

Cambridge property goes solar

By Phyl Newbeck
Special to the Mountain Gazette

The Westman family has owned land on the Cambridge road that bears their name for more than two centuries. Richard Westman Sr. is no longer able to actively farm the property but he wants to ensure that it stays in the family. That's why he signed a lease agreement to install 500kW solar arrays on two separate parcels of the family land. Luke Shullenberger of Green Lantern Capital is overseeing the project. "This is a way for the Westmans to keep the farm in the family and generate income through a land lease," he said. "It will help offset some of the property taxes and allow them to keep the land undeveloped."

The power generated by the solar array will go to Mount Mansfield Union High School, which will serve as the "off-taker." Shullenberger said MMU should expect to see a significant reduction in their annual utility bill as a result of the solar energy. In addition, the town of Cambridge will benefit because the solar arrays will be added to the Grand List and be subject to taxation.

Green Lantern specializes in this type of solar development. They have planned, financed, owned, and operated arrays across the state including ones in Barre Town, Rutland, Williston, Waterbury Village, and at Green Mountain College. This is not the first project they have spearheaded which benefits the Chittenden East Supervisory Union. A solar array in Proctor provides electricity to Camel's Hump and Browns River Middle Schools and the CESU elementary schools, which are serviced by a different utility than MMU.

Neighbors of the project have voiced some concerns about aesthetics although Shullenberger said an existing tree line mostly screens the panels from the road. Nevertheless, Green Lantern will augment the vegetation already in place with additional plantings. They will present their plan before the Public Service Board on Thursday, December 17 and hope to receive their Certificate of Public Good so they can begin the project. Since technology is constantly changing, they don't know exactly how many fixed ground-mounted panels will be installed but they believe it will be roughly twenty at each installation.

Rich Westman Jr. admitted that the family's first choice would be to have no development on their land but that's not an option. His parents put all their resources into the farm and current expenses including insurance far exceed incoming social security payments to his 81-year-old father. The deal with Green Lantern is a 20-year lease with two potential five-year extensions. After that, the panels will be dismantled. In contrast, if the Westmans were to allow houses to be built on the land, those structures would last forever. "My father doesn't live lavishly," said Westman, "and the lease payments will be enough to maintain the farm. This isn't what we would choose but it's not a bad option given the place where we are financially."

A graduate of MMU, Shullenberger is in the process of establishing a scholarship fund for his alma mater. The monies will go to a graduating senior who plans to work in environmental science or engineering. Shullenberger is currently assembling a committee to review the applications and hopes to award his first scholarship next spring. Perhaps this will lead to a new generation of alternative energy entrepreneurs who will help others hold onto their family farms.

Live fire schedule at the Range

(Information from the website of the Town of Underhill – Editor)
The following dates have been compiled in order to provide advance notice of live fire training events at CEATS (Camp Ethan Allen Training Site) in Jericho. Dates and weapons systems used may change and Garrison Support Command will attempt to update information as these changes occur. The training dates are as follows:

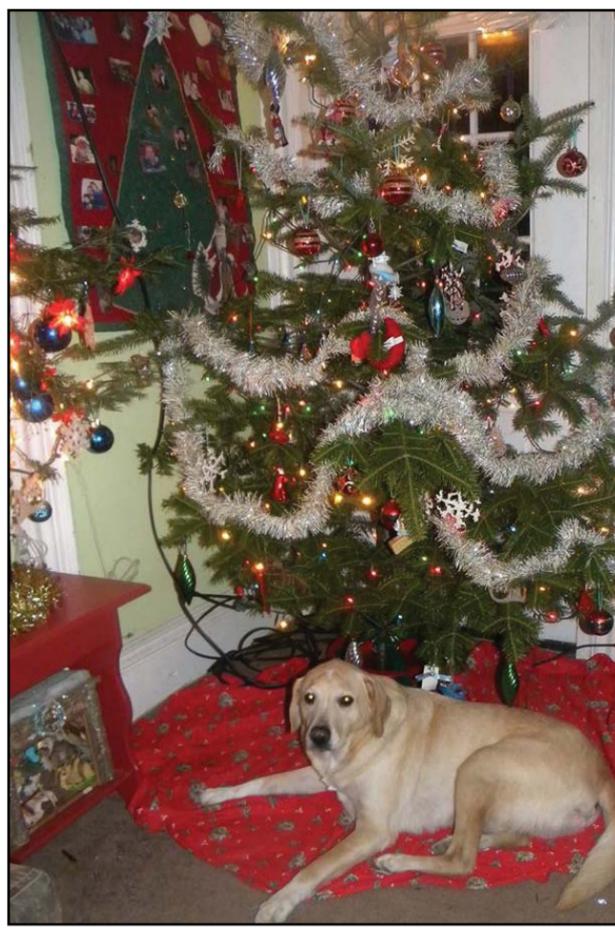
- December 2015:
- 14-18 Small Arms
- 19-20 (Saturday-Sunday) Small Arms
- 21-22 Small Arms
- 23-27 Christmas holiday – no training
- 28-31 Small Arms

Rice High School honor roll

Rev. Msgr. Bernard W. Bourgeois, principal at Rice Memorial High School in S. Burlington, VT, proudly announces the following local residents achieved honor roll status for the first quarter of the 2015-16 school year.

From Jericho, VT, second honors: Jonathan Aselin, Robert Hopwood, Sophia Rossi, Sarah Sem; honorable mention: Abigail Lizotte, Christopher Aselin.
From Underhill, first honors: Mahntra Hennessey; second honors: Allison Babbitt; honorable mention: Bradley Eldred, James Johnson, Nathaniel Trudeau.

MERRY CHRISTMAS



SEASON'S GREETINGS

from the Mountain Gazette
and the Boutin Family

Be part of something meaningful: give blood

The American Red Cross encourages eligible donors to end the year with real meaning by donating blood for hospital patients in need.

Holiday activities, severe weather and seasonal illnesses, like the flu, can pull people away from their regular blood donation schedules. This creates a greater need for blood donations this time of year, especially around the winter holidays. To encourage donations, all those who come to donate Wednesday, December 23-Sunday, January 3 will get a long-sleeved Red Cross T-shirt, while supplies last.

Healthy donors with all blood types are needed, especially those with types AB, O, B negative and A negative. To make an appointment to donate blood, download the free Red Cross Blood Donor App from app stores, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767). Donors can now use the Blood Donor App to access their donor card and view vital signs from previous donations.

- Upcoming blood donation opportunities include:
- Wednesday, December 16, 11:30 AM – 5:00 PM, Congregational Church, 20 Church St., Richmond
 - Saturday, December 19, 10:00 AM – 3:00 PM, Burlington Free Press, Burlington Town Center, upper level between Spencer's and Famous Footwear, Burlington
 - Saturday, December 19, 11:00 AM – 4:00 PM, Essex Cinema, 21 Essex Way, Essex
 - Thursday, December 24, 10:00 AM – 3:00 PM, Essex Cinema, 21 Essex Way, Essex
 - Thursday, December 24, 9:30 AM – 1:30 PM, Temple Sinai S. Burlington, corner Swift and Dorset Sts., S. Burlington
 - Sunday, December 27, 11:00 AM – 4:00 PM, Essex Cinema, 21 Essex Way, Essex
 - Monday, December 28, 10:00 AM – 3:00 PM, Dunkin' Donuts, 80 Pearl St., Burlington
 - Monday, December 28, 10:00 AM – 3:00 PM, American Legion, 16 Stowe St., Waterbury
 - Wednesday, December 30, 10:00 AM – 2:00 PM, UVM Medical Center, 111 Colchester Ave., Burlington
 - Wednesday, December 30, 10:00 AM – 3:00 PM, Church of LDS S. Burlington, 400 Swift St., S. Burlington
 - Wednesday, December 30, 9:00 AM – 2:00 PM, Holy Family Church, 4 Prospect St., Essex Junction

United Way Volunteer Connection Listings



By Sue Alenick, United Way Volunteer Columnist
Volunteer Now! Choose one of the options below or go to www.unitedwaycc.org/volunteer to check out more than 300 other volunteer options from local nonprofits, schools, and public partners, or call us at 860-1677.

THE SNOW IS COMING! – CVAA's Project Snow Shovel helps seniors to get out of their homes after a snowfall. Volunteer shovelers are needed to be matched with a senior to shovel snow whenever there is an accumulation of three inches of snow or more. Dependability is a must. Contact Erica Marks, 865-0360, Ext. 1049 or emarks@cvaa.org.

CHRISTMAS KETTLES – The Salvation Army needs individuals, families or groups to volunteer to ring the bell at the red Christmas kettles. Volunteers greet people as they shop and welcome them to donate in support of programs in the Greater Burlington area. To schedule your date(s), contact Scott Murray, 864-6991 or scott.murray@use.salvationarmy.org.

HOLIDAY GIFTS – A number of agencies provide holiday gifts for those who might otherwise go without and need volunteers to donate these much appreciated items. This is a great holiday activity for families, workplaces, clubs and other groups:

ANEW Place – Sponsor a homeless adult by donating bus passes, new clothing, gift cards to local stores, or make a monetary donation that will be used to purchase gifts. Contact Hannah Andersen, 862-9879 or Hannah@anewplace.org.

Champlain College, Single Parents Program – You will be matched with a single-parent family to sponsor by providing gifts from their wish list. Contact Hilary Watson, 860-2723 or hwatson@champlain.edu.

Howard Center – Sponsor individuals or families by donating items such as gift and food certificates, new toys or games, new warm clothing, etc. Contact Denise Vignoe, 488-6913 or dvignoe@howardcenter.org.

Lund – Donate gifts (gift cards, children's books, coats and boots) and basic items (diapers, shampoo, towels and sheets, etc.) to help women, children, and families. Contact Amy Cronin, 448-3617 or amyc@luncvt.org.

Women Helping Battered Women – Sponsor a child by providing gifts from a holiday wish list. Businesses and organizations may consider sponsoring a whole family. Volunteers can also help by organizing gifts. Contact Kim Jordan, 658-3131 or kimj@whbw.org.

WRAPPED WITH LOVE – Vermont CARES needs volunteers to help staff their gift wrapping table at the Burlington Town Center during the holiday season. No experience needed. Through Thursday, December 24, two-hour shifts between 11:00 AM – 8:00 PM. Contact Christian Pinillos, 863-2437 or Christian@vtcares.org.

YOUTH BASKETBALL – Winooski Community Services Department is looking for Youth Basketball volunteers to help teach kids in grades K-5 the fundamentals of the game while promoting good sportsmanship and positive attitudes. Saturdays, 9:15 – 11:15 AM. Volunteers need to commit to at least six of the 10 weekly sessions from December 5-February 20 (no session on December 26). Background check required. Contact Paul Sarne, 655-6410 or vista@winooskivt.org.

CARE FOR SURVIVORS – Women Helping Battered Women is in need of volunteers to teach yoga, provide reiki, or give therapeutic massage to survivors of domestic violence. Volunteers must be certified or show proof of professional training. Flexible scheduling, one hour per week. Background check required. Contact Kim Jordan, 658-3131 or kimj@whbw.org.

CHRISTMAS KETTLES – The Salvation Army is seeking individuals, families, business groups and other volunteers to greet shoppers at their Christmas Kettles and invite them to donate to support Salvation Army programs. Four-hour shifts Monday-Saturday, 11:00 AM – 8:00 PM through December 24. There is also a need for volunteers to sort and bag toys for distribution to area children from families in need. Contact Patti or Scott Murray, 864-6991 or scott.murray@use.salvationarmy.org.

DOG WALKERS NEEDED – All Breed Rescue needs help socializing rescue dogs to make them more adoptable. Every walk helps a dog get closer to finding a forever home. Contact 324-0762 or allbreedvolunteers@gmail.com.

MYSTERY DRIVE – Ethan Allen Residence is looking for volunteers to take residents for a one-hour "mystery drive" (through town, to the lake, to a nice view, etc.) on Wednesdays and Sundays at 1:30 PM. Vehicle provided. Background check and driver's license verification required. Contact Chloe Marchand, 658-1573 or cmarchand@livingwellresidence.org.

COFFEE HOUR – Cathedral Square invites volunteers to host a coffee hour at Grandway Commons in S. Burlington and to spend time getting to know some seniors. Flexible scheduling. Contact Beth Alpert, 859-8819 or alperts@cathedralsquare.org.

Thank you to all our readers, contributors, and advertisers for being a part of the Mountain Gazette in 2015. We are looking forward to serving you in the coming year: Deadline December 31 for the January 7 newspaper.

NEWS BRIEFS

Chittenden County water quality outreach project underway

Through a grant provided from the Vermont Department of Environmental Conservation (DEC), the Chittenden County Regional Planning Commission (CCRPC) has launched a multi-pronged outreach effort focused on improving water quality in compliance with the Vermont Clean Water Act (VCWA), which was made law this past spring.

The CCRPC will work with municipal staff and boards to provide information about the requirements for municipalities triggered by the VCWA and also work with them on options such as stronger municipal protections against flood hazards and river corridor erosion, stormwater master planning, and other town plan or zoning changes to improve water quality. CCRPC staff will also update fluvial erosion hazard/river corridor maps for the towns and assist them with compiling existing information to use in developing implementation plans under the municipal roads stormwater general permit.

As part of DEC's Tactical Basin Planning program, the CCRPC will work closely with DEC staff to facilitate municipal participation in the development of the update to the Lamoille River Basin Plan and in tracking implementation of the recently approved Northern Lake Champlain Direct-to-Lake Basin Plan. In addition to facilitating municipal input, the CCRPC will assist in mapping key intervention areas to reduce phosphorus run-off.

This new CCRPC effort will be overseen by a new Clean Water Advisory Committee established by the CCRPC Board. Its members consist of representatives of the county's 19 municipalities along with representatives from the VT Agency of Transportation, the VT Agency of Natural Resources, the University of Vermont, and Burlington International Airport.

The CCRPC provides planning and technical assistance in the areas of community development, transportation, agriculture, natural resources, housing, economic development, and emergency management to the 19 municipalities of Chittenden County and the public. The collaboration between the CCRPC, Chittenden County municipalities, and other related resource agencies results in the development and implementation of plans that support sustainable development and improve the region's environment and quality of life. For more information about the CCRPC, please visit www.ccrpcvt.org.

For more information, please contact Dan Albrecht, CCRPC Senior Planner, dalbrecht@ccrpcvt.org or 802-846-4490 *29.



Queen City Soil & Stone will offer stone wall building workshops in early 2016. For information, 802-318-2411 or www.queencitysoilandstone.com. PHOTO CONTRIBUTED

Stone wall workshops announced

Queen City Soil & Stone announces the 10th anniversary season of stone wall building workshops this coming winter in Hinesburg. Participants in the Saturday, January 16 one-day workshop will learn the basic techniques for building dry-laid stone walls, with a special focus on stone native to Vermont. The hands-on workshops are held at Red Wagon Plants on Shelburne Falls Road and are led by Vermont stonemasons trained through Britain's Dry Stone Walling Association. The schedule begins Saturday, January 16, and workshops continue with additional dates in February and March. Space is limited. For the complete schedule, cost, and registration information, contact Queen City Soil & Stone 802-318-2411 or click the workshop link at www.queencitysoilandstone.com.

COMING EVENTS

Richmond Old Round Church New Year's Eve concert

What could be better than spending New Year's Eve in Richmond and at the same time supporting two worthy causes?

The Richmond Old Round Church New Year's Eve concert this year features the wonderful songs and instrumentals of recording artist duo Patti Casey and Tom MacKenzie, Jericho resident and nationally renowned blues guitarist Bill Ellis, and Vermont Young Tradition graduates Hannah Beth Cray and the Zeichners. They will be providing attendees with an enjoyable evening of great music in a relaxing setting without the need to change venues.

The concert, at the Richmond Congregational Church on Bridge Street, begins at 7:30 PM and the suggested donation is \$10/person. All proceeds from the concert, which is sponsored solely by the Richmond Market and Beverage, will be donated to support the Old Round Church.

Prior to the concert, from 5:00 - 7:00 PM in the Church Hall, a delicious meal consisting of soups, stews and chili, bread, and desserts will be available by separate donation. Donations for the meal will go to Our Community Cares Camp (creating a caring community where every child can find success).

For more information, contact Tim Whiteford, whiteford@gmavt.net or 434-4565.

LETTERS TO THE EDITOR

Thank you for community support for Chicken Pie Supper

To the Editor,

The Jericho Congregational Church held its 115th Chicken Pie Supper on Saturday, October 3. As in past years there was a great turnout and we want to thank our neighbors and friends for supporting this event. We raised \$2100. These proceeds will be given to an international effort of Samaritan's Purse to aid in the refugee crisis. Locally we want to support our neighbor Nate Ely in his efforts to recover from his house fire by giving him \$1000. We appreciate all of you who come out to enjoy a delicious dinner and support others as we share our proceeds.

Martha Frost, Jericho

COMING EVENTS

Sunday, December 13

Music for Winter Holidays, 2:00 - 4:00 PM, Phoenix Books, 191 Bank St., Burlington. Browse for gifts while you enjoy live holiday music from many countries and many times. Full Circle is a group of five women who play a mixture of medieval, Renaissance, Celtic, folk, and holiday music on recorders, tin whistle, harp, guitar, hammered dulcimer, percussion, and voices. Their recordings will be offered for sale at the store. Free. For information, www.phoenixbooks.biz or 802-448-3350.

Friday-Saturday, December 18-19

Holiday Artist Market, 4:00 - 8:00 PM Friday, 10:00 AM - 6:00 PM Sunday, Contois Auditorium, Burlington City Hall, Burlington. Buy local - support local artists! Free admission.

Saturday, December 26

Bird Monitoring Walk, 7:30 - 8:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Experienced birders, walks in the woods, and bird-friendly coffee. Every month. Please bring your own binoculars and dress for the weather. Free; please pre-register: 802-4334-2167 or museum@birdsofvermont.org.

Sunday, January 10

Memorial Tree Lighting & Remembrance Ceremony, 2:00 - 4:00 PM, Williston Federated Church, Williston. This gathering is a time to honor and remember our loved ones. During the ceremony, the names of all Vermont Respite House residents in 2015 will be read. Afterward, all are invited to the Respite House to see the memorial tree and share light refreshments. You can also participate by sponsoring the Vermont Respite House Memorial Tree, which remains lit during the holiday season. For more information, <https://www.vnacares.org/event/memorial-tree-lighting-remembrance-ceremony/>.

Meet the Democratic Gubernatorial Candidates, 5:00 - 8:00 PM, Chittenden House, 267 VT Rt. 117 (bottom of Barber Farm Rd.), Jericho. Hosted by the Democratic Committees of Jericho, Underhill, Richmond, and Essex. Small group discussions with candidates. Doors open at 4:50 PM; candidate discussions to start promptly at 5:15 PM. Reception and refreshments at 6:30 PM. Limited parking; carpooling encouraged.

Winter Trees and Birds, 1:00 - 3:00 PM, Green Mountain Audubon Center, Huntington. Winter's a wonderful time to learn your trees. Buds, bark, and branching provide ample clues to discern the differences between oak and maple, birch and beech. The Green Mountain Audubon Center offers a diversity of tree species and natural communities. We'll also keep our eyes and ears open for resident and irruptive winter birds. For adults and teens 15+; members \$10, non-members \$15. Please register, 434-3068 or vermont@audubon.org.

LETTERS TO THE EDITOR

MMUHS journalism intern

To the Editor,

As Graham Swaney's grandfather, I wanted to thank you for the opportunity you have provided Graham to experience journalism in such a positive way. I was impressed that his mentor, who likely guided him significantly with his work, let Graham take sole credit in the byline; very gracious! Journalism is a recently acquired passion, but one that could suit Graham well. Perhaps he was too modest to tell you that he received a State Department award six years ago for a "kidvid" video in a contest for State Department kids to promote the country they were living in (Cameroon, in his case). If you are interested, you can see his video that I posted at the time (in three parts) as well as the award ceremony in Washington. Just search "swanepop" on YouTube and you will see "Explore Cameroon!" on that page.

Of my nine grandchildren, Graham is the one I am most confident will have a serious, interesting, and successful life. While I have taught thousands of medical students, they were already committed to a career track. Your internship program must be a satisfying chance to provide career guidance at a formative stage. Thank you again for the opportunities you have provided Graham at his early stage. I am sure he will make you as proud as he does us.

With best regards,
John Swaney, PhD, MBA

Thank you from parkside kitchen

To the Editor,

We just celebrated our first anniversary in our "new" home - parkside kitchen. We would like to thank all of you for coming to visit us over the past year, and for welcoming our business to the community.

When we met at NECI many years ago, and then moved to Napa Valley together to learn about fine food and wine, we dreamed about returning to Vermont and opening a restaurant that would become a staple for locals and a destination for visitors alike. While we have enjoyed our time serving you at *The Kitchen Table*, we wanted to continue in that tradition in a more casual gathering place.

Five years ago, we began looking for the perfect spot to open a new restaurant. Our friends, Ben Bush and Raechel Varone, then owners of *On the Rise Bakery*, offered us the perfect solution. They were ready to transition from restaurant owners to landlords, and they wondered if we would be interested in their beautiful space on the edge of Volunteer Green Park.

We are thankful for the many people who have provided feedback as we've grown over the past year. Whether you are gluten free, vegan, or have specific food allergies, we strive to accommodate everyone.

Whether you are passing by on your way to the ski slopes, or you need to warm up with a pastry and a hot chocolate after a day of sledding at the Round Church, you can find us at *parkside kitchen* to serve you.

Thank you for letting us pursue our passion and allowing us an important place in the community. We love food, we love people, and we love sharing our passion with people who love food.

We have had a great first year, and hope to see you lots in 2016. Stop by, grab a bite, and say hi.

Our best,
Steve and Lara Atkins

Happy Holidays

from all of us at
Sunrise Physical Therapy
from Brian, Katie,
Pam, Lisa and Emily
5016 Rte 15 Jeffersonville
644-8011

Merry Christmas

Gert's Merry Christmas

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Jericho

COMMUNITY COLUMNS

Christmas Gone?

By Sue Kusserow

Special to the Mountain Gazette

I think I know where it went and who pushed it there. I think you know, too. So I won't take copy space to lament the metamorphosis of Merry Christmas into Happy Holidays. Santas are everywhere. Rudolph's 'friends' sing a little jingle when bad changes to good due to climate warming at the North Pole. Winter wonderlands are full of electrified deer. A special pair of earrings shaped as tiny trees, a sprig of holly on your jacket, are signs that we are all going along with the definition of Christmas we have been given. And we are sent bunches of cards with the unauthorized expectation that we will feel polite enough to send dollars to "Best Friends," "Sierra Club," "Project Hope," "Smile Train." Audubon Society sent a card of two chickadees cuddling placidly in a winterberry and balsam collage. Have you ever seen chickadees sitting that close and peaceful? Another has a large selection of birds balancing on a single pine branch, from a querulous blue jay to a sharp-billed nuthatch, all in the same size. Then there are the Santas: red scarves around their snowy necks, and tasseled hats rakishly set on melting heads. Accuracy is sacrificed; advertising is painfully obvious. One company sent a lovely, saccharine-sweet painting of a church, slightly fuzzed-over to represent the bygone days. The tall elegant steeple rose above neatly-spaced white houses, with shapely balsams grouped around the front door. Tiny candles shone in every window. I actually found myself looking for the sleigh and hearing the sound of jingle bells! So the scene is set for the advertised version of Holiday Happiness: "Wishing you the cheers of the season, and the amazing offer of a faux emerald necklace, awaiting you at *Rumple's Jewelry Store*." I sometimes get this crazy idea... that I might be able to insert the following message:

Here are directions on how to get there. Since you will be walking, try and get to the Elm Street Soup Kitchen in time to serve some macaroni and cheese to the old man who sits there waiting for you. Turn onto Maple Street to the homeless shelter, carrying some of the extra sheets that have sat for months in your attic closet. (Make sure you save enough time to change the two cots in the dormitory.) Right next door is the Community Health Center which is warm enough to harbor the young mother-to-be who just alighted from the belching bus. Once you arrive at the church, should you feel noble, secure, and magnanimous, you will notice a small box into which you can drop your faux emerald necklace for someone who might substitute beauty for hunger for a moment or two... no waiting, no cold, no faces looking at you, no stamps to buy or a Fed Ex line to join. See how easy giving can be!

To be less sarcastic (although it was fun for a bit) I will mention a series of cards that showed the nativity scene, in muted old-world colors, the crib lighted by the lanterns of visiting shepherds. The entourage of kings and servants was bringing in frankincense and myrrh... and themselves, the first presents/presence that started the tradition of gift-giving. I am not a Christian in the learned sense. I don't know the author in the Bible who follows Isaiah. I don't know the ancient names on ancient maps that our minister pronounces so glibly. I do know the Apostles' Creed, the Lord's Prayer, and Peace Be With You, an in-service exercise that turns us to greet our neighbors who are sitting next to us to wish them well. And when I connect my yesterday of religion and my today of undirected spirituality, I know that there is still a tiny baby somewhere who doesn't have swaddling clothes to wrap around his cold feet, or a mother who doesn't have enough food to make milk for him, or a father who fades into the darkness of defeat. The only sparks of the origin of Christmas I see are the nativity crèche at the St. Thomas Church and the one person brave enough to stand facing a crush of shoppers heading for the open doors: the Salvation Army bell ringer.

With the kindergarten group with whom I sing, I tell them a small story: "A long, long time ago, Mary with her husband Joseph had to take a long trip to a small town called Bethlehem, to pay the people there some money. They didn't have cars then so Mary, who was going to have a baby soon, rode on a small horse called a donkey. When they got there, all the motels were full, so they found a little place to stay overnight, in a barn. That night Mary had her baby: a little son they named Jesus. The animals were all there, and they did a great many things to make the family comfy. Somehow, the animals could speak that night, and they made up a song that tells what the animals did to help."

I said the donkey, shaggy and brown... I carried his mother to Bethlehem town.

I said the cow, all white and red... I gave him my hay to pillow his head.

I said the sheep, with the curly horn... I gave him my wool so he would be warm.

I said the dove from the rafters high... I sang him to sleep so he would not cry.

To me, this song is Christmas:

kindness with closeness, love with deeds, being there and watching, presents of self without tinsel and wrappings, caring by doing, warmth of memories, reaching without gloves on, stardust for money, celebration without clapping, sharing small joys, singing simply.

Can we do this? Of course! Merry Christmas!

Trim the tree —and your chances of holiday hazards

By Lewis First, MD

Chief of Pediatrics at The UVM Children's Hospital

(to the tune of *The First Noel*:)

As the holidays approach,

Please keep safety in mind

So no accidents occur and

No injuries you'll find.

Yes it's holiday season once again, and what better time to remind everyone of some simple things you can do to keep you and your children safe and sound.

First, if you have a tree, secure it well to keep it from tipping. If it is a live tree, make sure it's kept watered so it doesn't dry out. Keep it away from floor heaters, fireplaces, or other heat sources. If it is artificial, make sure it is fire resistant. And keep no more than three strands of lights linked together on an extension cord. Never use electric lights on a metal tree or you're in for a shocking experience.

If there are children in the home, tinsel, small decorations, and bulbs should not be at the bottom of the tree where small children can reach for them and then put into their mouths and begin choking. In addition, some of the tree lights bought at stores warn about lead content in the wires that come with the lights, so it is still a good idea to not ask children to hang lights and to keep the wires as well as the lights out of reach of children. Wear gloves to hang the lights and wash your hands after you have finished your decorating to avoid unnecessary lead exposure.

Avoid candles on trees and please keep any lit candles out of reach of small children. Turn off all lights and blow out all candles when you sleep or leave the house, to avoid a potential fire hazard. Also, make sure your smoke and carbon monoxide detectors are working.

Most holiday plants are safe, but remember that mistletoe and holly berries eaten in excess can be dangerous. If your child does end up snacking on a holiday plant, you can always call the Northern New England Poison Center at 1-800-222-1222.

Finally if you are hosting a party in your home, don't forget to clean up the night of the party so your child doesn't discover alcohol or small snack foods that can be choking hazards the morning after.

So remember... (to the tune of *Jingle Bells*:)

So find some ways at holidays

So injuries don't abound

Then you can really celebrate

With your kids safe and sound

So heed these rules and safety tools

So no one flips their lids

Park your gift – have fun outside

By Bernie Paquette
Clean Green columnist

From a money, happiness, and satisfaction study in 2012, Denmark was at the top in life satisfaction and work-life balance, and seventeenth in income. The United States ranked number one in income but ranked twelfth in life satisfaction and 29th in work balance. This holiday season, how can we find the sense of happiness found in Denmark?

This reminds me of the Bobby McFerrin singing, "Don't worry – be happy. Put a smile on your face." Also reminds me of Cyndi Lauper singing, "Girls just wanna have fun." Perhaps those references are showing my age. However, that is okay, as *WebMd* advises that people are happier, less stressed, and feel better about themselves after age 50. With increased age comes wisdom and emotional intelligence. Well I feel happier, less stressed, so two out of three isn't bad!

Now *WebMd* seems to caution about extremes. "Sure, pleasure is great and you need plenty of it, though there is more to happiness than racking up pleasurable experiences. Psychologists studying the effects of positive emotions say gratitude can boost our sense of happiness if we turn it into a conscious and regular practice. Feeling gratitude, they say, is something you do (such as expressing gratitude or keeping a gratitude journal), not something you wait for!"

I think I will start by shopping for a Christmas tree. Now in past years when our children were little, this was a mix of fun and agony. The fun was the idea of the family outing, decorating the tree, fresh pine smell. The agony was my choice of Charlie Brown trees in an effort to squeeze dollar bills.

This year I think I will (frequently) visit parks and natural areas to shop for the Christmas tree experience. I will take photos of Christmas trees; no messing with tangled light cords, non-functional bulbs, no spilling water, no sweeping pine needles, no worrying about money. The live growing pine and spruce trees – the natural trees of green releasing aroma like pheromones – make me feel happy, alive, refreshed, and thankful we have such a spiritual and pleasure-giving place to boost our sense of happiness.

My wish list to Santa is to have more residents feel pride and a claim of ownership and display a maternal caring attitude and behavior towards our public landscape – both the cityscapes and the natural areas. For love of community, may we take thankful pride and ownership in our public places – especially our natural places?

Santa, for those not yet familiar with our region's many beautiful parks and trails, I ask that you leave an invitation in their stocking, an invitation to park their gifts for a little while, and go have fun outside.

It is not too late to give a gift of an outdoor experience, to a loved one and to yourself.

[REHABILITATION SERVICES]

"We'll help you get back out there to play."

MARGARET HIGGINS, Physical Therapist, Stowe Clinic

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Mansfield Orthopaedics, 555 Washington Highway, Morrisville
Hardwick Clinic, 88 High Street, Hardwick
Stoweflake Mountain Resort, 745 Mountain Road, Stowe

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The Mountain Gazette

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Send your news to
[**mtgazette@earthlink.net**](mailto:mtgazette@earthlink.net)

Read us online at www.mountaingazetteofvermont.com

Area Worship Services

JERICHO CONGREGATIONAL CHURCH

"An Historic Church Proclaiming an Eternal Message"
On the Green in Jericho Center, VT
Interim Pastor Doug Walker and Youth Pastor Glenn Carter
Sunday Services at 8:00 AM & 11:00 AM
Nursery care provided
Sunday School at 9:30 AM for all ages
Fellowship at 10:30 AM
Youth group 6:15 PM Sundays in Sunday school building
Signing for the deaf upon request
899-4911; officejcc@comcast.net; www.jccvt.org

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.

ST. THOMAS ROMAN CATHOLIC CHURCH

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

UNITED CHURCH OF UNDERHILL

"Welcoming, Worshipping, Working for God"
At the Green on VT RT15 - Rev. Kevin Goldenbogen - 899-1722
www.unitedchurchofunderhill.com
Worship and Sunday School 10:30 AM
Local and Global Mission and Service Outreach Opportunities for families, men, women and youth Streaming audio sermons:
www.becauseyoumay.com

LIBRARY NEWS

DEBORAH RAWSON LIBRARY, UNDERHILL

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

The silent auction item for the month of December is two pints of Cloverdale Sugarhouse maple syrup, thanks to the generosity of Bob and Jean White. Bidding will end on Thursday, December 31 at 4:00 PM.

We play Mah Jongg on the third Monday afternoon of the month. So we gather for our afternoon fun this month on Monday, December 21 at 2:30 PM. (Please note the later time – just for this month.)

And the games continue... Scrabble Night – We'll be meeting on the evening of Monday, December 21 at 6:30 PM to play a game or two of everyone's favorite word game. Join us... and bring a friend along to play, as well!

Family Fun:

Family Movie Night – Friday, December 18, 6:30 PM. Plan on a fun family night. Wear your PJs, grab a pillow, and bring the whole gang! Arrive a few minutes early to settle in! We will provide the popcorn! Call 899-4962 for details.

Baby Time! Saturday, December 19 at 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.

LEGO builders wanted! Saturday, December 19, 12:00 – 2:00 PM. Join us for an afternoon LEGO construction get together at the Deborah Rawson Memorial Library. As a LEGO builder, you are the master of your own creations. You'll have the opportunity to create, construct, and share your works with other LEGO builders. All ages welcome. No registration needed. Questions, call 899-4962.

The library will be closed on Thursday-Saturday, December 24-26. The library will close at 4:00 PM on Thursday, December 31 and will be closed on Friday, January 1.

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

For his Eagle Scout project, Jacob Lamoureux made handsome bookshelves for our non-fiction area, and with the help of his family and friends, they have been installed. A HUGE thank you goes out to Jacob and to all who were involved in the building and installation of these bookshelves. Please come to the library and see Jacob's craftsmanship for yourselves.

Sunday, December 6, Jericho Town Library celebrated its annual Open House, followed by the yearly Christmas tree lighting celebration. Thank you to Elizabeth Bernstein, who read holiday stories, and to Josh LaRose, who played holiday music. At 5:00 PM, Santa arrived on his tractor to light the tree on the Jericho Green, so thank you to Santa and to Barb and Jim Adams, who coordinated the tree lighting event as they have for many years; to Mary Lacy and Jake Loeffler, who provided lift trucks to help in decorating the tree; to Matt Malmgren, who repaired the electrical box and got everything hooked up; and a special thank you to Beth and Kevin Seniw and Bonnie Belfield, who will take over next year from Barb and Jim. Lastly, thank you to all who attended this wonderful holiday event, which has become a cherished part of our Jericho neighborhood.

Bucket List Book Club – Meets first Wednesday of each month at 6:30 PM. January's book is *Rebecca* by Daphne du Maurier. For more information, email Ruth at ruthanne829@gmail.com.

Community Open Mic – On the first Thursday of each month, join your fellow musicians and other performers at the Jericho Town Library for a free family night out at the monthly open mic night. Come listen or perform! Seven minute performance slots: music,

poetry, stories, jokes! Please contact jerichoopenmic@gmail.com if you'd like to perform. The next round is in January.

Story Time – Join us every Wednesday at 10:00 AM for stories, songs, live music, craft, and healthy snack.

Library Board of Trustees Meeting, 7:15 – 9:00 PM, Monday, January 4.

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 news and events, please visit our website at www.jerichotownlibraryvt.org.

VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE

Worms in Winter, Monday, December 21, 10:00 – 11:00 AM. Presented by the Lamoille County Nature Center: What on Earth do worms do in the winter? Our traveling troupe of red wigglers will come give us the inside scoop. After gentle observation and warm-ups, the worms will be invited to form teams and participate in the Worm Olympics. We'll learn how worms help make our lunch.

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 pre-school 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!

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

Win a Holiday Basket! Starting in December, buy a raffle ticket for a chance to win one of the eight themed baskets for adults and children with a variety of goodies including books, audio books, and DVDs (contents vary). The themes include: *Whodunnit?; In the Kitchen; For the Reading Man; True Stories (Non-Fiction); Relaxation for Women*; and others. There will be many currently popular titles in the baskets. Proceeds from the raffle will help us grow our DVD collection. Drawing will be the week of Christmas.

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.

On Sunday, December 20 at 3:00 PM, a great local talent will present a *Winter Solstice Spectacular* featuring an all-ages cast of actors, singers, and dancers to celebrate the delights of the season! Gather to sip some cider and listen to holiday favorites such as *Baby, It's Cold Outside, Winter Wonderland, and All I Want For Christmas Is You*, as well as other tunes made famous by artists ranging from Frank Sinatra to *Coldplay*. Come join us and take a step back into the musical past, while celebrating the here and now. Suggested donation, \$10.

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.

Not sure what to try next? Feel free to ask staff and we'll do our best to offer suggestions that fit your mood. Also, stop and browse our display counter of different books and movies. Each month presents a different theme.

Also good to remember – the Library subscribes to 80 different magazines you can check out, from *Adventure Cycling, Atlantic Monthly, Consumer Reports, Cooks Illustrated, Discover, Family Fun, Family Handyman, Fine Gardening, Kiplinger, Mother Jones, The New Yorker, Practical Homeschooling, Utne Reader, The Week, Wired, Yes!* and other titles.

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

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

Thursday, December 17, 3:00 – 4:15 PM: Chess Club begins for those registered.

Thursday, December 17, 6:00 – 8:00 PM: *The Vermont Movie: Part Three: Refuge, Reinvention, and Revolution*. In this third installment of *Freedom and Unity: The Vermont Movie*, the film enters the world of mid-20th century Vermont, covering pioneering politicians, scientific and technological innovations, and cultural revolutions. Refreshments provided. Discussion to follow the film.

Saturday, December 19, 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 you need help with. You will be ably assisted by our techie, Josiah.

Tuesday, December 29, 10:00 AM – 12:00 PM: Life Sized Candyland. Sign up for a 10-minute time slot as a family and walk through a life-sized version of everyone's favorite game and get treats along the way. A great way to cure that cabin fever during school break!

The library will be closed Thursday-Friday, December 24, 25, and Thursday-Friday, December 31-January 1

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.bfafairfax.com/pages/communitylibrarynews.html.

DOROTHY ALLING MEMORIAL LIBRARY, WILLISTON

All events are free.

Preschool Music: Mondays, 11:00 AM with Peter Alsen; and Thursdays, 10:30 AM with Marcie Hernandez (except December 24 and 31, library closed). 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 – 12:00 PM (except December 24 and 31, library closed). Children birth to age 5 and their caregivers are invited for an informal playtime following our Preschool Music program. Sponsored by Building Bright Futures.

Preschool Yoga with Danielle: Friday, December 18, 10:30 AM. Simple yoga poses, stories, and songs for children birth to age 5 and their caregivers. No pre-registration.

Middle School Theatre Improv Group: Friday, December 18, 3:00 – 4:15 PM. Kids act and create scenes together in this theater improv group open to all 4th-8th graders. Twice monthly meetings. Supervised by playwright Luc Reid. Space is limited. Pre-register.

Food For Thought Library Volunteers: Thursday, January 7, 4:00 – 5:00 PM. Grade 7-12 Teen Advisory Group. Pizza, discussion, and library projects for teens. New members welcome!

Pajama Story Time: Monday, January 11, 6:30 PM. Bring kids in PJs with their favorite stuffed animal for stories with Abby Klein, a craft, and a bedtime snack. Presented by Building Bright Futures.

Read to a Dog! Tuesdays, 3:30 – 4:30 PM. Starts January 12. Bring a book and read to one of our Therapy Dogs of Vermont. All ages. Call 878-4918 to pre-register for individual sessions.

Preschool Music: Mondays, 11:00 AM with Peter Alsen; and Thursdays, 10:30 AM with Marcie Hernandez (except January 18, library closed). 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 – 12:00 PM. Children birth to age 5 and their caregivers are invited for an informal playtime following our Preschool Music program. Sponsored by Building Bright Futures.

Story Time: Tuesdays at 10:30 AM. Starts January 12. Preschoolers are introduced to a variety of books and authors while gaining early literacy skills. Includes a simple craft activity.

Spanish Musical Playgroup: Saturday, January 16, 10:30 AM. Spanish rhymes, books, and songs with Constancia. For children birth to age 5. Includes a craft activity and snack. Non Spanish-speakers welcome! Includes playtime and snack. Sponsored by Building Bright Futures.

Preschool Yoga with Danielle: Friday, January 22, 10:30 AM. Simple yoga poses, stories and songs for children birth to age 5 and their caregivers. No pre-registration.

Make It! Kinetic Sand: Monday, January 25, 3:30 PM. Presented by Food for Thought Teen Group. Grades K and up. Pre-register at 878-4918.

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.

Wednesdays, December 16, 23, 10:00 – 10:45 AM – Story Time for 3-5 Year Olds. Picture books, songs, rhymes, puppets, flannel stories, early math activities for preschoolers.

Wednesdays, December 16, 23, 30, 12:00 – 1:00 PM – Tech Help with Clif. Offering one-on-one technology help. Bring in your new gadget or gizmo and Clif will sit with you to help you learn its ways! Reservation required. Please call 878-6955 at least 24 hours in advance.

Thursday, December 17, 3:15 – 4:00 PM – Read to Archie, Therapy Dog, Archie, certified by Therapy Dogs of Vermont, loves to listen to kids read. His owner is Christine Packard, Chair of Brownell Library Trustees. All ages.

Friday, December 18, 10:00 – 10:45 AM – Songs and Stories with Matthew. Matthew Witten performs songs about our world and tells adventurous tales. For all ages. Funded by the Friends of Brownell Library.

Wednesday, December 16, 3:30 – 4:15 PM – Holiday Stories with Linda Costello. Storyteller Linda Costello shares stories from Hanukkah, Winter Solstice, Christmas, and Kwanzaa. For kids in grades 1-5.

Wednesday, December 16, 6:30 – 9:00 PM – Mayhem of the Month Dine & Discuss Series. *Crocodile on the Sandbank* by Elizabeth Peters – Discussion leader Ed Cashman. At 32, strong-willed Amelia Peabody, a self-proclaimed spinster, decides to use her ample inheritance to indulge her passion, Egyptology. On her way to Egypt, she encounters a young woman named Evelyn Barton-Forbes. The two become fast friends and travel on together, encountering mysteries, missing mummies, and Radcliffe Emerson, a dashing and opinionated archaeologist who doesn't need a woman's help – or so he thinks. Copies available at the Adult Circ. desk. Potluck fare: Let the book inspire you! Library provides tableware, decaf and water.

Friday, December 18, 3:15 – 4:15 PM – Crafternoon. Come and make a book bag for yourself or to give away. We'll be sewing them with machines. Adult help needed! For students grades 4 and up.

Friday, December 18, 3:30 – 5:00 PM – Axis & Allies. Play a WWII game of strategy using battleships, air fleets, and submarines to decide the fate of the World. Grades 6 up. Check out a sped up version of the game here: <https://youtu.be/KW1J-An icU>.

Friday, December 18, 6:30 – 8:30 PM – Family Movie. Free popcorn and drinks!

Mondays, December 21, 28, 12:00 – 1:00 PM – Tech Help with Clif. Offering one-on-one technology help. Bring in your new gadget or gizmo and Clif will sit with you to help you learn its ways! Reservation required. Please call 878-6955 at least 24 hours in advance.

Monday, December 21, 4:30 – 5:30 PM – Star Wars Club. Max Holzman leads the Star Wars Club. This session focuses on favorite weapons. For all ages. Popcorn and drink!

Monday, December 21, 7:00 – 8:00 PM – Friends of Brownell Library Meeting.

Tuesday, December 22, 9:10 – 9:30 AM – Story Time for Babies and Toddlers. Picture books, songs, rhymes, and puppets for babies and toddlers with an adult.

Tuesday, December 22, 10:00 – 10:45 AM – Story Time for 3-5 Year Olds. Picture books, songs, rhymes, puppets, flannel stories, and early math activities for preschoolers.

Tuesday, December 22, 29, 3:15 – 4:00 PM – Read to Daisy,

Libraries continued on page 6

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Merry Christmas from our family to yours

ONGOING EVENTS

ADULT ACTIVITIES

Essex Art League meets the first Thursday of the month, September-June, 9:00 – 11:00 AM at the Essex Junction Congregational Church on VT Rt. 15. The meeting agenda includes a business and social time, and features a guest artist presentation. A detailed calendar of meetings, speakers, and online gallery is published on the League's website, www.essexartleague.com

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

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

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

Chittenden County Postage stamps and post card club, 1st Wednesday of the month 6:15 – 8:30 PM, IDX Circle, GE Healthcare Building, South Burlington. Information email Laineyrapp@yahoo.com or 802-660-4817.

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

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

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

Smugglers' Notch 55+ Club meets Wednesdays at Smugglers' Notch for a social time, then breaks into groups to ski. Brief organizational meeting, coffee and rolls, and then head out to the trails in self-selected ability groups. Gather informally in summer for a wide variety of outdoor activities. Membership benefits include various discounts at Smuggs. Information: Deborah, 644-5455 or just attend a meeting at the Morse base lodge, 9:00 AM every Wednesday.

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

HEALTH EVENTS & GROUPS

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

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

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

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

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

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

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

Mom's Night Out, first Thursday of each month, 6:00 – 8:00 PM, LaQuinta Inn (Franklin Meeting Room), 813 Fairfax Rd., St. Albans. Are you the mother of a child with special needs? Is your life just too busy? Too stressful? Have you got too many things to do? Are you up to your armpits with paperwork? Do you have to advocate for your child and family? Do you wish you had someone to have conversations with, who understands because they are the mother of a child with special needs too. Take some time once a month for you. Contact: Betty Morse, Family Support Consultant, 1-800-800-4005-ext. 201 or betty.morse@vtfn.org. **Al-Anon** meetings, Jericho United Methodist Church, Thursdays 10:00 AM, and Saturdays, 10:00 AM.

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

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

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

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

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

International Cesarean Awareness Network supporting mothers and families recovering from or learning about cesareans

and VBACs. Information: ICANvt@gmail.com or call Jessilyn at 802-363-5499.

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

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

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

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

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

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

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

KIDS

Playgroups free of charge and open to all children birth-5 years, and their caregivers. Stories, songs, crafts, free play, local events and information, and more – an opportunity to play with the children in your life, meet other playmates, and connect with other parents and caregivers. Playgroups follow the school calendar. Come to any or all groups that fit your schedule. For information on any playgroup, contact Heather Lebeis, 899-4415 or underhillplaygroup@yahoo.com. Mondays: Jericho Community Center, 9:30 – 11:00 AM; Wednesdays: Richmond Free Library, 8:45 – 10:15 AM; Fridays: Underhill Central School, 9:30 – 11:00 AM; Fridays: Huntington Public Library, 11:00 AM – 12:30 PM.

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

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

SENIORS/COMMUNITY MEALS

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

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

Westford Senior Lunches – Join Westford Seniors for lunch at the Red Brick Meeting House on the Common, monthly on the 2nd Monday. Lunch, 12:00 noon; short meeting or presentation after. Call 878-7405 or 879-7382 for information or for a ride.

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

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

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

Starksboro First Baptist Church senior meals, Starksboro, 4th Thursday of the month, 11:30 AM. Call Brenda Boutin, 802-453-6354 for more information. (No meals in December.)

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

SPORTS ACTIVITIES

Ongoing Pilate classes, Dakini Studio, Underhill, Mondays and Thursdays, 6:00 PM. Register at 899-4191. For more information and other scheduled classes, www.dakinistudio.wordpress.com.

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

Zumba, Tuesdays, 5:30 PM, Red Brick Church, Westford, with Heather Sanders, \$5, first class free; Saturdays, 9:15 AM, BFA, Fairfax, \$5; Sundays, 9:00 AM, Meeting House, Fletcher, \$5; with Kathy Bourdeau Mondays, 7:30 PM, BFA, Fairfax, \$5; Wednesdays, 7:00 PM, BFA, Fairfax, \$5.

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

TOWN GOVERNMENT & ORGANIZATIONS

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

Westford Fire Department, Mondays, 7:00 PM, at the fire station next to the Town Garage. Information: John Quinn, jqinninv@aol.com.

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

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

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

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

Jericho Energy Task Force meets monthly, 2nd Thursdays, 7:00 – 8:30 PM, Jericho Town Hall, VT Rt. 15, Jericho.

THRIFT SHOPS & FOOD SHELVES

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

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

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

Merry Christmas and Happy New Year

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PEOPLE IN THE NEWS

OBITUARIES



Arlene Ann (Rogers) Safford departed this Earth on Friday, November 27, 2015. She was born March 10, 1936 in Cambridge, VT, daughter of the late Ray and Vera (Playful) Rogers. Survivors include her loving husband Madison, whom she married August 18, 1957; three children: Mark Safford of Taunton, MA, Scott Safford and his wife Donna of Jeffersonville, VT, and Ann Messier and her husband David of Jeffersonville; four beloved grandchildren: Heather Shannon of Westminster, CO and her husband Ryan and their daughter Autumn and son who will join the family in April 2016, Ryan Safford and his fiancée Nicole Feldmann, Tyler Safford of Taunton, MA, Jason Messier and his wife Jaemie of Belvidere and their daughter Summer; sister, Maxine Rogers of Williston, VT; brother, Albert Rogers and his wife Geraldine of Jeffersonville; sisters-in-law Elizabeth "Sally" Reynolds and Mary Paulman, both of Jeffersonville; and a special cousin, Raymond Severance and his wife Yvette of Sheldon, VT. Arlene was also predeceased by four brothers: Berwyn, Ray, Jr., Rodney, and Donald. At Arlene's request there will be a graveside service at Mountain View Cemetery in Cambridge in the spring. Arrangements by AW Rich Funeral Home. In lieu of flowers the family respectfully requests a donation made in Arlene's memory to Vermont Respite House in Williston, VT where she was lovingly cared for in her final hours. Note: This obituary was written by mom many years ago as she was always well prepared for everything in life. In addition, the family would like to extend a heartfelt thank you to all who showed Mom such kindness and support throughout our two week journey, to include Dr. Abu Jiesh and his team, Dr. Elise Everett and her team of fine oncologists, the caring nurses and staff on McLure 6, Adison on Baird 5, and the many wonderful members of the Fletcher Allen staff. A very special thank you to Mom's doctor of 36 years, Dr. Donald Miller. Although Mom's time at the Vermont Respite House was short, the caring members of nurses and staff are truly top notch and touched our hearts. Our mom lived her life simply and was always humbled by her blessings. Her happiest moments were spent "on the hill" in the house that she and Dad built together upon returning to Vermont after his retirement from the Navy in 1979. Her grandchildren were her passion and her friendships lasted a lifetime. She was our rock and will continue to be in spirit.

Ken Byerly, 81, died suddenly Tuesday, November 17, 2015 at his home in Jericho, VT. He was born June 29, 1934 in Greensboro, NC, the first of three sons born to Kenneth Rhodes Byerly Sr. and Louise Hanes Byerly. Ken's father moved from job to job in Stokes County, NC, then on to work for the Chamber of Commerce in Milwaukee, WI, where Ken remembered he and his brother Hanes, one year younger, racing tricycles on the sidewalk. In 1940 when Ken was 6, the family moved to Thermopolis, WY, when Ken Sr. bought the local weekly newspaper. Then World War II started. When his father enlisted in the Army Air Corps, Ken, his brother, and mother returned to her family's home on the North Carolina farm where Ken and Hanes then spent several formative years during the war. When the war ended the family reunited in Thermopolis, then in September 1947 moved to Lewistown, MT when Ken, Sr. purchased the then Lewistown Democrat News. Ken and Hanes grew up in Lewistown, graduating from Fergus County High School. Ken played all sports in season and made all-state in football and basketball his senior year. He went on to play football for the University of Montana on an athletic scholarship and majored in journalism. His youngest brother, Dave, was born a few weeks before Ken drove away to college in 1952. Ken served briefly in the peacetime Army, emerged at age 23, and became editor of the Tidewater News in Franklin, VA, a newspaper his father had purchased, when the man his father thought would be editor backed out at the last moment. He won various writing awards from the Virginia Press Association and worked a year as a reporter at the Washington Post in Washington D.C. Ken said "wanderlust got the better of me," and he embarked on one of what he called his "two great life adventures," spending a year in Europe traveling and writing "until the money ran out in May 1963." He returned to the States and went to work as a reporter for Newsday on Long Island, NY. He met and married Raquel Gil, a marriage that lasted three years. Ken began working as a stockbroker on Wall Street in New York City and took up skiing in 1970 at age 35 after seeing the movie *The Downhill Racer* with Robert Redford. Skiing remained one of his passions through the last winter of his life. He worked for several brokerage firms in Manhattan, settling in finally at Merrill Lynch. Ken married the love of his life, junior high school Spanish teacher Priscilla Morse, in 1977, six months after they met on a ski lift in Vermont. They lived in Tarrytown, NY and retired ten years later to build a home near Bozeman, MT. Ken's brother Dave owned and operated the Lewistown News-Argus then and with his wife, Donna, had three children. "A lot of visiting back and forth began," Ken said, "a lot of hiking and camping with Dave and his family in the mountains." Ken and Priscilla skied and explored all over the West but after three years, in 1990, they missed the New England autumns and bought a house on a hill with views near Burlington, VT. Priscilla taught Spanish at the University of Vermont. Ken intensified his writing – short stories and novels – and they skied together all over New England. They also hiked, over three summers, the 280 miles from Canada to Massachusetts of Vermont's Long Trail, which ignited Ken's second great life adventure. Over 11 years – often with Priscilla, many times with his brother Dave and numerous friends, sometimes alone – he hiked the 2200 miles of the Appalachian Trail. He finished in 2005 in Browns Gap, NC, a place he chose because it was in the state where he was born. Meanwhile he and Priscilla continued to ski, in both the West and the East, sometimes as many as 50 days a winter. Priscilla retired in 2008, and she and Ken frequently hiked and swam together and traveled to many places, including all 48 states in continental America. Ken continued his writing and published three novels and two books of short stories. About 2012 Priscilla contracted aphasia, a form of Alzheimer's, and after many emotional trips and moments, she died holding her husband's hand on Sunday, August 16, 2015. Ken came to feel that on that day he died too. He buried her ashes in the old family cemetery in Pine Hall, NC, and had a tombstone erected. On one side was Priscilla's name and beneath that "Golden Red," his nickname for her through the years. On the other side is his name and her nickname for him, "Kenny B." A burial service at the cemetery in North Carolina will be held at a later date. He is survived by his brothers Hanes of Franklin, VA and Dave (Donna) of Lewistown, MT; nephews Chris (Laura) Byerly of Arlington, VA and Jon Byerly of Fort Collins, CO; nieces Cassie

Byerly of Washington, D.C. and Belinda Byerly-Robins of Santa Cruz, CA; grandnieces Brady Byerly of Arlington, VA and Avery Robins of Santa Cruz, CA; and grandnephew Marshall Robins of Arcata, CA.

WELCOME HOME



Conor William Picarella was born on Saturday, August 29, 2015 to Alison (Bergeron) Picarella and Bill Picarella. Conor's grandparents are Bob and Kathy Bergeron of Jericho, VT and Bill and Sharon Picarella of Danbury, CT.

PHOTO CONTRIBUTED

Libraries continued from page 4

Therapy Dog, Daisy, certified by Therapy Dogs of Vermont, loves to listen to kids read. Her owner is Maddie Nash, retired school counselor. For all ages.

Wednesday, December 23, 2:00 – 3:00 PM – Go For a Goat Challenge. Donna Underwood Owens will bring a goat from Aw Shucks Goat Farm. Come up with something "goaty" for the goat challenge: Read a book about goats, dress like a goat, make up a goat song, color a goat picture for the farm, etc.

Thursday-Friday, December 24-25 – Library closed.

Monday, December 28, 2:00 – 3:30 PM – Wii Games for Kids – Come play Wii Sports Resort, MarioKart, and others! For all ages.

Tuesday, December 29, 3:00 – 4:00 PM – Knitting for Kids. Knit a hat with our looms! You can check them out and take them home to finish. We have yarn, or bring your own favorite colors and knitting needles. For all skill levels.

Wednesday, December 30, 2:00 – 3:00 PM – The Traveling Storyteller performs *The Three Billy Goats Gruff*. They better watch out for the troll under the bridge! A puppet show for all ages.

Friday, January 1 – Library closed for New Years Day.

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 email frontdesk@brownelllibrary.org.



MOUNTAIN GAZETTE RATES – 2016

The *Mountain Gazette* is the hometown community newspaper for Bolton, Cambridge, Jeffersonville, Jericho, Underhill, and Westford, Vermont.

The *Mountain Gazette* store-delivers 4,500 - Bolton, Cambridge, Jeffersonville, Jericho, Underhill, Westford, Essex Junction, Essex, Essex Center, Fairfax, Huntington, Hinesburg, Jonesville, and Richmond.

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ART / MUSIC

ART/PHOTOGRAPHY

The Art of Words featuring the works of Harald Aksdal is currently being exhibited at the Emile A Gruppe Gallery, Barber Farm Rd., Jericho through Sunday, December 27. This exhibition features the original art work Harald created for two books by Ilame Lund and one children's story by Jennie Nolette. The show also includes Aksdal's newest original landscapes in watercolor and ink, and framed prints.

Jericho artist Dianne Shullenberger will be exhibiting in the winter show *Passages* at the Furghtott Gallery in Shelburne, through January 30.

At Bryan Memorial in Jeffersonville through December 30, the Bryan's 2015 *Legacy Collection* features 25 living artists and 13 deceased artists whose works continue the legacy of Alden Bryan, founder of the gallery, and Mary Bryan, in whose honor the gallery was founded. Each year, Bryan Memorial Gallery chooses artists for inclusion in the Legacy Collection. The Legacy Collection also includes a subset entitled *Hidden Treasures*, which includes deceased artists' works that are owned by gallery members and available for sale. All exhibited works are oriented toward the current season, and will be changed throughout the course of the year. Bryan Memorial Gallery, 180 Main St., Jeffersonville, 802-644-5100. A preview of the exhibit can be seen at www.bryangallery.org. Gallery hours are Thursday-Sunday, 11:00 AM – 4:00 PM, and by appointment.

Works by Vermont Artist Linda DiSante will be featured at Shelburne Vineyard, 6308 Shelburne Rd., Shelburne through February 28. An artist whose work covers a spectrum of subjects and styles, DiSante works primarily in watercolor but also enjoys work with graphite and pen and ink, depending on the subject matter. This show, titled *The Nature of Things* will display many of her works that focus in on the essence of things that make up the natural world—things like the pattern of pebbles and stones on the beach or the interconnected lines and colors that emerge as one looks through a deep woods. DiSante is also the author/illustrator of the children's picture book, *Will You Be My Friend?*

Birds of a Feather, organized by Shelburne Museum, will be on view at the Museum's Pizzagalli Center for Art & Education through May 1, 2016. The exhibition explores the illusory and deadly beauty of American wildfowl decoys. Culled from Shelburne Museum's own collection, the rare and historically significant decoys featured represent the work of master artisans. Thirteen bird species will be featured. Decoys are designed by hunters to lure game birds into gunning range by physically mimicking waterfowl in safe waters. 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.

At Helen Day Art Center through Sunday, January 3, Members' Art Show and Festival of Trees & Light, bringing together the community to share and celebrate the season through decorated evergreens, a Hanukkah display, and over 100 members' artwork. Helen Day will be running a variety of workshops and classes throughout the fall, including family and adult workshops as well as after school classes for kids age four through grade 6; contact education@helayart.com or 802-253-8358 for details. Helen Day Art Center, 90 Pond St., Stowe. Gallery hours: Wednesday-Sunday 12:00 PM – 5:00 PM and by appointment.

MUSIC/DANCE

For an enjoyable New Year's Eve of great music in a relaxing setting without the need to change venues, the Old Round Church, Bridge St., Richmond brings this year's concert featuring duo Patti Casey and Tom MacKenzie, Jericho resident blues guitarist Bill Ellis, and Vermont Young Tradition graduates Hannah Beth Cray and the Zeichners. The concert begins at 7:30 PM and the suggested donation is \$10/person. All proceeds from the concert, sponsored by Richmond Market and Beverage, will be donated to support the Old Round Church. Want to eat before the concert? From 5:00 – 7:00 PM in the Church Hall, a delicious meal of soups, stews and chili, bread, and desserts will be available by separate donation to benefit Our Community Cares Camp. Information: Tim Whiteford, whiteford@gmavt.net or 434-4565.

The Green Mountain Mahler Festival presents its sixth annual performance of Beethoven's *Ninth Symphony* at 3:00 PM on New Year's Day (Friday) at the Elley-Long Music Center, Colchester, with a second performance at 7:30 PM Saturday, January 2 at Spruce Peak Performing Arts Center, Stowe. The pair of concerts will feature vocal soloists Allison Devery, Linda Radtke, Cameron Steinmetz, and Erik Kroncke, along with more than 120 members of the Green Mountain Mahler Festival Orchestra and Chorus, all under the direction of conductor Daniel Bruce with chorusmaster Matthew LaRocca. Proceeds from the January 1 concert will benefit the Vermont Refugee Resettlement Program. For more information, www.vtmahler.org.

A concert of Gregorian chant, organ solos, and seasonal carols will take place in the vibrant acoustical resonance of the Chapel of Saint Michael the archangel, Saint Michael's College, Colchester on Sunday, December 20 at 3:00 PM. *The Vermont Gregorian Chant Schola*, an eighteen-member male singing group in residence at St. Michael's College, will present a concert including the Gregorian setting of the *Missa cum Jubilo*, liturgical rounds from France, and a Jewish folk melody. The choir will be accompanied by the two manual Casavant organ of 14 stops, and 921 pipes. This concert is free and open to the public. A free will offering will be accepted.

The Burlington Chamber Orchestra and the BCO Messiah Festival Chorus will perform Handel's *Messiah* on Sunday,

December 20 at the Elley-Long Music Center, St. Michael's College, Colchester. The *Messiah* is an English-language oratorio composed in 1741 by George Frideric Handel, with a scriptural text compiled by Charles Jennens from the King James Bible, and from the version of the Psalms included with the Book of Common Prayer. It was first performed in Dublin on 13 April 1742 and received its London premiere nearly a year later. After an initially modest public reception, the oratorio gained in popularity, eventually becoming one of the best-known and most frequently performed choral works in Western music. The 27 musicians in the Burlington Chamber Orchestra are talented Vermont performers who are responsible for the music education of hundreds of students in Burlington and the surrounding areas. Dr. Yutaka Kono, serves as Artistic Director for the Burlington Chamber Orchestra. For more information go to <http://www.bcovt.org/> or for tickets, <http://www.flynnntix.org/>.

Cathedral Square musical programs this fall include informal, free Tuesday noontime concerts, 12:00 – 1:00 PM. Bring a bag lunch. Coffee and tea provided. January 12, Young Artists' Recital: This annual concert presents gifted young Vermont musicians. Ticketed Series: seniors 65+, students under 22 with ID; children under 15. Sunday, November 15, 3:00 PM, Lake Champlain Chamber Music Festival's Young Trio-in-Residence Solos, Duos, and Trios for Strings. Robyn Bollinger, violin, Wenhong Luo, viola, and SuJin Lee, cello. Admission charged. Sunday, December 6, 3:00 PM, The Vermont Choral Union O Radiant Dawn. In the winter's darkness, the mystery and wonder of a star and golden dawn. Admission charged. Information including ticket prices: www.CathedralArts.org or info@CathedralArt.org. Tickets available at the door and in advance at Flynn Regional Box Office, 802-863-5966 or online at www.flynnntix.org. St. Paul's Episcopal Cathedral, 2 Cherry St., Burlington. Accessible. Free parking at the Cathedral or two hours free in city lot at Macy's. We also have permission to park at Acme Glass on Pearl St. when they are closed. Information: 864-0471.

HEALTH INFORMATION

Northwest Medical Center health offerings

Cancer Exercise Rehab Group, ongoing every Tuesday and Thursday, 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. This 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, call 524-1064 to register or for more information. Free for the first 8 weeks, then \$40 for open gym access.

Living Strong in Vermont Program (light strength training), Mondays and Wednesdays starting January 4, 3:00 – 4:00 PM; and Tuesdays and Thursdays starting January 5, 4:00 – 5:00 PM, Hawk's Nest Senior Housing, Community Room, St. Albans. This strength training course has been designed for those over the age of 50 to reduce the effects of osteoporosis, but participants of all ages are welcome. After age 40, we begin to lose a half-pound of muscle mass each year. By age 65, an inactive person has lost as much as a third of their muscle mass, leading to frailty and increased risk of osteoporosis. Strength training can rebuild lost muscle and strength, while increasing bone density. Through a series of simple chair-based or standing weight-bearing exercises, you will build bone and muscle strength. This is not an aerobics fitness program. Participant must have had a physical exam in the past year and will need their physician's approval to participate. CVAA Certified Instructors: Lynne Marie Villareal, Louise Doyle and Charlene Gless. Free, but pre-registration required, contact 524-1234 or cjhw@nmcinc.org.

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 our office, 802-527-7531. The cost is \$20.

Parkinson's Disease Outreach group meets monthly. The Support Group provides an opportunity for people with Parkinson 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 weekly support group is for those working on weight management. It combines behavioral and nutritional strategies to increase physical activity and decrease calorie intake. It will provide you with 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, Northwestern Medical Center. 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. You can also call Franklin County Home Health Agency to learn more about your hospice and palliative care options, 802-527-7531 or visit our website, www.fchha.org. Start the Conversation today. It's a gift.

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 our monthly meetings, we share information, offer each other support and comfort, and learn new things from speakers. We extend an invitation to any woman who has cancer, whether you are newly diagnosed or a long-term survivor. Held the first Tuesday of every month, 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

NMC continued on page 8



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Thursday 8:30 AM - 7:00 PM
Friday 8:30 AM - 5:00 PM
Saturday 9:00 AM - 12:00 PM • Sunday Closed

NMC continued from page 7—

and is free to all. You can ask questions and get help, join in group discussion, and most important – meet moms just like you and share your experiences. There are several meeting times each month; call 524-7970 for more information.

- 1st Saturday of each month, 9:30 – 11:30 AM, Bent Northrop Memorial Library, Fairfield (by Fairfield Center School)
- 2nd Wednesday of each month, 9:30 – 11:30 AM, Family Center, Alburgh
- 3rd Thursday of each month, 10:00 AM – 12:00 PM, Family Birth Center conference room, NMC

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 you are 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. This support group is offered free of charge to anyone who would like to talk to others and help one another. It also provides a resource for grief education in our community. The group meets the first and third Wednesday of each month from 7:00 – 8:00 PM at the Franklin County Home Health office in St. Albans, 3 Home Health Circle. For more information, contact Lori Wright, lwright@fchha.org, 527-7531, ext. 268.

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

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 RN. Held on the second and fourth Tuesdays of the month, 5:30 – 6:30 PM at the Birthing Center, NMC, in St. Albans. For more information, contact Rhonda Desrochers, Franklin County Home Health Agency, 802-527-7531. This program is presented jointly by Franklin County Home Health Agency, Northwest Counseling and Support Services, Northwestern Medical Center, and the VT Department of Health.

Shadows of the Moon, a support group for families and individuals living with Autism Spectrum Disorders (ASD). Please come and join us to talk, learn, and even teach each other. Last Tuesday of every month, 6:30 – 8:30 PM, La Quinta Inn & Suite (Franklin Conference Room), 813 Fairfax Rd., St. Albans. For information, call Cheryl, 802-868-3658, or Laura, 802-849-2817.

Franklin/Grand Isle Counties VFN Families Together – A support group for parents and caregivers of children/youth/adults with special needs meets on third Thursdays, 6:00 – 8:00 PM, Holy Trinity Episcopal Church Parish Hall, 38 Grand Ave., Swanton. Free pizza will be served, RSVP required by noon on Thursday to Laura Weber, Family Support Consultant, laura.weber@vfn.org.

Alzheimer’s Support group, for those with Alzheimers and caregivers, family members, and friends, meets the last Tuesday of each month at NMC in the Green Mountain Room from 6:00 – 7:00 PM. For more information, contact Amanda Wilson, 527-7531.

SCHOOL NEWS

Cardboard Challenge at BRMS

By eighth grade student, Vincent Marias



Browns River Middle School has been participating in the 4th Annual Global Cardboard Challenge in December. This event is hosted each year by the Imagination Foundation. The challenge calls for kids to band together and use cardboard and other recycled materials to make, create, and build.

Caine’s Arcade is a documentary about a little boy, Caine, who spent his entire summer building an elaborate cardboard arcade in his father’s garage. Nirvan Mullick, the maker of the film, chanced upon Caine’s set up one day and decided to organize a flash mob of customers for it to surprise the kid. He filmed it all and made the award-winning eleven-minute movie that helped the Imagination Foundation get on its feet.

BRMS joined in this event in 2013, and the students remembered



BRMS 8th grade students’ cardboard creations, part of their participation in the 2015 Cardboard Challenge. There will be a gallery walk at BRMS on Tuesday, December 22 to view the students’ cardboard creations. PHOTO CONTRIBUTED

it fondly. “I remember how much fun it was to take a day off of school work and just make something,” said Joe LeClair, BRMS 8th grader. The Cardboard Challenge is really all about getting kids to be creative, inventive, and crafty. Another 8th grader, Gabe Gore, had this to say about the experience: “I made a giant cardboard dragon instead of math class. What more could you ask for?”

This year, this event is being organized by the Fun Committee, consisting of staff members Willie Lee, Greg Pajala, Tamara Pless, and Angie Faraci. They will be putting together a gallery walk on Tuesday, December 22 to view the students’ cardboard creations. Students will find out just how imaginative they are when handed some cardboard and work together to create something wonderful.

Mix It Up Day at Mater Christi School

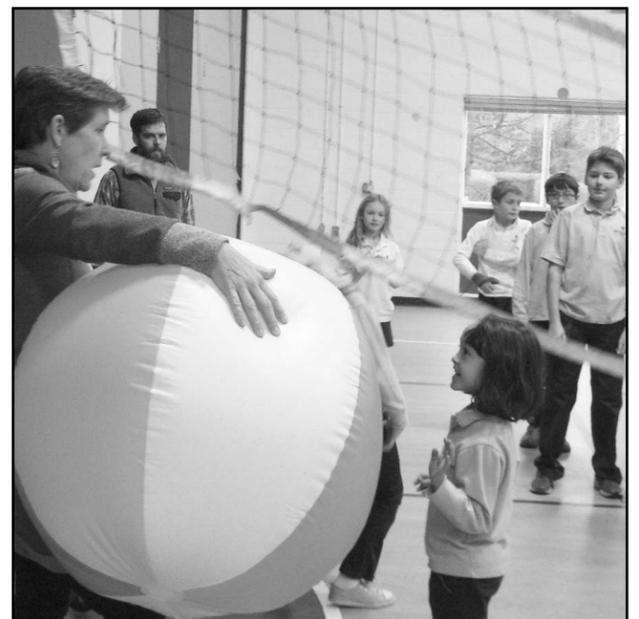
Mix-It-Up at Lunch Day is an annual event held in many of the nation’s schools, and it has become a tradition at Mater Christi School. Mix It Up at Lunch Day is a national campaign launched by Teaching Tolerance over a decade ago. The purpose of the day is to encourage students to identify, question, and cross social boundaries. In surveys run by Teaching Tolerance, students identified the cafeteria as the place where divisions are most clearly drawn, so on one day, students are asked to move out of their comfort zones and connect with someone new over lunch.

This year, Mater Christi School’s guidance counselor and coordinator of the event, Ms. Jenelle Dumas, with the very positive support of the school’s principal and faculty, was able to devote the entire day of Tuesday, November 24 to this special program. The day’s theme was “Be thankful for friends!” and it was based on Mater Christi School’s core values of Personal /Academic Excellence; Spiritual Growth; Concern for Human Dignity; Global Vision/Responsibility; and Compassion/Service.

Older and younger kids were paired, creating “buddy” teams. These teams not only shared lunch but every activity of the day, including reading stories to each other, attending Mass, playing a volley ball game, watching the video *The Lorax* and doing activities related to the video’s themes of conservation and the dangers of greed and valuing things over people. The day ended with everyone

at MCS involved in trying to reach the goal of making 400 Christmas cards for HANDS (Helping and Nurturing Diverse Seniors).

Mix It Up proved to be exactly the right way to prepare for Thanksgiving – it was fun, and it seemed evident that many of the older and younger students grew in their understanding and respect for each other. Topping this day might be a challenge next year!



Ms. Donna Quinlan, Mater Christi physical education teacher, explains the rules of the volley ball game to the gathered students.



Above, a group of Mater Christi School “buddies” working on Christmas cards for HANDS.

Right, a Mater Christi School 7th grader with his 3rd grade buddy posing while working on Christmas cards.

PHOTOS CONTRIBUTED

Mix It Up
continued on page 10

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SENIOR NEWS

CVAA Community Senior Meals in January

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.

Monday, January 4 – Covenant Church, Essex Ctr., 12:00 PM. Roast pork au jus, parsleyed red potatoes, cauliflower with cheese sauce, apple sauce, marble rye bread, raspberry mousse.

Tuesday, January 5 – Ray’s Seafood, Essex Jct., 10:30 AM check-in, 11:00 AM lunch.

Wednesday, January 6 – Athens Diner, Colchester, 10:30 AM check-in, 11:00 AM lunch. Roast pork dinner.

Thursday, January 7 – Dutch Mill, Shelburne Rd., Shelburne, 10:30 AM check-in, 11:00 AM lunch. Baked stuffed chicken.

Friday, January 8 – Hinesburg meal site, 11:30 AM.

Monday, January 11 – Covenant Church, Essex Ctr., 12:00 PM. Tomato topped meatloaf, wax beans, roasted potatoes, pumpkinnickel bread, brownies.

Monday, January 11 – Papa Nick’s, 3:00 PM. Meatloaf.

Tuesday, January 12 – Pizza Hut, Susie Wilson Rd., Essex Jct., 10:30 AM check-in, 11:00 AM lunch. All you can eat pizza buffet.

Wednesday, January 13 – American Legion, Colchester, 10:30 AM check-in, 11:00 AM lunch. Baked ham.

Thursday, January 14 – Ray’s Seafood, Essex Jct., 10:30 AM check-in, 11:00 AM lunch.

Friday, January 15 – United Church, Hinesburg, 12:00 PM. Shepherd’s pie with gravy, carrot and raisin salad, pumpkinnickel bread, hot fruit compote with topping and sugar cookie.

Monday, January 18 – closed for Martin Luther King Holiday, no meal site.

Tuesday, January 19 – IHOP Lunch, University Mall, S. Burlington, 10:30 AM check-in, 11:00 AM lunch. Pot roast.

Wednesday, January 20 – JP’s Diner & Deli, River Rd., Essex Jct., 10:30 AM check-in, 11:00 AM lunch. Chicken ’n biscuits.

Thursday, January 21 – Holiday Inn, S. Burlington, 11:00 AM check-in, 11:30 AM lunch. Turkey buffet.

Friday, January 15 – United Church, Hinesburg, 12:00 PM.

Monday, January 25 – Covenant Church, Essex Ctr., 12:00 PM. Pork riblets, whipped sweet potatoes, broccoli and cauliflower, wheat bread, mandarin oranges.

Tuesday, January 26 – IHOP, University Mall, S. Burlington, 8:30 AM check-in, 9:00 AM breakfast. Two eggs, hash browns, choice of breakfast meat, pancakes, small juice.

Wednesday, January 27 – Ray’s Seafood, Essex Jct., 10:30 AM check-in, 11:00 AM lunch.

Thursday, January 28 – JP’s Diner & Deli, River Rd., Essex Jct., 10:30 AM check-in, 11:00 AM lunch. Meat loaf.

Friday, January 29 – United Church, Hinesburg, 12:00 PM. Vegetable lasagna, tossed garden salad with ranch dressing, garlic bread, gingerbread with applesauce.

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.

IHop, UMall, S. Burlington: Monday-Friday, 11:00 AM – 8:00 PM – breakfast served all day; order off special senior menu.

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

CVAA Winter Tai Chi for health and balance

Tai chi is a great activity to keep us moving and maintain our strength while staying connected with the community. The classes are open to anyone age 50 and older, and can be done standing or seated. Aside from strength gains, the slow flowing movements are shown to improve agility, balance, and flexibility, all important elements to prevent falls and fall-related injuries. These classes are offered for free – no charge to participants.

Essex/Jericho, Covenant Church: TCA1 (beginners), Tuesdays and Thursdays, 10:00 – 11:00 AM, January 5-March 3.

Hinesburg/St. George, St. Jude Parish Hall: TCA2 (advanced, must have completed TCA1 beginner program), Mondays and Wednesdays, 11:30 AM – 12:15 PM, January 4-March 4.

To register for the above programs, contact CVAA, 865-0360 x1019 or Karenh@cvaa.org.

Essex welcomes VNA Adult Day and Memory Care Program

Despite a rainy evening, more than 60 friends and community members helped celebrate the new adult day location in Essex last week. Program staff hosted a grand opening to allow local town officials, legislators, community partners, volunteers, and local area residents a chance to tour the new location, ask questions, and learn more about the program. This new location is unique in that it offers both a traditional program and a separate space dedicated for clients with memory impairments.

The adult day and memory care programs are currently running at the Essex location and have space available for participation. Contact Diane Olechna for more information, 860-4407.

SPORTS NEWS

U.S. Forest Service encourages safety for snowmobilers

With snow expected in the coming weeks, the U.S. Forest Service is looking forward to a successful snowmobile season and wants to encourage all riders to put safety first. Green Mountain National Forest (GMNF) officials are recommending that snowmobilers exercise caution when operating on the National Forest, and all lands, in Vermont this winter. GMNF officials remind snowmobile enthusiasts to heed to all gates and signs and to stay off roads and trails that are closed.

Weather permitting, snowmobile use is allowed on designated trails within the GMNF for four months beginning on Tuesday, December 15 and ending on Friday, April 15. “We are concerned about user safety. Patrols which are aimed at enforcing rules and regulations, monitoring trail conditions, and providing visitor information will occur throughout the Forest,” said John Sinclair, Forest Supervisor for the Green Mountain and Finger Lakes National Forests. The GMNF will continue to work closely with state and local law enforcement agencies, as well as the VT Association of Snow Travelers (VAST) to make sure that users of the trail system are respectful, responsible, law abiding, and safe.

The GMNF and VAST cooperate to maintain more than 470 miles of National Forest System trails that are part of the larger statewide snowmobile network. VAST is one of a few snowmobile associations in the United States that has a cooperative partnership agreement with the U.S. Forest Service. “All of these trails allow mixed uses, so people are snowshoeing, hiking, and cross-country skiing, as well as using snowmobiles. Snowmobilers should travel responsibly and yield to other users,” said Sinclair. The maximum speed is 35 miles per hour and Vermont has a tough Snowmobiling While Intoxicated Law that covers alcohol, as well as drugs.

The U.S. Forest Service is also warning the public of the dangers associated with riding, hiking and skiing on frozen water bodies. Trail users are encouraged to be mindful of fallen trees and other hazards they may encounter. Operators must maintain control of their snowmobile while riding; keep to the right at all times, wear helmets, and stay on designated trails only. All snowmobiles must be legally registered, have liability insurance, and operators must purchase a VAST Trails Maintenance Assessment decal. Officials also encourage winter trail users to pack a flashlight, cell phone, food, and extra warm clothing in case of an emergency.

Due to recent evaluation by Forest Service engineering staff, several trails and bridges on the Manchester Ranger District have been determined to be structurally unsound and unsafe for use by the snowmobiling public this season. The trails and bridges at the following link have been temporarily closed by a Forest Supervisor closure order and will undergo further analysis to determine if they will be replaced, repaired or removed: http://www.fs.usda.gov/Internet/FSE_DOCUMENTS/fseprd485639.pdf.



Celebrate the New Year in Vermont’s state parks – take a hike! The Department of Forests, Parks, & Recreation (ANR) is offering guided hikes at the New Year. PHOTO CONTRIBUTED

Join VT State Parks for guided First Day hikes

Start the New Year on the right foot with a hike in a Vermont State Park. Join a free, guided, easy, family hike taking place in state parks and forests throughout the state. Hike leaders include professional guides and outdoor educators, sharing their knowledge and love of the Vermont outdoors. Don’t need a guide? Then get outside at the state park or forest of your choice. They are always available and close to all of us. Entry is free and you will discover a whole new world in the winter.

Bring the whole family! Dress for the weather; bring snowshoes if there is a lot of snow. Bring some beverages and snacks. Dogs are welcome (on leash) unless otherwise noted. You don’t need to pre-register, just show up. To check the status of the hikes, call 802-249-1230. Update messages will be posted on Thursday, December 31 and Friday, January 1. Check out our website at www.vtstateparks.com and our Facebook and Twitter feeds for more information and more hikes as they are added. Guided hikes include these options:

Underhill State Park: Meet 1:00 PM at gate just below Underhill State Park on Mountain Rd., Underhill Center. Hike: 3 hours, easy to moderate terrain.

Little River State Park: Meet at the end of Little River Rd., as close as to the entrance as possible to the campground, weather permitting (probably at the top of Waterbury Dam). Hike: 2 hour/3-mile hike/snowshoe to the LRSP History Hike (the easier, lower

State Parks continued on page 10

OFFICIAL WARNING

**ANNUAL MEETING
JERICHO UNDERHILL LIBRARY DISTRICT**

The legal voters of the towns of Jericho and Underhill in the County of Chittenden and the State of Vermont are hereby warned and notified meet at the Deborah Rawson Memorial Library in Jericho, Vermont on Thursday January 21, 2016 at 7:00 p.m. to act on the following articles:

- Article 1. Election of a Moderator
- Article 2. Act of the Report of Trustees
- Article 3. Shall the District authorize the Trustees to borrow money for the temporary needs of the District?
- Article 4. Adoption of the budget
- Article 5. Other business thought proper when met

Dated at Jericho, Vermont, November 18, 2015

Joann Osborne, Chair

Ann Broekhuizen

Anne Exler

Ann Messier

Bev Frank

Kathie Russell

Gail Schermer

Laura Wolf

Lauren Montgomery-Rinehart

The Board of Trustees, Jericho Underhill Library District

SCHOOL NEWS

Mix It Up continued from page 8



Left, two Mater Christi seventh graders pose with Fr. David Thereoux, SSE, just before the start of Mass.

Right, a Mater Christi School 8th grader with his kindergarten buddy.

Left below, Ms. Jenelle Dumas, coordinator of Mater Christi School's recent Mix It Up Day, converses with a fifth grader at lunch.

A Mater Christi School group prepares to watch Dr. Suess' The Lorax.

PHOTOS CONTRIBUTED



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LEGAL NOTICE

TOWN OF JERICHO DEVELOPMENT REVIEW BOARD NOTICE OF PUBLIC HEARING

The Jericho Development Review Board will hold a public hearing at 7:00 pm on Thursday, January 14, 2016 at the Jericho Town Hall to consider the following:

- A request to the DRB by David Villeneuve (landowner) and Chittenden County Transportation Authority (lessee/developer) for a site plan review of a Park & Ride/transit stop on a portion of the parcel at 366 VT Route 15 (formerly 364 VT Route 15). The site plan proposes to relocate the Park & Ride from its current location at the corner of VT Route 15 and Dickinson Street. This parcel is located in the Village Center Zoning District and the Character Based Zoning District.
- A request to the DRB by Mary Ellen Richards for Conditional Use approval of an accessory apartment in the Agricultural Zoning District. This parcel is located at 149 Barber Farm Road.

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

Michelle Patrick
Zoning Administrator and Planning Assistant, Town of Jericho
mpatrick@jerichovt.gov

TOWN OF JERICHO - SELECTBOARD NOTICE OF PUBLIC HEARING

The Jericho Selectboard hereby provides notice of public hearings being held pursuant to Title 24, Sections 4384 for the purpose of hearing public comment regarding:

Proposed 2016 Jericho Comprehensive Town Plan.

The public hearings are scheduled for December 17, 2015 at 7:00 p.m. and January 7, 2016 at 7:00 p.m. in the Jericho Town Hall, located at 67 Vermont Route 15. The purpose of the proposed Town Plan is to regularly update the Town Plan, as required by the Vermont Municipal and Regional Planning and Development Act. The proposed Plan will affect all areas of the Town of Jericho.

Table of Contents: Introduction, Vision and Goals, The Jericho Community, Land Use, Natural Resources, Cultural and Historic Resources, Economic Development, Housing, Education and Child Care, Transportation, Utilities Facilities and Services, Energy, Implementation, Maps

Copies of the proposed Town Plan are available at the Jericho Town Hall, located at 67 Vermont Route 15. A digital copy may be viewed on the Town of Jericho Website at www.jerichovt.gov.

OFFICIAL WARNING

ANNUAL MEETING JERICHO UNDERHILL PARK DISTRICT

The legal voters of the towns of Jericho and Underhill in the County of Chittenden and the State of Vermont are hereby warned and notified to meet at the Deborah Rawson Memorial Library (project room) in Jericho, Vermont on Wednesday, January 20, 2016 at 7:00 PM to act on the following articles:

- | | |
|--------------------|--|
| Article 1. | Election of a Moderator |
| Article 2. | Act on Report of Trustees |
| Article 3. | Shall the District authorize the Trustees to borrow money for the temporary needs of the District? |
| Article 4. | Adoption of a budget |
| Article 5.
met. | Other business thought proper when met. |

Proposed budget is \$45,965

Dated at Jericho, Vermont, December 4, 2015

Livy Strong *Chair*
Marie Lynch *Vice Chair*
Marcy Gibson *Treasurer*
Carol Smith *Secretary*
Jim Massingham
Andrew French



Where is the snow?

I want snow?

Please Santa!

State Parks continued from page 9

one mile route.) *Please leave dogs at home.*
Niquette Bay State Park: Meet at noon at trailhead in State Park. Hike: 1.5 miles, 2 hours, moderate.
Smuggler's Notch State Park: Meet inside the stone gate in Stowe; the sign is not up off-season, but it is 6.6 miles from the three-way stop in Stowe Village. Note, parking is limited along the road: some is available at Bingham Falls across the street. Hike: easy, 1.5 hours, 1-2 miles.

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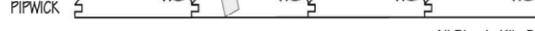
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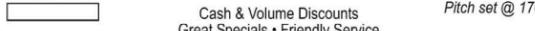
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SCHOOL NEWS

News from CHMS

Students from Camel's Hump Middle School in Richmond have been very busy with numerous activities during and after school. Music students performed in the November District Jazz Festival. Teams Sequoia and Grit recently attended the International Festival at the Champlain Valley Fairgrounds. During the Sixth Grade Geo Bee, after five rounds, Mr. St. Hilaire's homeroom sneaked past the parent group with .5 point lead!

Congratulations to the CHMS Robotics Team, "Intelligent Plasticine Vehicles Inc." for their hard work in achieving the first place award for Robotic Programming at the FIRST Robotics Competition. The CHMS Robotics Team competed against 26 other teams during the event held at Norwich University in November.

After school this winter, students have a number of choices: Bolton Valley Ski and Ride program, boys' and girls' basketball, Artist Inc., Minecraft Club, School of Rock, and even a program for budding magicians.

CHMS will again host hundreds of middle-schoolers and their

families over two nights in celebration of winter and the youths' progress since September. Open house attendees will be treated to choral and band concerts as well as ice skating under the lights. Art work from all grades will line the halls of the school. Student projects will be in abundance throughout classrooms and in display cases. Open house gives students an excellent opportunity to share their accomplishments with family and friends. We welcome any and all community members to our open house.

Charlotte and Henry Moultroups came to the annual Thanksgiving Dinner at CHMS. The Moultroups generously donated acorn squash for the Farm-to-School program; the vegetable was one of many served up by the talented school chef and his team. In addition to the Moultroups, we have been fortunate to have vegetable donations from Vermont Youth Conservation Corps (VYCC) and Jericho Settlers Farm for our Farm-to-School program. Thank you!

The next MMMUSD school board meeting will be held on January 6, at 6:00 PM at Mount Mansfield Union High School in Jericho. The public is welcome, and encouraged, to attend.

MMusic students at Northwest District Music Festival

Please come listen to the bands and chorus at the Northwest District Music Festival concert, which will be held at Mount Mansfield Union High School, Jericho, on Friday, January 29, 7:00 PM in the gymnasium.

Congratulations to the following MMusic students for auditioning and being accepted to the Northwest District Music Festival: Maia Hendrickson/Flute, Kenzie Provencher/Flute, Ellie Churchill/Flute, Virginia Churchill/Clarinet, Peter Barbagallo/Clarinet, Charlie Cobb/Clarinet, Ian Orlando/Bass Clarinet, Cory Raymond/Alto Saxophone, Brian Rosmus/Alto Saxophone, Dylan Barbagallo/Alto Saxophone, Cameron Smith/Tenor Saxophone, Beth Syverson/French Horn, Elliot Lowe/Trumpet, Caleb Brown/Trumpet, Josh brown/Trombone, Elle Myregaard/Trombone, Brandon Sibley/Tuba, and Avi Bauer/Drumset.

Congratulations to Virginia Churchill for winning the Northwest District Scholarship Music Audition on clarinet. Come hear the performance of the *Double Clarinet Concerto* by Franz Kromer at the District concert Friday, January 29 the MMUHS gymnasium.



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NATURAL GAS SAFETY WHAT YOU NEED TO KNOW

Whether you are at home, at work, or in a public place, it's likely you are in an area served by natural gas pipelines. Like all forms of energy, natural gas must be handled properly. Despite an excellent safety record, a gas leak caused by damage to a pipeline may pose a hazard and has the potential to ignite.

Natural gas pipelines are sometimes identified by signs that indicate their approximate location — but these signs should not be relied upon to indicate the exact position. As such, and because not all lines have signs, it is critical that you call **Dig Safe™ at 811** prior to any excavation.

USE YOUR SENSES TO DETECT A GAS LEAK

- **SMELL:** Natural gas is colorless and odorless. A distinctive, pungent odor, similar to rotten eggs, is added so that you will recognize it quickly.
- **SIGHT:** You may see a white cloud, mist, fog, bubbles in standing water or blowing dust. You may also see vegetation that appears to be dead or dying for no apparent reason.
- **SOUND:** You may hear an unusual noise like a roaring, hissing or whistling.

WHAT YOU SHOULD DO IF YOU SUSPECT A LEAK

- **MOVE** immediately to a safe location.
- **CALL** Vermont Gas at 1-800-639-8081 immediately, with the exact location.
- **DO NOT** smoke or operate electrical switches or appliances. These items may produce a spark that might ignite the gas or cause an explosion.
- **DO NOT** assume someone else will report the condition.

CALL BEFORE YOU DIG —IT'S THE LAW!

- The greatest risk to underground natural gas pipelines is accidental damage during excavation. Even minor damage such as a gouge, scrape or dent to a pipeline or its coating could cause a leak or failure. **Digging into a pipeline is the largest single cause of pipeline failures.**
- To protect pipelines and other underground facilities, the law requires that before starting to dig for any excavation, landscaping, construction or demolition project, on public or private property, the excavator must call **Dig Safe™ at 811 at least 48 hours in advance** (excluding weekends and holidays) to notify them of the work.
- Dig Safe™ will contact member utilities so they can mark the location of their underground facilities prior to any excavation. This service is provided at no cost to you.



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