

Bolton plans for the future

By Phyl Newbeck
Special to the Mountain Gazette

If you want to have a hand in guiding the future of Bolton, you're in luck. The Planning Commission has gotten an early jump on the process of revising the Town Plan and they're looking for additional input from citizens. The commission undertook a major outreach effort in 2015 with a big kick-off event, four community forums, and four other targeted forums. Thanks to a \$20,000 Municipal Planning Grant from the Department of Housing and Community Development (DHCD), they will have help in continuing the process.

The grant is part of a two-pronged partnership Bolton has formed with DHCD. The town is also part of a pilot program implementing a new planning manual produced by the department. Bolton is excited about the help since the town has a five-person volunteer Planning Commission and no professional planner on staff. "In a town as small as Bolton, we are restricted by a budget which doesn't allow us to pay a professional planner to write a plan," said Planning Commission Chair Linda Baker. "However, we are fortunate in having some excellent grant writers on the town staff who were instrumental in earning this extremely valuable grant for us."

Town plans need to be revised every five years and Bolton is taking advantage of this opportunity to make changes in both substance and appearance. Assistant Town Clerk and Treasurer Carol Devlin said the Planning Commission has been pleased to discover that the DHCD planning manual has guidelines for making the document more concise, visually appealing, and user friendly. The Planning Commission has been working with the Chittenden County Regional Planning Commission (CCRPC) and the grant will allow that partnership to continue. Baker believes the partnership will produce a plan to guide Bolton into the future. "As the regulations for forming town plans become more and more complex," she said, "it is increasingly difficult for town volunteers to have the expertise to craft a plan strong enough to reflect the wishes of the town but which also conforms to all of the constraints imposed by the various regulatory agencies."

One of the first things the commission worked on was a vision statement that will be accompanied by photos. The statement was informed by information gathered at the various

community forums and is divided into three sections: people, places, and prosperity. On the first front it aims to "foster community connections, vibrant neighborhoods, and gathering places..." *Place* is designed to "responsibly steward our natural resources and working farms and forests, and to preserve the health and beauty of our mountains, waterways and wildlife, and access to the outdoors." The section on *prosperity* intends to "cultivate a fiscally sustainable community that promotes local businesses, encourages options for affordable housing, energy, and transportation, and provides the necessary infrastructure and services needed for the safety, health, and well-being of our residents."

With the completion of the vision statement, the commission has an ambitious plan of spending the next three to four months on goals, followed by three months on action steps and a month on mapping. The hope is to have a draft to take to the townspeople in late December or early January so that hearings can be held next March. The DHCD is following their progress to see what parts of the planning manual are good and what parts might need improvement.

The revised Town Plan will include a focus on natural resources in town. "The places we value and the beauty of the town is definitely something we want to maintain," said Devlin. Like many towns, Bolton will be working on flood and natural habitat resiliency, particularly in the light of the damage done by Tropical Storm Irene and a more recent rain event in 2015. The plan will also try to address economic viability: how the town can protect resources and provide services while keeping taxes sustainable.

Baker is optimistic the partnership with the CCRPC will create a plan that will help Bolton for years to come. "The Planning Commission works well with the CCRPC," she said. "They take our input and put it into the proper form and then run it by us again. Their expertise is really invaluable to us."

In addition to the CCRPC's assistance, the Planning Commission continues to welcome input on the Town Plan from the citizens of Bolton. More community forums are planned and residents can also provide information via the town website or by attending commission meetings, which are currently held on the second Monday of every month from 6:00 – 8:00 PM.

Meetings help town officials keep current on job-related matters

Vermont's town officials will have an opportunity to learn about green storm water management practices, the open meeting law, and drones for community planning and disaster response, among other topics, at the annual Town Officers Education Conferences in April.

University of Vermont (UVM) Extension and partnering organizations will sponsor these meetings at the Lake Morey Resort, Fairlee (Wednesday, April 13); Stoweflake Mountain Resort, Stowe (Wednesday, April 20); and the Killington Grand Resort Hotel and Conference Center, Killington (Wednesday, April 27). All meetings will run from 8:00 AM – 4:00 PM and provide ample opportunities for participants to network with other town officials and the exhibitors.

Registration is \$71, if received by Wednesday, April 6, in honor of TOEC's 71st year, and covers a light breakfast, lunch, snacks, and a choice of four concurrent workshop sessions. After that date, the fee increases to \$75.

Details and registration links can be found at www.uvm.edu/extension/toec. To request a

disability-related accommodation, please contact Stephanie Albaugh, 802-656-0873 or 866-622-2990 (toll-free in Vermont) by Wednesday, March 23.

The keynote session will feature a panel on *Understanding the Value of Your Town*, with panelists Douglas Farnham, VT Department of Taxes; Shoshannah Inwood, UVM Community Development and Applied Economics Department; and Deb Markowitz, VT Agency of Natural Resources. The discussion will focus on the economic, social, and natural values found in Vermont communities.

Inwood also will present a session for all participants on inventorying strengths and assets in their communities. Concurrent workshops will cover the Current Use Program, Vermont's Universal Recycling Law, accessing U.S. Census data, Act 64 (clean water law), improving community participation, and cost-effective ways for municipalities to share equipment, services, and other resources, along with other areas of interest to town clerks, planners, assessors, listers, and other town officers.

A quiet walk on the mountain



Trails leading on the western slope of Mount Mansfield provide photo opportunities for hikers. The textures weave the fabric of nature's beauty. PHOTO BY SARARILEY

Standing Together: Veterans Book Groups

Michael Heaney is a retired American History professor, lawyer, and a wounded combat veteran of the Vietnam War. He leads two of the Veterans Book Groups sponsored by Vermont Humanities.

"I thought I could take the perfectly awful experience that I had in war, and make something good and constructive out of it by helping other veterans," Michael says.

In the book groups, veterans "get to read stuff that bubbles up memories, provokes them sometimes, and then talk about it in a group that's safe. And for some of them, it's the first time they've ever had that opportunity."

Veterans Book Groups create an opportunity for veterans to connect with each other, build relationships, read insightful materials, and share experiences. The group's explorations will include books, poetry, articles, and short stories, with the goal of fostering camaraderie and a safe space to reflect and share ideas and questions.

After a successful pilot year in 2015, the Vermont Humanities Council received funding from the Argosy Foundation to continue and expand these groups in 2016. We are pleased to be working in partnership with the VA Medical

Center, the VA Women's Comprehensive Care Center, and the South Burlington Vet Center to host these groups.

Join a Veterans Book Group – Participants receive free copies of all readings, and a light dinner will be provided at each session. The groups are free, but pre-registration is required. Groups offered in 2016 will meet in three locations; two are in White River Junction, and one is more local:

VA Medical Center Veterans Book Group, White River Junction – begins Wednesday, April 13. Eight sessions will be held on selected Wednesday evenings.

VA Women's Comprehensive Care Center Book Group, White River Junction – begins Wednesday, July 13. Eight sessions held on selected Wednesday evenings.

South Burlington Vet Center Book Group, Dorset St., S. Burlington – begins Wednesday, August 31. Eight sessions held on selected Wednesday evenings.

For more information, go online to *Veterans Book Groups*.

Celebrate Red Cross Month – give blood in March

The Red Cross depends on blood donor heroes across the nation to collect enough blood to meet the needs of patients at approximately 2600 hospitals nationwide. Donors of all blood types are needed to help accident and burn victims, patients undergoing organ transplants, those receiving cancer treatments, and others who rely on blood products.

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

Blood donation opportunities include:
Wednesday, March 16, 1:00 – 6:00 PM, UVM Patrick Gym, 97 Spear St., Burlington
Thursday, March 17, 12:00 – 5:00 PM, Johnson State College, 337 College Hill, Johnson

Friday, March 18, 10:00 AM – 3:00 PM, American Legion, 16 Stowe St., Waterbury
Sunday, March 20, 11:00 AM – 4:00 PM, Essex Cinema, 21 Essex Way, Essex

Monday, March 21, 1:00 – 6:00 PM, Regal Gymnastics, 2 Corporate Dr., Essex Junction

Monday, March 21, 8:30 AM – 2:00 PM, Burlington High School, Institute Rd., Burlington

Wednesday, March 23, 8:00 AM – 2:00 PM, Missisquoi Valley Union High School, 100 Thunderbird Dr., Swanton

Thursday, March 24, 1:00 – 6:00 PM, Edmunds Middle School, 275 Main St., Burlington
Friday, March 25, 12:00 – 6:00 PM, VFW, 28 Pleasant St., Morrisville
Saturday, March 26, 10:00 AM – 3:00 PM, Burlington Town Center, Upper Level between Spencer's & Famous Footwear, Burlington

April 21 Home and Garden issue; deadline April 14

Feature your business with photos of your business, advertising, and a story.

Regular rates apply

Buy 1/2 page ad, get 1/2 for story and photos \$290.00

Buy 1/4 page ad, get 1/4 for story and photos \$168.00

Buy 1/8 page ad, get 1/8 for story and photos \$ 96.00

Contact Brenda Boutin at mtgazette@earthlink.net

JCC congregation welcomes pastor



David Coons, new pastor of Jericho Congregational Church, with his wife Katie and their children. PHOTO CONTRIBUTED

At this time last year, the people of Jericho Congregational Church (JCC) were knee deep in a season of reflection and transition. After bidding farewell to senior pastor Peter Anderson, who retired after 26 years in December of 2013, JCC began the careful work of seeking out its next senior pastor. While this was transpiring in Jericho, Vermont, a very different shift was happening halfway across the world. In Shanghai, China, the Coons family was in the midst of the cultural convergence of Lent and Chinese New Year and doing some of their own reflecting on what new season of ministry might await them back home in the States.

Last November after an extensive search and interview process, JCC invited David and Katie Coons along with their children (ages 6, 5, and 1) for a weekend of events in order to acquaint them with the church and the church with them. After prayerful consideration and a congregational vote, JCC joyfully welcomed Pastor David Coons as its next senior pastor. By mid-December, Pastor Dave jumped in with a sermon series reflecting on the Advent season. At home, Katie worked to settle their family and belongings (which arrived from various places around the country and world).

One of the first questions asked of the Coons when they arrived in the area was, "So you've been living and working in Shanghai... why Vermont?" Katie would say that they had a "wonderfully adventurous life" overseas for ten of the past fourteen years. "We felt it was time for our family to return closer to home and family and to plant roots," she said. "We feel that we can live deeply intentionally here having experienced and learned much from our time in Asia." Along with a deep desire to be in community with and minister to people in and through their local church, some of these deep and intentional things include being active outdoors whenever possible. Right now that looks like cross-country skiing, when snow allows, and skating on the pond where they're now settled in Jericho. In his spare time, Dave also enjoys reading and talking about history, philosophy, and theology. When Katie isn't doing a project, she's dreaming about one. Painting, knitting, cooking, gardening – and blogging about all of the above. As a family, they love going on adventures. They have travelled internationally and domestically and feel at home in any mode of public transportation. Though, Katie says, she hopes their kids will soon feel just at home in the woods and on the ski trails.

Vermont has been on their radar for some time – which is a story they'd love to tell in person. But their paths here have been rich. Dave's education began at Taylor University where he graduated with a Philosophy and Christian Education degree in 2002. Katie completed her undergraduate studies at Wheaton College earning a degree in History and Social Science and then completing a graduate degree in Christian Education, also from Wheaton, in 2006. After living in Tianjin, China, where they met, the couple returned closer to home where Dave pursued a Masters of Divinity from Regent College in Vancouver, British Columbia. From 2013 until last summer, Dave was serving as an associate pastor in an international church in Shanghai where he focused on small group ministry and pastoral care.

When asked what their hopes are for living in Vermont – and Jericho in particular – Katie said, "We are very happy. It's a deep joy to have settled here." Speaking on behalf of she and Dave, "We hope to be involved in meaningful ministry and work. We want our kids to have a relationship with their community and world in a life-giving way. We hope to love and grow as people and to learn more of this place and how God is at work here." And the invitation stands: they'd love to see people at church, but in the least – come on by the back pond for a skate before winter's end!

VT Humanities presents *Latino Americans: 500 Years of History*

As of 2015, approximately 1200-1500 migrant workers from Latin America help to sustain Vermont's dairy industry. Brownell Library is hosting events in March focusing on the Vermont migrant worker experience as part of a special series sponsored by the Vermont Humanities Council celebrating Latino Americans.

On Wednesday, March 23 at 7:00 PM, a presentation of the collaborative effort *El viaje mas caro/The Most Costly Journey*, which connects regional cartoonists with Latin American migrant dairy farm workers to create comics based on workers' personal experiences. The stories depicted in the comics highlight common challenges faced by many of those who travel to Vermont to find work in the dairy industry. The program is presented by Julia Doucet RN (Open Door Clinic), Andy Kolovos PhD (Vermont Folklife Center), and Teresa Mares PhD (UVM Professor of Anthropology).

Throughout March, *A Golden Cage*, a traveling exhibit provided by the Vermont Folklife Center, will be on display in Brownell Library's Kolvoord Community Room. Through intimate photographs and interviews, the exhibit offers a revealing portrait of dairy farmers and Mexican workers and a glimpse into their interdependent lives.



Mountain High Pizza Pie

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

899-3718
Route 15, Jeri-Hill Plaza
Jericho

COMMUNITY COLUMN

Painless advice on ear infections

By Lewis First, MD

Chief of Pediatrics at UVM Vermont Children's Hospital

Recently parents have been asking me an earful of questions about why their children get ear infections and if anything can be done to prevent them. Hear me out on this topic as I provide some guidelines from the American Academy of Pediatrics regarding treatment of ear infections.

More than half, if not three quarters, of ear infections in children are caused by viral germs. These infections get better simply with tincture of time. Ear infections caused by bacteria do need treatment with an antibiotic, but since these are in the minority as a cause, the American Academy of Pediatrics now suggests not treating ear infections in children over six months of age automatically with an antibiotic. Instead, the recommendation is to treat the pain for the first day or two with acetaminophen or ibuprofen with the hope that the virus causing the infection will be defeated by the child's own natural immune system.

If the ear pain and discomfort persists after 48 hours despite

good pain control, then antibiotics might be considered. This delay in treating ear infections with antibiotics is to avoid overuse of antibiotics, which can make the bacterial germs more resistant to common antibiotics and thus more difficult to treat.

Of course, the best way to deal with an ear infection is not to let one happen. So what can we do to prevent them? The best way to do this is to teach your children good hand washing to prevent the spread of germs from one person to another. In addition, breastfeeding your baby for at least the first six months and making sure their immunizations are up to date decreases the risk of ear infections. Keeping children away from environmental tobacco smoke will also make it easier for viruses to not get stuck in the nose, move up into the ear canal, and cause an infection.

Hopefully tips like this (and I don't mean Q-Tips) will give you more than an earful of information when it comes to better understanding your child's ear infection.

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

LETTERS TO THE EDITOR

Political activity too close to voting area

To the Editor,

When I entered to vote in Jericho at MMU on Town Meeting Day, just inside I saw Rep. (Dr.) George Till sitting at a small table where the Doyle Poll survey forms were located.

Not pleased with many issues in Montpelier, I asked Dr. Till a few questions concerning a few issues of concern and in a polite way voiced my displeasure.

When others came to the table to fill out the Doyle Poll or greet Rep. Till, Rep. Till had a clipboard of signatures on the table and he was asking if anyone would like to sign his petition for what I was to believe would place Rep. Till on the primary ballot in September.

Being inside the polling place and a mere ten feet from the next door and room where ballots were being cast, I brought this to the attention of the supervisor of the polling place, Town Clerk Jessica Alexander.

Jessica then went over to ask Rep. Till to not collect such signatures inside and it appeared Dr. Till ceased for the time being gathering more signatures and soon went outside (it appeared his concern was which direction I had left the building!?).

Gathering such signatures inside and close to the voting area from my understanding is not permissible under state statute?

It should also be questioned if the signatures gathered inside near the polling place should be allowed to be valid!?

This may have indeed been just a simple oversight by Dr. Till or perhaps since Democrats rule the roost (sic) in Montpelier, perhaps a bit brazen that he may be above the rules of governance?

Dr. Till has certainly been an active and respected member of the school board and a dedicated representative in Montpelier.

But in this year of great discontent with Washington and Montpelier, that should you be a member of the ruling majority party and seemingly ruling class, that there is no harm or foul – and also little accountability!

This was by no means a major infraction but more one of a minor lapse and error or "I can do as I feel." Certainly most running for office know the limitations placed within the voting area!

Be it local or Montpelier or on the national scale, from the Right

and the Left, no wonder there is so much of a political disconnect felt by everyday people who live by the rules and are paid back only by having to carry a larger and larger tax burden!!

Robert (Bob) Devost, Jericho

O'Brien – divestiture disappointment

To the Editor,

Not once but twice, our State Representative Anne O'Brien (D-Richmond) voted against Governor Shumlin's proposal to divest from the coal industry and large multinational behemoth, Exxon/Mobil (HJ 115 02/25/16) because of their bad behavior as a corporate citizen. The representative rebuked the governor and the majority of her democratic colleagues to stand with the powerful and moneyed.

States actually have the primary responsibility for policing the corporate behavior of business entities operating within their boundaries. When a corporate entity does not act in the interest of the public it is appropriate for the state to act in the public interest. In fact, this is one of the primary responsibilities of the Secretary of State's office.

The governor's call to divest from coal and oil companies who act in their own interest, but not the interest of the people of the state of Vermont, or the pensioners who are affected every time a court action citing one of these entities and their recklessness is proportionate. Governor Shumlin's proposal acts to shield Vermonters from bad outcomes today and bad outcomes tomorrow resulting from the corporate malfeasance and mismanagement of these corporations.

Boycotts and divestment campaigns should be considered on an individual basis, but in this case it is clear that no matter how much inside agitation stockholders instigate under the call of reform, they have not responded. It is equally clear that these large multi-national corporations have no intention of acting. Their decision-making is only informed by a desire for profit and return on investment. As such, the only reasonable course of action is to divest. Supporting divestiture was prudent and that my State Rep does not seem to understand that saddens me.

Steve May
Richmond

COMING EVENTS

Tuesday, March 15

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

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

Saturday, March 19

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

The Glorkian Warrior and the Mustache of Destiny, 3:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join James Kochalka to celebrate the launch of this latest addition to his series. With gorgeous, lively illustrations and super silly humor, this third volume in the Glorkian Warrior series is jam-packed with extra-gross gross-out humor and ludicrously bad decisions. James Kochalka was named the first Cartoonist Laureate of Vermont, and his Glorkian Warrior events have become an extremely popular annual tradition at Phoenix. Free and open to all ages. For more information, www.phoenixbooks.biz or 448-3350.

Sunday, March 20

Country Breakfast, 8:00 – 10:30 AM, Parish Hall, St. Thomas Church, Underhill Center. The Fourth Degree Knights of Columbus-sponsored buffet breakfast will include juice, fruit, eggs, pancakes, sausage, bacon, home fries, and coffee or tea. The cost is by donation. All are welcome! Please come and bring the whole family! For information, call the church office, 899-4632.

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

Thursday, March 24

Graphic Memoir Panel, 6:30 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Jennifer Hayden (author of *The Story of My Tits*), James Kochalka (author of the *American Elf* series), and Glynnis Fawkes for a Graphic Memoir Panel! Our three visiting authors will each read a selection from their work, then open the

floor to questions from the audience about the graphic memoir medium. Tickets \$3 include a coupon for \$5 off the featured book. Coupons expire at closing the evening of the event. Limited seating. For more information, www.phoenixbooks.biz or 448-3350.

Saturday, March 26

Greek Pastry Sale and Dinner Take-Out, pastry sale 10:00 AM, dinner 11:00 AM – 7:00 PM, Greek Orthodox Church Community Center, Burlington. Serving chicken souvlaki, beef gyro, vegetarian platters with rice pilaf and Greek Salad, and Greek pastries including baklava and spinach pie.

Bird Monitoring Walk, 8:00 – 9:00 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Join fellow birders (and would-be birders) on the monthly monitoring walk on the Museum's property, last Saturday of the month. Most fun for adults, older children. Please bring your own binoculars. Free; please pre-register, 802-434-2167 or museum@birdsofvermont.org.

Thursday, March 31

Vermont's Trophy Trout Waters, 6:30 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Peter Shea for a talk on his new book. Peter Shea has a 35-year history of writing and publishing on outdoor topics, mostly trout fishing and mostly Vermont. He is co-author of such Vermont classics as *The Atlas of Vermont Trout Ponds* and *Vermont Trout Streams*, and the author of *In the Company of Trout*, *Vermont Trout Ponds*, and *Long Trail Trout*. Peter and his wife Carol have one daughter and live in Burlington. Tickets \$3 include a coupon for \$5 off the featured book. Coupons expire at closing the evening of the event. Limited seating. For more information, www.phoenixbooks.biz or 448-3350.

Saturday, April 2

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

Saturday-Sunday, April 2-3

Sugar-On-Snow Parties, 11:00 AM – 4:00 PM, Audubon Vermont, 255 Sherman Hollow Rd., Huntington. Come celebrate maple sugaring season with sweet sugar on snow, sugaring demonstrations, and a delicious taste of each grade of maple syrup. Admission to this family event is free; food and syrup for sale.

Thursday, April 7

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

HEALTH NEWS

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

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

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

Breastfeeding: Keep it Simple, Friday, March 25, 12:00 – 1:30 PM, VT Department of Health, 27 Federal St., St. Albans. You are invited to the Department of Health's free Breastfeeding Prep class. Learn how your body makes milk, what to expect, tips for getting nursing off to a great start, and whom to call if you need support or help. Personalize your breastfeeding plan, line up your support, go over the basics, ask questions and get real-life answers. Offered by VT Department of Health staff. Pre-registration required, call 524-7970 to register.

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

Healthier Living with Diabetes, Mondays, March 21-April 25, 1:30 – 4:00 PM, Georgia Health Center. Are you or someone you know living with diabetes? Then this Healthier Living Workshop is for you! Learn to feel better by learning how to deal with frustration, fatigue and pain, manage symptoms and medications. Free; pre-registration required, 782-5323 or 524-1031 or hmessier@nmcinc.org.

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

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

Vermont Quit Network – Freshstart (tobacco cessation class), Thursdays, March 17, 24, 31, 4:30 – 5:30 PM, Swanton Public Library. Join others for this four-session series to help you successfully quit smoking. Sessions include: understanding why you have an addiction and how to quit; mastering the first few days, mastering obstacles; and staying quit and enjoying it forever. As a Vermont resident, you can get free patches, gum, and lozenges. To sign up for a session call Chari, 524-8480.

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

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

Start the Conversation – End of Life Planning. We plan for all life's milestones – marriage, birth, retirement. But few of us have plans in place for our end of life. Planning for end-of-life starts with understanding your care options, including hospice and palliative care options. An advance directive can provide this information for your family and physician. Start

this conversation with your family before you are in a health crisis. Information and materials to help facilitate your conversation are available on a new website for the *Start the Conversation* statewide initiative, www.starttheconversationvt.org. Or call Franklin County Home Health Agency, 802-527-7531 or www.fchha.org.

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

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

Are you breastfeeding? Thinking about it? Come and join other moms, babies, and families at our regular breastfeeding support/social group. The group is offered by the VT Department of Health and is free to all. You can ask questions and get help, join group discussion, and most important – meet moms just like you and share your experiences. There are several meeting times each month: first Saturday of the month, 9:30 – 11:30 AM, Bent Northrop Memorial Library, Fairfield (by Fairfield Center School); second Wednesday of the month, 9:30 – 11:30 AM, Family Center, Alburgh; third Thursday of the month, 10:00 AM – 12:00 PM, NMC Family Birth Center conference room. Call 524-7970 for more information.

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

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

Grief and Recovery Support Group – Experiencing a loss can be painful to face alone. Franklin County Home Health's Grief and Recovery Support Group serves as a safe place to share feelings with others who are coping with grief, and is offered free of charge

to anyone who would like to talk to others and help one another. It also provides a resource for grief education in our community. The group meets the first and third Wednesday of each month, 7:00 – 8:00 PM, at Franklin County Home Health, 3 Home Health Circle, St. Albans. For more information, contact Lori Wright, 527-7531.

New Program Now Enrolling First Time Mothers – Franklin County Home Health Agency's Nurse Family Partnership Program (NFP) helps first time mothers in Franklin, 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 led by an experienced pediatric Registered Nurse. This group is for both pregnant women and mothers. Support groups are held on the second and fourth Tuesdays of the month, 5:30 – 6:30 PM at the Birthing Center, NMC, St. Albans. For more information, contact Rhonda Desrochers at Franklin County Home Health Agency, 802-527-7531. This program is presented jointly by Franklin County Home Health Agency, Northwest Counseling and Support Services, Northwestern Medical Center, and the VT Department of Health.

Mom's Night Out – First Thursday of the 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, 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, 800-800-4005, ext. 201 or betty.morse@vfn.org.

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 more information, call Cheryl at 802-868-3658 or Laura at 802-849-2817.

Franklin/Grand Isle Counties VFN Families Together – A support group for parents and caregivers of children/youth/adults with special needs, for information, connections, and support. Third Thursday of Every Month, 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 Alzheimer's 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.

[REHABILITATION SERVICES]

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The Mountain Gazette

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Read us online at www.mountaingazetteofvermont.com

Area Worship Services

JERICHO CONGREGATIONAL CHURCH
Jericho Congregational Church
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Senior Pastor David Coons and Youth Pastor Glenn Carter
Sunday Services at 8 am & 11 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.

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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

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www.becauseyoumay.com

LIBRARY NEWS

DEBORAH RAWSON MEMORIAL LIBRARY, UNDERHILL

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

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

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

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

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

For Kids and Families

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

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

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

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

Library hours: Tuesday 12:00 – 8:00 PM, Wednesday 10:00 AM – 6:00 PM, Thursday 12:00 – 8:00 PM, Friday 10:00 AM – 6:00 PM, Saturday 10:00 AM – 2:00 PM, Sunday 1:00 – 4:00 PM; closed Monday. For information on any of the library's programs, call 899-4962.

JERICHO TOWN LIBRARY**COMMUNITY PROGRAMS & EVENTS**

Local Author Talk: Monday, March 21, 6:00 – 7:00 PM. Local artist and author Nick Neddo will join us for a presentation detailing his process for making all-natural artist materials – from making paper and wild inks, to working with soapstone, clay, wood, and rawhide. He will also discuss printmaking and stenciling, natural pigments and dyes, camouflage and body painting, and nature journaling.

How to Grow Mushrooms: Saturday, March 26, 10:15 AM. Mushroom inoculation workshop with optional hands-on opportunity to inoculate a log you can take home! This is an hour-long slide presentation that covers all the basics of mushroom cultivation. The presentation is followed by a hands-

on demonstration on how to inoculate logs; the demonstration is \$15 per person to cover materials and the logs are yours to take home and grow your own gourmet mushrooms! The presentation is free and open to the public. The hands-on demonstration is optional and \$15 for your own mushroom log.

Poetry Workshop Series: Mondays in April, 6:30 – 8:00 PM. Explore the *The Lyricism of the Everyday* with Vermont Poet Mary Jane Dickerson. This group meets on Mondays in April and culminates in a poetry reading at Deborah Rawson Memorial Library on Monday, May 2. For more information and to register, please email: marydickers@comcast.net.

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

YOUTH PROGRAMMING

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

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

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

LIBRARY SERVICES

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

JTL Board of Trustees monthly meeting: The next monthly board meeting is scheduled for Monday, April 4 at 7:15 PM. All are welcome.

All library programs are free and open to the public.

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

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

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

VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE

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

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

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

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

WESTFORD PUBLIC LIBRARY, WESTFORD

Early Literacy Storytime for birth to 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!

Playgroup every Monday, 9:30 AM!

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

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

RICHMOND LIBRARY

If you spend time with a little person on Friday mornings, consider bringing them to *Early Bird Math*. We read books, sing songs, and play simple action games that introduce and reinforce early math concepts such as more/less, big/small, shapes, spatial

comprehension, and more! No registration required, just come ready to count, sort, and measure. Fridays, 11:00 AM.

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

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

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

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

FAIRFAX COMMUNITY LIBRARY

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

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

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

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

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

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

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

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

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

Wednesday, March 30, 3:00 – 4:00 PM: STEM

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.

VOLUNTEER GRANDPARENTS NEEDED

– United Way's Foster Grandparent Program needs volunteers, age 55 and over, to make a difference in the lives of children in Chittenden, Franklin, and Grand Isle Counties. Foster Grandparent volunteers serve 15-40 hours a week at preschools, child cares, Head Starts, and elementary schools under the supervision of teachers and staff. They may help with tutoring, mentoring, and self-esteem building activities appropriate for the age of the child. In Chittenden County, volunteers are particularly needed for schools in Burlington, Milton, Huntington, and Essex, but many other locations are available. A small non-taxable stipend is provided to income-eligible applicants. Contact Susan Abell, 861-7823 or susana@unitedwaycc.org.

club II: Kids age 6+ will continue to investigate static electricity. Must pre-register.

Library Hours: Monday, Wednesday 8:00 AM – 5:30 PM; Tuesday and Thursday 8:00 AM – 8:00 PM; Friday 8:00 AM – 3:15 PM; Saturday 9:00 AM – 1:00 PM.

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

DOROTHY ALLING MEMORIAL LIBRARY, WILLISTON

All events are free.

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

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

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

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

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

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

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

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

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

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

BROWNELL MEMORIAL LIBRARY, ESSEX JCT.

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

HALF-MARATHONS – Run Vermont needs volunteers for their "Unplugged" Half-Marathons on Saturday, April 9. Volunteers help with runner support at the Colchester start, course monitoring, and at the finish in Burlington. Varied shifts between 8:00 AM – 1:00 PM. Contact Chuck Spear, 863-8412 or chuck@runvermont.org.

A DRIVING NEED – Cathedral Square is looking for volunteers to be matched with a senior for twice-monthly trips to run errands, buy groceries, etc. There is also a need for "on call" drivers. Background check and verification of driver's license and insurance required. Contact Beth Alpert, 859-8819 or alperts@cathedralsquare.org.

TREES & PLANTS – Winooski Natural Resources Conservation District needs volunteer teams to help sort and pack trees and shrubs on Wednesday-Thursday, April 20-21, and to help during the sale on Saturday, April 23. Volunteers will learn about native plants and conservation practices and enjoy munchies and great company. Some lifting required. Contact Corrina Parnapy, 828-4493 or corrina@winooskinrkd.org.

ARTS FOR SENIORS – Cathedral Square and VNA Adult Day Programs are seeking volunteers to bring their talents to entertain groups of seniors with music, crafts, dance, etc. A great activity for youth groups and adult volunteers! Contact Beth Alpert, 859-8819 or alperts@cathedralsquare.org, or Donna LaFromboise-Perretta, 860-4458 or lafromboiseperretta@vnares.org.

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PEOPLE IN THE NEWS



Mark Russell Pecor, 58 of Jeffersonville, VT passed away on Wednesday, March 2, 2016 at University of Vermont Medical Center in Burlington, VT. He was born on January 30, 1958 in Burlington, son of Jessie (Huntley) Pecor and the late Robert Pecor. Mark was devoted to his family and friends and always put their best interest ahead of his own. Following his graduation from the University of Southern Maine, Mark ultimately moved to Jeffersonville and took up residence in the house his grandparents, Helen and Russell

Huntley, raised Mark's mother Jessie and Uncle David in. His passionate and committed personality extended to his community, where he served in several positions. His love for the game of soccer and his community fueled his desire to become a coach for his son Jacob and classmates. Following his retirement from Green Mountain Power, Mark fostered a desire for maple sugaring. He found solace and peace while working on his 87-acre sugarbush in Jeffersonville. Mark is survived by his loving wife of 28 years, Cheryl Pecor of Jeffersonville; his sons Jacob Pecor and partner Sarah Maher of Jeffersonville, Jeremy Houle of Jeffersonville, Casey Houle of Burlington; his daughter Jessica Houle of Maryland; his mother Jessie Pecor of Jeffersonville; two brothers: Wayne Pecor and partner Katie Tormey of Burlington, Dale Pecor and wife Colleen of South Burlington, VT; sister Marla Lynn Pecor of Jeffersonville; six grandchildren: Dakota Houle, Calvin Houle, Cole Houle, Maggie Floyd, Taylor Floyd, and Madysen Floyd; several nieces, nephews, and cousins; and faithful companions Honey and Bear. Visiting hours were held on Sunday March 6, 2016 at A W Rich Funeral Home - Fairfax Chapel. A memorial service was held on Monday March 7, 2016 at Essex Alliance Church with Pastor Joe Moore officiating. Inurnment will be private and at the convenience of the family. Memorial contributions in Mark's memory may be made to Cambridge Food Shelf, P.O. Box 75, Jeffersonville, VT 05464. The family invites you to share your memories and condolences by visiting www.awrfh.com.



Beverly June (Nichols) Smith, 84, of Jericho, VT died peacefully on Monday, February 29, 2016 following a brief illness. Born in Palmer, MA on June 17, 1931, she was the daughter of John and Josephine (Verlotta) Nichols. She grew up in Palmer and Monson, MA, and lived in Jericho for the past 50+ years. She was a strong, independent, energetic person who enjoyed being a homemaker, raising her children, baking, and staying in touch with her family. Her home was her castle, and there was no home cleaner or more organized anywhere.

She will be deeply missed by her daughter Doreen Chappell and husband Raymond of Arlington, VA and son Walter Smith and daughter-in-law Carolina Rodriguez of Burlington, VT, along with her granddaughter Caroline Chappell. She also leaves her siblings Colleen Warnock, Marie Holmberg, Dolores Potts, Arlene Cherry, John Nichols, and Anthony Nichols; great-uncle Carmen Verlotta; many nieces, nephews, and great-nieces and great-nephews; her extended Chappell and Rodriguez families; and dear friends. She will now go to join her husband Walter H. Smith, Sr., her son Rodney, sister Betty Madelle, parents, and grandparents who predeceased her. A funeral service was held Saturday, March 5, 2016 at the Beers & Story Palmer Funeral Home, 1475 N. Main St, (Rt. 20), Palmer, MA, followed by burial in Evergreen Cemetery, So. Hadley, MA. A calling hour preceded the service. In lieu of flowers, donations can be made to the American Stroke Association. For more information, please visit www.beersandstory.com.

Katherine "Kit" Shakespeare of Jericho, VT died Saturday, March 5, 2016, in her loving home of 18 years with Joanna Carpenter and Dawn LaCross by her side. Kit was born in Burlington, VT on March 26, 1956, the daughter of the late George and Evelyn Shakespeare of Underhill, VT. Kit was predeceased by her sister,



Jennifer in 1992. Kit is survived by her brother William and his wife Tina of Marlboro, VT, and her loving care givers, Joanna Carpenter and Dawn LaCross and their extended families. Our gratitude to Diane Morris, Dan Smith, and The Howard Center for their support of Kit over the years. Special thanks to Dr. William Hopkins, Dr. Zail Berry, and the VNA Hospice for their constant care during Kit's decline; Anne Devino for her years of dedication and commitment to Kit; and to Michelle Allen and

Nancy McNamara for their kindness and support as well. Kit taught unconditional love to all who knew her. She loved the sunshine and warm weather. She was our ray of sun. There was a celebration of Kit's life at Mount Mansfield Unitarian Universalist Fellowship, 195 VT Rt. 15, Jericho, VT on Sunday March 13, 2016. In lieu of flowers, donations can be made in Kit's name to: Special Olympics VT, 16 Gregory Dr. - Suite 2, S. Burlington, VT 05403.

Emily Jean (Hall) Packard, 87, of Essex, VT passed away on Thursday, February 25, 2016. She was born in Westford, VT on August 22, 1928, daughter of the late Chester and Eva (Macomber) Hall. Emily was a caring, compassionate individual who was always helping others. She loved flowers, vegetable gardening, braiding wool rugs, and dancing at "the Hen House." Emily was also a letter writer. She knew the importance of a hand-written thank you note and practiced it routinely. In her later years she was an avid reader and enjoyed doing the jumbles in the paper to keep her mind sharp, as well as challenging her daughters to a game of scrabble or Chinese checkers, but most of her life she devoted to working alongside her beloved husband, "Joe," to whom she was married for more than 60 years, both on their farm and in the maple business. She generously volunteered her time at the Old Mill in Jericho, VT, the Discovery Museum in Essex, and answering the phone to arrange transportation for Essex seniors. She was admired by many and will be missed by all whose lives she touched. Emily is survived by her son, "Sandy" Packard and wife, June, of Essex Center, VT; her daughters, Pamela Jean Witherell and husband, Charles, of Johnson, Barbara Jo Pretorius of Buxton, ME; six grandchildren, Glen and Owen Packard, Ben and Jonathan Witherell, Kristin Pretorius, Christie Blanton; seven great-grandchildren, and many nieces, nephews, and cousins. She was predeceased by her husband Joe Packard (Arthur H., Jr.), daughter, Nancy Eva Thompson, brothers Walter and Francis Hall, and her sister, Barbara Rogers. There will be no visiting hours. A service celebrating her life was held on Saturday, March 5, 2016 at the United Church of Westford. Burial will be in the spring in the family lot in Pleasant View Cemetery, Jericho. In lieu of flowers, Emily's request was to "do good deeds for others" or contribute to the Essex Free Library, 1 Browns River Rd., Essex Junction, VT 05452. Memories can be shared at www.awrfh.com.

Burkhart earns All-Atlantic Region honor

Underhill, VT resident Hailey Burkhart of the RIT women's track and field team has earned U.S. Track and Field and Cross Country Coaches Association (USTFCCCA) All-Atlantic Region honors for the 2015-16 indoor track and field season.

Burkhart earned the honors after a record-setting indoor season in the pentathlon. Earlier this season, Burkhart broke her own record in the event twice, first with 3168 points at the Brockport Golden Eagle Multi and Invitational on January 29, and then with 3273 points in winning the NYSCTC Championship on February 26-27. Burkhart was the RIT Female Athlete of the Week on February 2, and has the 13th best score in the pentathlon nationally this season. Burkhart represented the Tigers in the indoor pentathlon at the NCAA Championship in Grinnell, Iowa March 11-12.

WELCOME HOME



Peter M. Slabinski and Susannah C. Slabinski of Underhill, VT announce the birth of their son, Tanner Franklin Slabinski, on Wednesday, February 24, 2016 at 8:36 PM at the University of Vermont Medical Center in Burlington, VT. He weighed 7 pounds 10 ounces and was 21" long. Maternal grandparents are Nancy Chapman and the late Norm Chapman of Rhode Island; paternal grandparents are Richard and Joan Slabinski of Florence, MA.
PHOTO CONTRIBUTED

Burkhart honored by Liberty League, to run for RIT at NCAA

Hailey Burkhart of the Rochester Institute of Technology women's track and field team has been honored by the Liberty League on Monday, for the week ending March 5, 2016. Burkhart, a resident of Underhill, VT, was named the Liberty League Field Athlete of the Week. Burkhart placed fifth overall in the pentathlon at the ECAC Championships with a score of 3069 points. Her best finish in the five events was a third place effort in the shot put. It is Burkhart's first weekly honor of the 2015-16 season and third of her career. She will compete in the pentathlon this weekend at the NCAA Championship, which will take place in Grinnell, Iowa.

Burkhart has also earned a place on the RIT track and field team representing the Rochester, NY university at the 2016 NCAA Division III Indoor Track and Field Championships, which will take place on Friday, March 11, and Saturday, March 12, at the Bear Athletic Center in Grinnell, Iowa.

Burkhart will represent the Tigers in the indoor pentathlon. It is her first appearance at the national championship, having just missed a spot in last year's outdoor championship. Earlier this season, Burkhart broke her own record in the event twice, first with 3168 points at the Brockport Golden Eagle Multi and Invitational on January 29, and then with 3273 points in winning the NYSCTC Championship on February 26-27. Burkhart was the RIT Female Athlete of the Week on February 2 and has the 13th best score in the pentathlon nationally this season.

COLLEGE GRADUATES

Brent Adair of Jericho, VT graduated from Clarkson University, Potsdam, NY on December 31, 2015 with a bachelor of science degree with distinction in mechanical engineering.

Guthrie Drake of Waterbury, VT graduated in December 2015 from the School of Health Sciences and Human Performance, Ithaca College, Ithaca, NY with a degree in sport media.

Michael Gambino of Westford, VT graduated in the fall 2015 semester from Rochester Institute of Technology, Rochester, NY with a bachelor of science degree in electrical engineering.

Chris Stead of Jeffersonville, VT graduated from Clarkson University, Potsdam, NY on December 31, 2015 with a bachelor of science degree in communication, and engineering science minor.

CAMPUS HONORS

Courtney Meunier of Jeffersonville, VT has been named to the Fall 2015 Dean's List at Emerson College, Boston, MA.

Sozo Moon of Jericho, VT has been named to the Fall 2015 Dean's List at Champlain College, Burlington, VT. Moon is majoring in Communication.

Ryan Morse of Jericho, VT earned High Honors and was named to the Fall 2015 Dean's List at the University of New Hampshire, Durham, NH.

Megan Nelson of Underhill, VT was named to the Dean's List at the University of Vermont, Burlington, VT. Nelson is an undeclared major in the College of Agriculture & Life Sciences.

James Nickerson of Underhill, VT, a graduate of Mount Mansfield Union High School, Jericho, VT majoring in film studies, has been named to the Fall 2015 Dean's List at Baldwin Wallace University, Berea, OH.

Andrew Nitchie of Jericho, VT was named to the Fall 2015 Dean's List at the Georgia Institute of Technology, Atlanta, GA.

Michael O'Connor of Jericho, VT earned High Honors and was named to the Fall 2015 Dean's List at the University of New Hampshire, Durham, NH.

Dakotah Patnode of Jericho, VT has been named to the Fall 2015 Dean's List at Champlain College, Burlington, VT. Patnode is majoring in Early Childhood/Elementary Education.

Darcy Patnode of Jericho, VT has been named to the Fall 2015 Dean's List at Champlain College, Burlington, VT. Patnode is majoring in Early Childhood/Elementary Education.

Sarah Patton of Jericho, VT was named to the Dean's List at the University of Vermont, Burlington, VT. Patton is a Psychology major in the College of Agriculture & Life Sciences.

Alyssa Pelkey of Jeffersonville, VT has been named to the Fall 2015 President's List at Lyndon State College, Lyndonville, VT.

Anthony Perri of Jericho, VT has been named to the President's List at the State University of New York at Potsdam, NY. Perri's major is Childhood/Early Childhood Education. Perri also was one of 28 SUNY Potsdam student-athletes to earn a spot on the State University of New York Athletic Conference (SUNYAC)

Campus Honors continued on page 6

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ART / MUSIC / THEATER



Johnson State College's Theater Department will present Oscar Wilde's witty and farcical comedy *The Importance of Being Earnest* at 7:00 PM, Thursday-Friday, March 18-19 onstage at the Dibden Center for the Arts, with a matinee at 2:00 PM, Sunday, March 20. Tickets are \$10 for adults, and free for children and JSC students. For more information, contact Joshua Poland, 802-730-3472 or mailto:jmp12121@jsc.vsc.edu.

PHOTO CONTRIBUTED

ART/PHOTOGRAPHY

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

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

Dianne Shullenberger of Jericho will exhibit "Circular Earth" *Natural Object Collage* at the Spotlight Gallery, VT Arts Council, 136 State St., Montpelier through Friday, April 29. For more information, www.dianneshullenberger.com, vtddianne@hotmail.com, or 802-899-4993.

Helen Day Art Center in Stowe has announced an open call to artists for the 25th *Exposed* outdoor sculpture exhibition to be held from July 23-October 15, 2016. Vermont artists may submit proposals; contact Rachel Moore, Curator, exposed@helayday.com with any questions regarding the application process or to obtain more detailed information. Helen Day will offer a free workshop: *Sewing Rebellion*, on Sunday, March 20, 10:00 AM – 2:00 PM (drop-in any time). Instructor Frau Fiber will help you learn how to alter, mend, and make garments and accessories, distributing knowledge of pattern making and sewing. Participants are asked to bring pants to mend, garments to alter, and sewing problems seeking solutions. Free, but registration is required, 802-253-8358. Through Sunday, April 10, *People's Cloth Trade Show: The t-shirt is the problem*. California-based artist and activist Carole Frances Lung (aka Frau Fiber) creates an immersive environment about the global production of the t-shirt and how to upcycle, reuse, and extend the life of the t-shirt. Through Sunday, April 10, *Intimacy + Materiality*, with Liz Collins and Sarah Amos. Artists in this exhibition use traditional labor intensive techniques to create contemporary artworks, from screen printed cloth to jacquard woven sculpture. Helen Day Art Center, 90 Pond St., Stowe. 802-253-8358.

On Wednesday, March 23 at 6:00 PM, the Fleming Museum, with support from the UVM Dept. of Art & Art History, will present a talk with Thomas Crow, Rosale Solow Professor of Modern Art, Institute of Fine Arts, New York University, on *Painting, Print, Poster, Album Cover: Pop Reproductions & the Counter-Culture*. The emergence of Pop painting in the early 1960s brought to the fore mass-produced brand logos and images. It logically followed that Pop subjects would lend themselves to fine-art multiple editions, but there proved to be no containing the proliferation of reproducible motifs. Talented designers linked to the counter-culture took over the innovations of Pop in order to surpass the fine-art version, both in invention and in attracting vastly larger audiences for sophisticated visual experiences. Fleming Museum Auditorium, UVM, 61 Colchester Ave., Burlington.

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

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

MUSIC/DANCE

On Wednesday, March 30 at 6:00 PM, the Fleming Museum presents a dance performance with Arthur Brooks, Penny Campbell, and Paula Higa titled *Encounters*, an original work created by a musician and a dancer through improvisation, without previous score. On Sunday, April 3 at 2:00 PM, the University Catamount Singers and director David Neiweem, UVM Professor of Music, present the music performance "...what they've been saying about SEX!" *Texts and Music from Middle Ages to Modern*. Enjoy a choral program of music based on what people through the ages have been saying about sex. Flirtatious and suggestive songs about sex and morality, ribald tunes and seductive melodies create a musically varied program featuring works from the 8th to the 21st century. Free admission; co-sponsored by the UVM Dept. of Music & Dance. At the Fleming Museum, UVM, 61 Colchester Ave., Burlington.

THEATER/FILM

Browns River Middle School will be performing *Shrek: Jr.*, a musical, to the public on Friday, March 18 at 7:00 PM, and Saturday, March 19 at 2:00 PM. The cost is \$5 for adults and \$3 for students. All are welcome to come and watch!

Stowe Theatre Guild announces auditions for its second-slot show of the 2016 season: *Almost, Maine*. Open auditions will be held Friday-Saturday, March 18-19 at the Town Hall Theatre in Stowe. This play by John Cariani is a series of vignettes and scenes. Four actors will play a total of 19 characters. Auditions do not have to conform to any specific physical type. *Almost, Maine* will be Stowe Theatre Guild's only non-musical offering this season – and the first young adult show for the company. The show will be directed and produced by 2015 scholarship winners Owen Leavey and Devin Kiernan. The four-person cast will be actors in their late teens and early 20s. Auditions will be held on Friday, March 18, 6:00 – 9:00 PM, and Saturday, March 19, 12:00 – 3:00 PM at the Town Hall Theatre, 67 Main St., Stowe (second floor of the Memorial Building). Those auditioning only need attend one of the two sessions. Show dates are Wednesdays-Saturdays, 7:30 PM, July 20-23, 27-30, and August 3-6. Pre-registration for auditions is suggested; contact director Owen Leavey, owen.leavey@gmail.com, to reserve a spot. Video auditions will be accepted for those who would like to audition but are unable to attend the audition dates. For additional audition information and materials, visit stowetheatre.com and fb.com/stowetheatre.

On Sunday, March 20 at 2:00 PM, the Fleming Museum will screen *Samuel Bak: The Art of Speaking About the Unspeakable*. The 37-minute film explores the life experiences that have shaped Samuel Bak's art through a candid and insightful conversation with the artist, selected recollections from his recently published memoir, and a moving presentation of many of his most important works. Fleming Museum Auditorium, UVM, 61 Colchester Ave., Burlington.

Campus Honors continued from page 5

Commissioner's List for the Fall 2015 semester and was one of 53 SUNY Potsdam student-athletes to earn a spot on the State University of New York Athletic Conference (SUNYAC) All-Academic Team for the Fall 2015 semester. Perri is a sophomore member of the SUNY Potsdam Men's Cross Country team. Players named to these lists have carried a minimum 3.3 grade-point-average over three consecutive semesters at Potsdam.

Alexis Perry of Westford, VT has been named to the Fall 2015 Dean's List Merrimack College, North Andover, MA.

Emma Phalen of Underhill, VT earned High Honors and was named to the Fall 2015 Dean's List at the University of New Hampshire, Durham, NH.

Joseph Poley of Underhill, VT has been named to the Fall 2015 Dean's List at Lyndon State College, Lyndonville, VT.

David Polson of Jericho Center, VT was named to the Dean's List at the University of Vermont, Burlington, VT. Polson is a Biology major in the College of Agriculture & Life Sciences.

Amy Poor of Bolton, VT, a senior at Johnson State College, Johnson, VT, has been named to the Dean's List for the Fall 2015 semester.

Nicholas Robbins of Jericho, VT has been named to the Fall 2015 Dean's List at Champlain College, Burlington, VT. Robbins is majoring in Game Programming.

Campus Honors continued on page 8

LEGAL NOTICE

TOWN OF JERICHO- Planning Commission

NOTICE OF PUBLIC HEARING

Pursuant to 24 V.S.A. § 4444, the Jericho Planning Commission will hold a Public Hearing on **Tuesday, April 5 at 7pm** in the Jericho Town Hall, 67 VT Route 15, Jericho, Vermont, to hear public comment regarding proposed amendments to the *Jericho Land Use and Development Regulations*.

SUMMARY OF AMENDMENTS TO REGULATIONS

STATEMENT OF PURPOSE: The primary purpose of the proposed amendments is to clarify the existing development review and land use regulations, meet the requirements of state planning laws (24 VSA, Chapter 117), and to comply with the 2016 Jericho Comprehensive Town Plan.

LIST OF SECTION HEADINGS: The amendments include minor technical corrections to the following sections: Section 2, Definitions; Section 3, Zoning Districts; Section 4, Zoning Uses; Section 5, Dimensional Standards; Section 7, General Provisions, Section 9, Regulation of Telecommunications Towers and Facilities; Section 10: Permit Review and Procedures; Section 11, General Development Standards, and Section 13, Riverside Character-Based Zoning. There have been additions related to maximum building size, Accessory Apartments, plat recording standards, Planned Unit Developments, and parking in front yards. The Zoning Map has been amended to reflect the changed name of the Agriculture District to the Rural/Agriculture Residential District and the Rural Residential District to the Low Density Residential District.

GEOGRAPHIC AREA AFFECTED: These amendments have the potential to affect all geographical areas of the Town.

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, April 14, 2016** at the Jericho Town Hall to consider the following:

- A request to the DRB by Mark Fasching, Christa Alexander & the Town of Jericho for conditional use approval for General Outdoor Recreation in the River Overlay District, site plan approval for a parking area, and a variance to construct the parking area in the front yard setbacks. This parcel is located in the Agriculture Zoning District.

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

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PUBLIC NOTICE

The Jericho Underhill Park District solicits bids for mowing the Mills Riverside Park for the Summers of 2016 and 2017. Bid documents may be viewed on the District website (www.millsriversidepark.org). Bids must be received by 4:00 pm on April 20, 2016

CVAA Community Senior Meals

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

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

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

Friday, March 18 – United Church, Hinesburg, 12:00 PM. Parmesan baked fish, tartar sauce, mashed sweet potatoes, tossed green salad, pumpernickel bread, carrot cake.

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

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

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

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

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

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

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

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

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

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

Friday, April 1 – Hinesburg Mealsite, 11:30 AM.

Monday, April 4 – Covenant Church, Essex Ctr., 12:00 PM. Chicken Parmesan, spaghetti with tomato sauce, Italian blend vegetables, garlic bread, fruit cocktail.

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

Wednesday, April 6 – JP's Diner & Deli, River Rd., Essex Jct., 10:30 AM check-in, 11:00 AM lunch. Baked ham.

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

Friday, April 8 – United Church, Hinesburg, 12:00 PM. Soft burrito, beef and beans filling with shredded cheese and lettuce, mild salsa on the side, sour cream, plain potato chips, fresh fruit.

Monday, April 11 – Covenant Church, Essex Ctr., 12:00 PM. Beef Stroganoff with egg noodles, stewed tomatoes, whole wheat dinner roll, Mandarin oranges.

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

Wednesday, April 13 – American Legion, Colchester, 10:30 AM check-in, 11:00 AM lunch. Meat loaf.

Thursday, April 14 – Colonial Room, Essex Educational Center, Essex Junction, 11:00 AM check-in, 11:30 AM lunch. Chicken blanquette.

Friday, April 8 – United Church, Hinesburg, 12:00 PM. Chicken and vegetable stew, sweet potatoes, fresh baked biscuit, applesauce.

Monday, April 18 – Covenant Church, Essex Ctr., 12:00 PM. Pork riblets, cheesy mashed potatoes, broccoli and cauliflower, wheat bread, Boston cream pie.

Monday, April 18 – Papa Nick's, 3:00 PM. Baked ham.

Tuesday, April 19 – Athens Diner, Colchester, 10:30 AM check-in, 11:00 AM lunch. Roast Pork Dinner.

Wednesday, April 20 – IHOP, University Mall, S. Burlington, check-in 10:30 AM, lunch 11:00 AM. Pot roast.

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

Friday, April 22 – United Church, Hinesburg, 12:00 PM. Parmesan baked fish, tartar sauce, roasted potatoes, tossed green salad, rye bread, chocolate cake.

Monday, April 25 – Covenant Church, Essex Ctr., 12:00 PM. Swedish meatballs with mushroom gravy, egg noodles, green peas, whole wheat roll, peaches.

Tuesday, April 26 – Ray's Seafood, Essex Jct., 10:30 AM check-in, 11:00 AM lunch.

Wednesday, April 27 – JP's Diner & Deli, River Rd., Essex Jct., 10:30 AM check-in, 11:00 AM lunch. Chicken and biscuits.

Thursday, April 28 – IHOP, University Mall, S. Burlington, check-in 8:30 AM, lunch 9:00 AM breakfast. Two eggs, hash browns, choice of breakfast meat, pancakes, small juice.

Friday, April 29 – United Church, Hinesburg, 12:00 PM. Salisbury steak with gravy, tossed green salad, with dressing, baked potato and sour cream, wheat roll, butterscotch pudding with topping.

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SCHOOL NEWS

Helping the homeless



On Thursday, March 31, 24 students at Browns River Middle School in Jericho will sleep outside in tents in front of the school to show solidarity for homeless youth in our state. According to the VT Coalition to End Homelessness, it is estimated that Vermont has 4000 homeless individuals and families. For the homeless youth in Vermont, thankfully there is Spectrum, the largest provider of supportive housing and services to help provide shelter and support services. Last year, 23 students with their parents and guidance counselor Greg Martin participated in the Spectrum Sleep Out on the front lawn of BRMS. They experienced cold temperatures, rain, mud, and snow, yet they showed their support for the homeless youth and raised \$5815. "We want to bring awareness to our community about homelessness," said Greg Martin. "We want to know how it feels to be homeless through this experience and hopefully pay more attention to people in need." This year, their goal is to raise \$6430. Students are taking part in this sleep out to show their support and empathy for the homeless youth. Pictured are students and Greg Martin participating in last year's sleep-out.

PHOTO CONTRIBUTED

Spring happenings at CHMS

By Mark Carbone, Principal

I am pleased to welcome Wilhelmina Picard as the interim Assistant Principal of Camel's Hump Middle School. Mrs. Picard earned her Masters in Education from Western Maryland College and for the past eight years has worked for the State of Vermont, overseeing the educational programs within the Department of Corrections. Prior to this, Mrs. Picard was the Director of Curriculum and Instruction for the Essex Town School District. Mrs. Picard brings a wealth of knowledge and energy to our middle school. We look forward to her expertise and leadership. Please stop by Camel's Hump and welcome her to our community!

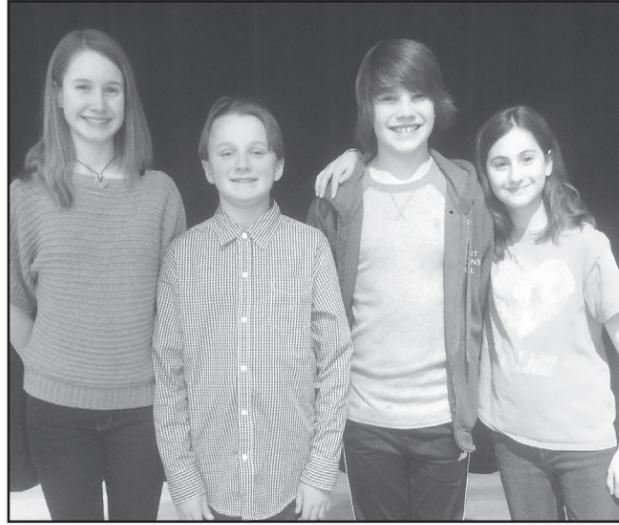
This year's drama production at CHMS is *Alice in Wonderland*. Performers and crew have been working hard with Lauren Larkin of Very Merry Theatre. The Very Merry Theatre is a dynamic organization that provides children from the ages of five to eighteen with the opportunity to produce and perform original plays through their schools. Performances open to the public will be Friday, April 1 at 7:00 PM and Saturday, April 2 at 4:00 PM.

With the melting ice on the lake and sugar maple sap running, the spring activities at CHMS begin: softball and baseball, intramurals, and the second session of after-school programs including the healthy cooking club with our Farm-to-School Coordinator, Mae Quilty.

Students at this time of year are rigorously tested on the new common core standards via the *Smarter Balance Assessment Consortium*. SBAC replaces the previously used NECAP standardized tests. For more information about SBAC, visit www.smarterbalanced.org. Upon completion of SBAC testing, all CHMS students will be participating in the 2nd Annual Grand Prix! Teams will race tricycles through a challenging course in the school parking lot – last year's event was well-received and a ton of fun!

The next Mount Mansfield Modified Union School District meeting will be held on Monday, April 4, 6:30 – 8:30 PM at Brewster-Pierce Elementary School in Huntington. The public is welcome, and encouraged, to attend.

Artists in Schools grant inspires actors at VT Commons School



A Vermont Arts Council Artists in Schools grant has inspired these budding actors at Vermont Commons School: (from left) Taegen Yardley, grade 7, Charlotte; Nathan Brown, grade 6, Hinesburg; Finn Verdonk, grade 6, Jericho; Zoe Hecht, grade 6, Burlington.

PHOTO CONTRIBUTED

"Drama class is far more than building confidence and having fun," comments Heather Win, Dramatic Arts teacher at Vermont Commons School, an independent middle and high school in S. Burlington. "Drama creates space to build empathy as students work to truly understand the feelings and motivations of characters. When I heard about the *Brundibar* production, I recognized the opportunity for my students to discover not just the joy, but also the positive power of theatre. I sought out the *Artists in Schools* grant through the VT Council on the Arts (VCA) in order to offer my students the rich experience of connecting more deeply to the characters, history, and impact of this beautiful piece of theatre."

The VCA *Artists in Schools* grant funds artist residencies in a given school for up to ten days. As the performing arts curriculum at VT Commons School is new this year, Win felt this grant and the resulting residency with Trisha Denton, artistic director of *Brundibar* and founder of *In Tandem Arts*, was a way to explore creative avenues for that expression in the curriculum. "We have always had an annual school play and certainly encourage and celebrate student performances at our daily all-school morning meeting, but this is the first time we have had time allotted in the school day for formal instruction. Trisha's work with our students was inspired and inspiring." So inspiring, in fact, that four students from the 6th and 7th grades went on to audition for *Brundibar* and will be performing in the upcoming production. *Brundibar* is a musical folktale written by the Jewish Czech composer, Hans Krasa, just prior to the Nazi occupation of Czechoslovakia. It is a story of oppression and the resulting strength of the oppressed.

During the five-day residency in each class, Ms. Denton shared the important historical context of *Brundibar* and led movement/acting exercises and discussions connected to *Theatre of the Oppressed* and social justice through theatre. A successful creative endeavor is a two-way street as Ms. Denton noted, "...in our dialogue around themes of oppression and social change, the students insights made a profound impact on my own instincts about *Brundibar* as a whole. This residency has brought so much meaning to the work on both sides."

As a culmination of Denton's residency, the VT Commons Middle School took a field trip March 11 to see the matinee show and have the pleasure of watching their classmates perform.

Should you wish to attend the performance, *Brundibar* will be performed Friday-Sunday, March 18-20 at Contois Auditorium in the Burlington City Hall. Tickets are on sale through the Flynn Theater Box Office or by calling 802-86-FLYNN.

Campus Honors continued from page 6

Taylor Roberge of Underhill, VT has been named to the President's List at the State University of New York at Potsdam, NY. Roberge's major is Speech Communication.

Saegre Robinson of Underhill, VT earned High Honors and was named to the Fall 2015 Dean's List at the University of New Hampshire, Durham, NH.

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

Victoria Rosales of Jericho, VT has been named to the President's List at the State University of New York at Potsdam, NY. Rosales' major is Music Education.

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

Danielle Russin of Westford, VT has been named to the Fall 2015 Dean's List at Castleton University, Castleton, VT.

Matthew Sem of Jericho, VT has been named to the Fall 2015 Dean's List at Keene State College, Keene, NH.

Grayden Shand of Jericho, VT, a sophomore majoring in Interdisciplinary Liberal Studies, has been named a Presidential Scholar for the Fall 2015 semester at Clarkson University, Potsdam, NY.

Casey Sheredy of Jeffersonville, VT earned Honors and was named to the Fall 2015 Dean's List at the University of New Hampshire, Durham, NH.

Carol Sourdoff of Waterbury, VT has been named to the Fall 2015 Dean's List at Castleton University, Castleton, VT.

Shannon Springer of Jericho, VT, a freshman at Johnson State College, Johnson, VT, has been named to the Dean's List for the Fall 2015 semester.

August Stevens of Waterbury, VT has been named to the Fall 2015 Dean's List at Champlain College, Burlington, VT. Stevens is majoring in Finance.

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. 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.

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. 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 Smugglers. 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

Al-Anon meetings, Jericho United Methodist Church, Thursdays 10:00 AM, and Saturdays, 10:00 AM.

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.

Approach Autism With Advocacy, Recovery & Education (AWARE) 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).

Champlain Valley Prostate Cancer Support Group, 6:00 – 8:00 PM, 2nd Tuesdays (April 12), 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.

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

KIDS

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, Lorean 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.

"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.

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, jquinninvt@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.

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