Babies – Saturday, March 5, 3:30 – 5:00 PM. The 19th Annual Underhill-Jericho Welcome Baby Social is just around the corner! This event, co-sponsored by Building Bright Futures, DRML, and Jericho Town Library, celebrates all babies born to or adopted into Jericho and Underhill families in 2015. Enjoy refreshments and live music, meet fellow parents and families, dedicate a book to your child, and receive take-home prizes from local businesses. Please RSVP by calling DRML at 899-4962.

Baby Time! Tuesday, March 8, 10:30 AM. Introduce your littlest ones (infants and babies up to 18 months) to the wonders of language with nursery rhymes, songs, fingerplays, and board books. This is a great time for parents and childcare providers to connect, chat, and share ideas with each other. Older siblings welcome. No registration required.

Snack and Study – Calling all scholars! Feed yourself, then feed your brain! Stop in on Tuesday afternoon, March 8 from 3:00 – 4:30 PM to make and enjoy a snack, and then get to work! A perfect place for getting a jump on your homework and getting some academic support. DRML should be your study headquarters!

Story Hour! Drop in for stories, songs, projects, and a nutritious snack! Wednesdays (March 9, 16, 23, and 30) at 10:30 AM, and Thursdays (March 10, 17, 24, and 31) at 10:00 AM. No registration required.

Tinker Time – Thursday, March 10, 3:00 – 4:30 PM. Come tinker with us – bring an old/broken device that you'd like to disassemble and have some tinkering fun.

After School Coloring Club for Kids – Tuesday, March 15, 2:45 – 4:00 PM. Come and color at the library! No need to stay in the lines! You'll be able to de-stress and relax while coloring from a large selection of coloring pages. All supplies will be provided. For kids 8 and up. No registration needed.

For information on the programs and services available at Deborah Rawson Memorial Library, visit www.drml.org. You can also find us on Facebook and Twitter.

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 TOWN LIBRARY

Open Mic Night: First Thursday of the month, 6:30 – 8:30 PM. An evening of local talent featuring live music, poetry, and story telling. All ages and all talent levels welcome! Reserve your spot in advance: jerichoopenmic@gmail.com

Jericho Talks: Seed Starting for the Small Home Garden, Monday, March 7, 6:00 – 7:00 PM. Join Master Gardener Trish Kargman for an informative talk on seed starting. Learn tricks and tips. Bring your questions or your own knowledge to share.

Books and Brews Book Club: First meeting, Thursday, March 10, 6:30 PM, Jericho

Cafe & Tavern. Advance RSVP required. Please email Colleen for details, colleen@jerichotownlibraryvt.org.

YOUTH PROGRAMMING

Story Time: Wednesdays, 10:00 – 11:00 AM. Stories read by Elizabeth Bernstein and live music performed by Josh LaRose. Enjoy music, finger plays, dance, songs, stories, craft, and snacks.

All new! Dungeons & Dragons: Wednesdays, 4:30 – 6:30 PM. A new session begins Wednesday, March 16. Players ages 12 and up. No experience necessary but a commitment to the group is needed in order to follow the on-going story line.

Lego Club: second and fourth Thursdays, 4:30 – 5:30 PM. Lego, Lego, Legos! Join us for Lego missions, competitions, activities, and more! Grades K-6. Please note: younger children must be accompanied by an adult.

All library programs are free and open to the public.

LIBRARY SERVICES

Notary Public: The Jericho Town Library Director is now offering notary services.

JTL BOARD OF TRUSTEES

Bake and Book Sale at Town Meeting, Tuesday, March 1, 8:00 AM – 12:00 PM, MMUHS. The Jericho Town Library Trustees will sell coffee and baked goods at the annual Town Meeting. They will also host the annual "Book Sale" where townspeople are invited to purchase a book for the library shelves.

Monthly meeting: notice of date change for March: The monthly board meeting is scheduled for Monday, March 14 at 7:15 PM. All are welcome.

Please Note: The library follows the Town schedule for holidays. Check our website www.jerichotownlibraryvt.org and/or Facebook www.facebook.com/jerichotownlibrary, for updates and daily information.

Library Hours: Mondays 1:00 – 7:00 PM, Wednesdays 10:00 AM – 12:00 noon and 2:00 – 7:00 PM, Fridays 1:00 – 5:00 PM, and Saturdays 10:00 AM – 12:00 PM.

For more information on library hours, news, and events, please visit our website at www.jerichotownlibraryvt.org.

VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE

Story Hour and Crafts with LN, every Thursday, 10:00 – 11:00 AM. Come hear stories from a gifted and talented storyteller, and do crafts for kids!

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

The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville, 802-644-2117; thevarnum@gmail.com. Please visit Varnum Library's website, <http://thevarnum.org>.

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

WESTFORD PUBLIC LIBRARY, WESTFORD

Early Literacy Storytime for birth to preschool age children is every Thursday, 11:00 AM. No registration needed. Several stories around a theme, and a theme-based craft. All ages and levels of attention are encouraged to come. Don't worry if they fidget – they are still getting a lot out of it! Playgroup every Monday, 9:30 AM!

Tai Chi 2, every Tuesday and Thursday, 9:00 – 9:45 AM.

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

RICHMOND LIBRARY

If you spend time with a little person on Friday mornings, consider bringing them to *Early Bird Math*. We read books, sing songs, and play simple action games that introduce and reinforce early math concepts such as more/less, big/small, shapes, spatial comprehension, and more! No registration required, just come ready to count, sort, and measure. Fridays, 11:00 AM.

Did you know that we offer quiet work areas on all three of our floors, including a newly renovated lounge on our third floor? If you work from home and occasionally like a change of scenery, check out our spaces. We have Wi-Fi, and coffee (tea and hot cocoa, too!) and the newspaper at the ready for your mid-morning break.

Drop-in knitting (or other crafts) is on every Wednesday, 6:30 – 8:00 PM, in the mezzanine lounge.

Visit our webpage for links to free eBook and audio downloads via *ListenUpVermont* or *OneClick Digital*. Tutorials for every device are available with both services. You will need your library patron barcode to access.

Richmond Free Library, 201 Bridge St., P.O. Box 997, Richmond, VT 05477; 434-3036; 434-3223 (fax); www.richmondfreelibraryvt.org. Open Monday and Wednesday, 10:00 AM – 8:00 PM, Tuesday and Thursday, 1:00 – 6:00 PM; Friday, 10:00 AM – 6:00 PM; Saturday, 10:00 AM – 2:00 PM.

FAIRFAX COMMUNITY LIBRARY

Winter weather closings at the Fairfax Community Library – For the safety of our staff and patrons, the library will likely be closed when school is cancelled, and when there is severe winter weather. If in doubt, we urge you to call ahead and see if we are open. If you get the answering machine during normal open hours, we are probably closed.

All events are free unless noted. Pre-registration encouraged – 802-849-2420 or libraryprograms@fwsu.org.

Tuesdays, 9:30 – 10:30 AM: Preschool Story Hour. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for story hour.

Tuesdays, 9:30 – 10:30 AM: Preschool Story Hour. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for story hour. March 8: Senses: Smell. March 15: NO Preschool Story Hour. March 22: Chemistry with Special Guest Scientist Rebecca Rupp. March 29: Seasons: Spring.

Wednesdays, March 16 and 30, 3:15 – 4:15 PM: Read to a Dog. Kids ages 5-10 can read a book of their choice to a fuzzy, friendly dog. Call to reserve a 15-minute slot.

Thursday, March 3, 6:00 – 7:00 PM: PJ Story Hour. Kids age 0-6 listen to themed stories, followed by a craft and snack. Thanks to Success by Six for this wonderful program.

Saturday, March 5, 11:00 AM – 12:00 PM: Trapped in the Ice: Really "Cool" Science. Kids age 6+ do hands-on experiments to learn about the science of ice and Antarctica, based on the adventures of Sir Ernest Shackleton (and our *Vermont Reads* book for 2016).

Wednesday, March 9, 3:00 – 4:00 PM: LEGO Club. Ages 6+ enjoy themed Lego play after school. Please register.

Thursday, March 10, 6:30 – 8:00 PM: Special Non-Fiction Book Group discusses *The Endurance: Shackleton's Legendary Antarctic Expedition and Shipwreck at the Bottom of the World*, the Vermont Humanities Council's 2016 *Vermont Reads* book picks. Everyone is encouraged to take a copy of either book, which you may keep or pass along when you finish. Books are available at the library.

Saturday, March 12, 9:00 – 11:00 AM: Tech Help. Sign up for a 30-minute session or drop in from 10:00 – 11:00 AM. You can ask any tech question and/or bring in a device with which you need help. You will be ably assisted by our techie, Josiah.

Saturday, March 12, 10:00 AM – 12:30 PM: Ice Carving Demonstration. As part of our Vermont Reads program, we are hosting an ice carving demonstration outside the library with local sculptor Colleen Bunnell. This program is for all ages and will include lots of interaction with the artist, as well as observation of the actual sculpting process from a safe distance. The library will keep the sculpture when it is finished. Come check it out!

Thursday, March 17, 3:00 – 4:00 PM: Crafternoon: Snowflake Resist Paintings. Kids 6+ will explore masking techniques including glue, crayons, and masking tape in combination with watercolor paint to create beautiful winter scenes. Please register.

Friday, March 18, 6:00 – 8:00 PM: Special movie screening. Join us for a screening of the film *The Endurance*, a retelling of Sir Ernest Shackleton's ill-fated expedition to Antarctica in 1914-1916. This is a great supplement to our *Vermont Reads* program for the month. Everyone is invited whether you are reading the books or not.

Monday, March 21, 3:00 – 4:00 PM: STEM club I: Kids age 6+ will continue to investigate static electricity. Must pre-register.

Thursday, March 24, 5:30 – 7:30 PM: Tea and Bristles. Perfect for all skill levels, Julie Griffin leads this painting class through step-by-step instructions to create a masterpiece. This month's theme is a peacock painting. Recommended ages 16+. Cost is \$25 for materials and snacks. Must register.

Wednesday, March 30, 3:00 – 4:00 PM: STEM club II: Kids age 6+ will continue to investigate static electricity. Must pre-register.

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.

For up-to-date information about programs, visit our website www.fairfaxvtlibrary.org, where you can find a link to our interactive Google calendar. Fairfax Community Library: 75 Hunt St., Fairfax, VT, 05454; 849-2420. Program Planner Karyn Norwood, knorwood@fwsu.org; Library News: www.bfairfax.com/pages/communitylibrarynews.html.

DOROTHY ALLING MEMORIAL LIBRARY, WILLISTON

All events are free.

Food For Thought Library Volunteers: Thursday, March 3, 4:00 PM. Grades 7-12 Teen Advisory Group. Pizza, discussion, and library projects for teens. New members welcome!

Create It! After-School Maker Lab: Wednesday, March 9, 3:00 PM. Make something blink, beep, light up, or move! Use electronics, art supplies, and your imagination to make a variety of creations. Grades 3 and up. Pre-register.

Libraries continued on page 5

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COMING EVENTS

Wednesday, March 2

The Pulitzer: Gold Medal for Public Service, 7:00 PM, Brownell Library, Essex Junction. *Pulitzer's Gold* author Roy Harris will consider the state of quality journalism today in his talk, part of the VT Humanities Council's *First Wednesdays* lecture series. 2016 is the Pulitzer Prizes' centennial year. In this talk, Harris will tell stories of the coveted Pulitzer Gold Medal, awarded annually to a newspaper, and consider the profound contribution great journalism has made and still makes today. Free and open to the public.

Thursday, March 3

Community Soup & Bread Supper, 4:30 – 6:30 PM, Covenant Community Church, VT Rt. 15, Essex. Eat in or take out. Choose from a variety of hearty soups and breads and a sweet dessert. Stay and eat with friends and family, or pick up to take home. Donations accepted. Call Pastor Steve Anderson, 879-4313 for more information.

Saturday, March 5

More Options for Finding Online Newspaper Articles, 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. Few sources can reveal the details of our ancestors' lives like newspaper articles. Today we can search with an online subscription. But which website do we choose? What papers do they cover? What do they cost? In this talk, Jason Smiley will cover five of the best: Newspapers.com, NewspaperArchive.com, FultonHistory.com, ChroniclingAmerica, and GenealogyBank. The class is \$5. Parking and entrance are across from the State Police building. For information, www.vtgenlib.org or call 802-310-9285.

Sunday, March 6

Conversation Matters: Global Refugee Crisis, 2:00 PM, Unitarian Universalist Barn, VT Rt. 15, Jericho. In this first event in the *Conversation Matters* series, Amila Merdzanovic, Director of the Vermont Refugee Resettlement Program, will speak about the global refugee crisis and the related international legal framework, as well as the U.S. Refugee program and the Vermont Refugee Resettlement Program.

Auxiliary Breakfast, 9:00 – 11:00 AM, VFW Post 6689, 73 Pearl St., Essex Junction. All are welcome, members and non-members! \$8 adults; \$4 children under 10. Omelets, eggs any way, pancakes. Great breakfast – support your local VFW!

Wednesday, March 9

Green Mountain Chapter of the Embroiderers' Guild of America, 9:30 AM, Living Room/Dinning Room at The Pines, 5 Aspen Dr., S. Burlington. All abilities welcome. We will be working on a stump work project. First meeting is complimentary. Bring a bag lunch. Car-pooling is available from many areas. For information, 372-4255 or gmc.vt.ega@gmail.com.

Thursday, March 10

Geek Mountain State SF Writers' Series meeting, 6:30 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Got cabin fever? Journey to another world at a Vermont SF Writers' Series reading with Geek Mountain State! The Vermont SF Writers' Series is a collaborative reading event between Geek Mountain State and local writing organizations, businesses, and libraries, designed to promote and encourage local talent writing by engaging in speculative fiction. Geek Mountain State is a community blog

Digital magazines at Fairfax library

The Fairfax Community Library is pleased to announce the availability of *Zinio for Libraries*, the world's largest newsstand for digital magazines. Through www.fairfaxvtlibrary.org, library patrons now have unlimited access to 59 complete digital magazines, easily viewed on most Internet-enabled devices including computers, tablets, and smart phones. The collection includes many of the most popular magazines, and a number of children's and Spanish edition options! Many magazines have additional interactive content, such as videos, not available in the print versions.

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Friday, March 11

MMU Project Grad Dinner & Silent Auction, 5:30 – 7:30 PM, Mount Mansfield Union High School, Jericho. Come enjoy a festive Mexican Dinner and Silent Auction supporting the 2016 MMU Project Graduation. The dinner, put on by Mexicali Grill & Cantina, will include a Fajita bar, beans and rice, with gluten-free and vegetarian options and a dessert buffet. The Silent Auction will include fantastic items from both local businesses as well as Vermont-wide items such as EyeCare of Vermont sunglasses, Cabot Creamery gift box, Bridge Street Hair, Keurig Green Mountain Coffee Maker, and much, much more. Project Graduation is a community-sponsored event, developed and funded by volunteers with the goal of providing a safe and action-filled evening to help keep both our seniors and the community safe during one of the most important and exciting evenings of their lives. For more information on Project Grad and upcoming fundraisers, please visit <https://sites.google.com/site/mmuprojectgrad/home>.

Contra Dance, 8:00 PM, Shelburne Town Hall, 5376 Shelburne Rd., Shelburne. Regular monthly dance; music by *The Turning Stile* (Aaron Marcus and Joanne Garton); caller Peter Johnson. All are welcome, all dances taught, no partner or experience necessary. Beginners' session, 7:45 PM. Admission \$9 adults; under 12 free. Please bring clean, soft-soled shoes for dancing. For information, 802-371-9492 or 802-343-7166, or www.queencitycontras.org.

Saturday, March 12

Corned Beef and Cabbage Dinner, 5:30 – 7:00 PM, St. Thomas Catholic Church, Underhill Center. Bring the whole family to the Knights of Columbus #7810's annual event celebrating St. Patrick's Day! Adults \$12; children age 5-10 \$6; maximum \$33 per family. Children under 5 are free. Questions? Call the church office, 899-4632.

Life's Helpers Craft Fair/Flea Market, 9:00 AM – 3:00 PM, Hinesburg Fire Dept. Come check out the variety of handmade items and gently used items. Bake sale; raffle. Some vendor spaces available, call Penny, 434-5043, or Phyllis, 434-2559.

Relay for Life – Nordic Style, 4:00 PM – 12:00 AM, Catamount Outdoor Family Center, 492 Governor Chittenden Rd., Williston. The American Cancer Society is recruiting participants for the annual Relay For Life Nordic Style. This an eight-hour cross-country ski and snowshoe event will honor people who have battled cancer, remember loved ones lost, and take action to finish the fight once and for all. Teams and individuals will enjoy outdoor family-friendly activities, food and refreshments, DJ and live music, a snowshoe sprint, and s'mores at a bonfire. The wooded trails will be lit at night, and glowing Luminaria bags representing those lives touched by cancer will be on display. Teams and individuals can learn more and sign up for the Relay For Life event by visiting relayforlife.org/nordicstylevt.

History of the Abenaki and their French Allies, 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. Vermonters with early ancestral roots in the state may be familiar with research techniques for Yankee or Québécois history, but they can be stumped when encountering Native American

For more information on how to access this service, go to fairfaxvtlibrary.org. Click on the link for Zinio on our *Homepage* or *Online Resources* page and start reading! If you need assistance, there is a robust help section on the Zinio site (scroll to the bottom for the link). For in-person help please visit the library and ask the staff (Debbie or Lara). We will be happy to help you get started reading digital magazines!

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ancestry. Jeanne Brink will discuss the history of the Abenaki and their relationship with their French allies. She will also talk about the Abenaki of the 21st century and their efforts to preserve their culture, traditions, and language. The class is \$5. Parking and entrance are across from the State Police building. For more information, www.vtgenlib.org or call 802-310-9285.

Sunday, March 13

Concert and potluck, 3:00 PM, Waterville Union Church, Waterville. Music by *The Four Flats* with special guests *Girls Night Out* from Morrisville, and neighborhood guests Larry Brown, Edna Lafountain, and Adam Locke. No admission charged, but a free will offering will help support the expenses of the church.

Sunday Brunch, 9:00 – 11:00 AM, VFW Post 9653, Pleasant St., Morrisville. Adults, \$10; children under 10, \$5. To benefit Lamoille County VFW Auxiliary to Post 9653.

Tuesday, March 15

Finding Your Irish Roots, 7:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. As part of the 2016 Burlington Irish Heritage Festival, the Vermont Genealogy Library and the BIHF are again hosting a presentation by Ed McGuire. This hour-long talk will introduce participants to a brief history of Irish immigration to North America and then discuss some of the major resources for Irish genealogy research – online, locally, and in Ireland. Come for the talk, stay for refreshments and a tour. Free and open to the public. Parking and entrance are across from the State Police building. For more information, www.vtgenlib.org or call 802-310-9285.

The Last Mortal Bond, 6:30 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Vermont author Brian Staveley to celebrate the release of his new novel. This third and final novel in the *Chronicle of the Unhewn Throne* – the trilogy that began with *The Emperor's Blades* and continued in *The Providence of Fire* – reaches its epic conclusion as war engulfs the Annurian Empire. Tickets \$3 include a coupon for \$5 off the featured book. Coupons expire at closing the evening of the event. Limited seating. For more information, www.phoenixbooks.biz or 448-3350.

Saturday, March 19

Book and Bake Sale, 9:00 AM – 1:00 PM, United Church of Fairfax, 8 Fletcher Rd., Fairfax. Benefit of the Ladies of the United Church of Fairfax for their mission work. For information, 849-6313.

Sunday, March 20

Free pancake breakfast, 8:30 and 10:30 AM, Grace United Methodist Church, 130 Maple St., Essex Junction. Menu: scrambled eggs, sausage, pancakes, coffee, juice. All are welcomed to join in the church service, 9:30 AM. For more information, call Elizabeth, 878-5923 or the church office, 878-8071.

Saturday, April 2

DNA Tests: Finding Cousins with Autosomal DNA (Part 1), 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. Autosomal DNA (atDNA) tests are now the most popular genetic test among family historians. These atDNA tests will compare specific locations on your DNA to test results from genealogists around the globe. The basic science was covered in our class on February 13, so this talk goes on to compare different offerings, costs, and features, as well as interpreting results and utilizing the tools available. Class \$5; parking and entrance are across from the State Police building. For more information, www.vtgenlib.org or call 802-310-9285.

Libraries continued from page 4

Russian Playgroup: Saturday, March 12, 10:30 AM. Russian books and songs with Natasha. For children birth to age 5. Non-Russian speakers welcome. Includes a craft activity and snack. Sponsored by Building Bright Futures.

Homeschool Program: Vermont Geology, Monday, March 14, 1:00 PM. Where can you find the world's oldest coral reef, young mountains made of ancient rock, and a 10,000 year-old beluga whale? Vermont! Families will learn about Vermont geology through literature, crafts, and hands-on rock and fossil exploration. Ages 6 and up. Pre-register at 878-4918. Presented by Kristen Littlefield, Environmental Educator and teacher.

Pajama Story Time with Abby Klein: Monday, March 14, 6:30 PM. Look for leprechaun gold! Bring kids in PJs with their favorite stuffed animal for stories, a craft, and a bedtime snack. Presented by Building Bright Futures.

Shamrock Crafts with Ms. Jess: Wednesday, March 16, 3:30 PM. Celebrate St. Patrick's Day with a variety of shamrock crafts! K and up. Drop-in craft.

Dinoman Science: Saturday, March 19, 11:00 AM. What do the world's fastest toilet paper shooter, quantum locking levitation, and T-Rex have in common? Learn about magnets, liquid nitrogen, and fossils in this fast-paced look at science around us. Ages 4 to adult. Sponsored by Friends of DAML.

Count Me In! Preschool Math Night: Monday, March 21, 6:00 – 7:00 PM. Introduction to hands-on activities that families can use in everyday life. Open to any parent or caregiver and their preschool child. Pre-register. Co-sponsored by Williston School District and Dorothy Alling Memorial Library.

Preschool Music: Mondays, 11:00 AM with Peter Alsen, and Thursdays, 10:30 AM with Marcie Hernandez. For children up to age 5 with a caregiver. No pre-registration. Limit one session per week per family.

Thursday Playtime: Thursdays, 11:00 AM. Children birth to age 5 and their caregivers are invited for an informal play time, following our Preschool Music program. Sponsored by Building Bright Futures.

Preschool Story Time: Tuesdays at 10:30 AM. Includes a simple craft activity. For children ages 3-5.

Read to a Dog! Tuesdays, 3:30 PM. Bring a book and read to one of our Therapy Dogs of Vermont. All ages. Call 878-4918 to pre-register for individual sessions.

Read to Van Gogh the Cat: Thursday, March 24, 3:30 PM. Call 878-4918 to pre-register for 10-minute reading sessions. All ages.

Preschool Yoga with Danielle: Friday, March 25, 10:30 AM. Simple yoga poses, stories, and songs for children birth to age 5 and their caregivers. Children ages 8 and younger must be accompanied by an adult while at the library.

Dorothy Alling Memorial Library, 21 Library Lane, Williston. 802-878-4918, www.williston.lib.vt.us.

BROWNELL MEMORIAL LIBRARY, ESSEX JCT.

Brownell Library, 6 Lincoln St., Essex Junction. Hours: Monday, Wednesday, Friday: 9:00 AM – 9:00 PM; Tuesday, Thursday, Saturday (July until after Labor Day, closed Saturdays): 9:00 AM – 5:00 PM. Call Main Desk 878-6955, Youth Desk 878-6956, Reference Desk 878-6957, or frontdesk@brownelllibrary.org.

ART / MUSIC / THEATER

ART/PHOTOGRAPHY

The Emile A Gruppe Gallery in Jericho presents the *Winter Show* of the Northern Vermont Artist Association, through Sunday, March 20. Gallery hours are Thursday-Sunday, 10:00 AM – 3:00 PM or by appointment. 802-899-3211 or emilegruppegallery.com.

Double Exposure: Visual Art and the Written Word In Honor of National Poetry Month, the next exhibit at the Jericho Town Hall, will reflect a collaboration between two artistic disciplines. Established and emerging artists are invited to submit one or two artworks in any medium (including photography) together with a short poem, excerpt from a longer one, or a passage from another written work that inspired the artwork or that the artwork inspired. The show will run from April 1-June 30; register by Tuesday, March 15. For information and registration: blgreene@myfairpoint.net or 802-878-8887.

Dianne Shullenberger of Jericho will exhibit "Circular Earth" *Natural Object Collage* at the Spotlight Gallery, VT Arts Council, 136 State St., Montpelier from Saturday, March 5 through Friday, April 29. There will be a reception at the gallery on Friday, March 11, 4:00 – 7:00 PM. For more information, www.dianneshullenberger.com, vtdianne@hotmail.com, or 802-899-4993.

Johnson State College's Julian Scott Memorial Gallery in the Dibden Center for the Arts will be transformed into an experimental gallery concept titled *O P E N*, a gallery where art is meant to be a public and pedestrian sensorial experience in space and time. The exhibit runs through Saturday, March 5. Each week, the gallery will be taken over by an artist or collaborative that will present their explorations in light, sound, movement and technology. Through Saturday, March 5: Molly Davies and Polly Motley, internationally recognized artists, will be working with JSC students and faculty to create an installation/performance with a performance held from 4:00 – 7:00 PM Friday, March 4. Open Tuesdays-Fridays, 10:00 AM – 6:00 PM, and Saturdays, 10:00 AM – 4:00 PM, as well as during performances at Dibden Center. Admission is free and open to the public. For more information, contact Michael Zebrowski, assistant professor of fine arts and gallery director, 802-635-1469 or Michael.Zebrowski@jsc.edu.

Helen Day Art Center in Stowe has announced an open call to artists for the 25th *Exposed* outdoor sculpture exhibition to be held from July 23-October 15, 2016. Vermont artists may submit proposals; contact Rachel Moore, Curator, exposed@helayday.com with any questions regarding the application process or to obtain more detailed information. Helen Day will offer a free workshop: *Sewing Rebellion*, on Sunday, March 20, 10:00 AM – 2:00 PM

(drop-in any time). Instructor Frau Fiber will help you learn how to alter, mend, and make garments and accessories, distributing knowledge of pattern making and sewing. Participants are asked to bring pants to mend, garments to alter, and sewing problems seeking solutions. Free, but registration is required, 802-253-8358. Through Sunday, April 10, *People's Cloth Trade Show: The t-shirt is the problem*. California-based artist and activist Carole Frances Lung (aka Frau Fiber) creates an immersive environment about the global production of the t-shirt and how to upcycle, reuse, and extend the life of the t-shirt. Through Sunday, April 10, *Intimacy + Materiality*, with Liz Collins and Sarah Amos. Artists in this exhibition use traditional labor intensive techniques to create contemporary artworks, from screen printed cloth to jacquard woven sculpture. Helen Day Art Center, 90 Pond St., Stowe. 802-253-8358.

UVM's Fleming Museum of Art, 61 Colchester Ave., Burlington: *Pop Art Prints* features 37 celebrated prints by Jasper Johns, Roy Lichtenstein, Claes Oldenburg, Robert Rauschenberg, Robert Indiana, Andy Warhol, and others, on loan from the Smithsonian American Art Museum. The exhibit also features select additions from the Fleming's permanent collection that recognize the contributions of women Pop artists Marisol, Chryssa, and Corita Kent. Also, *Samuel Bak: Survival and Memory*, a selection of Bak's works, from the drawings and watercolors he did immediately after WWII, to the complex allegorical paintings he has created throughout his career. A robust schedule of *events and programs* accompanies the exhibitions, including talks, films, music, poetry readings, and more.

At Shelburne Vineyard, 6308 Shelburne Rd., Shelburne, landscape photographer Kurt Madison is the featured artist through May 31, and with an artist's reception on Sunday, March 6, 2:00 – 4:00 PM. This exhibit features some of Madison's winter scenes. The exhibit will hang in the Tasting Room and the Vineyard's upstairs loft. Visitors are welcome seven days a week all year; winter hours are 11:00 AM – 5:00 PM.

Birds of a Feather, organized by Shelburne Museum, is on view at the Museum's Pizzagalli Center for Art & Education through Sunday, May 1. The exhibition explores the illusory and deadly beauty of American wildfowl decoys. Rare and historically significant decoys of 13 bird species from Shelburne Museum's own collection represent the work of master artisans. Carvers of decoys are often also hunters, but no less naturalists and admirers of the beauty and diversity of their prey. The exhibition will also feature vintage duck-hunting gear including a Nova Scotia duck tub, a Punt Gun, and other related objects.



Barbershop harmony in Westford

The final concert in this year's Westford Music Series will offer Vermont's Green Mountain Chorus, the premier male cappella barbershop chorus, under the direction of Jim Coates. On Sunday, March 13, 4:00 – 5:00 PM at the UCW White Church on the Westford Common, The Green Mountain Chorus with their extensive and diverse backgrounds from throughout northern and central Vermont promise an exciting and fun afternoon of lively and entertaining barbershop harmony singing, performing a varied program representative of America's rich musical heritage. The more than 25 men of the chorus represent gentlemen from eight to eighty who treasure the tradition of barbershop singing. Both professional and amateur singers, their voices blend in musical delight, fun, and camaraderie. Free will donation; refreshments to follow, with opportunity to meet chorus members. Call Marjorie Hamrell, 879-4028, for more information about concert. PHOTO CONTRIBUTED

THEATER/FILM

Stowe Theatre Guild announces open auditions for the fourth show of the 2016 season, *The Rocky Horror Show*. Auditions will be held in two sessions Saturday, March 5, at the Town Hall Theatre, 67 Main St., Stowe. Show information, character descriptions, and more can be found online at stowetheatre.com. For more information, contact publicity co-chair Jane Harissis, vitsivan@aol.com.

Seated Tai Chi for health, wellness

CVAA's Tai Chi for Health and Balance is a starter level course for older adults interested in improving or maintaining strength, balance, agility, and flexibility while increasing pain-free range of motion for persons with inflammatory joint conditions. This seated form is also beneficial for people with chronic conditions such as Lupus, Parkinson's, MS, and Fibromyalgia. The combined slow, continuous movement, deep breathing techniques, positive visualization, and mindfulness exercises reduce stress and help maintain an overall sense of wellbeing.

The classes will be held at the Deborah Rawson Memorial Library, 8 River St., Jericho on Mondays and Thursdays, March 3 through April 21, 10:00 – 11:00 AM. To register, contact Karen Hatin at CVAA, 1-800-642-5119 x1019 or taichi@cvaa.org. Open to anyone age 50+. There is no charge for classes, but donations to sustain the program are most welcome and can be mailed directly to CVAA, 76 Pearl St., Suite 201, Essex Junction, VT 05452.

Students compete in 2016 Elevator Pitch Competition

Joseph Freitas of Jericho and August Stevens of Waterbury were among students who competed in Champlain College's 2016 Elevator Pitch Competition.

The contest, which is put on by Champlain College's Build Your Own Business (BYOBiz) Program, Career Services, the Center for Service & Civic Engagement, and the Office of Advancement, requires students to give a 90-second "pitch" about a business idea to an executive (known as "the suit") as they ride together in a fictional elevator. The three categories of competition are Entrepreneurs, Job/Internship Seekers, and Non-Profit/Social Advocates.

Winners in each category receive \$500, second place \$300, and third place \$100. Support for the competition is provided by KeyBank.

CVAA Community Senior Meals

Call CVAA, 865-0360, if you have questions or to make reservations for the following month on, or after the 22nd of a month, at 10:00 AM. If the 22nd is a weekend day, reservations may be made the following Monday. Reservations are on a first-come, first-serve, month-by-month basis only. Milk is served with all meals. Donations are accepted for all of these meals.

Wednesday, March 2 – Athens Diner, Colchester, check-in 10:30 AM, lunch 11:00 AM. Roast pork dinner.

Thursday, March 3 – Dutch Mill, Shelburne Rd., Shelburne, 10:30 AM check-in, 11:00 AM lunch. Baked stuffed chicken.

Friday, March 4 – Hinesburg Mealsite, 11:30 AM.

Monday, March 7 – Covenant Church, Essex Ctr., 12:00 PM. Chicken Parmesan spaghetti with tomato sauce, Italian blend vegetables, garlic bread, fruit cocktail.

Tuesday, March 8 – Pizza Hut, Susie Wilson Rd., Essex Junction, 10:30 AM check-in, 11:00 AM lunch. All you can eat pizza buffet.

Wednesday, March 9 – Ray's Seafood, Essex Jct., 10:30 AM check-in, 11:00 AM lunch.

Thursday, March 10 – Holiday Inn, S. Burlington, 11:00 AM check-in, 11:30 AM lunch. Turkey buffet.

Friday, March 11 – United Church, Hinesburg, 12:00 PM. Macaroni and cheese with ham, Harvard beets, rye bread, fruited gelatin.

Monday, March 14 – Covenant Church, Essex Ctr., 12:00 PM. Pork riblets, scalloped potatoes, broccoli and cauliflower, wheat bread, apple crisp.

Tuesday, March 15 – IHOP, University Mall, S. Burlington, check-in 8:30 AM, breakfast 9:00 AM. Two eggs, hash browns, choice of breakfast meat, pancakes, small juice.

Wednesday, March 16 – Colonial Room, Essex Education Center, Essex Junction, 11:00 AM check-in, 11:30 AM lunch. Braised pork.

Thursday, March 17 – VFW Post, 176 S. Winooski Ave., Burlington, 10:30 AM check-in, 11:00 AM lunch. Corned beef and cabbage.

Friday, March 18 – United Church, Hinesburg, 12:00 PM.

Parmesan baked fish, tartar sauce, mashed sweet potatoes, tossed green salad, pumpernickel bread, carrot cake.

Monday, March 21 – Covenant Church, Essex Ctr., 12:00 PM. Beef stroganoff with egg noodles, stewed tomatoes, whole wheat dinner roll, mandarin oranges.

Monday, March 21 – Papa Nick's, 3:00 PM. Hamburger and French fries.

Tuesday, March 22 – Mardi Gras, Alliot Hall, St. Michael's College, Colchester, 11:00 AM – 1:00 PM. New Orleans jazz by Bill Wicker and the Dixie Six. Moon pies, beads, masks. Tickets \$5, contact Pat Long, 865-0360.

Wednesday, March 23 – American Legion, Colchester, check-in 10:30 AM, lunch 11:00 AM. Baked ham.

Thursday, March 24 – IHOP, University Mall, S. Burlington, check-in 10:30 AM, lunch 11:00 AM. Pot roast.

Friday, March 25 – United Church, Hinesburg, 12:00 PM. Chicken and vegetable stew, sweet potatoes, fresh baked biscuit, applesauce.

Monday, March 28 – Covenant Church, Essex Ctr., 12:00 PM. Hot sliced ham, baked beans, broccoli, wheat dinner roll, chocolate chip cookie.

Tuesday, March 29 – IHOP, University Mall, S. Burlington, check-in 10:30 AM, lunch 11:00 AM. Pot roast.

Wednesday, March 30 – JP's Diner & Deli, River Rd., Essex Jct., 10:30 AM check-in, 11:00 AM lunch. Meat loaf.

Thursday, March 31 – Ray's Seafood, Essex Jct., 10:30 AM check-in, 11:00 AM lunch.

For the following special restaurants requiring ticket, the suggested donation is \$5 per ticket; this non-returnable and non-exchangeable universal ticket is available the first of each month and must be used in the month it is purchased. The tickets are available from Pat Long at the different meal sites, or at the CVAA office (the office has a limited amount of money available to make change) located at 76 Pearl St., Suite 201, Essex Jct. – in the plaza with the post office and Big Lots and across the parking lot from Kinney's (across from the fairgrounds). There is an elevator on the side across from Kinney's. Tickets must be presented before ordering. Restaurants have the right to offer limited menus.

AJ's, 10 Railroad Ave., Essex Jct.: Sunday-Thursday, 5:00 AM – 2:00 PM; Friday-Saturday, 5:00 AM – 8:00 PM.

Athens Diner, Colchester: Monday-Saturday, 6:00 AM – 4:00 PM; Sunday, 6:00 AM – 3:00 PM.

Dutch Mill, Shelburne Rd., Shelburne: every day, 7:30 AM – 2:00 PM.

Holiday Inn, Williston Rd., S. Burlington: Early Bird Dinner, Monday-Sunday, 5:00 – 7:00 PM with choice of one of four entrees (chicken, haddock, quesadilla, or soup and sandwich). No longer offering turkey buffet on Thursdays with the ticket program. Must sign up through the community meals once a month.

IHOP, University Mall, S. Burlington: Monday-Friday, 11:00 AM – 9:00 PM – breakfast served all day; order off special senior menu.

Pearl St. Diner, Pearl St., Burlington: Tuesday-Friday, 6:30 AM – 3:00 PM, breakfast served all day; Saturday-Sunday, 8:00 AM – 3:00 PM.

Pizza Putt, Airport Pkwy., S. Burlington: lunch or dinner, seven days a week – choice of spaghetti with marinara or baked ziti with tomato sauce and cheese. Each with salad, garlic bread or roll, soda, coffee, or milk.

St. Michael's College, Colchester: Monday-Friday, breakfast 7:15 – 8:30 AM; lunch 11:30 AM – 1:00 PM; dinner 5:00 – 6:00 PM. Saturday-Sunday, continental 8:30 – 9:30 AM; brunch 11:30 AM – 1:00 PM, dinner 5:00 – 6:00 PM.

Trader Duke's, S. Burlington: Mondays, 4:00 – 6:30 PM – choice of grilled chicken or meatloaf meal.



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OBITUARIES



Barbara Bugbee - our mother's story

May 31, 1931 was when it all began. There were so many friends as the years went by and our mother grew in age. Mom grew up in Milton, VT. Later when she married the love of her life Robert Bugbee, they purchased a home in Jericho, VT. Mom's world revolved around her husband and later, as God blessed them, their six children. Mom worked from home as keeper of all - a job she did out of love for her family. She was a devoted wife

and mother, a rock that no one will ever understand how it stayed so sturdy through so many years... Mom worked out of the house as her children grew. The Maple Factory in Essex. Oh how we loved it when she worked there. Desso's store by the green in Jericho. Many remember how she would walk to work, only having to leave to carry a goose home that followed her from the back yard. The children she tended who would go to their own homes after a day of fun. She was a mother to so many, a friend to all and a wife to her one and only. Our mom had a love of music even to her last days, if only tapping her finger. The weekends at camp in Belvedere with friends singing and playing cards. Mom's gardens were plenty and how she worked canning through the fall to feed us all through the winter. We all have learned so much from her. To live life and to embrace it for the moment that it is...

Mom passed away silently in her sleep Saturday, February 20, 2016 after a many-year battle with dementia at the Manor Nursing home in Morrisville, VT. We her children want to thank all the staff for seeing her through all those years and taking the best of care of her and putting up with all of us everyday - our questions, concerns, our parties for her. God bless you all.

Our father Robert and grandson Matt and granddaughter Veronica have been with the Lord some time now, and we know they were there waiting to welcome her home. That we are sure of.

Mother's siblings have gone before her, leaving here with us her brother Richard Turner, who now resides in Texas with his family.

We would at this time like to share with you what our mother's love and our father's love started before Jesus took them home:

She leaves us with loving memories...

Her children: Sharon and husband Brian Allaire, Bobby and wife June Bugbee, David and wife Luana Bugbee, Donna and husband Kurt Emmerson, Kathy and husband Donald Pratt, Allen and T.C. Bugbee.

Grandchildren: Gary Bolio, Kimberly Bolio, Ben and Becky Butler, Andy and Jess Butler, Laura Lee and Matty Zambarano, B.J. and Molly Bugbee, Ashley and Gerry McGarvey, Ryan and Tara Bugbee, Jeremy and Danielle Shattuck, Nichole and Norm Atherton, J.D. and Jennifer Bugbee, Jenah and Kyle Koenig, A.J. and Abbi Bugbee, Josh Bugbee, Tess Bugbee.

Great grandchildren: Gwen and Erin Kearns, Chloe and Alex Bolio, Christopher and Sarah Butler, Sienna and Aidan Butler, Mark and Emily Zambarano, Ronan and Wyatt Bugbee, Gavin Letourneau,

Rice High School honor roll

Rev. Msgr. Bernard W. Bourgeois, principal at Rice Memorial High School in South Burlington, proudly announces the following area residents achieved Honor Roll status for the second quarter:

- First Honors: Mahntra Hennessey.
- Second Honors: Jonathan Aselin, Allison Babbitt, Kyle DeCoster, Bradley Eldred, Robert Hopwood, Sophia Rossi, Sarah Sem.
- Honorable Mention: Eliza O'Grady.

Bella Bugbee, Jenna, Jake, Hunter and Hayden Shattuck, Maliek and Damien Atherton, Carter and Cory Bugbee, Brooke and Brynn Koenig, Matthew Bugbee.

Two parents; six children and spouses; twenty-seven grandchildren; twenty-five great grandchildren - and growing...

We would like to thank you and invite you to our mom's story at the following places and times.

Friday, March 4, 2016 from 6:00 - 8:00 PM at A. W. Rich Funeral Home, 57 Main St., Essex Jct, VT.

Saturday, March 5, 2016 at 9:30 AM for her services at Jericho Congregational Church, Browns Trace, Jericho.

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Merchants Bank's Penguin Plunge for Special Olympics

On Saturday, February 6, employees of Merchants Bank joined nearly 1500 brave souls as part of the Penguin Plunge in a three-part series with events in North Bennington, Burlington, and Cool Schools-Burlington. The event raised over \$460,000 and increased awareness for Special Olympics Vermont athletes. The Penguin Plunge has become a highly anticipated staple of winter in Vermont and is widely recognized as a fun team-building exercise for hundreds of families, schools, and businesses.

As participants and sponsor, Merchants Bank raised over \$10,000 in donations from friends, family and colleagues.

A Vermont-chartered commercial bank established in 1849, Merchants Bank is the largest Vermont-based bank. Find more information online at www.mbv.com.

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Talented young writers and artists receive awards

Several local students received honors in the 2016 Vermont Scholastic Art and Writing Awards. On Wednesday, January 27, the Brattleboro Museum announced the winners. A total of one gold medal, seven silver medals, and three honorable mentions were awarded to students living in Jericho and Underhill. This process started with more than 300,000 students submitting their artwork or written pieces for judging at the state level. Artists and writers like Andy Warhol, Richard Avedon, and Steven King have been recognized by these same awards. It's been a long-running tradition of celebrating excellence in art and writing since 1923. These awards offer opportunities for creative teens to earn recognition, exhibition, publication, and scholarships.

The Scholastic Art and Writing Awards are open to all students in grades 7-12 from public, private, and home schools throughout the U.S. Established to ensure that literary and artistic talent were recognized in schools and communities across the country, the awards offer recognition in 29 categories including editorial cartoon, poetry, graphic design, fashion, science fiction, video game design, and more. The program is structured to identify and recognize students through regional award designations (Gold Key, Silver Key, Honorable Mention, and American Visions and Voices Nominees) and national award designations (Gold Medal, Silver Medal, American Visions and Voices Medal). Gold Key winners will have their work entered in the national competition. The different national awards are: Gold, Silver, American Visions & Voices, Portfolio Silver with Distinction and Portfolio Gold Medals. The most outstanding works that receive state awards and nominations are forwarded to the Alliance for Young Artists & Writers in New York City to be reviewed on a national level by panels of art and writing professionals for national award designations.

Local winners are:
 Finn Abbey of Jericho (Grade 8, Browns River Middle School) for *Thinking Cap* – Silver Key, Film & Animation

Faryal Afsar of Underhill (Grade 11, Mount Mansfield Union High School) for *Stand Together* – Silver Key, Personal Essay/Memoir

Allison Babbitt of Underhill (Grade 11, Rice Memorial High School) for *Shaun Ross* – Silver Key, Drawing & Illustration; and for *Addison* – Honorable Mention, Drawing & Illustration

Jack Fagnant of Jericho (Grade 10, Mount Mansfield Union High School) for *Try to Praise the Mutilated World* – Silver Key, Film & Animation

Sam Keller of Jericho (Grade 7, Browns River Middle School) for *The Red* – Honorable Mention, Short Story

Ruth Leech of Underhill (Grade 7, Browns River Middle School) for *Two-to-One* – Silver Key, Flash Fiction

Julia Steamaker of Underhill (Grade 8, Browns River Middle School) for *You'll Find Me* – Honorable Mention, Flash Fiction

Graham Swaney of Jericho (Grade 11, Mount Mansfield Union High School) for *A Community Calls for Action on Drug Epidemic* – Silver Key, Journalism

Isabel Pless of Jericho (Grade 10, Mount Mansfield Union High School) for *Between Are the Ones* – Gold Key Poetry; and for *End* – Silver



MMUHS 10th grader Isabel Pless was selected as a Gold Key Poet in the 2016 VT Scholastic Art and Writing Awards. Her works will be judged by national panelists, with results to be announced on Saturday, March 12. Pless said, "It feels so amazing! I entered this contest for fun and for the experience. I write lyrics most of the time, but sometimes there are ideas I come up with that work better when they are spoken instead of sung."
 PHOTO CONTRIBUTED



Ruth Leech of Underhill (Grade 7, Browns River Middle School) was awarded the Silver Key, Flash Fiction for Two-to-One in the Vermont Scholastic Art and Writing Awards, which recognizes literary and artistic talent among students in grades 7-12. PHOTO CONTRIBUTED

Key, Poetry

Isabel Pless was selected for these prestigious awards in poetry and will be judged by national panelists who will look for poetry that exemplifies originality, technical skill, and the emergence of a personal vision. Pless said, "It feels so amazing! I entered this contest for fun and for the experience. I write lyrics most of the time, but sometimes there are ideas I come up with that work better when they are spoken instead of sung."

The National 2015 Scholastic Art & Writing Awards will be announced on Saturday, March 12 at the Brattleboro Museum.

Autumn's abundant garden display

Plan and plant now for an abundant garden display next Autumn. Richard Dube will present a program at the Richmond Free Library to help

you envision – or re-envision – your perennial garden this year. From Bugbane and Blazingstar to Windflower and Fleece Flower, see perennials that rival Asters and Mums in the Autumn garden. Add late native blooms to nourish pollinators for winter and migration. View how bold foliage, in an array of color, texture and form, play a distinguished role around which Fall blooms transition.

The program will be offered on Saturday, April 8, 9:30 – 11:30 AM (check-in, 9:00 AM) at the Richmond Free Library, 201 Bridge St., Richmond. Participants are asked to bring a cash donation to the Richmond Food Shelf, which is working to improve the lives of our neighbors. To register call Richard Dube, 802-434-4834 or to richdubegeo@cs.com.

Think Spring!

Add a little color to your life

Want to Watercolor? Intermediate Adult Watercolor Classes with Kathleen Berry Bergeron beginning in early March. Eight weeks – daytime – Community Center, Jericho Center. For information, contact 899-4628 or paint78@hotmail.com.

PHOTO BY KATHLEEN BERRY BERGERON



Project Grad community dinner and auction

Do you love an MMU senior? Is she that girl next door or that boy at the bus stop who doesn't stop growing? Is he the one who babysits for your kids, cuts your lawn, bags your groceries, or makes your pizza? Is she the one you see out running on the roads, singing on the stage, teaching your kids to play their first instrument, or coaching at their summer camp? We all know and love an MMU senior somewhere out there in this amazing community, and it's time to show them some love.

For over 25 years Project Graduation, an all-night substance-free graduation celebration, has been running strong at MMU. With an impressive average annual participation rate of 80% of the senior class, this means that the MMU seniors we all know and love are safely celebrating their big accomplishment together.

Project Graduation is a community sponsored event, planned and funded by volunteers in the CESU community. In order to continue this great tradition, there are a variety of fundraisers planned to make this year's fun-filled Project Graduation event accessible to all.

The fun kicks off with a community dinner and silent auction on Friday, March 11 at Mount Mansfield Union High School, 5:30 – 7:30 PM. Mexicali Grill & Cantina will provide a fajita bar with chicken, portobello mushrooms, peppers, onions, flour and corn tortillas, as well as cheese enchiladas, beans and rice, and all the fixings. You'll have the opportunity to bid on over 50 silent auction items while enjoying a delicious dessert buffet and supporting this amazing community cause. Tickets are \$15 for adults, \$8 for children 10 and under, can be purchased in advance at the Bolton Store; Beaudry's Store, Huntington; Wells Corner Market, Underhill; Mountain High Pizza Pie, Jericho; and Jericho Center Country Store. Tickets will also be available at the door the night of the event.

Get involved! Recognize your favorite senior and celebrate the success of a community that cares. Project graduation benefits us all. For more information on the 2016 MMU Project Graduation effort and an updated list of auction items, please visit <https://sites.google.com/site/mmuprojectgrad/home>.

Campus Honors continued from page 2

Christian Guggemos of Waterbury, VT was named to the Dean's List at the University of Vermont, Burlington, VT. Guggemos is an Elementary Education – K-6 major in the College of Educational & Social Services.

Theresa Gwozdz of Westford, VT has been named to the Fall 2015 President's List and the Trustees' List at Champlain College, Burlington, VT. Gwozdz is majoring in Early Childhood/Elementary Education.

Kolby Hanley of Cambridge, VT was named to the Dean's List at the University of Vermont, Burlington, VT. Hanley is an Engineering major in the College of Engineering & Mathematical Sciences.

Samuel Hartman of Jericho, VT was named to the Dean's List at the University of Vermont, Burlington, VT. Hartman is a Business Administration major in the Grossman School of Business.

Henre Hermanowski of Waterbury, VT was named to the Dean's List at the University of Vermont, Burlington, VT. Hermanowski is a Biology major in the College of Agriculture & Life Sciences.

Katherine Hobart of Underhill, VT has been named to the Fall 2015 President's List at Castleton University, Castleton, VT.

Evan Hoffman of Waterbury, VT has been named to the Fall 2015 Dean's List at Champlain College, Burlington, VT. Hoffman is majoring in Computer Science and Innovation.

Christopher Irish of Westford, VT was named to the Dean's List at the University of Vermont, Burlington, VT. Irish is a Dietetics Nutrition & Food Sciences major in the College of Agriculture & Life Sciences.

Lauren Irish of Westford, VT earned Honors and was named to the Fall 2015 Dean's List at the University of New Hampshire, Durham, NH.

Jeffrey Jewell of Underhill, VT was named to the Dean's List at the University of Vermont, Burlington, VT. Jewell is a Secondary Education - Mathematics major in the College of Educational & Social Services.

Claire Julianelle of Underhill, VT was named to the Dean's List at the University of Vermont, Burlington, VT. Julianelle is a Professional Nursing major in the College of Nursing & Health Sciences.

Aliza Kenney of Jericho, VT has been named to the Fall 2015 Dean's List at Emerson College, Boston, MA.

Reuben Kernan of Waterbury, VT was inducted into the Champlain College Chapter of the National Society of Leadership and Success on December 11, 2015 at the Champlain College campus in Burlington, VT.

Benjamin B. King of Jericho, VT, a senior majoring in Civil Engineering, has been named to the Fall 2015 Dean's List at Clarkson University, Potsdam, NY.

Roland Kleiner of Jericho, VT was named to the President's List for the Fall 2015 semester at Southern New Hampshire University, Manchester, NH. Kleiner is a BS – Business Administration (Degree in Three) major.

Lillian Kolbenson of Westford, VT, a freshman at Johnson State College, Johnson, VT, has been named to the Dean's List for the Fall 2015 semester.

Eli Kravitz of Waterbury, VT was named to the Dean's List at the University of Vermont, Burlington, VT. Kravitz is a Mechanical Engineering major in the College of Engineering & Mathematical Sciences.

Annatelya Levine of Jeffersonville, VT was named to the Dean's List at the University of Vermont, Burlington, VT. Levine is an Environmental Sciences major in the College of Agriculture & Life Sciences.

Jennifer Lowney of Jeffersonville, VT, a junior at Johnson State College, Johnson, VT, has been named to the Dean's List for the Fall 2015 semester.

Wendy Lyman of Underhill, VT was named to the President's List for the Fall 2015 semester at Southern New Hampshire University, Manchester, NH. Lyman is a BS – Business Administration w/conc in Human Resource Management major.

Erin Marcoux of Jeffersonville, VT, a senior at Johnson State College, Johnson, VT, has been named to the Dean's List for the Fall 2015 semester.

Toby Marx-Dunn of Jericho, VT was named to the Fall 2015 Dean's List at Emmanuel College, Boston, MA.

Jon McClellan of Jericho, VT has been named to the Fall 2015 Dean's List at Castleton University, Castleton, VT.

Alec McGlynn of Waterbury, VT has been named to the Fall 2015 Dean's List at Rochester Institute of Technology, Rochester, NY. McGlynn is studying Packaging Science.

Colin McGlynn of Waterbury, VT has been named to the Fall 2015 Dean's List at Rochester Institute of Technology, Rochester, NY. McGlynn is studying Industrial Engineering.

Elizabeth McMurray of Cambridge, VT has been named to the Fall 2015 Dean's List at Champlain College, Burlington, VT. McMurray is majoring in Social Work.

Jimmy Lynn Mead of Jericho, VT has been named to the Fall 2015 Dean's List at Lyndon State College, Lyndonville, VT.

Austin Merrill of Jericho, VT was named to the Dean's List at the University of Vermont, Burlington, VT. Merrill is a Biological Science major in the College of Agriculture & Life Sciences.

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 The MMCTV studios are located at 35 West Main St. in Richmond, VT.
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 see MMCTV's website <http://mmctv13-public.sharepoint.com> or inkwellvermont.com to confirm date and time.

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