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HOME & GARDEN 2009

Aging in place alterations - make your home more accessible

By Richard Mindell
Special to the Mountain Gazette

Just because you find yourself or your spouse unable to navigate the halls, doorways, stairs and bathrooms of your family home due to injury, illness or advancing age, doesn't mean you have to move. There are several easy and inexpensive things you can do to allow you to stay in your home, despite the changes in your lifestyle.

First, let's identify the problem areas. These usually involve mobility. The most common need is a ramp to get you from your car into your house. Ramps can be placed at the main doorways or in the garage, or both. Smaller ramps can be installed to ease the hump from your main floor to a deck or patio as well. Ramps are inexpensive and easy to build, although you should follow the ADA guidelines for size and slope and

railing details. Most contractors who do this kind of work are familiar with the ADA standards.

Inside the home, most people find their doorways are too narrow for wheel chairs and motorized chairs. But doorways can be widened and it's not an expensive job, even if the doorway is in a load-bearing wall. Doors can also be widened. Most residential doors are 30 inches wide, sometimes narrower in bathrooms. You can remove a 30 inch door and replace it with a 36 inch wide door in less than a day. Total cost? Probably less than \$250.00 (including the new door), depending on whether light switches have to be moved and whether or not the wall in which the door is placed is a load-bearing wall.

Bathrooms present the biggest challenge, but often simple solutions can make a huge difference. For example, you can replace a standard height toilet with an ADA-approved (raised and elongated) toilet for little more than the cost of the new toilet (\$100.00 to \$300.00) plus a new wax ring, and an hour or two of labor. You can remove your old vanity and replace the lav with an ADA-approved sink which will allow you to wheel your wheel chair right under the sink for easy access to the bowl and controls.

Grab bars also go a long way to making life more bearable in a home not designed for seniors. Properly placed and properly secured grab bars can help ease the transition on and off the toilet seat - both wall-mounted grab bars and grab bars which are installed next to the toilet from which one can elevate right off the toilet seat without calling in a family member for help. Grab bars in showers and tubs can also mean the difference between bathing independently and having to rely on someone to help you into or out of your shower or tub. You can also reconfigure hot and cold

water controls in your shower to make them more accessible and to prevent scalding or freezing yourself with hard to reach controls.

Grab bars are relatively inexpensive, but installation can be costly where ceramic tile is present and where there is no solid blocking to secure the mounting flanges of the grab bar. (You can't use "mollies" or even toggle bolts for grab bars - they must be properly secured into solid wood blocking or wood studs - or somebody's likely to take a tumble when the grab bar lets go of the wall just when you need it the most.) Grab bars are also life-savers in other areas of the home, wherever you need to steady yourself.

In kitchens and home offices, you can improve function by raising or lowering work surfaces, like desks and countertops, by doing the same with light switches, and - in kitchens - by moving controls at the sink and range to make them more accessible and less dangerous to use - particularly the range. Nobody wants to reach over an ignited burner or a steaming pot to turn off the heat.

Most of what I have described can be done for hundreds, not thousands of dollars. Not so when stairs are involved. Motorized stair lifts are expensive, so if there's a way to reconfigure the way you use the rooms in your home so you can "live" on one floor and use the second floor for family and guests when they visit, you'll be doing yourself a big favor.

These are just a few of the things one can do to one's home when restricted mobility becomes an issue. You don't have to sell your home and move, and best of all, you don't have to spend a lot of money to make these very basic changes which will greatly improve your ability to continue to enjoy living in your own home, independently, safely and with dignity.



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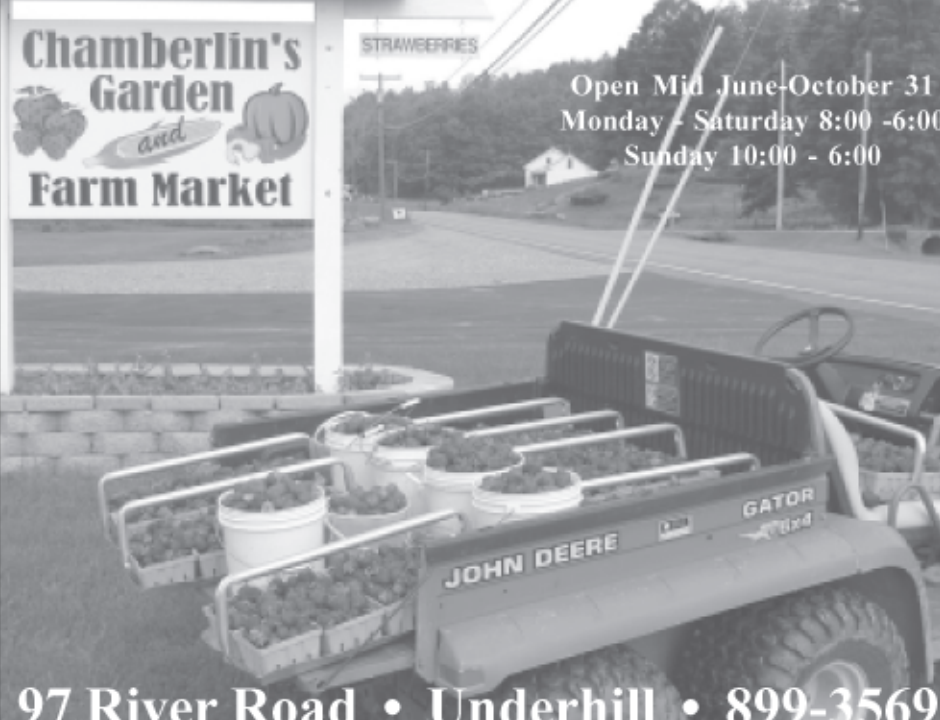


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HOME & GARDEN 2009

Grow your favorite vegetables specialty herbs, and plant organically, at home, all year

By Carl Anderson

You can grow totally organically in a hydroponic garden, without toxic pesticides or weed sprays. You can have vine ripe tomatoes, lettuce, and fresh cut herbs all year long, including winter months.

Environmentally conscious home gardeners can take advantage of space age technology and the efficiency of controlled environment gardening. There are two major requirements that can make gardening all year long possible and easy to do in the home. First, controlling the environment including temperature and lighting; second is controlling the plants and their nutrition. Both of these are now very, easy, and can be done in small places.

Of course when growing plants indoors, lighting is one of the most important concerns. The new technology High Intensity Discharge (HDI) lights provide the spectrum of light plants need, just like bringing a piece of the sun indoors, and they are very inexpensive to operate. Your electric bill does not have to go through the roof to grow plants in your controlled environment. Using these highly efficient light systems, you can control the daylight and the intensity of the light to get much faster growth, even in the short winter days. By controlling the temperature and humidity, you can extend the season to grow your vegetable all year long. In many cases, indoor environmental control is already done by the heat and air conditioning systems. The rule of thumb is; is it comfortable for you; it is for your plants.

Hydroponics is simply growing plants in water and nutrients, without soil. A hydroponic garden is very clean. Without soil,

there are no weeds, so a hydroponic garden does not require any toxic weed spray. Without soil there are no soil borne pests. Since most pests live and breed in the soil, there is no need to use any pesticides. Natural pest control can be used if any insects get near your garden.

Often, all that is required to get started is a small hydroponic garden system. If you have a solar room, south facing windows, or a greenhouse, a small garden system may be all you need. If you are short on sunshine, a high inten-

sity light can easily solve the problem. In a controlled environment, you can grow any crop year around. Your controlled environment can be anywhere from backyard greenhouse, spare bedroom, or even an unused closet.

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HOME & GARDEN 2009

Diagnosing and Repairing Rotted Siding and Trim

By Richard Mindell
Special to the Mountain Gazette

A popular quip about wood boats goes like this... "A wood boat is a hole in the water surrounded by wood, into which one pours money." Now wood houses aren't that bad, but like their cousins, wood boats, if you don't take care of your investment you'll pay dearly in the long run. Simply put...without yearly check-ups and maintenance, wood structures will rot and eventually fail.

Spring is the time to examine and repair rotted and rotting wood siding and trim. This is a four-part process. First, you need to diagnose the areas around your house that might need attention. Second, you'll need to assess the damage, determine if it has progressed into the structural wood components of your house, i.e., the framing - sill plates, box, sub floor, wall plates and studs and third, you'll need to come up with a plan to repair the damage - a plan that considers cost, extent of repair, procedure and materials. Finally, you'll need to consider the possibility of future problems in the affected areas, in other words, you'll need to diagnose and correct the problem that caused the wood siding and trim to rot in the first place.

Diagnosing Wood Rot: The main reason wood rots, is moisture. Termites can cause extensive damage to wood houses, but fortunately termites don't live in cold climates, like Vermont. But carpenter ants do, and they love our wood houses here in the north country. Regardless of the cause, wood rot is easy to spot. On painted surfaces like siding and trim and porch boards look for peeling paint. Scrape the flakes of paint off the wood surface and try to stick your fingernail into the wood. If it goes in easily, get a screw driver - a flat head preferably - and probe the wood with the

tip of the screwdriver. Don't force the probe into the wood. Most siding and trim is softwood, i.e., pine or spruce or cedar and will naturally give to a screwdriver being forced into it by a determined person, so push gingerly. If the flat head screwdriver goes in easily, there's a problem. Probe further. Try to find the transition between solid wood and rotted wood.

If the rotted wood falls apart when you probe, probe as deep as you can until you reach the sheathing, which should be the layer directly behind the building paper or house wrap. In newer homes, built after WWII, the sheathing will most likely be plywood, or, if you have vinyl siding and you're probing your wood trim, the sheathing might be OSB (oriented strand board). If the sheathing is rotted, probe further until you reach the box, normally a 2 x 10, and the box sill (which might be pressure-treated in homes built during and after the '80's.) The box sill will be laid flat, so the exposed edge will measure 1 1/2 inches and will sit directly on top of the foundation wall. If the sheathing is rotted, you might even be able to expose the edge of the subfloor (which sits on top of the box - you'll only be able to expose the edge of the subfloor). Check the edge of the sub floor for soundness, as well as any studs exposed by your probing.

In older homes, particularly in older farm houses, the box sill might be a rough-cut timber, normally 6 x 6 or larger, which might sit directly on the stone foundation. The sheathing might be rough-cut boards. The siding in these homes is typically 1/2" x 6" or smaller clapboards, normally spruce or some other local conifer like pine. This combination causes rot in siding, sheathing and sills, and it can become severe before showing any signs of failure - most likely, peeling paint on the bottom courses of siding and on the bottoms of corner boards, window sills and the bottoms of the window and

door casings.

penetrations through the siding and trim, like electric or communication service cables, exhaust vents etc.

Cover Up, Repair or Replace? Once you've identified all the areas around your house that have rotting or rotted wood, in varying degrees of progression, you need to decide if you're going to replace the rotted wood or simply scrape it and try to repaint it...Bad idea! Rotted or rotting wood needs to be cut out and replaced, just like a cavity in your teeth. There, the dentist will remove the part of your tooth that is decayed and he will replace it with a filling. You can use wood hardeners and wood fills to repair rotted siding and trim, but the best repair is removal and replacement. Don't decide on a remedial fix because you want to do it yourself. Chances are if you do this, you'll be hiring a carpenter to redo your work in a year or to anyway.

The cost to repair rotted wood siding and trim obviously depends on the extent of the damage and repair. When the box and/or the box sill are rotted, the repair can be quite costly, ditto for the subfloor and any framing that must be replaced. That type of repair can run into thousands of dollars. The cost to repair rotted siding and trim, however, might run several hundred dollars, depending on the extent of the damage. But compared to the cost of replacing rotted framing components, the cost of replacing rotted siding and trim is much less.

The cost of repairing wood windows can range from total window replacement, which can be very costly, ranging from \$500.00 to \$1,000.00 per window, to replacing rotted components, like sills and casings, which can be a fraction of the cost of replacing the entire window (\$75.00 to \$150.00 per window).

Fixing the Cause of Wood Rot: Lastly, wood components rot because they get wet and can't dry out properly before they get wet again. Find the source of the moisture and correct it. More often than not the problem is poor or no flashing - or metal flashing through which a carpenter has driven nails to secure the bottom courses of siding or trim. Unfortunately, when you nail through metal flashing you have ruined the flashing and it will no longer work. If you need to flash under siding and trim, use ice and water shield which will seal around nail holes. Back-prime all new wood components that are not pressure-treated and be sure to "butter" all end grain with a penetrating primer or a penetrating clear wood sealer, especially end grain that will be concealed once it is installed. When I do this type of work I keep a bucket of primer right by my saw horses and I automatically seal all cut surfaces before I install the wood on the house.

Where there are large gaps between siding and trim or other wood components that invite water penetration, the only solution other than replacement with properly fitting parts is caulking. That's a very poor solution, but it's the least expensive. Just make sure you use a good quality exterior-grade caulk and apply it carefully, trying to work it into the gaps, not just along the surface of the joint. Working the caulk into the joints is critical.

All of this should be done on a yearly basis. Most carpenters will assess rotted wood damage without charging you. (They hope to get the repair job.) So don't hesitate to call a professional to assess the condition of your wood siding and trim, especially if you see evidence of a problem, like peeling paint. And don't put it off, or you will be like the owner of a wood boat and you, too, can have something on which you can throw away all of your hard-earned money.

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That takes us to the next area you should check annually, wood windows and doors. Most wood windows made after the '60's, have two-piece sills. The seam (joint) is on the outside, unfortunately. Almost every wood window I've looked at over the years has a rotting (or rotted) sill. If you look at the casings, more than likely they're also rotting - from the bottom up. It's called capillary action, a process by which wood, or any porous material, sucks up water into the spaces between the wood fibers, or air spaces. (Remember the experiment with the straw immersed in a glass of water in fifth grade?) Rotted sills will eventually allow water to penetrate to the framing materials around the rough-opening, the sub sill, and the sheathing and insulation below the window. Mold will most assuredly develop inside the wall cavity below the window. Other areas to check are garage door trim and any trim around things like basement doors or any other

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LETTER TO THE EDITOR

Keep Vermont Yankee running

To the Editor,

I work at a Lamoille County vacation resort as a fulltime staff member in guest services. I know how hard we work to encourage our guests to return, summer and winter, year after year. But some things are out of our control, such as the national economy. Recently I and many other full-timers received a "furlough" of several weeks of unpaid time off. Although the loss of paychecks is difficult, I understand my employer's situation and am glad I will have a job to go back to.

But it has started me thinking - how can Vermont Government help people in my situation? I'm on a local school board and am aware that what happens in Montpelier often has a direct impact on life here at home. It seems to me that there is one very big choice our Legislature can make to greatly help the tourist industry: keep Vermont Yankee running and don't needlessly punish it with this de-commissioning bill.

Their power is cheap and doesn't pollute the air or wreck attractive, tourist-drawing habitat. I am certain that if we lose Vermont Yankee, the power bills at my resort will go way up because the replacement power will cost so much more. If so, the layoffs could get longer and longer, or worse. And not just for me, but for many people in my business. I know that my rep "gets it", but I have my doubts about the others in Montpelier.

Heather Sheppard, Cambridge

Green Mountain Friends school changes plans

To the Editor,

Dear Families and Supporters of GMFS,

We are honored by all the support and encouragement you have shared in the creation of GMFS. Considering we have not yet found a suitable site for the school, the board has decided that it is in the best interest of the families and the school that we postpone opening until 2010. We are exploring possible opportunities to purchase land in order to build our own building, or to locate another potential site. Beginning now we will be organizing location and fundraising committees, planning talks and dinners to continue the momentum that has been built over this past year. We welcome your active participation as a member of a committee or the board.

We do intend to begin a homeschooling program this fall and are researching other programs in the area to see how to make this work for families who would like to participate. If our program is suited for your child we hope that you will join us in building the GMFS community of learners and teachers. Please contact us if you want to be part of the homeschooling program.

We appreciate your patience through this process. We look forward to meeting you at events and working together to build a Friends school for Vermont.

Feel free to contact us with any questions or if would like to talk further on the phone.

Annie, Ron, Shari and Tim
GMFS Board of Trustees

MILITARY NOTES

Master Sergeant John W. Burke, Jr. retires

John Burke, grandson of Virginia and Leonard Savage and Florence and Rene Burke, retired from the USAF on March 22, 2009 after 22 years of service to his country. He is the son of Mary Jo Savage Burke of Underhill, VT and John Burke of VA.

John worked in Security Police for 12 years at Griffiss AFB, NY; Taegu AFB, Korea; Malmstrom AFB, MT; Ramstein AFB, Germany; and again at Malmstrom AFB, MT.

In 2000 he was trained in the Manpower and Organization career field. He was transferred to Arnold AFB, TN, as a manpower analyst. In 2003 he was transferred to Elemendorf AFB, AK where he taught at the Airman Leadership School. In 2006 he was transferred back into the Manpower Organizational field and served at Columbus, MS with the 14th Force Support Squadron. He also was advisor and superintendent of the 14th Flying Training Wing Base Honor Guard.

John is married to the former Gail Soto of MT. They have 2 sons, C.J. and Ryan, and a daughter, Rebekah. They will be relocating to New Hampshire.

2009 Party
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Katerina Keating, the winner of the BRMS Financial Literacy Essay Contest and Stacie Griffis, branch manager Merchants Bank Jericho. PHOTO CONTRIBUTED

UNDERHILL-JERICHO FIRE DEPT.

By Kitty Clark

EMERGENCY CALLS:

- April 08, 2:05 PM - Browns River Middle School, for a bomb scare, River Rd., Jericho
- April 09, 10:23 AM - EMS assist, Jeri Hill Apartments, Jericho
- April 10, 9:15 AM - Gas spill at 39 VT Route 15, Jericho
- April 11, 12:01 PM - Brush fire on Edgemont Rd., Underhill
- April 12, 4:55 PM - Chimney fire on Raven Hill Road, Underhill
- April 13, 8:30 AM - Burning smell in basement on Lee River Rd., Jericho
- April 12, 2:17 PM - Mutual aid to Cambridge for structure fire on Sterling Ridge Rd.
- April 13, 9:41 PM - Fire alarm at Maple Leaf Farm in Underhill
- April 14, 8:26 PM - EMS assist at 6 Green Street, Underhill
- April 15, 3:56 PM - EMS assist at Jeri Hill Apartments, Jericho
- April 16, 9:04 AM - EMS assist, Ethan Allen Range, Jericho
- April 16, 2:49 PM - EMS assist on Meadow Lane, Underhill
- April 17, 10:20 AM - EMS assist, Ethan Allen Range, Jericho
- April 19, 2:44 PM - Report of a brush fire near 232 Vermont RT 15, Jericho
- April 20, 2:08 PM - Brush fire on Sunnyview Drive, Jericho
- April 20, 2:35 PM - EMS assist on Packard Road, Jericho
- April 20, 3:12 PM - Fire alarm at Browns River School, River Rd., Jericho
- April 21, 5:49 AM - Barn collapsed & wires down on Leary Rd., Jericho
- April 21, 6:29 AM - Control burn on Chamberlin Woods, Underhill
- April 21, 6:40 PM - Gas spill at 39 Vermont RT 16, Jericho
- April 22, 11:37 AM - Brush fire on Marshall Lane, Jericho
- April 22, 2:04 PM - EMS assist on Arcadia Cir., Jericho
- April 22, 3:55 PM - Smoke alarm on Starbird Rd., Jericho
- April 23, 12:08 PM - EMS assist on Old Pump Rd., Jericho
- April 24, 1:07 PM - EMS assist on Pleasant Valley Rd., Underhill
- April 25, 10:31 PM - Accident w/injury near 468 Browns Trace, Jericho
- April 27, 8:46 PM - Outside burn on Browns Trace, Jericho
- April 28, 3:00 PM - Fire Alarm at Browns River School, River Rd., Jericho
- April 29, 8:10 PM - EMS assist on Cilley Hill Rd., Underhill

SAFETY MESSAGE: Spring is here and it is a good time to clean out our basements, attics and garages. Remember to store gasoline for lawnmowers in safety containers tightly capped. Never store or use inside your house. Make sure all containers are labeled.

CAMPUS HONOR

Nicholas Regan Weir, a Dartmouth College student in the class of 2009 from Underhill, was cited for outstanding achievement in Biology 67 during the Winter 2009 term. Weir is the son of Mark and Holly Weir.

Jessica K. Young of Jericho, VT toured New Orleans and Mississippi as part of the Laurentian Singers of St. Lawrence University in Canton, NY. The Laurentian Singers, a select co-educational choir of 27 undergraduate singers, gave a series of performances in New Orleans, Jackson and Hattiesburg during spring break. Young is a graduate of Mount Mansfield Union High School in Jericho, VT, and is majoring in Environmental Studies at St. Lawrence.

OBITUARIES

Dr. Ellsworth "Pat" John Abare of Underhill passed away on April 6, 2009 in the Gazebo Assisted Living Facility in South Burlington, VT. Born on August 20, 1929 in Gardner, Mass., he was the son of Peg and Al Abare. While growing up in Massachusetts, Pat developed a love for boxing which he pursued through his early adulthood. Pat served in the U.S. Navy during the Korean War. His early career was spent owning and racing harness horses in business with his parents. Pat then graduated from UC Davis and Columbia University with degrees in education. He served for over 30 years as a professor of special education at William Paterson University in Wayne, N.J., serving as Dean for a time. He was an avid gardener and woodworker and loved to paint. Pat was particularly fond of animals and enjoyed caring for his horses and dogs. He painted beautiful portraits of his pets and built charming wood pieces. Pat also enjoyed skiing with his family. Upon retirement to Vermont, he was active in the Green Mountain Parkinson's Support Group as well as numerous other activities related to skiing, horses, gardening and travel. Per his wishes, Pat donated his brain to the University of Pennsylvania to further research on Parkinson's disease. He is survived by his devoted wife of 30 years, Diane; his four children, Kaitlin, Patrick, Beth and Ellen; and five grandchildren, Trevor, Shelby, Ashley, Jack and Kaio. In addition to his family, Pat had many

Obituaries continued on page 18

COURT REPORT

March 16, 2009, **John W. Wiggins**, 24, Westford, VT, charged with domestic assault in Burlington, VT on January 8, 2009; amended to simple assault; pleaded guilty; sentenced to six to 12 months, suspended, probation.

March 19, 2009, **Delia Entekin**, 29, Jeffersonville, VT, charged with retail theft \$900 or less in Burlington on February 7, 2009; pleaded guilty; sentenced to nine to 10 days.

March 25, 2009, **Paul E. Davidson**, 23, Jericho, VT, charged with vehicle operation - license suspended in Shelburne, VT on December 20, 2008; pleaded guilty; fined \$300.

POLICE REPORT

Thursday, April, 30, 2009 at approximately 2:08 PM, Vermont State Police were called to Phyllis Lane in Waterville for a family dog that had been shot. Preliminary investigation reveals that off-duty **Essex Police Officer Michael Wootton's** dog, a pug, had left his property and had become involved in a fight with a neighbor's mixed breed dog. During the course of the altercation Officer Wootton went to his residence and

retrieved a hand gun and fired one shot on Melinda Haskin's property, killing the dog. The Lamoille County State's Attorney's Office was made aware of the situation and the investigation is ongoing. Officer Wootton is facing possible charges of cruelty to animals and reckless endangerment of another person. Investigating Officer: Cpl. Mark Lucas, VSP Lamoille. (CASE #: 09A101849)

Saturday, April 11, 2009 at 1:04 AM, **Charles Breyette, Jr.**, 31, of Burlington, VT was arrested for DUI after Troopers stopped him on VT Rt. 15 in Jeffersonville, VT upon receiving a report of erratic operation in the Cambridge area. Breyette was transported to the VSP/Lamoille outpost, where he was later released on a citation to appear in Lamoille District Court on April 28, 2009. (Case #: 09A101595)

Tuesday, April 21, 2009, Officer Jason Luneau of the Morristown Police Department reports that **Dana Morse**, 19, of Eden, VT was arrested for leaving the scene of an accident and careless and negligent operation as a result of an investigation into the H.A. Manosh Building being driven into on Friday, March 27, 2009. Investigation revealed that Morse was racing another vehicle back and forth through the Northgate Plaza at approximately 11:00 PM on March 27. Morse was operating a Ford truck that was reportedly stopped in front of the H.A. Manosh Building facing north towards Pete's Repair. Next to Morse's vehicle was another truck and both trucks were preparing to race to the other end of the parking lot. When Morse went to race, his truck was still in reverse, which resulted in his truck going backwards into the H.A. Manosh Building. Morse and the other truck then left the scene. Final damage estimates are yet to be completed for the H.A. Manosh Building, but damages are suspected to be well over \$10,000. Morse will be arraigned on these charges at a later date. (Case #: 09MR00774)

WELCOME HOME

JERICHO

(White) A daughter, Rachel Jean White, was born at Fletcher Allen Health Care, Burlington, VT on March 23, 2009 at 1:31 PM to John C. White III and Michelle McCray of Jericho, VT. Rachel weighed 7 pounds, 14 ounces and was 21 inches long. Her maternal grandparents are Rose and William Dillabough of Brushton, NY. Her paternal grandparents are Jean and John White, Jr. of Jericho, VT. She also has a maternal great-grandmother, Brenda McCray of Malone, NY and paternal great-grandparents John and Harriet White of CT.



UNDERHILL/ MOOERS, NY

(Huggins) Kate (Richmond) and P. J. Huggins of Mooers, NY are the proud parents of a daughter, Jola Grace, born on April 12, 2009 (Easter Sunday) in Plattsburgh, NY. She weighed 8 lb., 6 oz., and was 21 inches long. She joins her brother Isaac, age 2, and her joyous grandparents, Pat and Doug Richmond of Underhill.



UNDERHILL

(Bosley) Amanda (Bradford) and Wade Bosley had a daughter, Ruby Joan, on Monday, March 30, 2009 at Fletcher Allen Health Care in Burlington, VT.

(Tindall) Robin (Hibbert) and Colin Tindall's son, William Cole Tindall, was born Friday, March 20, 2009 at Fletcher Allen Health Care in Burlington, VT.

WESTFORD

(Griffin) Kristi (Provost) and Jonathan Griffin had a daughter, Madeline Ann Griffin, on Friday, March 20, 2009 at Fletcher Allen Health Care in Burlington, VT.

(Maestas) Jennifer (Mahoney) and Steven Maestas' son, Avan Patrick Maestas, was born Thursday, March 26, 2009 at Fletcher Allen Health Care in Burlington, VT.

Obituaries continued from page 17

friends and caregivers from the Gazebo and Underhill, whom he delighted in spending time with, particularly his special caregiver, Debbie "Precious" LeClair, and his friend Red Therrien. Many thanks to the Gazebo staff for their continuing devotion to Pat. He loved every one of their caring, smiling faces. Also a thank you to Dr. James Boyd and the V.N.A. for their continuing support. A Mass of Christian Burial was celebrated on Thursday, April 16, 2009 at 1:00 PM in St. John Vianney Church, Hinesburg Road, South Burlington, VT. Later interment will be held in St. Thomas Cemetery, Underhill. In lieu of flowers, memorial contributions may be made to: Michael J. Fox Foundation for Parkinson's Research, P.O. Box 780, NY, NY 10008-0780. Elmwood-Meunier, Burlington, in charge.

Marcia L. Vance Conway, daughter of Martin Leatherman and Violet (Ruff) Leatherman, died at 4:58 AM on Tuesday, March 31, 2009 in the Medical Center Hospital of Vermont in Burlington, with her loving husband of nearly 30 years by her side. Marcia was born on Dec. 27, 1943 in Belair, Md. She and her husband G. Jason Conway were married in Lincoln, VT, on October 15, 1979. Marcia earned a bachelor of arts in liberal studies in 1967, as well as a master's in English in 1968, from Boston University. From 1968 to 1971, she worked on a Ph.D. study in American Literature at Boston University. Marcia began her long and dearly loved career in financial aid and higher education in Vermont in 1971, when she worked as a volunteer at Burlington College (then V.I.C.I., or the Vermont Institute of Community Involvement). Shortly thereafter, she became a founding member of Burlington College where she worked as the Director of Student Services (March 1975 through June 1987) followed by the Director of Financial Aid (July 1987 through December 1994). Marcia transitioned to Vermont Student Assistance Corporation (VSAC) in January 1995, where she worked until she died. We can sum up how Marcia lived her life with a quote from George Bernard Shaw: "Some men see things as they are and say, 'why?' I dream of things that never were and say, 'why not?'" We all love and will miss the many sides of Marcia - wonderful friend, loving wife, passionate financial aid professional, fierce student advocate, joyous animal and wildlife lover, plant grower extraordinaire! She brought such caring friendship and intelligence into every relationship. We are truly better people for having known her over the years and will cherish every memory. In the words of Irving Townsend, from "The Once Again Prince," "We, who choose to surround ourselves with lives even more temporary than our own. Lives within a fragile circle, easily and often breached. Unable to accept its awful gaps, we still would live no other way. We



cherish memory as the only certain immortality. Never fully understanding the necessary plan." Marcia was a deeply private person, and as such, chose not to have a memorial service. Those who wish to honor her life and perpetuate her legacy may make a contribution to the Marcia L. Vance Conway Memorial Scholarship Fund by sending a check payable to "Vermont Scholarship Fund" to: Development Office, Vermont Student Assistance Corporation, 10 East Allen Street, P.O. Box 2000, Winooski, VT 05404-2601.

Mary A. Yergeau, 77, a longtime resident of Jericho, VT, died on Wednesday, April 15, 2009, surrounded by loving family in Fletcher Allen Health Care in Burlington, VT. Mary's passing was blessed and peaceful as she left for the open arms of her husband Gerald and the angels in Heaven. Mary was born in Burlington, VT on February 18, 1932, the daughter of Francis A. Johnson, Sr. and Ida (Rathe) Johnson. She was married on November 7, 1951 to Gerald J. Yergeau, and raised a family of five sons. Jerry predeceased her on July 5, 2002. Mary lived with her son Allen and his family in Jericho. Mary was employed for many years at IBM. She enjoyed sewing, reading, watching movies, and gardens. Mary is survived by four sons and their wives: Neil and Mary Yergeau, David and Deborah Yergeau, Chuck and Barbara Yergeau, and Allen and Vina Yergeau; her grandchildren: Joshua, Christine, Nicholas, Livia, Jessica, Mathew, Cita, Christopher, Scott, Robert, Crystal, Kristi, Justin, and Samantha; her great-grandchildren; her two sisters and their husbands: Kay and Tony Martello, and Peggy and Jim Ticehurst; nieces and nephews; and longtime friends Joe and Teenie Rotunda and Ray Hemingway. Mary was predeceased by her son Gerald "Jerry" Yergeau, Jr. in 1998 and her brother Francis Johnson, Jr. in 2002. A Mass of Christian Burial was celebrated on Monday, April 20 in St. Stephen Catholic Church in Winooski, VT. Interment followed at St. Stephen's Cemetery in Colchester, VT. In lieu of flowers, memorial contributions may be made to St. Anne's Shrine, P.O. Box 280, Isle La Motte, VT 05463.



Libraries continued from page 6

cialist with the Master Gardener Program, said there are three requirements for a site: those involved cannot be compensated for their work, the project must strengthen and support the Master Gardener Program, and the site must educate others. The last requirement is right up Adams' alley. She worked at Jericho Elementary School as a physical education teacher for thirty-five years before retiring in 2007. She was named Vermont Teacher of the Year in 2000. In furtherance of the educational component, Adams plans to label all the existing plants and draw up maps so that visitors can tour the gardens on their own.

Even before the project was approved, Adams asked the Underhill ID School to donate compost. The third and fourth grade classes will use that compost for starter plants. Adams was able to get donations of cells and soil from Gardener's Supply and seeds from a national gardening association. Depot Home and Garden in Essex Junction provided starter potatoes and Paul Chamberlin of Underhill agreed to talk to the students about gardening. Adams isn't finished involving the community in her project. Mount Mansfield Union High School is interested in participating and the Jericho-Underhill Food Shelf will be the recipient of vegetables from the garden.

Avery confirmed that the library is the first project site in the Jericho/Underhill area. There are twelve other sites in Chittenden County. Master Gardener project sites include libraries, schools, senior centers, memorial parks, historic sites, rain garden projects, public parks, community gardens (particularly those that plant an extra row for the hungry), museums, and nursing homes. The Master Gardener Program has been in existence since 1991 and the number of people signing up continues to increase. Avery said there are already people on the waiting list for next year's program.

Holly Hall, the Deborah Rawson Librarian, is thrilled that the library is now a certified project site, noting that anyone from the Jericho/Underhill area who is interested in becoming a Master Gardener can now complete their volunteer hours close to home. This will also increase the number of people who are willing to volunteer in the gardens which, in turn, will improve the quality of the gardens. Hall is also happy about the community links which will be forged via the gardens with the schools, food shelf and senior center. Every month, the local senior citizen group has a luncheon in Underhill. The library has always supplied books for this event. Now they intend to bring left-over produce as well. Additionally, any produce not used by the food shelf or the seniors will be placed outside the library. "There are going to be people in the community who have had to cut back severely on their budgets," said Hall. "This way, they don't even have to ask for help. The food is there for the taking."

"This is a great match for me," said Adams "because I love education and gardening. The thing that drew me to it is that I've been given so much by the community, and it's so much fun to give back. I want to use the knowledge that I have and share it." Adams is excited about the library's new designation. "I was happy to work there on my own," she said, "but working with my fellow Master Gardeners will bring much more richness and depth to the project. The possibilities are endless."

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 through May 10; closed Monday. For information on any of the library's programs, call 899-4962.

JERICHO TOWN LIBRARY, JERICHO CENTER
Thank you to the Teen Advisory Board for planning and running the recent Anna Dewdney author visit. Also, many thanks to June Taylor for donating a beautiful hand-made llama rug, Terry

Miller for donating a cuddly alpaca pelt teddy bear and Deb Gayner for graciously transporting her llama to Jericho. A special thanks to Dr. Burnett Rawson, who made this event possible by a grant from the Winnie Belle Learned Fund, a fund established in 2006 which generously provides assistance to small public libraries in Vermont.

Friday, May 8, from about 1:15 until 3:00 PM, Homeschool Kids Connect at the Library. Learn and experience the Spanish language and culture with MMU High School Spanish teacher, Mickey Dutcher, and AP Spanish students. Enjoy activities and traditional Spanish festivities including Cinco de Mayo celebration. Grades 5 and up. To register call Jericho Town Library 899-4686.

Monday, May 18, from 10:30-11:00 AM the library will provide an outreach story time at the Jericho Community Center for the Chittenden East Early Childhood Connection play group. Parents and children ages birth - 5 years and siblings are welcome to join the fun! The theme is Space.

Saturday, May 30, join in the fun and come to the library's third annual spring plant fundraiser! Look around your garden for any extra annual or veggie seedlings, perennials that need thinning, herbs, berry vines, bushes, or houseplants. Bring these donations to the Jericho Center Green across from the Library Saturday at 8:30 AM. The sale begins promptly at 9:00 AM and ends at 10:00 AM. If you have some plants to donate, but don't want to dig them up, you can offer them up as "digging rights" for a specific plant(s). Next, look over all the donated plants to decide what your 1st, 2nd, 3rd, 4th, etc. picks are. In the 1st round, you pay \$5 for your first pick. In the 2nd round, you pay \$3 for your second pick. The 3rd and 4th round go for \$1, and the 5th and remaining rounds go for 50 cents! You may purchase plants even if you don't have plants to donate. All proceeds go to the Jericho Town Library for books and programs. Call Linda Campbell at 899-2798 with any questions.

Saturday, May 30, 9:00-10:30 AM, TAB (Teen Advisory Board-grades 7-12) Meeting. All new members welcome to join and have fun with the fabulous TABbers. Refreshments served.

Feeling shut in? If you are sick or having a hard time getting around call us so we can bring you a good book (large print also available) at 899-4686.

If anyone wants to volunteer to be a part of the catalog automation project underway there is still more work to be done, which includes computer and non-computer tasks. So, if you have even an extra hour or two please consider helping. For more information call the library at 899-4686.

High school students needing to fulfill community service, please volunteer at the library when your schedule permits. Your help is really appreciated. Call or stop by!

Story time including craft and snack is held every Wednesday upstairs at 10:00 AM. Come share the joy of books, finger plays, flannel board, and songs with guitar music led by Derek! Upcoming themes: Wednesday, May 13, 10:00 AM - Fish; Wednesday, May 20, 10:00 AM - Garden.

The Board of Trustees meets regularly the first Thursday of the month at 7:00 PM at the library. The public is welcome so join us at our upcoming meetings on May 7 and June 4. The hours for the Jericho Town Library on the Green are Monday and Friday 1:00-5:00 PM, Wednesday 10:00 AM-12:00 PM and 2:00-6:00 PM, Saturday 10:00 AM-1:00 PM. For more information call 899-4686 or email us at Jerichotownlibrary@gmail.com.

WESTFORD TOWN LIBRARY

Upcoming Events: Friday, May 1, 6:00 - 8:30 PM: Westford Kniters. All needle-crafters are welcome! Contact Julie Nelson at 343-0165 or julie@coolmoonyoga.com for more info. Thursday, May 7, 11:00 AM: Storytime. Stories and activities for preschoolers. Theme: Mother Earth.

Saturday, May 9, 6:00 PM: Women's Game Night. Join this fun and welcoming group for games, food and laughter. Contact Kara Bolton at 879-2513.

Wednesday, May 13, 6:00 - 7:00 PM: Book Discussion: *The Life of Pi* by Yann Martel. Pi Patel, a God-loving boy and son of a zookeeper, has a fervent love of stories and practices not only his native Hinduism, but also Christianity and Islam. When Pi is sixteen, his family and their zoo animals emigrate from India to North America aboard a Japanese cargo ship. Alas, the ship sinks - and Pi finds himself in a lifeboat, his only companions a hyena, an orangutan, a wounded zebra and a 450-pound Bengal tiger. Soon the tiger has dispatched all but Pi. Can Pi and the tiger find their way to land? Can Pi's fear, knowledge, and cunning keep him alive until they do?

Thursday, May 14, 11:00 AM: Storytime. Stories and activities for preschoolers. Theme: Babies.

** Postponed ** Saturday, May 16, Welcome Baby Tea. Reschedule date to be announced.

Thursday, May 21, 11:00 AM: Storytime. Stories and activities for preschoolers. Theme: Doreen Cronin stories.

Friday, May 22, 6:00 PM: Strategy and Board Games for Teens and Adults. Hosted by Matt Taylor.

Thursday, May 28, 11:00 AM: Storytime. Stories and activities for preschoolers. Theme: Special guest Elise Doner from Busyfeet School of Dance presents *Story Book Adventures for the Young*. Elise has a BA in Elementary Education and Performing Arts with a specialization in Reading. She has been teaching the joy of dance and movement to young children for the past nine years. Her classes include dance, movement, drama and fun!

Sampling of New Additions to the Collection: Adult: *The Shack* (Young), *The Women* (Boyle), *Road Biking: Northern New England* (Duling), *Splitters, Squeezes and Steals: the Inside Story of Baseball's Greatest Techniques, Strategies and Plays* (Gentile). Juvenile: *Bone 4: The Dragonslayer* (Smith), *Bone 9: Crown of Horns* (Smith), *Moonlight on the Magic Flute* (Osborne), *Understanding Sam and Asperger Syndrome* (Van Kiekerk), *Everywear* (Warwick), *10 Things I Can Do to Help My World* (Walsh).

DVDs: *The Wrestler*, *Frost/Nixon*, *Farming for Kids*, *Farmyard Friends*.

Donations are now being accepted for the July 4 book sale. We accept adult and children's titles, DVDs, audio books, fiction, nonfiction, hardcover and paperback. No magazines, textbooks, or Reader's Digest Condensed versions, please.

Our hours are Wednesday 1:00 - 7:00 PM, Thursday 10:00 - 6:00 PM, Friday 12:00 - 6:00 PM, and Saturday 10:00 - 2:00 PM. We can be reached at 878-5639, westford_pl@vals.state.vt.us, or www.westford.lib.vt.us.

VARNUM LIBRARY, JEFFERSONVILLE

When you think of libraries, you've always thought of books, right? Many people more recently think about computers. Well, what about periodicals? They are newspapers and magazines that are periodically published to stay current and to give you something to look forward to on a regular basis. Many libraries have a variety of magazines and a nice comfy place in which to read them. The Varnum Memorial Library is no exception to that rule.

There are a variety of magazines that you can find here. For kids

Libraries continued on page 19

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United Way of Chittenden County

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Nomination Deadline: June 12, 2009
Nomination forms available at www.unitedwaycc.org or call 860-1677 or email volctr@unitedwaycc.org

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LIVE UNITED.

LUMS Celebrates First Literacy Night with Poetry

By Katherine Quimby Johnson
Special to the Mountain Gazette

April was National Poetry Month and students and teachers at Lamoille Union Middle School (LUMS) marked that occasion with "You're a Poet—Did Ya Know It?" held April 30. The school's first Family Literacy Night celebrated poetry, for which it received support from the Cambridge Rotary and the Green Mountain Fund. According to Tamra Higgins, Language Arts teacher for team Alpha, students had had a number of opportunities to work on poetry since the beginning of the calendar year. In January and February students from each team created their own songs, working with singer-songwriter Jon Gailmor of Elmore. On April 30, students from team Challenger performed, "War, Peace, and Beef Jerky" and students from Alpha performed "No One's a Fool," which Gailmor called with a smile, "the definitive middle school song—besides mine."

Prior to the song performances, students and their families had the opportunity to write some poetry of their own in a number of styles, including haiku with Higgins, household poetry with Brian Long, and family acrostics with Nicole Burke. Students who chose to do so read their poems, while other students listened to a combination of poetry and music presented by poet Geoff Hewitt, who is also co-director of the Vermont Adolescent Literacy and Learning Initiative, and teacher-musician Doug Boardman.

A bulletin board of Vermont Poetry welcomed attendees to the LUMS celebration of poetry. The topics varied from sledding to moths, and included this verse by Slayde Stanton:

Logging

Smelling the sweet pine and maple trees around me,
After cutting down the yellow birch it smells like mint.

I see all of the trees around me, when I look up,
I see a squirrel scurry up the tree I am about to cut.

Some of the bark is rough
And some of it is soft.

When you listen closely you can hear
The crickets and the trees creak.

Good Shepherd Preschoolers take part in MDA Hop-A-Thon



Good Shepherd Preschoolers participated in the Muscular Dystrophy Association's Hop-A-Thon this month. They hopped to help raise money for the MDA and learned important lessons about how everybody's

different and to be understanding to others.

They had discussions at school about what a disability is and what it would be like to not have your body do the things you are used to it doing. They didn't just learn about being charitable by raising money for this wonderful organization but they hopped away with a life lesson about equality and compassion whether they knew it or not.

Special thanks should be given to teachers Susan Ruess and Kendra Myers for teaching the children about differences in such a supportive, compassionate and fun way. Thanks also to the MDA for having the Disability Awareness Program for schools so that we can continue teaching equality and understanding of everyone to our children.

Libraries continued from page 18

there are *Zoobooks* and *Fun for Kidz*. For adults there are *Mother Earth News*, *Vermont Life*, *Yoga Journal*, *U.S. News and World Report*, *Whole Living: Body and Soul*, *Consumer Reports*, *The Smithsonian*, *Birds and Bloom*, *The Atlantic*, *National Geographic Adventure*, and *Health*.

We also have copies of local papers and have recently become one of the many distribution sites for the *Mountain Gazette*, which is no longer mailed to homes with Jeffersonville addresses. Consider coming down to leaf through our periodicals, in addition to browsing our shelves for your reading needs.

The Varnum Memorial Library is open Mondays and Tuesdays from 1:00 – 8:00 PM and Thursdays and Saturdays from 9:00 – 12:00 noon. There are programs for children and adults, free Wi-Fi access, and of course books and materials to check out including the ECHO Center pass. The next Crescendo Club meeting is Thursday, May 21 at 7:00 PM. Everyone is welcome to attend. Call us at 644-2117 if you have any questions.



Parents and students alike enjoyed writing haiku at the first Lamoille Literacy Night. PHOTO BY KATHY JOHNSON

Underhill I.D. students plant seeds for food shelf garden



Third and fourth grade students from the Underhill I.D. Elementary School prepare plants for the Deborah Rawson Food Shelf Garden. National Gardening Association and Depot Home and Garden donated seeds and Gardener's Supply donated the pots and soil. Master Gardener Lynn Hunt talked to the students about preparing starter plants.

PHOTO CONTRIBUTED



Poker Hill School News

Poker Hill School children took advantage of a nice morning last week and got a jumpstart on Green Up Day. They proudly collected two large bags of trash as well as a big bag of recyclables on Poker Hill Road. The warm weather has also allowed for a lot of outdoor play, hikes, and wildflower observations around the school.

On April 27, the school visited the Flynn Theater to see Bill Peet's *The Ant and the Elephant*. Everyone enjoyed this puppet musical which delivered a simple but powerful message: one good turn deserves another, and the smallest among us can prove the most powerful of all.

Many Poker Hill School families participated in the 20th annual COTS walk in Burlington on Sunday, May 3. All money raised by the three-mile walk through Burlington benefits the individuals served by COTS.



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Sunday 4:00 PM - 8:00 PM
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• Corey Hevrin
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MMU finishes sixth at Burlington Invitational Track meet

By Richard Mindell
Special to the Mountain Gazette

The Mount Mansfield High School track team finished in sixth place in the 37th annual Burlington Invitational track meet last weekend. MMU finished with 99 points, 27 points ahead of seventh-place Rice Memorial. The scores represented the results of both the boys and girls events. Essex High School won the meet with 285 total points.

Both Jessica Varney and Adron Pitmon placed first in their respective events for the Cougars. Varney won the girls shot put with a toss of 32 feet, five inches. Pitmon won the boys 1500 meters

with a time of 4:09.9. Other top finishers for MMU included Rachel Zajchowski, who finished fourth in the javelin with a toss of 111-2, and Elise Pitmon, who finished sixth in the 800 meters with a time of 2:29.9.

The Mount Mansfield's girls 1600 meter relay team finished fourth, with a time of 4:16.

MMU tennis falls to Burlington

Both the boys and girls tennis teams lost to Burlington High School last weekend by identical scores of 7-0. Not a single Cougar was able to muster a victory against their Burlington opponents. The loss dropped the Cougars to 1-4 for the season.

ACT testing completed of Ford crate engine

The American Canadian Tour (ACT) has successfully completed the first two tests on a new Ford crate engine program. The tests were conducted at the White Mountain Motorsports Park in Lincoln, NH last week, and during a test and tune session at Thunder Road Speedbowl in Barre, VT on Tuesday, April 14, 2009.

Veteran ACT driver Cris Michaud of Williamstown, VT, along with his crew chief Kendall Legendre, was asked to do the testing. "It took a bit of work to convert our existing GM-equipped car to the Ford, but we managed to accomplish it. We were pretty happy with the first test, and at Thunder Road we felt we might be a little short on gear, but the Ford motor never skipped a beat. The times were certainly in line with what the GM crates average at White Mountain and Thunder Road," said Legendre, who is a former Late Model racer at both facilities.

ACT has been interested in having a Ford engine compete with the GM crate motor from the very beginning of the program in 2000. GM has been the staple of the ACT crate program for nearly a decade. There are approximately 350 GM ZZ-4 crate engines in the overall ACT markets, which are located throughout New England and the provinces of Quebec and Ontario.

Ford Motor Company engineers have worked with ACT's primary engine builder, Butler and MacMaster of Hallowell, Maine, for the past year in developing a compatible motor. "It has been a challenge to come up with an engine package that will be comparable with the GM program. We had a lot of co-operation from the Ford factory engineers to meet our goals," said Dave MacMaster.

The president of ACT, Tom Curley, attended both sessions and said, "We were very pleased with the results of both tests this past week. We really have a 'spec' motor with this Ford project. Dave MacMaster made a lot of changes to make the Ford engine compatible with the GM. I am very excited that we might be able to have an old-time Ford versus Chevy rivalry in the near future on our various ACT programs."

"We did a two car closed compatibility test with Cris in the Ford and Thunder Road defending Champion Eric Williams in his Chevrolet. That test was very positive, and then the Ford practiced at Thunder Road with all the other Late Models in the first test and tune session of the 2009 season," said Curley. With a satisfactory test session at White Mountain in New Hampshire and good results from the Thunder Road effort, Michaud will be allowed to race the Ford engine this coming weekend in the New Hampshire Governor's Cup 150, at the LEE USA Speedway, Sunday, April 19. If successful, there will be a determination whether the Ford will then be optioned into the ACT 2009 rulebook.

There is a great irony in that it was Cris Michaud who tested the original ACT GM crate motor when it was under development in 1999.

Cub Scout Pack 621 news

Jericho Cub Scout Pack 621 recently took an overnight trip to the Boston Museum of Science, where they participated in a variety of hands-on science activities, science demonstrations, a Theater of Electricity lighting presentation, a planetarium show, and an IMAX film. Everyone pulled out their sleeping bags and slept on the floors of the exhibit halls under the watchful eye of Tyrannosaurus rex, beneath the world's largest Van de Graaff generator, or next to a probability puzzle.

If you live in Jericho and have a son in grade K-5 and you think they might enjoy being part of a family-oriented program that combines fun with educational activities and lifelong values, contact Cub Scout Pack 621 at: info@pack621.us or visit <http://pack621.us>.



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The Jericho Underhill Park District wishes to thank the following businesses and organizations for their generous help and donation of services during the Celebration Picnic for Captain Richard Phillips and his family at Mills Riverside Park.

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CCS is seeking a responsible couple or individual to open their home to a 25-year old man. This gentleman is a sweet and endearing person with great family support, a sensitive support team, and weekday supports. He loves to listen to music, watch cooking shows and play video games. He likes to be a part of a home. He loves animals, children, adaptive skiing, adaptive sailing and being a part of a dynamic life. Strong interpersonal and communication skills are required, along with a desire to make a positive impact on the life of another by increasing their quality of life. A generous tax-free stipend, respite, accessibility modifications, ongoing training and supports are provided by CCS.

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Voltage moves to Burlington

Vermont Voltage Soccer Team owner, general manager, coach and best player is excited to announce the team will be playing this summer's schedule at Burlington High School. Bo Vuckovic has announced the move to Burlington for two main reasons. He says the "Collins Perley Sports Complex, our home for the last 11 years in St. Albans, is undergoing a major renovation and is unavailable for the summer. We also believe that moving into greater Chittenden County will allow us to have a bigger impact on the youth of Vermont." The Voltage has an ever expanding summer soccer camp business that teaches young Vermonters about the technical and tactical aspects of the game in a fun and exciting atmosphere. The coaches at the camps are the actual players for the team, so the kids get a real connection with their instructors and they become role models and mentors to the younger players.

St Albans has been a great home to the Voltage for eleven years and it is sad to see that relationship come to an end. Bo wants to thank the St Albans community for their incredible support over

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Knife found at Mills Riverside Park. Call 899-1857 to claim.

GARAGE SALES

TAG SALE Saturday, May 9, 9 AM-2 PM, Westford Town Garage, Cambridge Rd., Westford to benefit the Westford Volunteer Fire Department. Hot dogs, baked goods and beverages also for sale. Information: 878-7573. 5/7

Yard Sale - Bolton 3rd annual Community Yard Sale, Plant and Food Sale, Smilie School, Saturday May 16, 9:00 AM - 2:00 PM. Reserve space to sell your items for \$15.00. Donate items to the Smilie School Community Association. Drop off donated yard sale items May 14 and 15, 5:00-8:00 PM. For more information call Amy Turner at 434-3514 or email boltonyardsale@hotmail.com. 5/7

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Animal Control Officer/Second Constable - The Town of Fairfax is accepting applications for an Animal Control Officer/Second Constable. Candidates will be responsible for enforcing the Ordinance relative to uncontrolled and unregistered dogs and responding to calls involving animals that may be lost, injured, trapped, or dangerous. Responsibilities will include the handling of animals in a humane and responsible manner, dealing tactfully but firmly with animal owners, and exercising independent judgment. As Second Constable, duties will include assisting the Health Officer in the discharge of his or her duties, removing disorderly people from town meeting and serving civil process. Individual should be good at de-escalating and resolving conflicts. Interested parties should mail resumes to: Suzanne Lavallee, Town of Fairfax Selectboard Assistant, P.O. Box 27, Fairfax, VT 05454; or email to fairfaxselectboard@yahoo.com. Deadline for applications is Friday, May 15, 2009.

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such a long period of time. "The town has really embraced us over the years and made us a part of the fabric of the community. It has been a very special relationship," Vuckovic says.

From a business point of view, Vuckovic believes the move to the beautiful new Burlington High School facility will help grow the reach of the Voltage to more Vermonters young and old. The Voltage is proud of the family fun entertainment they produce at every home game, with the highest level of soccer in Vermont on display and half-time shows that are fun, sometimes informative, and always fan friendly. The first home game at BHS is scheduled for May 23 at 7:00 PM. www.vermontvoltage.com will get you all the information regarding game schedules, camp locations and details as well as introduce you to this year's squad of players.

MMU Project Graduation to hold golf tournament

The MMU Project Grad Golf Tournament will be held on Saturday, May 16 at West Bolton Golf Course. It is a Scramble format with an 8:30 AM shotgun start. Please contact Pam Sanguinetti (899-1140, pamsang@aol.com) or Nancy Eames (355-6684, nancyeames@hotmail.com) for more information. Sponsorships are also available.

LEGAL NOTICE

TOWN OF JERICO - DEVELOPMENT REVIEW BOARD NOTICE OF PUBLIC HEARING

The Jericho Development Review Board will hold a public hearing on **Thursday, May 28, 2009 at 7:00 PM** in the Jericho Town Hall to consider the following:

- An appeal by Omnipoint Communications of the Jericho Zoning Administrator's decision to deny a building permit for the construction of a ten foot extension to an existing 90 foot monopole. The property is located at 23 Browns Trace in the Rural Residential & Conservation Zoning Districts.

All interested persons may appear and be heard. Written materials may be viewed in the Zoning Office during regular business hours. Seth Jensen, Town Planner, Town of Jericho.

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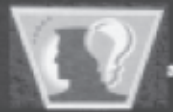
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From wrestler to rescuer, this Vermonter loves animals

According to Mark Twain, "If you pick up a starving animal and make him prosperous, he will not bite you. This is the principal difference between a dog and a man." Lisa Haynes, founder of Save Our Strays (SOS) in Huntington, VT, liked Twain's saying so much that she adopted it as the motto for her rescue organization.

A former professional wrestler known as *The Adjuster*, Haynes' life changed when she spotted a stray dog on the way to a wrestling match in Ft. Lauderdale, FL. The unsightly German shepherd dog had lost much of his coat and carried a scant 40 pounds on his large frame. Though she had three rescued dogs of her own at home, Haynes stopped and coaxed the dog into her car.

Later, she called dozens of animal welfare agencies, yet no one offered to help. She took "Shep" to her veterinarian who determined the scrappy dog was malnourished and ridden with fleas, tapeworms, and sarcoptic mange. The veterinarian recommended euthanasia, but Haynes couldn't let Shep go without a fight. She took the dog home, giving him home-cooked food, flea dips, and medication. Eventually, Haynes brought the dog back to health and found him a permanent home.

"It was truly a rags-to-riches story," Haynes says of the dog now named "Alf." The experience motivated Haynes and her husband Roy to move from Florida to rural Vermont and start a rescue operation so they could provide care to homeless animals.

Providing a Safe Haven

Haynes founded SOS in 1996 as a nonprofit 501(c)(3) operation. Along with her husband and several volunteers, Haynes rescues both dogs and cats. The organization takes animals from shelters as well as pets that owners surrender. Veterinary care is provided and animals stay at the Haynes' house until the right adopter is found.

Despite other commitments such as volunteering at the local Agency On Aging, Haynes' main focus is the shelter. Her husband is self-employed. "We need a flexible schedule to keep up with the animals' needs," Haynes says.

Funded strictly from donations, SOS depends on contributions from local businesses and adopters. The Haynes make up the difference if SOS runs short on funds. Contributions come in from fundraisers and from people who receive SOS's free quarterly newsletter, *The Pet Gazette*. Adoption events at pet stores also spur donations.

Fundraisers help to encourage adoptions. Additionally, SOS promotes animals available for adoption through a "Pet of the Week" feature on local TV station WCAX. Available dogs and cats are posted on both the station's website and the SOS website. "Those outlets have been great advertisement for us," Haynes says.

Since its beginning, SOS has saved nearly 2000 animals, rescuing about 125 dogs and cats a year. The SOS animal shelter sits on one and a half acres at the Haynes' house. The dogs are housed outdoors, although kennels and crates can be found indoors and out. A fenced backyard is divided into sections, enabling dogs to be grouped according to size for exercise. A 16-by-30-foot addition with a screened outdoor area and access to the indoors was built onto the garage for the cats.

"We want the animals to live as they would with a family and to become socialized if they are not already," Haynes says. "Then we are better able to assess their personalities." Animals are matched with adopters according to their energy levels and health needs.

SOS screens potential adopters through background checks and



Lisa in the cat room with some good friends. PHOTO BY RON MERCER

veterinary references. The organization finds out if adopters have spayed and neutered their pets in the past, and if they live in a pet-friendly home.

No matter the distance, SOS refuses to ship animals. "Everyone has to actually come and visit the dog or cat they are interested in," Haynes says. "Plus, we require our animals to meet all family members or other animals in the household before an adoption can take place."

A Woman on a Mission

Haynes is always seeking opportunities to rescue animals and find homes for them, which prompted her to apply to become a *Purina Pro Plan Rally to Rescue* Ambassador. "I thought the *Rally to Rescue* program would be a good way to draw attention to our cause," she says. "The *Rally to Rescue* tent and the collar and wristband sets that came in the event kit have helped to get more people interested. They have been a valuable asset to a small group like ours."

Haynes' goal is not only to find homes for rescued animals, but also to show people the importance of caring for animals. An orange longhaired cat named Mo is a good example of the need for animal education. A stray living at a local culinary school, Mo was the victim of animal abuse when students poured scalding molasses on his back and down his throat. It took five grueling months before Haynes nursed Mo back to health.

"Through all of his pain, Mo was still patient and kind," Haynes says.

However, when people came to adopt Mo, he would run and hide. When Haynes decided that Mo should live permanently at her home, he lost his fear of visitors and became the "resident cat director." Mo, who recently died at age 12 of congestive heart failure, would greet visitors at the door and help new arrivals adapt, playing with them until they got used to him and other animals.

Among her goals, Haynes aims to educate Vermont residents about the importance of spaying and neutering pets. She works to promote the Vermont Spay-Neuter Incentive Program (VSNIP), a state service that provides \$10 spays or neuters for low-income residents. "Many people have the misconception that animals should

have their first litter before doing so," she says.

In recognition of her work in pet rescue, particularly to educate the public about responsible pet care, the United Way of Chittenden County honored Haynes last spring with its Hometown Hero Volunteer of the Month Award.

"We get so much back from the animals," Haynes says. "They appreciate what we do for them. It's so great to see how happy they become and how much they can change with just a little help."

How You Can Help

To learn more about SOS, please visit their website at www.saveourstraysvermont.org/, call 434-5076 or email lovethosepets@aol.com for information.

Best Friends Network Story used with permission Save Our Strays. Photos by Ron Mercer courtesy of SOS

Heroes continued from page 1

Underhill resident, and asked about doing a bottle drive. Robie, whose job includes looking for all possible ways to reduce the amount of construction waste that ends up in landfills, saw a bottle drive as a way to reduce one more type of construction waste—on construction sites, redeemable bottles have typically ended up in the trash. Robie and DEW's 13-member SHARP (Safety Health and Resource Protection) Committee coordinated the effort, which also involved Cassella Waste Management and the Chittenden Solid Waste District. Bottle-shaped recycling containers, labeled with posters asking people to "Donate Your Deposits" were placed at each of DEW's current ten job sites on the first of February. With a worthy cause to benefit, the bottles started being recycled. "It's a win-win situation," Robie said, adding that pretty soon people were bringing in redeemable bottles from home.

There are many other stories of local folks just doing what needs to be done. If you would like to honor someone you know, send us 500 words and tell us their story. Has someone been there for you or someone you love? What this world needs is recognition of selfless acts of kindness—good news stories to balance all of the hate, anger, killing, and despair that we are hit with through the news media.

Send your messages to mtgazette@earthlink.net or Mountain Gazette, 6558 VT RT 116, Starksboro, VT 05487. We will be proud to print your story.

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