

MOUNTAIN GAZETTE

Back-country skier rescued after accident on Mt. Mansfield

By Ted Tedford
Special to the Mountain Gazette

University of Vermont medical student Maia Pinsky forgot her helmet when she and two friends went skiing on the often steep Teardrop Trail on Mount Mansfield Wednesday March 9.

It almost cost Pinsky her life.

Pinsky, 28, from Maine, and two other medical students were back-country skiing on the trail when her skis dipped into deep snow. She slammed into a tree, injuring her head and her right side. One of her companions dialed 911 on his cell phone, setting off rescue operations.

Underhill Town Constable Jennifer Silpe said she heard about the accident on her scanner. She drove up the Mountain Road as far as she could, about two miles from where the three skiers were. There she met Harry Shoppmann, duty officer of the Underhill-Jericho Fire Department who had responded to the emergency call.

Silpe put on her snow shoes and hiked up through five feet of snow.

"I heard a whistle and I followed it," Silpe said. "It was windy so I had to stop every now and then to listen." She said the whistle led her to the scene. Pinsky was lying in the snow, bleeding from the nose and complaining of pain when she swallowed and her right side hurt. She was shaking, even though her companions, Peter Cooch and David Reismann had covered her with jackets, Silpe said.

Reismann skied down to the command center that Shoppmann had set up, while Silpe and Cooch stayed with Pinsky.

"We wrapped our bodies around her to keep her warm," said Silpe.

The first call came in from the skiers at 11:20 a.m. said Shoppmann. Crews from Essex Rescue, Colchester Technical Rescue, Williston Fire Department, Cambridge Fire Department and a Fish and Wildlife warden responded. Colchester Technical Rescue drove an ATV about a mile up the mountain, but was unable to go any further. Teams worked their way up to the accident scene, placed Pinsky on a rescue sled and six rescuers, including Silpe, slid her down to the ATV a mile away where she was then taken another mile to a waiting ambulance.

Silpe said she did not hesitate to try getting to Pinsky because she skis in the same area and knows the terrain. Underhill reportedly had 27 more inches of snow over the prior weekend.

Pinsky was examined at Fletcher Allen Health Care and later released.

"At the ambulance, she told me I was her guardian angel," Silpe said.

She said Pinsky had left her helmet at home, but decided to ski anyway. Silpe said the three are experienced skiers and were well equipped.

Bolton - A mixed bag for emergency services

By Phyl Newbeck
Special to the Mountain Gazette
Bolton Town Meeting

As Select Board Chair R.J. Vallie had predicted, the greatest debate at Bolton's Town Meeting revolved around an item that wasn't on the agenda. Richmond Rescue requested that the town more than double their appropriation from \$11,300 to \$25,200, in part so they can begin to offer paramedical service. Chris Haggerty, a Bolton resi-

dent who serves as a Richmond Rescue EMT made the motion which was approved by only a seven vote margin. Similar requests by the squad in Richmond and Huntington were turned down by voters.

Bolton voters were stingier when it came to Australian balloting. They defeated one proposal to spend \$350,000 to renovate the fire station and another to spend \$40,000 for a new truck for the Highway Department. The fire

Bolton committee continued on page 16

Generous Cambridge voters visited by special guest

By Phyl Newbeck
Special to the Mountain Gazette
Cambridge Town

On Town Meeting Day, residents of Cambridge re-elected incumbent David Vaughn to the Selectboard without opposition. Regarding the budget, Select board member Bill Sander said the board had been proud of the way they held down costs but the town had other ideas. Residents added three items to the budget, resulting in a 10% increase from last year's numbers. They added \$36,000 for the rescue squad, \$8,000 for the library and \$16,000 for the police department.

Sander was understandably happy with how the meeting went. "Instead of jumping to reduce the budget," he said, "the town increased it." The money for the rescue squad will go towards two defibrillators and remote transmitters which will transmit EKG patterns to Fletcher Allen. The money allocated to the library will provide them with the opportunity to hire a person with a degree in Library Sciences to work 16 hours a week. This will allow the library to have two additional days of service which is needed since library usage has increased. The money for the police department is in the hope that increased hours by police will be spent on Town roads since fees collected for tickets on State roads don't provide revenue for Cambridge.

Sander was also pleased that the meeting was quite amicable until it was time to discuss the roundabout. The Select board had not wanted the roundabout issue on the agenda since it is designed for a state road over which the town has no control. Bill said that prior to Town Meeting the board held five public forums regarding the issue at three different venues, varying the dates and times to make sure everyone would have the opportunity to attend. He said it cost the Town \$330 to put the issue on the ballot because the initial petition had to be rewritten with input from the Town's attorney. One resident made a motion to pass over the article as inappropriate for town discussion. That vote failed to garner the requisite two-thirds majority needed so the article was discussed. By voice vote, Cambridge residents indicated their support for the roundabout. A paper ballot was

Cambridge continued on page 16

Jericho - Bridges, Noise and Merger Talks

By Phyl Newbeck
Special to the Mountain Gazette
Jericho Town Meeting

The annual sand/salt debate is a thing of the past. At the 2011 Town Meeting in Jericho, the major topics of conversation were noise and the pedestrian bridge on Route 15 near the Old Red Mill. Roughly 350 residents filled the Jericho Elementary School gymnasium for a Town Meeting Day devoid of contentious ballot items. In electoral news, incumbent Catherine McMains won a second term on the select board, running unopposed.

The Jericho budget of \$3,075,168 passed unanimously, but not without debate on a variety of issues. The town is undergoing a cost/benefit analysis of paving gravel roads and one resident, Jesse Pelton, urged the select board to consider aesthetics and speed as well as cost when making a decision on whether or not a road should be paved. During a discussion of the extra \$5,000 the Board is providing to the Community Center in Jericho for their Campaign for a Solid Footing to repair the damaged foundation, there was some debate over whether the town was interested in purchasing the historic structure. Jericho used to own the building but sold it to the Jericho Center Preservation Association in 1992.

In 2009 and again in 2010, residents had objected to the town's annual appropriation to the Visiting Nurses Association based on the reported compensation of the Executive Director. David Schuler queried whether the select board had met with VNA representatives, as they had been directed to in 2010. The board indicated that they had done so and had received assurances that the compensation had been misstated in the press and was actually monies provided to several persons rather than one individual.

One major topic of conversation during the meeting was whether or not the town should adopt a noise ordinance. The issue arose over the summer when dirt bike races were held on a property on Plains Road. Select board member Tim Nulty said the board had held a meeting to discuss whether or not to create such an ordinance but so few people attended that they had shelved the

Jericho continued on page 16

Emily Alexander honored



The Jericho Town Library board thanked Emily Alexander, the library board chair, as she stepped down after 12 years of continuous service, 7 as librarian, followed by 5 more years on the board. They presented her with a Tracey Campbell Pearson drawing of the library.

PHOTO CONTRIBUTED

Town Meetings At-a-Glance

Bolton Elementary School
Budget \$1,300,872
Passed, voice vote
Bolton Town Budget
\$696,450
Passed, voice vote

Cambridge Town Budget
Budget: \$1,911,633.27
Passed, voice vote
Cambridge School Budget
Budget: \$4,789,615
Yes - 264
No - 55

Mount Mansfield Union School District 17
Budget: \$25,398,820
Yes - 1802
No - 664

Jericho Elementary School
\$3,587,604
Passed, voice vote
Jericho Town Budget
\$3,075,168
Passed, voice vote

Underhill I.D. School
\$1,583,433
Yes - 137
No - 50

Underhill Town School
\$2,095,598
Yes - 189
No - 67
Blanks - 139

Underhill Town Budget
\$1,871,415
Passed, voice vote

Westford School
\$5,002,758
Yes - 329
No - 159

Westford Town Budget
\$1,491,566
Yes - 387
No - 89

Underhill approves school, town budgets

By Ted Tedford
Special to the Mountain Gazette

Voters accepted the \$1,871,415 town budget by voice vote at Town Meeting March 1 with relatively little discussion and no amendments.

They also approved the Underhill Town School budget of \$2,095,598 and approved the Unified Land Use and Development Regulations proposal, both by secret ballot.

After a lengthy discussion, voters turned down a proposal to allow residents to borrow money to make their homes energy efficient and pay it back over time on their property tax bill.

In response to a question by Pat Nugent why the town should get involved Bob Murphy of the Energy Committee said the town would float a bond and residents who wish can borrow from that fund to make refits to their homes at lower interest rates.

He and Steve Webster, who also is on the Energy Committee, said many townspeople would like to make their homes more energy efficient but the cost of paying for it all at once is prohibitive. This way, they can pay the cost back over 20 years.

"There is nothing for the town in this," said Doug Richmond, who urged voters to defeat the proposal. Supporting Richmond, Steve Guay urged voters not to involve the town. "Leave it to the private sector," he urged.

Several times, Tom Nugent asked the board that if it floats a bond to fund the program, who gets the interest. He did not get an answer.

Webster said the town would benefit by helping decrease the use of fossil fuels and reduced pollution. He also said property values would increase, adding to the tax base.

Gravel pit revisited

Select Board chairman Dan Steinbauer told the meeting he was organizing a committee to determine if the town wants to own a gravel pit and if so should it pursue purchasing 24.6 acres off Pleasant Valley Road and the New Road which the town has an option to buy, or find another site. In 2008, voters defeated a plan to buy the property for \$1 million with another \$150,000 for site work. Despite turning down the purchase offer, voters last year approved retaining the town's option.

Peter Bennett questioned an analysis of the

Underhill continued on page 16

NEWS BRIEFS

POLICE REPORT

N.Y. officials confirm Underhill man's death was a suicide

By Richard Mindell
Special to the Mountain Gazette

The untimely and tragic death of a 21-year old Underhill man was the result of suicide, Rockland County, New York, officials confirmed last week. Nathan Patnode, a 2008 graduate of Mount Mansfield Union High School, died on Saturday February 26, from injuries suffered when he hanged himself with a bed sheet in a cell at the Rockland County Correctional Facility. Patnode and a friend, James Costello, 22, of Shelburne, had been arrested following a traffic stop shortly before 10:00 PM on the New York State Thruway, in Clarkstown. New York State Troopers found 23 bags of heroin, 90 Ecstasy tablets, 27 grams of Xanax tablets, a small bag of marijuana in their 1995 Toyota pickup, plus hypodermic syringes and an Apple laptop computer that had recently been reported stolen in Burlington.

Following their arrest both men were charged with second-degree criminal possession of a controlled substance, third-degree criminal possession of a controlled substance with intent to sell and fourth-degree possession of stolen property. Patnode was also charged with driving while impaired. Costello was remanded without bail and Patnode for lack of \$100,000 bail.

According to Rockland County Correctional Facility officials, a corrections officer noticed a commotion in Patnode's cell about 6:30 PM. When he responded the officer found Patnode unconscious and unresponsive and was unable to revive him by CPR. Patnode was rushed to Nyak Hospital, but he never regained consciousness.

Tuesday March 8, 2011 at approximately 4:52 PM the Vermont State Police, Williston Barracks, received a call about a residential burglary at the home of Heather Gibbs that occurred on Leary Road in the Town of Jericho. The event occurred between the hours of 8:00 AM and 4:00 PM. Investigation revealed that unknown person(s) entered the residence by forced and removed several items between the hours of 8 AM and 4 PM on this date. Anyone with information as to this incident or who may have seen anyone suspicious in the area and/or in a vehicle is asked to contact the Williston Barracks at (802) 878-7111. Case #: 11A101112

On February 26, 2011, homeowner on Sam Webb road in Fairfax,

VT called to report that an unknown male just left her residence in a dark colored truck with her stolen property in the back of it. The homeowner/victim stated she confronted the male after she observed him backed up to her garage making several quick trips back and forth from the garage to his truck.

Before the male could leave, the victim wiped off his license plate and ran next door to contact VSP. While Troopers responded to the area, it was determined that the truck was registered to **Andrew Bechard**, 37, a resident of Jeffersonville, VT. VSP was unable to locate Bechard initially due to the fact that he actively avoided law enforcement. The following day, VSP showed the victim a photo lineup, including a photo of Bechard. The victim was able to identify Bechard as the male responsible for the burglary.

On February 28, Troopers from the Williston and St. Albans barracks executed two warrants in Jeffersonville, VT. One warrant was conducted at the residence of Bechard and a second warrant was conducted at a storage unit rented by Bechard. Subsequently, Bechard was later arrested and arraigned on the charge of Burglary. Case #: 11A200844

COURT REPORT

January 21, 2011, **Kevin F. Gibson**, 24, Underhill, VT, charged with DUI, second offense, in South Burlington, VT on August 15, 2010; pleaded guilty; fined \$300, sentenced to four to 12 months, suspended but 60 hours, probation.

January 21, 2011, **Georgia O. Boylan**, 20, Essex Junction, VT, charged with DUI, first offense, in Richmond, VT on August 16, 2010; pleaded guilty; fined \$300.

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MMU Leo Club collects food for Richmond Food Shelf

Three Mt. Mansfield students, all members of the newly formed MMU Leo Club, collected and delivered approximately 400 pounds of food and \$30 to the Richmond Food Shelf. This special food drive was part of the Vermont Lions Club's "Food from the Heart" campaign. This campaign had Lions from across the state collecting food from local stores for local food shelves. The Richmond Market was generous in allowing the MMU Leo Club to occupy their lobby during the day on Saturday, and the generosity of the community was overwhelming: over half of the store's customers donated items. The Richmond Food Shelf, located on Bridge Street, provided assistance to 55 families in January, and the MMU Leo Club was very happy to help restock their shelves. While they turn no one away, the Richmond Food Shelf primarily serves the Richmond, Bolton, and Huntington communities.

While this campaign was a state-wide Lions Club event, what was unique in Richmond was that the Lions were actually members of the MMU Leo Club, which was formed last month by students from Mt. Mansfield Union High School and sponsored by the Jericho-Underhill Lions Club. This young group has been busy: other recent projects include the placement of the Planet Aid clothing donation box at the high school and volunteering time at the Penguin Plunge. They are planning a large food drive at MMU on Friday the March 18 for the Jericho/Underhill/Essex Ecumenical Food shelf, and plan on volunteering at the Special Olympics Winter Games in March.

According to Lion Will Wright, Leo Club Advisor and mathematics teacher at MMU, "These young adults are excited to give back to our community. Through this important work, students plan to make a difference in our community while developing their leadership skills." The MMU Leo Club meets on Thursdays before school in Mr. Wright's room at MMU. Students at MMU who would like more information about the MMU Leo Club can attend a meeting or contact Mr. Wright directly.

An integral part of the Lions international network, Leos have their own network of more than 5,700 Leo clubs in approximately 140 nations, with 4 in Vermont. Lions Clubs International is the world's largest community service organization, with 1.3 million members. Today there are more than 45,000 Lions clubs in approximately 200 countries and geographic areas. Regardless of the language Lions speak, religion they practice or politics they support, they all share a common dedication to helping people in need. The international scope provides Leo and Lions club members a unique global identity. Leo clubs are open to young people with good character and an interest in serving their communities. While helping others in their community, Leos develop leadership skills and experience teamwork in action.

The Mountain Gazette

6558 VT RT 116, Starksboro, VT 05487
Phone: (802) 453-6354

Email: mtgazette@earthlink.net

Website: www.mountaingazetteofvermont.com
Deadline: March 24 • Publication: April 7

Brenda Boutin, publisher / editor / ad sales,
Ted Tedford, Phyl Newbeck, Ridhard Mindell - writers

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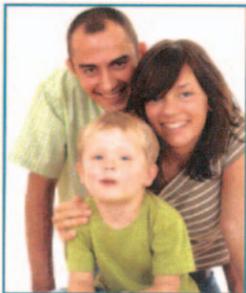
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COMMUNITY COLUMNS

Clark's Truck Center sign controversy

By Suzanne Kusserow
Guest Senior Columnist

Clark's Truck Center stands on the corner of Route 15 and Brown's Trace in Jericho. It has been a long-established business in town, started years ago, by the present owner's father, Elwood Clark; Randy is now ably assisted by his three sons. All members of this family, men and women, have been active in the fire department and the ancillary women's auxiliary. A few years ago, the business erected a large, electronic sign, which announced the time and temperature. Then someone had the good idea of listing birthdays, community events, school games and concerts, church suppers, etc. Each group donated an amount, chosen by them, which was collected and given to various families in the Underhill-Jericho area who had been hard-hit by an unexpected tragedy, often a fire that the Department and its members had personally been involved in fighting.

Recently, the state Department of Transportation declared that the sign was illegal, since it was allowed only to advertise those messages that were directly connected with the business: "batteries for 20% off", or "tires at half price", for example. This was protested, debated, and brought to 'committee' and the limitation was ultimately supported under a state law. So now we can no longer read that Maude had a sixteenth birthday or that Brown's River Middle School was putting on a play on January 24.

How can laws of this sort be substantiated, particularly when the Shakespearean tenet of "quality of mercy" is not considered as part of a legal decision? How does the moral and ethical philosophy of Western culture influence how we form, create, obey and disobey the legal derivatives that are labeled as laws? In very general terms, there are two major routes of moral thinking: utilitarianism and deontology. (There are others, but this is an essay, not a textbook, so forgive the lack of further detail.) Utilitarianism can be carelessly, but understandably, summed up by the phrase: "The greatest good for the greatest number".....the utility or usefulness of an idea or decision. Deontology, from the Greek word for duty/obligation, and is often referred to as the golden rule of thinking. But that is not entirely accurate. This actual rule, called the categorical imperative means just that: It is imperative that you must be willing to place yourself in the category that you are defending. If you are for slavery, for example, then you must be willing to be placed in that category.

Paul Ramsay wrote a book entitled *The Patient as Person* in which he gives a vivid example of the two patterns: there is a child in the hospital that has an incurable disease. A research group has a drug that might possibly be helpful, futuristically, for other children who have this disease. But it may cause some pain. A utilitarian would say: "If it might benefit others, then we need to consider it." A deontologist would say: "If it causes any increased pain to this child, then it is not permissible. This is a person, not an experiment."

Governments tend to form laws based on utilitarianism....the greatest good for the greatest number. Deontologists say that we have an obligation to even the smallest among us. So, we can begin to see how this plays out in something like the sign at Clark's Garage; it is 'harm/good' versus the number of people it

Everyone is old enough to help



Sonja Nussbaum, 10 year old resident of Richmond collected needed supplies for Save Our Strays and presented them Saturday March 5, 2011 at Walmart, Williston. PHOTO CONTRIBUTED

affects....something like a quality versus quantity debate. People in the area have called the Department of Transportation, asking why the law can't lean a little more towards leniency; others have stated: if we all disobeyed laws, what would happen? There are two quotes that I would like to use, since my wish is to offer some thoughts, but I am not wise enough to offer a conclusion:

"The quality of mercy is not strain'd;
It droppeth as the gentle rain from heaven
Upon the place beneath: it is twice blest;
It blesseth him that gives and him that takes....."
Shakespeare

And from Ralph Waldo Emerson:

"Duty: stern daughter of the voice of God"

The number to call if you wish to register your opinion with the Department of Transportation is: 1-802-828-2657 X3508.

Love

By Suzanne Kusserow
Senior Guest Columnist

I sit here on the plane with my eleven-year-old granddaughter in the next seat. After hours of flying (Vermont to California) she is struggling to find a comfortable place to curl up and relax; the two phrases are not compatible, she finds. On a plane, neither curling nor comfort is possible. She is still small enough and optimistic enough to think it can be done. She heaves my coat on my lap, then circles her head around a few times to make a hollow; I put her coat over her legs. I stretch and raise one leg higher than the other in an effort to accommodate. It lasts 2 minutes at most; then she tries her head on the plane window padded with her sweater, and puts her legs across my lap. Rubbing her now-available feet only makes her giggle. The somewhat-blubbery woman next to me, offers her effusions for Ana to stick her feet under, but that does seem a bit rude for us to follow through. She tries the head-on-lap position once more and burrows into my thigh like a red squirrel looking for a lost nut. I instinctively stretch out my hand and start to stroke the tendrils around her cheeks, sprouting out from her pigtailed. She reaches up and by pantomime shows me where to rub, scratch, stroke.....a made-to-order massage. Thus, she settles a bit, still thrashing occasionally, but resigned to the contortions of plane travel. The cabin lights dim; the man in front of us turns off his light; the plane hums like a huge swarm of worker bees.

I have a gradual image...not a flash of epiphany, but a slow blossoming change in my memory; my mother used to stroke my head to quell the restless running in both my legs and my head as we traveled. I could not stop; there was so much to explore, so much to figure out; how pieces of the world's large puzzle game could possibly fit together, and then be crammed into the smallness of one child's brain. Somehow the soothing rhythm of hand to head gave me the peacefulness to drop off to sleep.

My mother and I were not close. She tried to reach; I tried to avoid. And we missed each other's hands someplace in the dark of the years between us. What could have been the guidance of an old friend did not meet the energy of youth and wonder. I have always regretted this. As I grew into my own family, I did not seem able to transfer my middle years to the periphery of the years my mother was facing, or, in reality, was slowly leaving. I, who could give skilled and caring comfort to my Hospice patients, dug into my heart to be "better" for her, and found pain instead of patience. I have regretted this terribly; I have remembered so much about her, lately, as I grow older and find the signals in my own aging which could have given me more understanding. She was the daughter of a South Dakota prairie pioneer, who still sadly remembered dropping a pail of eggs, freshly-warm from the hens. This loss, as the wagon

was being packed for market, meant there would be no oranges in the Christmas stockings. She was the only sibling who got through college, on a miracle of determination. She faced breast cancer, not telling anyone until she was in the hospital; to do otherwise, would have deserted the stoicism with which she necessarily had been raised. She vividly and silently suffered a major stroke, but still stayed awake at night, practicing a small story, so she could tell it to my daughter the next day. It was unintelligible, slurred and muffled, but the little four-year-old seemed to understand it, sitting on the foot props of Gramma's wheelchair.

So, I am here on a plane, with my granddaughter's head buried in my lap, and I am stroking my mother's head, taking the gray, wiry hairs away from her wrinkled cheeks. And somehow, she is here; somehow she understands that I really did love her, and somehow I can forgive myself for being too hurried, too possessed with my small jobs. What is it about love that is gently contagious? What is it in that droning, darkened plane that brought three generations together? I can feel her forgiving me, just as I forgive myself for not knowing then what I know now. For a small moment I am in possession of the magic of time, that melds together the past, present and future into a sense of peace, that takes small fingers and fits them into arthritic hands, and soothes and loves the vagrant in us all.

Is it Possible to Spoil a Baby

By Dr. Lewis First

Parents have been lavishing lots of attention on me with questions about whether or not they are spoiling their babies with the attention they give to them. Well, I don't want this topic to spoil so let me quickly provide some information for those parents who worry about spoiling their infants.

The good news is that contrary to what you may have heard, you cannot spoil a baby. In fact, babies who consistently receive a quick response to distress - especially during the first 6 to 8 months - actually cry less than babies who have been left to cry by parents who fear always picking them up might spoil them. In addition, many newborns left to cry before being offered breast milk will have a more disorganized suck and greater difficulty latching on correctly. It has also been found that toddlers who got a quick response to their cries as babies become independent more quickly than children who did not.

Why is responding immediately to a baby such a good thing? It allows baby to develop a strong trust in others and in one's self and with it a basic sense of security about the world. They can then begin to explore that world knowing that they can get the help and comfort they need when they need it.

By responding I don't mean big responses like always feeding your baby or taking them to bed with you when they cry. Lavishing your infant or toddler with gifts or meeting their every request is also not what we're talking about. (And that goes for grandparents, too).

The goal is to provide for them what they need, not necessarily what you think they want. Simple things like speaking softly, moving close to your baby, touching them or wrapping them snugly in a blanket will often be enough to settle them down and replace that need to always respond by feeding or carrying your baby around with you.

Most importantly, remember that your baby is not crying to be manipulative. They are really asking for something - be it a feed, diaper change or acknowledgement of being lonely. Just as you like to be listened to when you talk, so does your baby when he or she cries.

Hopefully, tips like this will not spoil any of the fun you should be having spoiling your newborn baby.

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273 VT Rt. 15 - between Jericho and Underhill
Rev. Dagmar Rosenberg, Pastor - 899-3932
Sunday Worship 9:00 AM - Nursery provided
Sunday School for all ages - 10:30 AM
gslcvt@myfairpoint.net www.GoodShepherdJericho.org

JERICO CONGREGATIONAL CHURCH
"An Historic Church Proclaiming an Eternal Message"
On the green in Jericho Center, VT
Pastor Peter Anderson & Youth Pastor Glenn Carter
Sunday Services at 8:00am & 11:00am
Nursery Care provided
Sunday School at 9:30am for all ages
Fellowship at 10:30 AM
Sunday Youth Group at 6:15 PM
899-4911 www.jccvt.org

JERICO UNITED METHODIST CHURCH
"Open Hearts, Open Minds, Open Doors"
71 Vermont Route 15, Jericho (next to Town Hall)
Rev. Patrice Goodwin, 899-4288
Rev. John Goodwin, 899-4288
Sunday Worship Service, 9:00 AM
Children's Sunday School, 9:00 AM
Men's Breakfast - third Sunday, 7:00 AM
jerichoumc@jumcvt.org • www.jumcvt.org

MOUNT MANSFIELD UNITARIAN UNIVERSALIST FELLOWSHIP
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phone 899-5335 ~ website www.mmuuf.org
We gather at 9:30 AM at the newly renovated space at 195 VT RT 15, Jericho (red barn across from Packard Rd) on the 2nd and 4th Sundays of September-June
beginning Sunday, September 14, 2008
for worship, reflection, growth, and support.
All are welcome.

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www.unitedchurchofunderhill.com
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EVENTS

COMING EVENTS

Thursday March 17

Newt Night presented by the North Branch Nature Center of Montpelier, Phoenix Books and Café at Essex Shoppes and Cinema, 6:30 PM. Free. Budding scientists, concerned citizens, and naturalists-at-heart are invited to learn about Vermont's Amphibian Monitoring Program. There will be live specimens, a slide show, demonstrations, and loads of fun and knowledge to be enjoyed by all attendees. Space is limited; to reserve a spot or for more information, please contact Rachel Mower at 802-872-7111 or rachel@phoenixbooks.biz. This demonstration involves delicate critters, so is best for ages 5 and up.

Friday March 18

33rd annual Casino Night, Johnson State College, Stearns Student Center, 8:00 PM to midnight. Admission is \$7 at the door and includes food and refreshments. A cash bar serving beer and wine will be available. For more information, contact the Student Government Association at 635-1232.

Saturday March 19

5th Annual Mount Mansfield Unitarian Universalist Fellowship Dinner Dance with Tammy Fletcher, Underhill Town Hall, 6:00 PM. \$15 for dinner, dancing and auction. BYOB Call 899-2982 for tickets or questions, see mmuuf.org for list of some auction items.

Sunday March 20

Gosselin with team Downward Dogs raise money for lung cancer research - After participating in two Free To Breathe 5Ks in Philadelphia, PA, Underhill Center native Paul Gosselin, will be traveling to Los Angeles, CA to take part in the inaugural Free To Breathe Yagathon.

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Paul, along with 'Downward Dogs' teammates Christina B. Lind, Denise Vasi and Stephanie Gatschet all of *All My Children* fame, will perform 108 sun salutations, raising money and awareness for lung cancer research. Also a part of the team is Stephanie's mom, Nancy Gatschet, a lung cancer survivor. If you wish to donate, you can find more information at www.paulgosselin.net or visit him on Facebook at www.facebook.com/Mr.PaulGosselin.

Wednesday March 23

CareerJAM, Saint Michael's College, Alliot Student Center Lobby, 11:00 - 1:00 PM. Employers registered so far include Howard Center, Kaplan Test Prep, Mary Kay Cosmetics, Comcast, National Life Group, Capsite, Vermont State Police, New York Life Insurance Corporation, Fastenal, The Vermont Agency, Vertek Corporation, Fenwick and West LLP, Kwiniaska Golf Club, Echo Lake Aquarium and Science Center, Union Street Media. Registrations are still coming in.

Saturday March 26

Bird Monitoring Walk, Birds of Vermont, Huntington, 8:00-10:00 AM. Join Executive Director Erin Talmage on our monthly surveying walk. Bring snow shoes, rain boots, etc., depending on weather. Trail conditions vary. The walk is the last Saturday of the month throughout the year, but the times will change as the seasons do. Call us at 802 434-2167 or email us at museum@birdsofvermont.org.

Genealogical Research in New York State - New York State is a most difficult place to search for ancestors. Gloria Pratt of The Northern New York American-Canadian Genealogical Society and her daughter, Anastasia Pratt, PHD, Clinton County Historian, will share their expertise and tell you how to go about finding vital records in New York State. Join us from 10:30 AM to 12:00 PM. Donations are appreciated for classes. Questions? Please visit our website <http://www.vt-fcgs.org>, or email mail@vt-fcgs.org.

Saturday, March 26

Auction - Jericho Community Center in Jericho Center. Doors open at 4:00 PM, and live bidding starts at 5:00 PM. The auction is free and open to the public, and offers free food and entertainment. The kids can play in the supervised play room while adults view and bid on the wonderful and unique items from local artisans and establishments. Enjoy music by local musicians Derek Burkins and Andrew James of Citizen Bare. Cash and checks accepted as payment.

Thursday March 31

Rabbi Max Wall Memorial Lecture, Saint Michael's College, Colchester, Hoehl Welcome Center, 4:30 PM. Dr. Richard Sugarman, of the University of Vermont Religion Department, speaking on "The Phenomenon of Generational Responsibility."

ONGOING EVENTS

ADULTACTIVITIES

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

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

Chittenden County Stamp Club, First Wednesday of the month 6:15-8:30 PM, GE Healthcare, 1 IDX Circle, South Burlington, VT. Everyone is welcome to come learn about stamp collecting, postage history, cachets, postcards and postage stamps or a variety of other knowledge. Lainey Rappaport (802) 660-4817.

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

Green Mountain Chapter of the Embroiders Guild will meet on April 13 at 9:30am at the Pines Senior living community, 7 Aspen Dr, South Burlington. First meeting is complimentary. Contact number 879-0198.

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

Mt. Mansfield Scale Modelers gather on the third Thursday of the month from 6:30 to 8:30 PM. Modelers encompassing all categories of interest and skill levels are welcome. Brownell Library, Kolvoord Community Room, Lincoln Street, Essex Junction. Next meetings Thursday December 16, 2010; Thursday January 25, 2011; and Thursday February 24, 2011.

The women of the United Church of Underhill meet on the second Saturday of each month (March 12) at 8:00 AM at the Church located at the park on Rt. 15 in Underhill Flats. Women interested in sharing Christian prayer and discussions are welcome. Contact Julianne Nickerson at 899-3798 for more information.

The VT-French-Canadian Genealogical Society presents two classes in April to help you in your search for your ancestors. Donations are appreciated for the classes. Vermont French Canadian Genealogical Society is located in Fort Ethan Allen, Colchester. We can help you get started in finding your ancestors, even those that are not

French Canadian. We have the complete Vermont Vital Records so you don't need to drive to Middlesex to access that information. Come see us on Tuesdays from 3:00 to 9:30 PM and Saturdays 10:00 AM to 4:00 PM. Parking and entrance on Hegeman Ave. across from the State Police. Please visit our website <http://www.vt-fcgs.org>, or call 802-238-5934 for more information.

Beginning Genealogy - Saturday, April 16, from 10:30 AM to 12:00 PM - Sheila Morris will teach you how to get started with this very rewarding hobby. You do not need to have French-Canadian ancestors to get started with our resources. Bring as much information as you can about your grandparents; births, marriages, deaths and where they lived. Afterwards our volunteers can help you get started.

The Civil War-Scott Tower will give a presentation on the different resources he uses to research a Civil War soldier's records and personal history. He will also do a slide show on the different battlefields and historic sites he has recently spent two weeks touring. Please join us on Saturday, April 30 from 10:30 AM to 12:00 PM.

HEALHEVENTS & GROUPS

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

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

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

Alzheimer's Support Group - Free educational support group series for families coping with a loved one with Alzheimer's disease and related dementias. This series gives caregivers the opportunity to better understand and develop strategies for the future. Held monthly at The Arbors at Shelburne. For more information and to register, contact Nicole Houston, Director of Family Services, The Arbors at Shelburne, 985-8600.

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

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

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

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

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

KIDS

"MUSIC WITH MIA" weekly musical story time at University Mall. Kids can enjoy music, stories, and sing-a-longs with local singer/song-writer Mia Adams. Located in center court, Mondays at 10:30 am. Free. This series goes through March 28, 2011. For more information, please call 863-1066 x11.

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

Monday: Jericho Community Center 9:30 - 11:00 AM.
Wednesday: Bolton's Smilie Memorial School 8:15 - 10:15 AM and Richmond Free Library 8:45 - 10:15 AM and Huntington's Brewster Pierce Memorial School 3:00 - 5:00 PM.

Friday: Underhill Central School 9:30 - 11:00 AM.
Underhill Family Play Night, in the Smilie School gym, usually the first and third Fridays, 6:00 - 7:30 PM. Free. Mostly unstructured play with the school's equipment. Contact Tim Grover, 434-4180.

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

SENIORS/COMMUNITY MEALS

Jeri-Hill XYZ Seniors meet at the Town Hall in Underhill Center on the first and third Wednesday of each month. All seniors are welcome! Dinners are served at 11:30 AM. For information, please call Bette Workman, 899-4446, Loreen Teer, 899-1363 or Doug Keith 899-2582.

Ongoing Events continued on page 5

CATS WITH KIDNEY FAILURE CAN LIVE HAPPY, ACTIVE LIVES FOR MANY YEARS.

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HEALTH / SENIOR INFORMATION

New healthier living workshops

Living with chronic diseases is challenging physically and emotionally. FAHC will be holding two series; *Healthier Living with Diabetes Workshop* and *Healthier Living Workshop* designed to help people living with chronic conditions take charge of their life, their health and their future. Workshops will help people learn tools and techniques to improve the quality of their life. Participants reported being more active, more in control and happier with their life after attending these Workshops.

These six week programs have helped over 1200 Vermonters living with chronic conditions to take charge of their life. People will learn how to deal with pain, fatigue, frustration and isolation, breathing techniques to reduce stress, exercise to improve strength and flexibility, how to lessen side effects of medication, how to communicate with family and health professionals, how to eat healthy and evaluate health treatments.

Healthier Living with Diabetes is being offered at Tilley Drive, South Burlington Mondays April 18 through May 23, 1:30 to 4:00 PM. This workshop is honed for those diagnosed with diabetes and their caregivers. Topics include healthy eat-

ing, glucose monitoring, physical activity and information about medications used to prevent diabetes-specific problems.

Healthier Living is offered at the Colchester Family Practice, Thursdays, April 21 through May 26, 5:30 to 8:00 PM. These classes target people with other chronic conditions like arthritis, heart disease, asthma, fibromyalgia, lupus, mental health issues, back pain, cancer, diabetes and more. Over half of the participants have had at least two chronic conditions and over a quarter have three or more.

Though everyone who participates has their own unique story what they share is a fear for their health, isolation, frustration and a desire to make some changes. Participants report fewer visits to their doctors, fewer trips to the emergency room, felt less discouraged by their symptoms, had more confidence in performing every day activities, more confident about managing their condition and found their health did not interfere as much with their daily chores or social activities.

The workshops are free but class size is limited. Call 847-2278 for advanced registration.

Ongoing Events continued from page 4

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

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

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

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

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

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

SPORTS ACTIVITIES

Pilates - Wednesday evenings at 6:30 PM at MMU. Monday evenings at 6:00 PM and Saturday mornings at 9:00 AM at Dakini Studio. Call Lisa Timbers at 899-4191 for more information or visit her website at <http://timbers.wordpress.com>

Zumba - Wednesday evenings, 6:00 PM, Jericho Community Center. For more info contact Lori Preiss at 899-0343 or visit website: www.greenmountainzumba.com

SUPPORT GROUPS

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

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

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

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

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

TOWN GOVERNMENT & ORGANIZATIONS

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

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

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

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

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

Village of Jericho, Inc. - Please be advised that the Board of Water Commissions of the Village of Jericho, Inc. will hold its next monthly meeting Tuesday March 15, 2011, 7:00 PM.

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

THRIFT SHOPS & FOOD SHELVES

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

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

CVAA Senior Meals

The Champlain Valley Agency on Aging offers an ongoing series of special meals for groups of seniors at a variety of restaurants in the area. The schedule is listed below. All seniors are welcome to join the group and enjoy lunch with neighbors and friends. Participating seniors must be at least 60 years old, or the spouse of someone at least 60 years old. Suggested donation for meals is \$3 at Covenant Church and United Church; for meals at other sites, \$5. Transportation may be available if needed. Reservations are required for these meals and may be arranged ahead of time by calling 865-0360.

Thursday March 17 - Dutch Mill, Shelburne Road, 10:30 AM check in, 11:00 AM lunch. Corned beef, cabbage.

Friday March 18 - United Church, Hinesburg, 12:00 noon. Creamy mac and cheese, broccoli and cauliflower, fruit bread and pears.

Monday March 21 - Covenant Church, Essex Ctr., 12:00 noon. Stuffed green peppers, cole slaw, pumpernickel bread, fruit filled cookies.

Monday March 21 - Papa Nick's, 3:00 PM. boiled dinner.

Tuesday March 22 - Pizza Putt, So. Burlington, 10:30 AM check in, 11:00 AM lunch. Spaghetti and meatballs.

Wednesday March 23 - Essex Grill, Essex Jct. (formerly where A.J.s was) 10:30 AM check in,

11:00 AM lunch. Shepherd's Pie.

Thursday March 24 - Holiday Inn, So. Burlington, 11:00 AM check in, 11:30 AM lunch. Turkey dinner.

Friday March 25 - United Church Hinesburg, 12:00 noon, Spaghetti with meatballs, tossed salad, Italian bread, bananas pudding.

Monday March 28 - Covenant Church, Essex Ctr., 12:00 noon. Salisbury steak, new red potatoes, fall vegetables, pumpernickel bread, fruit cocktail.

Tuesday March 29 - Ponderosa, Williston, 11:00 check in, 11:15 lunch. All you can eat buffet.

Wednesday March 30 - JP's Restaurant, River Road, Essex Jct., 10:30 AM check in, 11:30.

Friday March 31 - Pizza Hut, Susie Wilson Road, Essex Jct., 10:30 AM check in, 11:00 AM lunch. All you can eat pizza buffet.

Friday April 1 - Hinesburg Meal site, 11:30 AM.

Monday April 4 - Pizza Hut, Susie Wilson Road, Essex Jct., 10:30 AM check in, 11:00 AM lunch. All you can eat pizza buffet.

Tuesday April 5 - Ponderosa, Williston, 11:00 check in, 11:15 lunch. All you can eat buffet.

Wednesday April 6 - Dutch Mill, Shelburne Road, 10:30 AM check in, 11:00 AM lunch. Stuffed baked chicken.

Is your chi in check?

CVAA provides *Tai Chi for Arthritis* programs, lead by certified volunteers throughout the Champlain Valley. The program, developed by Dr Paul Lam and promoted by the Arthritis Foundation, contains all the essential principles of Tai Chi that support the improvement of flexibility. Improved flexibility reduces stiffness and helps keep joints mobile. Stiffness causes pain; increased flexibility relieves pain. What is more, it reduces the occurrence of falls by a whopping 47%.

Study after study has shown Tai Chi can: reduce anxiety and depression; improve balance, flex-

ibility and muscle strength; reduce falls; improve sleep; lower blood pressure; improve cardiovascular fitness; relieve chronic pain; increase energy; and provide an improved overall sense of well being.

Arthritis Foundation Tai Chi classes will be held at the Richmond Free Library Mondays and Wednesdays from 1:30 to 2:30 PM for eight weeks beginning April 11. Class size is limited so call CVAA's Mike Bortin, 865-0360 early to register. There is no charge for these classes.

For more information call 1-800-642-5119 or click on cvaa.org.

RECIPES BY MARIAN TOBIN

Chocolate Chip Raisin Cookies

- ½ cup shortening
- ½ cup sugar
- ¼ cup firmly packed brown sugar
- 1 egg
- 1 teaspoon vanilla
- 1 cup all-purpose flour
- ½ teaspoon baking soda
- 1 package (6 oz.) chocolate chips
- ½ cup dark seedless raisins

Cream together shortening, sugars, egg and vanilla until fluffy. Blend in flour, soda, salt (if using), chips and raisins. Drop from teaspoon on ungreased baking sheet about 2" apart. Bake at 350 degrees for 8 to 10 minutes. Cool on rack.



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Community Pot Luck honors service of National Guard members

By Phyl Newbeck
Special to the Mountain Gazette

Elizabeth and Richard Bernstein had a great idea. They would host a pot luck dinner at the Community Center in Jericho to serve, in part, as a welcome home to Vermont National Guard members. Over 60 people came to the Community Center on the evening of March 5. Members of the Community Center Board of Trustees brought the liquid refreshments, and guests brought dishes to share with new and old friends. "It's a chance to get to know your neighbors better," said Elizabeth. "These are people you might have seen at the post office or store but never had the opportunity to chat with." This was not the first pot luck dinner hosted by the Community Center. A 2010 event was attended by approximately 30 people. "We had a great time," said Elizabeth, "so we decided to do another one." In the interim, Richard had joined the Vermont State Guard which serves as a backup to the Vermont National Guard. Realizing that the recently deployed Guard men and women would be back in Vermont, they decided to focus the pot luck on those returning soldiers. The Bernsteins presented the idea to the Community Center Board which agreed to host the event.

For Richard, the pot luck was a way to demonstrate his commitment to the Guard. He was in the service during the Vietnam War, saw the reception given to his fellow veterans, and is determined that current soldiers returning from action should receive a more receptive welcome. "We're deploying friends and neighbors," he said. "Many are killed or hurt and some have post-traumatic stress disorder or traumatic brain injuries. As a physician I think there needs to be a way to reach out to the community to offer services." Concerned about the rising suicide rate of veterans, Richard has offered his assistance to

the Guard. Frustrated by what he considers the bureaucracy, he decided that hosting a pot luck might be a better way to reach out to those returning from battle.

Elizabeth was pleased at the diversity of those attending. "There were families with young children," she said, "as well as older single people." At least one family featured three generations of residents. Unfortunately, only one Guard member came to the pot luck. Having just returned from Afghanistan, the soldier was given a warm round of applause and a hearty "welcome home." Even though veteran attendance was limited, Richard was happy to be able to show that soldier that he was as welcomed by his community as he was by his comrades in arms. "Whatever your political persuasion," he said "we're all grateful for their service."

Food was definitely not an issue. "We have some very good cooks in Jericho," said Elizabeth. "There was a wide array of things and it was delicious. Plus there were just enough treats that everyone got a piece of dessert but the kids didn't eat candy and cookies all night. There was abundant food and pleasant conversation."

The Bernsteins are already thinking about their next pot luck which might take place as early as before the end of the school year. "The general feeling," said Elizabeth, "was 'gosh this is nice; let's do it again'." At the next pot luck, Elizabeth will ask people to bring musical instruments in the hope of having a jam session or sing-along after dinner.

Elizabeth said she enjoyed the opportunity to chat with old friends, people with whom she had had only a nodding acquaintance, and those she had never met. "This is an excellent opportunity to get to know people better," she said. "We have our lives and we move in our own circles and sometimes we don't get a chance for those circles to intersect. This is a chance to do so."

Cambridge Historical Society sponsors best historical essay contest

The Cambridge Historical Society will be awarding \$600 to a Cambridge high school senior who writes the best essay on Cambridge History. All high school seniors who live in the town are eligible to participate. Students must write an essay on some aspect of the history of Cambridge which interests them. The essays will be judged on writing style and grasp of Cambridge history.

Essays should be 1-2 pages, exclusive of references and illustrations, single spaced in 12 pt. type. The essays are due by May 1, 2011 and the winner will be announced on June 1st. Complete rules and an entry form, as well as contact information, can be found at the Cambridge Historical Society's Web site <http://history.cambridgevt.com>.

The student with the winning essay will present

his or her essay at the Cambridge Historical Society's monthly meeting on July 13th. The student may wish to expand on the essay for this presentation.

In addition to the award to a high school senior, the society also gave \$150 to the Cambridge Elementary School 3rd grade, the grade in which local history is taught, to be used to address some aspect of Cambridge history. The award was presented by Jan Sander, historical society member and Chairman of the Cambridge School Board, at the CES assembly on February 18. The 3rd grade teachers, Mrs. Longley & Mrs. Cota, have chosen to use the money to transport the students to historic sites in Cambridge.

The Cambridge Historical Society expects to make these awards an annual event. Comments and recommendations from the public would be appreciated.

Scout Pack 621 participates in Pinewood Derby

"It was explosive," says Logan Kenny of Cub Scout Pack 621's Pinewood Derby that was held on Saturday March 5 at Jericho Elementary School.

Jericho's Pack 621 gathered with their cars, track, and spectators. Four cars at a time were put on the track. The scouts and friends counted down to zero, and the cars were released. The cars went



down the track really fast, at about two to three seconds. At the end of the track there was a digital timer which put the race times in a computer. The computer calculated the different times between the fastest and the slowest.

The races were divided among the four Cub Scout Dens, the Tigers, Wolves, Bears, and Webelos. The top three winners out of each den got to race against each other to find the top three cars of the Pack. "It was fun," said Nolan Moore.

The scouts also voted to see what car was the most creative in the Pack. The winner was Brian Redmond's tank car.

The winners for the Tiger den were: First place- Maxim DeJong; second place- Ryan Whitney, third place- Mason Bianca.

The winner for the Wolf Den was: First place-

Locals clean up in Bolton Valley's Night Rider Series

Local snowboarders and freestyle skiers from Richmond, Jericho, Underhill, Bolton, and Huntington found themselves among the top spots in Bolton Valley's Night Rider season-long point standings which culminated with the Wednesday, March 9 finals. Additional points were on the line for all competitors because the last event was comprised of two disciplines – a jump jam and a rail jam. With the points as close as they were in some divisions entering the event the standings ended up getting shuffled when the final judging was completed.

Entering the finale, Richmond's Jacob Pratt, 11 was tied for the lead in the 12 and Under Freestyle Skier category. The Camels Hump Middle School student strung together a runner-up finish in the Jump Jam and a win in the Rail Jam to lay claim to the top spot in the season-long tally. Fellow CHMS sixth grader, Zion Farrell from Bolton Valley was third in the overall standings. Charlie Bernicke, 12 from Shelburne was the runner-up.

A pair of third place finishes in the March 9 Jump and Rail Jams solidified fourth place for

Tyler Mulligan

The winners for the Bear Den were: First place- Chieftan Calacci, second place- Shane Riddell, third place- Ian Pless.

The winners for the Webelo Den were: First place- Bobby Merena, second place- Sebastian West, third place- Logan Kenny.

The overall winners for Pack 621 were: First place- Chieftan Calacci, second place- Maxim DeJong, third place- Bobby Merena.

Pack 621 also has a special race for siblings of the scouts. The winners for the sibling race were: First place- Eva DeJong, second place- Amy Merena, third place- Beck Samuelsen.

Those that placed in the top three of their den are qualified to race at the District Pinewood Derby race held in St. Albans on April 9.

Valley's Night Rider Series

Huntington's Jay Chandler in the points.

Another Richmond resident, 12 year old Douglas Fay, captured the 12 and Under Snowboard division. Fay finished out of the top three in just one event en route to the top prize.

Kirk Teare, 12, from Essex Jct. was the runner-up and 11 year-old Jonathan Twombly of Shelburne was third.

Ten year-old Kenny Addis from Bolton posted a pair of third place finishes in the Jump and Rail Jams to finish fourth in the year-long points. Addis was tied with Aiden and Kai Chmura from Waterbury Center for the position.

The top two positions in the 13-17 year-old skier category went to a pair of 16 year-old Williston residents. Maxwell Erickson took the top spot over Taggart Francis. Ellis Farrell, 13 from Bolton, finished third in the season-long standings. Other locals in the season-long standings included Richmond residents, Spencer Lefebvre (4th) and Austin Kemp (6th). Tyler Jenkins, 16 and Gabe Cohn, 15, both from

Bolton Valley continued on page 16

HOME & GARDEN INFO

Wash windows fast

I am a very busy clean freak. I don't always have the time to properly clean the windows. I mean, all that hanging out the window, or dragging the big ladder out, and up and down the ladder - it's a whole day project!

I have devised a sneaky little system that will allow you to get the windows pretty clean. It won't be as good as if you actually washed and shined them up, but it will take the majority of the grime off quickly.

If you have someone who can be inside the house and flip the windows up and down for you, this will go even faster!

You want to make a mixture of 1 cup of white vinegar and one gallon of warm water. Add a few drops of dish-washing liquid. Just a few drops!

I have a spray bottle that sprays pretty far. Or use your kids Super Soaker. Or you can use one of those bottles that attaches right to the hose. You

would have to decrease the water because the hose will automatically add water to the mix as it sprays.

Start on one side of the house. From the inside, you'll want to move all of the storm windows and screens down so that the outside of the interior window is exposed. Do the windows in the same order through every step so the first window has time to dry while you move to the others. Spray the window with the cleaning solution. Let it sit for about a minute. Rinse off with the hose.

Now, put the storms in the closed position. Spray and rinse, again in the same order as before.

Now, move the lower storm and screen up so the outside of the interior window is exposed. Spray with cleaning solution and rinse.

Ta-Da! One side is done.

Vacuum off the screens and wipe them down if needed.

Do a quick clean on the inside.

Like I said, it's not going to be perfect, but the windows will look a whole lot better and you can go do something else.

By Carole Pagan



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HOME & GARDEN INFO

Small changes to increase your chances of selling your home

Spring is traditionally a popular time to put property on the market and, after a long winter, the housing market may be showing signs of recovery. Interest rates have shifted and mortgage approvals are showing a slight increase. To boost your chances of selling your home, one of the key things to consider is those first impressions and the small stuff that can really make a difference to getting and sealing an offer crucial stuff during the current recession.

While numerous television programs have left some buyers feeling that all properties should be immaculate, neutral show homes, this is unrealistic for most people who have to live in their houses and don't have lots of spare cash (or desire) to restyle it before then moving out!

Don't put people off before they've even stepped foot in your house. A tidy, clean looking exterior, neat front gardens or paths, nice plants and flowers, nice paintwork around the front door all of these things immediately make your house look more welcoming.

Well lit homes always seem light, airy and welcoming simple things like cleaning the windows and the right lighting (no bare bulbs!) can make a real difference.

Homeliness also rates highly as it's very hard to sell a house that looks unloved. If it looks as if you don't care about, why should anyone else? Lighting the fire, clearing away clutter and touching up painted interiors can help with this.

A clean and tidy house is attractive. A smelly, uncared for one

isn't. Household odors can really put people off. Think fresh bread rather than fried breakfast! Similarly pet odors or fur can be hard to get rid of and not everyone loves Fido. These details are easy to get right but, believe it or not, can lose you a sale if you get it wrong.

According to some recent surveys, poor building work or do it yourself is a big turnoff for up to 90% of potential buyers and nearly the same amount would think twice about putting an offer in on a house with a garden that lacked privacy. Where you are restricted on what you can do in this capacity, just bear it in mind and make the best of what you have.

The kitchen comes up as one of the most important rooms, closely followed by the bathroom. No real surprises as these are the rooms that often have or require the most investment and work and therefore reflect the effort you have put in and perhaps means the new owners won't have to. You don't have to redo either of them completely, but a-gain, making the best of them through use of light, cleanliness, lack of clutter and tidy paintwork and details (handles, finishes, blinds and flooring) can make the difference between having your house in the running for an offer or having them running out of the door.

By Suzie Smith



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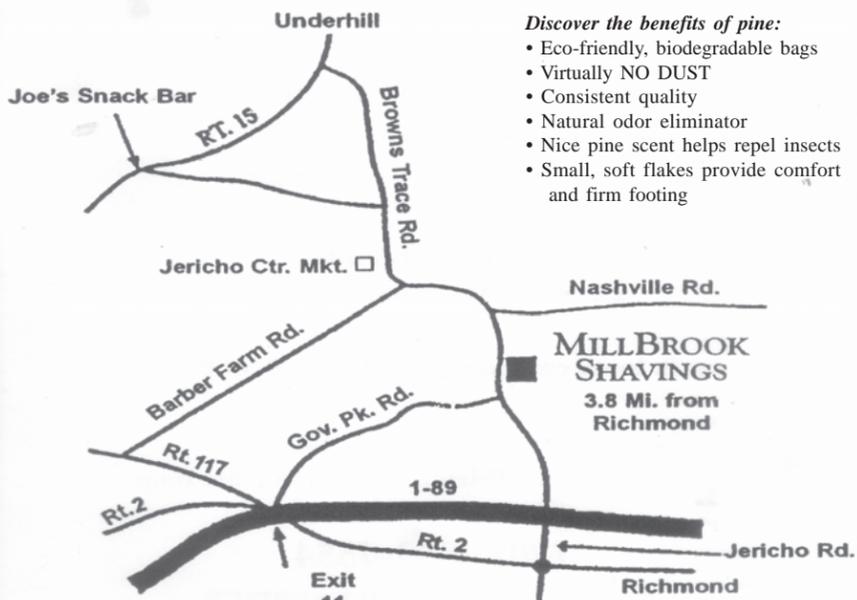
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Millbrook Shavings and Jim Hill

By Brenda Boutin
Mountain Gazette Staff

Hard times can translate to age lines and a surly disposition but not in the case of Jim Hill co-owner of Mill Brook Shavings of Jericho, Vermont. Jim and his wife Judy have been in the shavings business for over 19 year.

Jim was born in Windsor, Vermont and as a teenager he wound up living on a farm working for room and board in South Wheelock. "I was determined to get through high school," he said. And that determination and an infectious smile have kept Jim going. "I participated in 4-H and was president of the FFA chapter at Lyndon Institute."

He knew he always wanted to do something that had to do with agriculture and put himself through Thompson College of Agriculture at the University of New Hampshire achieving an Associate's degree in Animal Science. Jim went to work at Wirthmore Feeds, Williamstown, Mass.

"My college deferment ran out December 7, 1965," the smile spreads to twinkling eyes, "I joined the Navy the day I was supposed to report to Fort Dix." The Viet Nam war raged on and Hill was assigned to the guided missile frigate USS Biddle DLG 34 and spent four months in the Tonkin Gulf. He spent a month aboard the submarine USS Bonefish training on sonar in A.S.W. They were assigned to protect carriers. They rescued chopper crews that made it to the ocean and provided gunfire support to the troops in the jungle on South Vietnam during the Teit Offensive. Jim was honorably discharged in 1971 after four years of active duty and 2 years in the reserves.

Hill went home on leave before heading to war, ran into a class mate from high school and agreed to be a tour guide for her and some friends when he was back in Boston. Believe it or not that's where Jim and Judy met. "It was love at first sight," Jim explained and he gazed at Judy. "For me too!" She adds. Jim Hill and Judy Wilbur were married in 1968.

After his tour of duty they moved back home to Vermont where they both worked at Simmons Precisions in Vergennes.

Jim found his opportunity to get into something agriculture related when Billy Bartlett came to visit. Bartlett was a hoof trimmer and went from farm to farm caring for dairy animals. He approached Jim with an idea. Bartlett was going to have back surgery and would train Hill to trim but Jim ended up in a baptismal of fire when Bartlett's surgery was moved up and Hill started on his own.

Jim talked it over with Judy and she went to work at Drake Smith Furniture Factory in Bristol to earn extra money so he could build the rig he needed. Bill trimmed hooves for another 25 years then his back gave out completely. He now gets around on a Segway.

Hill trimmed around 30 cows a day and even tackled 2000 lb. bulls.

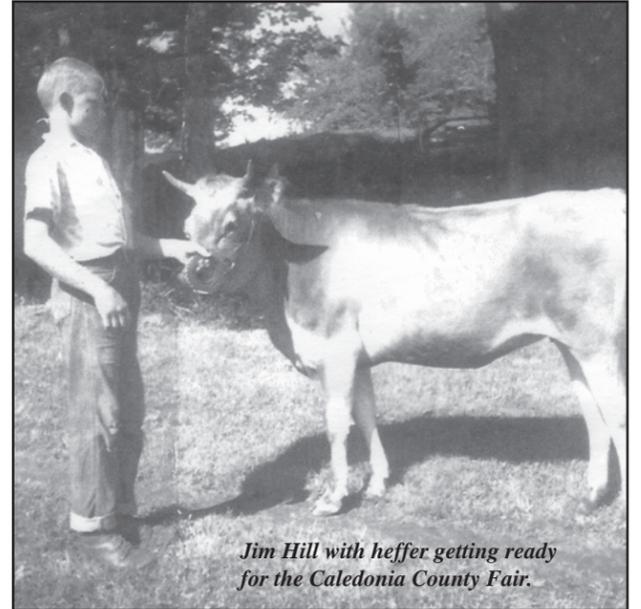
Twenty-nine years later, Hill was known as just about the best hoof trimmer around. "My shoulders, arms and hands were wearing out." Hill said. "Near the end I was only trimming for the Clifford farm in Starksboro and UVM. Hill got where the pain of his arthritis was too much to bare in cold weather.

In his travels through the regions dairy farms Hill was exposed to the variety of sawdust and shavings used at various farms. "I needed a good clean area to work in," he explained. Bedding ranges from a powder sawdust substance that got into everything to a reasonably nice grade of pine shavings.

One day a neighbor and friend who had a business delivering shavings approached Jim and

wanted to know if he'd be interested in giving him and his partner a hand. Cary Todriff and Bob Buxton were partners and in time they approached Jim about buying their business.

And so Millbrook Shavings came into being. "I thought it would take three years to build the business," he said, "But it took only one." Hill built



Jim Hill with heffer getting ready for the Caledonia County Fair.

the shavings business in just over one year and was able to get out of the hoof trimming business.

Product quality and distributors has always been a challenge, most of the shavings that Hill has distributed throughout Vermont and now with the internet all along the east coast.

Tractor trailer loads of 70 pound bags arrived on a regular basis even though he wanted shavings the chances were that a good share would be sawdust. Over the past 19 years Hill has purchased product from mills in Maine, New Hampshire, North Carolina, Florida, and Quebec, Ontario and Prince Edward Island, Canada.

As of September 2010, shavings arrive weekly by the tractor trailer load from the new Richford, Vermont mill in 30 lb. bags. The Hills pride themselves on premium quality products and number one service.

His business expanded as Vermont's horse population has grown. Ninety percent of the folks in the horse industry doing the barn work are women and the seventy pounds bags are difficult for them to lift. "Some folks cut the bags in half," he explained. "To make them manageable."

In October of 2008, Hill met with by Brent Lehouiller, "I'll make the shavings if you'll sell them." The three ensuing years have been challenging. Hill knows the quality of product he needs and has been working with Lehouiller to attain the right shavings and a packing consistency that allows each bag to be of comparable weight, high quality and low dust.

"I've always had customers asking for an American made product." Hill said. Now he has just that. All pine kiln dried shaving are produced at Maple Mountain Woodworks in Richford, Vermont. "We have customers telling us we've got the best bedding they've ever used." Jim says proudly.

"I pride myself on a good quality product and customer service." He said. Hill will deliver to you just about any time day or night. "I've had folks call and say, 'I didn't realize I was out.'" Jim would take a load to them before they were up the next day.

Today Jim distributes shavings and smiles wherever he goes. His first love is his family, wife Judy, son Shane, daughter Jessica and granddaughter Sophie.

Jim describes himself as adventurous and inventive. He loves to deer hunt, play his guitar and write songs. He's taking a vacation and is heading for Alaska in July 2011. It will be business as usual as Judy will keep the Millbrook Shavings open seven days a week.



So when you see the Mill Brook Shaving truck wave and smile, you will surely receive one in return from Jim.

Jim and Judy Hill have a drop in store in their garage. Call for times and pickup on the spot

PHOTO BY BRENDA BOUTIN

ART / MUSIC / THEATER

ART

Photography Open House with Betsy Melvin every Monday 11:30 AM - 1:30 PM to assist folks to make better snapshots. What is your purpose? Learn some good tips, whether it be for family, trips, nature, maybe something else? At The Artistic Alliance on Rt. 15, Essex Ctr. A phone call ahead appreciated: 878-3622.

Free Demonstration - Saturday March 19, 11:00 AM - 1:00 PM. Basic Ukrainian Egg Decorating with Kathy Rouleau. Kathy has been decorating eggs professionally for more than 20 years. In her demonstration she will show how these eggs are made by using a technique of waxing and dyeing, a batik process used for more than a thousand years to decorate eggs. This demonstration is free and open to the public. Location: Artists' Mediums, 300 Cornerstone Dr., Williston, VT 05495 For more information: 802-879-1236. www.artistsmediums.com

Free Demonstration - Saturday March 26, 11:00 AM - 1:00 PM. Making your own patterns for Ukrainian Eggs with Theresa Somerset. In her demonstration Theresa will be exploring the methods used to create unique designs and how to transfer a design idea onto a three dimensional surface...like an egg. Did you know you can use encaustics to decorate eggs? This demonstration is free and open to the public. Location: Artists' Mediums, 300 Cornerstone Dr., Williston, VT 05495 For more information: Call 802-879-1236 or visit our website: www.artiststmediums.com

Saxon Hill School Artisan's Auction - A benefit for the Saxon Hill School, Jericho, Saturday, March 26, Catamount Country Club in Williston, VT. 6:00 - 8:30 PM. A fun evening of Live music by the Good Vibes Trio, Silent Auction, hot and cold appetizers by The Farm House Tap & Grill, Live Auction with emcee Jamie Polli, coffee and desserts. Tickets \$18. Cash bar. Tickets: voyerfamily@comcast.net

Free Demonstration - Saturday April 2, 11:00 AM - 1:00 PM. Plein Air Painting Materials and Equipment with Matt Hopper. Matt will be reviewing and discussing the variety of Holbein products available to help you travel and paint out of doors with your Watercolors, Oils, Water-soluble oils and Pastels. This demonstration is free and open to the public. Location: Artists' Mediums, 300 Cornerstone Dr., Williston, VT 05495 For more information: Call 802-879-1236 or visit our website: www.artistsmediums.com

Essex Art League member, Monique Dewyea will be exhibiting her work through the month March at the Charlotte Senior Center on Ferry Road in Charlotte. Monique will be exhibiting her watercolor and colored pencil artwork in this solo show. For more information on the Essex

Art League's programs and exhibitions please visit the website at www.essexartleague.com.

Champlain Valley Regional Art Show, through March 27, 2011 at University Mall. Enjoy the creative works of young, local artists at many area elementary, middle and high schools. Some schools include: Essex Middle School, ADL Intermediate School, Renaissance School, Rice, St. Joseph's, Malletts Bay School, Hinesburg Community School, Richmond Elementary, St. Francis Xavier, Christ the King, So. Burlington Schools and many more. Explore Oil Pastels with Carol Boucher at the Essex Art League Meeting on Thursday, March 3

Michael Smith's new show, Rural Pop Art and Other Behavioral Oddities opens at the **Emile A Gruppe Gallery**, in Jericho, will hang through Sunday, April 10. Rural Pop Art is a contrast to pop art generated by urban popular culture during the '60's; combination of acrylic and mixed media, features bright colors and unusual presentations of commonly known objects and themes, which are familiar to the more rural world.

Idoline Duke and Gowri Savoor, East Gallery, **Helen Day Art Center**, Stowe, Vermont, now - April 17.

Join us this winter at the **Fleming Museum of Art** for an incredible new line-up of exhibitions, programming and events as we celebrate life and spectacle under the big top.

Under the Big Top: The Fine Art of the Circus in America - now through May 22.

Bryan Memorial Gallery, now through February 27. Today's Legacy: An exhibition of seasonal paintings by 20 of Bryan Memorial Gallery's recently featured artists, including Mark Boedges, Kevin Fahey, Andrew Orr, Phillip Letiecq, John Pitcher, Sue Westin and Elizabeth Allen, in the Main Gallery.

The Legacy Continues: An exhibition of recent work by 20 of **Bryan Memorial Gallery's Legacy Artists** - artists who have been featured at the gallery over many years, including TM Nicholas, Mark Tougias, Eric Tobin, Barbara Lussier, Bob Duffy and Robert Blair in the East Gallery.

The Landscapes of Bradley Fox (1959 - 2010): A memorial exhibition of 30 landscapes by Bradley Fox of Johnson, VT in the gallery's Middle Room.

Bryan Memorial Gallery is open Thursday - Saturday, 11 - 4, and by appointment at any time. The gallery is located at 180 Main Street in Jeffersonville, VT 802-644-5100, www.bryangallery.org, info@bryangallery.org.

Vermont Studio Center announces: Vermont Artists Week April 21-May 1, Vermont Artists Week was created in 1984 to support Vermont's

artists and writers with an intensive week of studio work and fellowship with other Vermont artists. The Vermont Studio Center is grateful to all those who've made Vermont Artists Week possible, and would like to extend special thanks to the Vermont Community Foundation's Arts Endowment Fund, Peter and Bari Dreissigacker, and the Studio Center alumni.

Applications must be received by January 31, 2011. To apply, fill out the application form and mail it with the following: Manuscript or Portfolio. See application for details. Current Résumé. \$10 Application Fee. You may pay by check in US dollars, money order or credit card (VISA, MasterCard, Discovery, American Express). Self-Addressed Stamped Postcard (Optional). Returned to you as confirmation of receipt of your application. Email the Vermont Studio Center if you would like to receive a paper copy of the application in the mail.

MUSIC

The music of composers from Brahms to David Whitaker will fill the sanctuary of the **Second Congregational UCC Church** as the Johnson State College Chamber Singers present a concert on Tuesday April 5 at 7:30 PM. The Second Congregational UCC Church - the "Jeff Church" - is located on Church Street in Jeffersonville. The concert is free and offers concertgoers an opportunity to donate money or food to the Cambridge Food Shelf.

The Vermont Symphony Orchestra's "Fiddlesticks!" String Trio will present three performances in area schools on March 22. (See schedule below.) The day is made possible by generous support from People's United Bank. Performance schedule: Westford Elementary School, 8:45 AM; Underhill Central School, 10:30 AM; Underhill ID School, 1:00 PM.

For more information on "Fiddlesticks!" or the VSO's *SymphonyKids* programs in general, please call Eleanor Long at 800-876-9293, ext. 14.

5th Annual Mount Mansfield Unitarian Universalist Fellowship Dinner Dance with Tammy Fletcher, March 19, 6:00 PM Underhill Town Hall, \$15 for dinner, dancing and auction. BYOB Call 899-2982 for tickets or questions, see mmuuf.org for list of some auction items.

Thursday March 17

Irish Fiddle Workshop with **Mairead Ni Mhaonaigh and Ciaran Tourish** at 3:00 PM at the Burlington Violin Shop. For intermediate to advanced players. Presented by Fiddleheads and Young Tradition Vermont. Reservations required. Contact mrksustc@together.net

Altan at 7:30 PM at the Flynn Center for the Performing Arts in Burlington. Presented by the UVM Lane Series and the Flynn Center for the Performing Arts. Contact www.lane.edu/

laneseries.org or www.flynnntix.org

Thursdays (every week except where noted otherwise)

Kids Beginner Djembe Drumming class with Jeh Kulu's West African Teachers. Thursdays from 5pm to 6pm. Adult class from 6:00 to 7:00 PM. Starts 9/30/10. Contact Louise Rickard 802-453-5664 or lrickard8@gmail.com

Irish Session at the On The Rise bakery in Richmond. Fourth Thursdays. Contact 802-434-7787 or <http://ontherisebakery.net>

Friday March 18

O'hAnleigh, McFadden Academy of Irish Dance and Patrick Webb at 7pm at the Brick Church in Williston. Part of the Brick Church Music Series and the 2011 Burlington Irish Heritage Festival. Contact www.vtishfestival.org

Fridays (every week except where noted otherwise)....

Old Time Music Jams starting at 5:30 PM in the Billings North Lounge at the University of Vermont in Burlington. 1st Fridays. Sponsored by the UVM Old Time Music Club. Contact Michael.Verla@uvm.edu

Saturday March 19

Irish Fiddle Workshop with **Liz Carroll** at 6pm at the Burlington Violin Shop. For intermediate to advanced players. Presented by Fiddleheads and Young Tradition Vermont. Reservations required. Contact mrksustc@together.net

Sunday April 3

Earthly Ground: The Vermont Poetry and Song Project, Part 1 with Social Band at 4:00pm at the First Baptist Church in Bristol. Contact Ann Pearce 802-658-8488 or www.socialband.org

Mariachi Los Camperos de Nati Cano at 7:00 PM the Flynn Center for the Performing Arts in Burlington. Benefits the Tom Sustic Fund. Contact 86-FLYNN or www.flynncenter.org

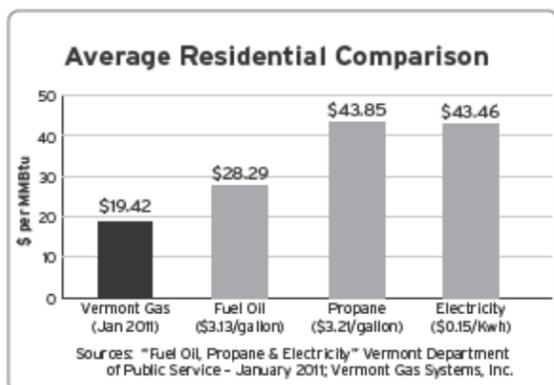
THEATER

Shelburne Players present a night of comedy for mature audiences with *Beyond Therapy* at Shelburne Town Center in April. Christopher Durang's comic farce features confused lovers, seductive therapists, and hypersensitive bisexuals in this smart farcical comedy of oddly romantic complications. Performances will be held at Shelburne Town Center stage, 5420 Shelburne Road in Shelburne on April 8, 9, 14, 15 and 16 at 7:30 PM and on April 10 at 2:00 PM. Tickets are \$15 general, \$10 seniors and students, and can be purchased in advance at Shelburne Supermarket, or by calling 985-0780. All tickets are \$10 on the Thursday, April 14th performance. For further information, directions and to reserve tickets on line please go to www.shelburneplayers.com.

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Teen Suicide: A Vermont Tragedy

Last installment in a three-part series on the causes, impact and prevention of teen suicide, in Vermont

Part III: Preventing Teen Suicide

By Richard Mindell

Special to the Mountain Gazette

For many years, there has been little discussion over how to prevent teen suicide. This is not the result of a consensus among mental health care professionals on how to achieve that goal. There simply hasn't been any discussion at all. Recent events, however, have changed that. People in Vermont, particularly in our greater-MMU community, have been rocked by several teen suicides in recent weeks. Those events have finally sparked a debate among mental health care providers, school administrators and others who are determined to do something to stem the tide of our young people resorting to suicide as a way to solve their problems.

On one subject, however, there is a consensus. If parents, friends and school personnel, including teachers, administrators, guidance counselors and support staff, are able to recognize the warning signs of teen suicide, then we are closer to solving the problem.

Mental health care providers agree depression is at the root of most teen suicides. Many things can trigger the event, but the underlying cause is usually depression. It's no coincidence, then, that when mental health care professionals describe the warning signs of teen suicide that list is almost interchangeable with their list of symptoms for teenage depression. Accordingly, if we can steer our troubled teens toward treatment for depression, we can go a long way toward preventing more cases of teen suicide in our community.

But that idyllic prescription is based on one simple assumption... that training people how to recognize the signs of depression and preparing them to be alert for the warning signs of teen suicide is something we can accomplish with our current mind set and resources. Exactly how we do that is open for discussion.

There are two lines of prevention. The first line is in the home. Parents must learn how to recognize the most common symptoms of depression in their children and more importantly, they must learn how to recognize the warning signs of suicide. In addition to that, they must accept the reality that their child, their perfect, happy child, may indeed be troubled and may indeed be in serious need of help. There is no shame in a toothache. A trip to the dentist would be a sure thing in that situation. But a trip to the psychiatrist or social worker is a whole different thing, and many parents refuse to accept that their child may be exhibiting classic suicide warning signs right in front of them. That's a mistake that can be easily corrected, if parents just accept the fact that depression is treatable, just like a toothache.

"When a problem is denied (by parents) it usually gets worse and worse until a law or policy is broken or someone gets hurt,"

Barbara Pawluck, Director of School and Community Prevention at CESU, said. "But I do think the treatment field has made inroads

troubles or even mocks the teen for feeling the way he or she feels and for reaching out for help, the child's feelings of hopelessness are magnified and suicide looks very attractive. "Maybe now they'll take me seriously."

When parents witness any of these signs, according to the American Academy of Pediatrics, their first step should be to talk to their teen. There is debate about whether a parent should come right out and ask their teen if he/she has considered suicide, some fearing the mere question may trigger an attempt. But nearly all mental health care professionals cite and stress the importance of establishing a sense of trust and caring between the parent and the teen. Be tactful, but talk, talk, talk. If the teen feels he or she has an insurmountable problem, tell him/her you'll work on solving their problem together. Give them hope, hope, hope - that better days await them and that you will get there together, no matter how long it takes and how difficult the journey may be. This is key. Above all, show your child you care and that he/she is not alone. Give them a reason NOT to commit suicide.

Next, remove the tools of suicide from your home, especially firearms and prescription drugs. Then, seek professional help, either through the teen's primary care provider, a school guidance counselor, or a community-based mental health care facility, like the **Howard Center's First Call** program's 24/7 emergency number, **488-7777**, or by calling one of several suicide prevention numbers available to those

in need, such as the **National Suicide Prevention Hotline: 1-800- 999-9999**, or **1-800-273-talk (8255)**. Other numbers to call to access mental health care resources for your children include the **Vermont Federation of Families for Children's Mental Health**, at **(802) 434-6757**, and the **Vermont Family Network**, at **(802) 876-5315**. Don't be afraid of overreacting. It's O.K. to consult a mental health care professional about your teen and have them talk with your teen and find out professional care is unnecessary. That's a very good thing. But you may also find out your teen would benefit from counseling. That's also a very good thing. Think of it as an emotional X-ray.

If you have insurance coverage, your agent may be able to provide you with information about mental health care facilities in your area, or you can contact one of the regional community mental health care facilities in Vermont, like the Howard Center, that are part of Vermont's Agency of Mental Health's Success Beyond Six Program. The Success Beyond Six Program is a partnership between the Department's ten regional community-based mental health care facilities and local schools and is designed to help kids who may need or benefit from counseling to get it.

Besides parents, the second line of prevention is in the schools. Other than parents, nobody spends as much time with our young



and our culture is becoming more knowledgeable about mental health in general."

The signs of depression include a lack of energy, irritability, anger, a decline in interest in the child's favorite activities, foods and friends, apathy towards personal hygiene and grooming, substance abuse, truancy, excessive sleeping, isolation and declining grades. These can also be warning sides of suicide, coupled with other important signs, like giving away cherished, personal items, joking about or making references to or openly talking about death and/or suicide. A teen's outburst like, "I wish I were dead," or "I'm gonna kill myself if..." should be taken very seriously especially when accompanied by other signs. Still other warning signs of teen suicide include a troubled teen suddenly exhibiting a sense of relief, or pulling away from close friends and loved ones, or showing signs that their problems are hopeless and they are giving up or resigning themselves to their fate.

According to the American Academy of Pediatrics, most teens who suffer from depression not only exhibit many of these symptoms in combination, but many teens also give hints they are considering suicide, most often so someone will notice their pain and help them. Sometimes this behavior is a child's plea for help. When no help is forthcoming, especially when the teen's parents fail to take their child seriously, or one or both parents minimize the teen's

Suicide continued on page 10

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Suicide continued from page 11

people as our teachers, and to a lesser extent, the members of the extended school community, such as administrators, guidance counselors, coaches, and support staff. The reality is that our school personnel spend more time with some kids and have more of an opportunity to observe their behavior than their parents. This is obviously not an indictment of parents with obligations that prevent them from spending more time with their kids. But things are what they are and teachers and school personnel see our kids often in stressful situations and they can observe them in their relationships with other students. They are in a position to see abnormal or erratic behavior and they can easily spot when kids are acting in a way that suggests they are in crisis. It is essential, therefore, that school personnel learn how to recognize when a student might need help.

But training usually costs money and mental health care professionals would rather see the limited funds available for suicide prevention, and to a lesser extent, suicide postvention, go to establishing and bolstering community mental health care facilities, especially in rural parts of Vermont where awareness of and access to mental health care is a challenge, than to training teachers. They argue that even if teachers can identify a student at risk and even if that student and his/her family is agreeable to professional help, if there is none available nobody benefits.

One of the things schools can do is create a protocol for teachers to follow when they suspect a student is in crisis. There may be a chain of command and a correct procedure to follow when reporting a concern for a particular student, one that will consider the student's feelings and protect the student's rights. Schools might also send notices to parents informing them that there are community-based mental health care facilities available to them if they suspect their teen is in need. The school can also hold informational meetings and/or in-service training sessions for their teachers and staff. In one, one-hour session teachers can learn how to recognize the warning signs of depression and suicide and in a second, one-hour session they can learn how to act upon those signs by following the school's suicide prevention protocol. There would be little expense associated with this plan.

Our own district has taken several steps to deal with the issue of teen suicide prevention. Administrators have written into the curriculum for health classes at MMU, BRMS and CHMS direct instruction on achieving and maintaining a healthy mental attitude and on good decision-making for young people. This effort has been reinforced in the student advisory classes as well.

The district recently held an in-service training day for teachers on the subject of suicide prevention and the district's response directive. Teachers were given a Suicide Screening Checklist to help them assess a troubled student's risk for suicide in the event the teacher becomes concerned for the student by recognizing one or several signs of depression or the warning signs of teen suicide, as well as a set of guidelines for teachers to follow when a student, who has been absent from school for suicidal behavior, returns to

school. In addition, in May, 2010, the district implemented a revised and detailed suicide prevention and response plan which is based on the Maine Youth Suicide Prevention Program's suggested protocols and suicide response guidelines.

"We know it's an issue and we're trying to support our students and families to keep kids safe," CESU Superintendent, John Alberghini said recently. "We always want to do more and do a better job at it. It's a tragedy when we lose a person from our school community."

The district also held a community forum several weeks ago in the MMU library for parents, teachers and anyone else who wanted to learn more about teen

suicide prevention and postvention. In addition to the curriculum-based approach and community forums, Alberghini noted that CESU has applied for several grants to help in this effort, including a grant from the Vermont Department of Education called Project Serve, which provides school districts with funds for teacher and staff training programs. Additional funds may be available to the district through several Vermont Department of Education/Department of Health grants funded by the U.S. Positive Behavioral Intervention Support program, as well as through the federal SAMHSA program (Substance Abuse Mental Health Services Administration) a program designed by congress to help communities deal with teen substance abuse issues. Although the SAMHSA program does not provide money to the schools specifically for suicide prevention, it does provide resources for substance abuse prevention and since substance abuse is very much a part of the teen suicide problem, some of the funding provided to community health care facilities under this program can be used for suicide prevention. Vermont is currently one of thirty states enrolled in the SAMHSA program.

The Vermont Department of Education and Agency of Mental Health have formed a partnership, called Positive Behavioral Intervention Support, or PBIS, which is designed to reach students through health classes and advisories, with the goal of teaching students the elements of sound mental health. Both BRMS and CHMS have enrolled in this program, which is still under consideration at MMU. The PBIS program is based on the Gestalt theory that the whole is greater than the sum of its parts. "So much work has gone into treating the individual when we really need to treat the environment," Charlie Bliss of the Vermont Department of Mental Health pointed out, explaining the rationale behind the PBIS program. "That means working closely with the entire school staff and

population to create a healthy environment, socially and emotionally."

Hopefully community efforts to educate parents and the progress we make in training our school personnel, in addition to improved access to mental health care for students and families in need will have an impact on preventing teen suicide. These efforts are not a cure, but they are a start, and only through implementation and follow-up will we know if we have to do more. But the most important thing we can do is discuss the problem of teen suicide openly. The consequences of continuing to ignore teen suicide in our community, in our state, or anywhere it rears its tragic head, are completely unacceptable.

It's always a shame when it takes a tragedy to awaken people to a serious issue and encourage them to discuss ways in which we can overcome it. Unfortunately, that's exactly what has happened in our community. But it would be far worse if, in the face of recent tragedies, we did nothing to prevent another one of our young people – the most precious resource we have – from taking their own life.

Sources: (The following sources were consulted for information for this series and will provide an excellent source of further study and discussion for interested readers:)

- The American Academy of Pediatrics
- The United States Surgeon General
- Center for Disease Control
- The American Journal of Psychiatry
- Vermont Department of Health
- Vermont Agency of Mental Health
- Robin Peschi, The Howard Center for Mental Health (Chittenden County Youth Suicide Prevention)
- Brian Remer, Project Manager, The Vermont Youth Suicide Prevention Project
- Marlene Maron, Clinical Professor of Psychiatry and Pediatrics, University of Vermont
- John Alberghini, Superintendent of Schools, CESU
- Barbara Pawluck, Director of School and Community Prevention, CESU
- The Maine Youth Suicide Prevention Program
- Nassau Community College Study, "Stigmatization and Suicide Bereavement"
- Charles Bliss, Vermont Agency of Mental Health
- National Institute of Health
- 2003 Vermont Youth Risk Behavior Survey
- 2009 Vermont Youth Risk Behavior Survey
- The American Institute of Suicidology



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LIBRARY NEWS

DEBORAH RAWSON LIBRARY, UNDERHILL

Art for March features the watercolors of Kathleen Berry Bergeron and her students.

The Board of Trustees will meet Thursday March 17 at 7:00 PM. Everyone is welcome.

Italian Movie night will be Friday March 18 at 6:30 PM. The movie will be shown in Italian with English subtitles. Call the library for the title. The movie is co-sponsored with the Vermont Italian Club.

The library will be closed March 21, 22, 23, 24 and 25. The final phase of the interior painting is being done. The book drop will be available.

Sunday March 27 at 2:00 PM join Elisabeth Lehr, team member of The Afghan Women's Writing Project, for an afternoon of prose and poetry readings from the Project, and for discussion around the current status of women and families in Afghanistan. The Afghan Women's Writing Project (<http://www.awwproject.org>) was founded in May, 2009 to help nurture and support the long-silenced voices of Afghan women. Since then, the volunteer-run, grassroots project has published hundreds of essays and poems online, supported women in Afghanistan weekly in online workshops, and, most recently, opened the Women's Writing Hut in an undisclosed location to give AWWP writers a space to write, drink chai and find community.

The Friends of the Library will meet Tuesday March 29 at 7:00 PM. This small but active group does many things and helps the library in many ways. Please join them to learn more.

The silent auction item is a beautiful painting by Kathleen Berry Bergeron. Stop by the library to see it and leave a bid until March 31 at 8:00 PM.

Monday April 18, 25 and May 2, 9, 16, 23 from 6:30 to 8:00 PM, Michael McKnight will lead a book discussion on the book *An ethical compass: the ethics prize essays of the Elie Wiesel Foundation for Humanity*. Copies of the book are available. Sign up at the library soon as space is limited.

Family Music: Our last sing-a-long was such fun parents requested that we schedule another evening. Lynne Robbins returns to lead a sing-along of songs old and new. Come sit by the fire and take part in this fun evening. Recommended, but not limited, to families with children in preschool through 2nd grade. Thursday March 17 at 6:30 PM. Drop in. No registration needed.

Preschool Story Times: Stories, songs, fingerplays, snack and craft for preschoolers and their caregiver. Drop in, no registration needed: Wednesdays at 11:00 AM, April 6, 13, 27; Thursdays at 10:00 AM, April 7, 14, 28.

Please note that there will be no story time on March 23 or 24 as we will be in the process of having the library painted.

Evening Story Time for Families: Parents with older preschoolers and children in kindergarten through second grade are invited to join us for stories, craft and light refreshments. Thursday, April 7 at 6:30 PM. Registration required. Call: 899-4962.

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

FAIRFAX LIBRARY, FAIRFAX

The library is located at 75 Hunt Street Fairfax VT 05454. Library Hours Monday, Wednesday, and Friday 8:00 AM-3:15 PM, Tuesday, and Thursday 8:00 AM – 8:00 PM. <http://www.bfafairfax.com/pages/communitylibrarynews.html>. 802-849-2420.

JERICO CENTER, LIBRARY

Thanks to everyone who came out to Town Meeting and supported the library in our book sale and bake sales. Special thanks go out to Bob and Snowflake Chocolates, John and Jericho Center Country Store, David and the Village Cup, Meg and the Jolley's Store, Ray and Chittenden Mills, Hannafords, and Price Chopper for donations to support our bake sale. We raised over \$800 to help support the library collection.

Spring Used Book Sale: The library will hold our annual used book and media sale on Saturday April 2, 9:00 AM – 1:00 PM. We're holding it the same day as the pancake breakfast at the Jericho Congregational Church, so you can make it a morning outing to the Center for books and a breakfast. Donations of books and other media such as CDs and DVDs are now being accepted. No textbooks or encyclopedias, please. Contact the library with any questions.

Eighth Annual Poetry Workshop: Come celebrate National Poetry month during April with us. *The Ear of Poetry* – This is the theme for the eighth Annual poetry reading and writing workshop directed by retired UVM Professor Mary Jane Dickerson. This event is sponsored by the Jericho Town Library and the Deborah Rawson Library. The working sessions will meet Mondays, March 28, April 4, and 11, from 6:30-8:00 PM at the Jericho Town Library, and conclude with a final evening of sharing at the Deborah Rawson Memorial Library on Monday, April 25 from 6:30-8:00 PM. Poets of all ages are encouraged to participate. Attendance in the past has been a mix of middle and high school students and adults. Registration is required: please call JTL at 899-4686 to sign up.

Writers' Club: The writers club continues with meetings every other Monday night, 6:30 PM – 8:00 PM. All ages are welcome. For current schedule and more information, please contact the library.

Volunteer help for the Summer Reading Program: The library is looking for volunteers to help with the Summer reading program, including presenters, teen helpers, and an assistant to help with scheduling. Contact the library for more information.

General information reminder: The board of trustees meets regularly on the first Thursday of each month at 7:00 PM at the library and the public is always welcome to attend. The next meeting is April 7.

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

VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE

The Varnum Memorial Library is open Mondays and Tuesdays from 1:00-8:00 PM and Thursdays and Saturdays from 9:00 AM -

12 noon. There are programs for children and adults, free WiFi access, and of course books and materials to check out including the ECHO Center pass. Call 644-2117 if you have any questions.

WESTFORD LIBRARY, WESTFORD

Upcoming Events:

Thursday March 17, 11:00 AM: Early Literacy Storytime. Stories and activities utilizing early literacy concepts for age's birth-preschool. Theme: Babies.

Thursday March 17, 1:00-3:00 PM: Homeschool Gamers. Bring your own games or enjoy the library's selection. Hosted by Matt Taylor.

Friday March 18, 11:00 AM: Seated Yoga for Ages 55+. Seated Yoga is for first-timers as well as experienced practitioners. This 8-week program offers breathing and stretching exercises. It helps reduce stress and strengthen balance. Led by CVAA Americorps member Colin Hunt. Call Colin at 865-0360 if you have questions and call Victoria at 878-5639 to register.

Friday March 19, 11:00 AM: Saturday Storytime. Age's birth-6. Theme: Spring.

Thursday March 24, 11:00 AM: Early Literacy Storytime. Stories and activities utilizing early literacy concepts for ages birth-preschool. Theme: On the Farm. Note: This storytime will be parent-led.

Friday March 25 11:00 AM: Seated Yoga for Ages 55+. Seated Yoga is for first-timers as well as experienced practitioners. This 8-week program offers breathing and stretching exercises. It helps reduce stress and strengthen balance. Led by CVAA Americorps member Colin Hunt. Call Colin at 865-0360 if you have questions and call Victoria at 878-5639 to register.

Thursday March 31, 11:00 AM: Early Literacy Storytime. Stories and activities utilizing early literacy concepts for age's birth-preschool. Theme: Maurice Sendak's Stories.

New Additions to the Collection: Adult Fiction: *Sing You Home* (Picoult), *The Jungle* (Cussler), *Skippping a Beat* (Pekkanen). Adult Nonfiction: *Material World: A Global Family Portrait* (Menzel), *Life is a Highway* (Holmstrom). Teen: *Mermaid* (Turgeon). Juv Fiction: *Eagle Strick* (Horowitz), *Emily Windsnap and the Sirens Secret* (Kessler), *The Everafter War* (Buckley). DVDs: *127 Hours, To Kill a Mockingbird*.

Seeking participants for an International Fair to be held this Summer in conjunction with the Summer Reading Program "One World, Many Stories". If you are willing to create a small display - possibly including photos, art, music, food, costume - about a country where you've lived, worked or traveled, please contact Victoria at 878-5639.

Westford Library is open Wednesday 1:00-7:00 PM, Thursday 10:00 AM-6:00 PM, Friday 12:00-6:00 PM, and Saturday 10:00 AM-2:00 PM. We can be reached at 878-5639, westford_pl@vals.state.vt.us, and www.westford.lib.vt.us.

Red Cross awards gallon pins

Following are the names of donors who have received their gallon pins from American Red Cross Blood Services, New England Region: Rebekah Thomas, Jericho, 71 gallons; Timothy Durbrow, Underhill, 67 gallons.

Browns River Middle School Sports Roundup

Browns River A Girls Basketball

What a fantastic season we had. The girls fought hard, played well, and had loads of fun. A total of nine eighth graders returned this year; with seven of the nine playing on the A team. We had a successful season with a game winning championship. The girls won the Colchester Invitational with a big win over Essex. We were also awarded the MVP of the tournament for the fantastic play of Rebecca Rapacz. Let's hope that Browns River keeps the momentum and continues the winning tradition.

Players participating on the A team were; Rebecca Rapacz, Ella Church, Kayla Carew, Lexi Mousley, Samantha Day, Lilly Devereux, Allison Lynch, Emma Phalen, Maddie Light and Vanessa Youngman. The A team was coached by Shelley Salzer.

Browns River B Girls Basketball

The Browns River Middle School B Girls Basketball team had a solid season, ending with a 10-4 record. This relatively inexperienced team became known for their full court pressing ability and first quarter offensive streaks. The team was lead by 8th graders Jessica Barnes and Kara Pockrus; both players led the team in rebounds, blocked shots and accounted for 40% of the team's offense. The majority of the ball handling was

done by 7th graders Abbey Daniel and Shannon Springer, with both leading the team in steals. Hannah Greenough and Brittany Boisvert contributed to the team as strong defenders and playing positions from point guard to forward within every game. Newcomers Erika Laszlo and Althea Devereux added immensely to the overall success of the team; Althea became a mainstay for points from offensive rebounds and Erika played withering defense during the final quarter of the season. Our two youngest players, 6th graders Hannah Leavitt and Kelsey Parenteau, improved greatly during the season and have the distinction of being "bookends" for the team – Hannah scored her points for the season in the first game, while Kelsey scored hers in the last game. Coach Bryant Pless could always count on this team being enthusiastic and willing to try their hardest. Nice job ladies.

Browns River A Boys Basketball

The Raiders put together a strong season leading Chittenden County with an overall record of 13-2. The two losses came against a strong L. C. Hunt team which could have gone either way. This group of determined young men won and lost with class and excellent sportsmanship. They practiced hard, never quit, treated the opposition with respect, and developed technically and tactically. Mt. Mansfield will be fortunate to have this group on the hardwood next season. Thanks to all the parents and fans for their support throughout the year.

BRMS continued on page 13

SAY GOODBYE TO BUNNY SLIPPERS

"The improvements made a big difference. Our home is now very comfortable in all seasons, especially winter... no more drafts; no more rug; no more slippers." Mary, Barre



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PEOPLE NEWS/SPORTS

COLLEGE NOTES

Roberts Wesleyan College is pleased to announce **Jennifer Beane** was named to the Dean's List for outstanding academic performance for the fall 2010 semester. Jennifer Beane, of Jericho, VT received High Honors.

OBITUARIES

Lucy Bertha Center, 81, Westford, VT, died Monday March 1, 2011 at the Vermont Respite House in Williston following a bout with cancer. Lucy was born in La Ceiba, Honduras, Central America the daughter of Jesus and Clotilde (Rosales) Torres. She immigrated to the United States on June 29, 1970 and on August 28, 1970; she married Arthur Center of Westford, VT. Lucy loved to work outdoors, planting, gardening, flowers and taking care of her home. She was predeceased by her husband Arthur. Arthur died in 1991. She is survived by her son George Torres and his wife Barbara, whom she thought of as her daughter, of Westford, VT; by her grandsons George Torres II and Joshua M. Torres; one brother Juan Antonio Genizzotti; three sisters Ophelia Nasso, Blanca Zarzar, and Eva Genizzotti; and her special niece Blanca Martinez of the Bronx, N.Y. and a special nephew Randolph Kawas of Long Island, N.Y. She was predeceased by her sisters Ella Torres, Elba Genizzotti and Ella Vargas. Visiting hours were held at Minor Funeral Home on Friday March 4, 2011 from 3:00 to 5:30 PM. A funeral service followed the visiting hours at 5:30 PM. Burial will be held in the Brookside Cemetery in Westford, VT in the spring. Arrangements were made by the Minor Funeral Home in Milton.



Nathan G. Patnode, 21, of Underhill, VT, was released from his struggles in the arms of his mother and stepfather, his sisters holding his hands, with many family and friends by his bedside in Nyack, N.Y. on Friday February 25, 2011. He was born in Burlington on August 18, 1989, the son of Randall and Kathleen (Spear) Patnode. Nathan was a graduate of Mt. Mansfield Union High School, class of 2008 and enjoyed playing football and lacrosse. His true passion was welding and he was currently attending the Welding Academy in Williston. Nate loved to snowboard and snowmobile. His passion for hunting and fishing was obvious but what we knew best about Nate was that he worked with his hands and was called the master tinkerer. Nate received a lot of love and support from his sponsors and friends while he was participating in the Alcoholics Anonymous program and at Centerpoint Adolescent Treatment Services. Nathan is survived by his mother, Kathleen Patnode and his stepfather, Edward P. Danaher; two sisters, Ashley Patnode, and his baby sister, Heather Patnode; three stepbrothers, Patrick Danaher and his wife, Shannon, Ryan Danaher, and Ross Danaher; two nieces and one nephew; paternal grandparents, Robert and Annette Patnode; Grandma Jean Danaher; and many loving aunts, uncles and cousins of the Patnode, Spear and Danaher families. He was predeceased by his father, Randall "Moochie" Patnode in 1996; his godfather and uncle, Greg; cousin, Bobby Patnode; and maternal grandparents, Louise and John "Kenneth" Spear. A mass of Christian Burial was celebrated on Friday March 4, 2011 at 11:30 AM in St. Thomas Catholic Church, Underhill Center, VT. Burial will be in the spring. For those who wish, donations in his memory may be made to Centerpoint Adolescent Treatment services, 1025 Airport Parkway, South Burlington, VT 05403. Visiting hours were held on Thursday from 4:00 to 8:00 PM in the Ready Funeral and Cremation Service, Mountain View Chapel, 68 Pinecrest Drive, Essex Jct. To send online condolences, please visit www.readyfuneral.com

EMPLOYMENT OPPORTUNITY

CHITTENDEN EAST SUPERVISORY UNION #12 POSITION OPENING

Bus Drivers - Full and part-time drivers needed. Experience preferred. CDL required, will train. Excellent benefits. Positive working conditions. Please apply on-line at Schoolspring.com or call 434-2128 for an application. On-line application must include: profile, letter, resume, references. Hard copies of three written letters of reference will be required for verification at the interview level. Visit our website www.cesu.k12.vt.us for information about our schools. EOE M/F

CHITTENDENEAST SUPERVISORY UNION #12

POSITION OPENING

Long Term Substitute Director of Maintenance - Job # 46745

Mt Mansfield Union High School prides itself on having a well maintained school environment. We are looking for a hard working, committed supervisor of all cleaning maintenance and capital plan management work at the high school. The candidate should have pride in keeping a building in ship-shape, commitment to working with vendors, contractors, co-workers and subordinates. Hours may vary depending on the time of year and the needs of the building; this is a salaried position with some overtime work. The qualified maintenance person would ideally have knowledge and work experience in cleaning all aspects of a large building along with understanding of the various systems : Heating (wood boiler), electric, phone, water, septic, carpentry, plumbing, and various other systems. Experience in building maintenance, cleaning, overseeing vendors and contractors, personnel management, and scheduling. Position ends June 30, 2011. Please apply on-line at Schoolspring.com. On-line application must include: profile, letter, resume, references. Three verbal contacts as well as hard copies of three written reference letters will be required for verification at the interview level. Visit our website www.cesu.k12.vt.us for information about our schools. EOE M/F

RICHMOND OBITUARIES

Bill Weed, 63, Essex/Richmond, VT, died early Saturday morning March 5, 2011 in the Vermont Respite House in Williston following a battle with Pancreatic Cancer. Bill was born at the Fanny Allen Hospital in Colchester on May 30, 1947. He was married to Gail Blow on November 27, 1968 and owned and operated Richmond Auto Sales for over 20 years. He was a lifetime member of the Underhill Rod and Gun Club and of the Franklin County Sportsman's Club. He also was a member of the Jonesville Fish and game club. Bill found great passion in shooting and go-karting. He is survived by his wife of over 42 years, Gail Weed of Essex; his brothers, Brec Norton and his wife Patti and their children Adam and Amanda, of Essex, VT; Tim Norton and his wife Melissa and their children Devin and Nikki, and Tim's children James and his special friend Ashley, all of Essex, and Kristy of Colchester, VT; Perley Weed and Jan, of Williston, VT; Robert Goddard and Carol, of Grand Isle, VT; and Edward Goddard and Jeannie, of Essex. He is also survived by his sister, Rose Perron and her husband Steve, of St. Albans; his brothers and sisters-in-laws, Debbie and Ross Howard of Williston, VT, Christine and Steve Stoddard of Essex, VT, and Robert and Crystal Blow of Florida; and by several nieces and nephews. He was predeceased by his mother, Ruth Norton; his father George Norton; his biological father, Perley Weed; and by his sister, Darcy Norton. Visiting hours were held on Wednesday, March 9, 2011 from 3:00 to 6:00 PM in the Minor Funeral Home in Milton, VT. Memorial contributions in Bill's name may be made to the Vermont Respite House, 99 Allen Brook Lane, Williston, VT 05495. A funeral service will be held at the convenience of the family. Online condolences may be made to www.minorfh.com

WELCOME HOME

JERICHO

(Cotton) Kelley (Desroches) and Ashley Cotton delivered a daughter, Sophie Wren Cotton on January 29, 2011 at Fletcher Allen Health Care in Burlington, VT.

(Abbott) Katy (Meuner) and John Abbott had a son, Hazen Phillip Abbot on January 30, 2011 at Fletcher Allen Health Care in Burlington, VT.

COLCHESTER

(Christiansen) Andrew and Hannah (London) Christiansen are the proud parents of a son, Boeden London Christiansen born February 21, 2011 at Fletcher Allen Health Care in Burlington, VT.

UNDERHILL

(Bugbee) John and Jenifer (Edwards) Bugbee had a daughter, Cory Ann Bugbee on February 1, 2011 at Fletcher Allen Health Care in Burlington, VT.

(Kellner/Chadwick) Christen Chadwick and John Kellner are the proud parents of a daughter Jesse Anne Kellner born February 5, 2011 at Fletcher Allen Health Care in Burlington, VT.

LEGAL NOTICE

TOWN OF JERICHO DEVELOPMENT REVIEW BOARD NOTICE OF PUBLIC HEARING

The Jericho Development Review Board will hold a public hearing on **Thursday, April 14, 2011 at 7:00 PM** in the Jericho Town Hall to consider the following:

- A request by Lindsay and Charlie Prezzano for conditional use approval for a home occupation. The property is currently owned by Frank and Margaret McCourt and located at 67 Old Pump Road in the Agricultural Zoning District.
- A request by the Mount Mansfield Unitarian Universalist Fellowship for a Dimensional Waiver for a sign. The property is located at 195 Vermont Route 15 and is in the Village District.

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

BRMS continued from page 12

The Browns River B Team completed the regular season with an 11-2 record. The boys played a full court style man to man on defense and ran the ball constantly on offense. Both styles surprised other teams' coaches and players. Multiple coaches and referees complemented the players after the game about how hard the Browns River B Team worked and played. Great job Boys!

Tenacious defense was played by all with exceptional efforts from Dom Mosca, Miles Charlesworth, and Nick Adams. Dom Mosca was constantly on the floor for balls, covering players eight inches taller and not backing down. Miles Charlesworth was the defensive example for the team. His footwork, stance, and hustle were always pointed out as examples. Miles was a battler inside for rebounds as well and could always be found going after loose balls. Nick Adams was the force inside on defense. He led the team in blocks and his help defense was Kevin Garnett like! No one on the other team could get near the hoop with Nick Adams in the game.

On Offense the team was led by Brooks Moreau, Travis ST John, and Will Bowen. Brooks Moreau was the go to guy on the team. He could score from inside and out. Will Bowen was the pacesetter of the team, running the point but also with great ability to get to the rim. Will's speed was tough for teams to match up with. Travis St John was the team's best jump shooter. His left handed shot is being compared to TJ Wesson on the MMU varsity team. These players not only scored but passed the ball to open players often.

The rebounding specialists were Justin Goodwin, Eli Goldman and Vinny Bolduc. Justin was the battler inside. He was always finding the loose ball. He was asked to play multiple positions on both ends of the floor and it didn't stop him from rebounding. Vinny Bolduc was always put on the center of the opposing team and never backed down despite a 6-8 inch height disadvantage. Vinny also used his body not only to rebound on defense but to score inside after rebounding on the offensive end. Eli Goldman was the teams Dennis Rodman, never letting a rebound escape his grasp. Eli was not only a rebounding specialist but also shined on the defensive end. These players not only helped control the defensive and offensive boards but they also ran the court well forcing the other teams big men to try and follow.

Most improved players go to Cody Groll, Peter Barkoumb and Jason Bevins. Cody Groll used his athletic ability on offense to score and his physicality on the defensive end to get steals. His defensive skills improved with each game. Peter Barkoumb was MR IQ on the team. Peter adapted to the other team and would either find the open man on our team to score or would knock down the 10-12 footer. Jason Bevins improved on the offensive and defensive ends of the floor. His inside moves are starting to look Dwight Howard like. He improved in every aspect of the game and big things are expected of Jason and the rest of the Browns River 7th graders next year. We wish Peter Barkyoumb, Nick Adams and Cody Groll good luck at the high school! Coach Jeff Springer

LEGAL NOTICE

TOWN OF JERICHO Alternatives Presentation Meeting Dickenson Street Improvements

**Monday, March 21, 2011
OPEN HOUSE: 6:30 pm
PRESENTATION: 7:00 pm
Town Offices
67 VT Route 15
Jericho, Vermont 05465**

The Town of Jericho is sponsoring a public meeting to discuss solutions to address existing safety, circulation, intersection delay, and pedestrian issues in the area of Dickenson Street. The purpose of this public meeting is to present the results of the scoping process, hear your ideas and concerns, and answer your questions. This information and input will be used to determine the preferred alternative. Prior to the presentation, there will be an open house to discuss the project with any interested parties. We look forward to hearing from you.

If you are unable to attend and have comments or questions, you can contact Greg Edwards, Project Manager, at Stantec Consulting Services Inc., 55 Green Mountain Drive, South Burlington, VT 05403 or greg.edwards@stantec.com. Copies of the Draft Scoping Report are available for viewing at the Jericho Town Administrator's Office at 67 VT Route 15, Jericho, VT. Information about this project can also be found on the Town website at www.jerichovt.gov.

School Board Vacancies

Chittenden East Supervisory Union #12 has the following school board vacancies. Citizens in the following school districts interested in being appointed to any of the one-year positions, are encouraged to send a letter of interest to:

John Alberghini, Superintendent
CESU #12,
PO Box 282,
Richmond, VT 05477

- | | |
|--------------------------------|---|
| Huntington School District | ➤ School Director - Elementary Board |
| Jericho School District | ➤ School Director to the Mt. Mansfield Union School Board |
| Richmond School District | ➤ School Director - Elementary Board |
| Underhill Town School District | ➤ School Director to the Mt. Mansfield Union School Board |

SPORTS

LEGAL NOTICE

CHILD FIND NOTICE 2011

Any individuals from birth through age 21 with disabilities currently residing within Essex Junction, Essex Town, or Westford, and who are in need of special education and related services need to be identified, located and evaluated by Chittenden Central Supervisory Union (CCSU) and its member school districts (listed below). This includes children: not enrolled in school, attending private or independent schools located within the afore mentioned towns, enrolled in home study programs, suspected of having a disability despite advancing from grade to grade, who are highly mobile (such as migrant children), and who are homeless or wards of the state. Any person with information about any disabled person fitting these descriptions should contact CCSU.

In accordance with CCSU's policies and with 34 CFR Part 99 (the Family Education Rights Privacy Act of 1974), this public notice informs all parents within their jurisdictions about how information is maintained when it is collected during identification, location and evaluation of all people with disabilities.

- Personally identifiable information will be protected by each school.
- Personally identifiable information about people eligible, referred or considered for special education services is maintained.
- Parents have the right to know what types of information have been designated as directory information (i.e. contained in a student's education record and is not generally considered harmful or an invasion of privacy if disclosed). This information includes the student's name (unless otherwise requested), address, phone number, date/place of birth, major field of study, participation in officially recognized activities/sports, weight/height, membership in athletic teams, dates of attendance, degrees/awards received, and the previous school attended.
- Parents have the right to know the types and locations of educational records kept by the school and the titles and addresses of officials responsible for the records.
- A list of the names and positions of employees within CCSU who have access to personally identifiable information shall be available for public inspection.
- If anyone other than an authorized CCSU employee looks at the educational record of a child, that person shall so indicate by signing his/her name, date and purpose for reviewing the record on a form to become part of the education record.
- Parental permission will be obtained prior to disclosing confidential information to anyone who is not an authorized employee of CCSU.
- Information relevant to a child's specific disability (such as: medical information, intelligence test results, social/developmental history, comprehensive evaluation report and the individualized education program) will be part of the education record.
- Personally identifiable information will be gathered from screenings, qualified diagnostic centers and other sources, as deemed necessary, to complete a comprehensive evaluation.
- Parents, or an eligible student, will be able to access personally identifiable information and inspect and review their education record(s) no later than 45 days after the request is made.
- Parents have the right to a response to reasonable requests for explanations and interpretations of the educational records.
- Parents may obtain a copy of the educational record without a fee for copying, if a fee will be a financial burden and/or will prevent them from obtaining the records.
- Parents have the right to request the education record be amended. The school district will decide whether to amend the record within a reasonable time of the request. If the district refuses to amend the record, it shall inform the parent and advise the parent of the right to a hearing. If, as a result of the hearing, it is found the educational record must be amended, the school district will amend the record and inform the parent in writing. If, as a result of the hearing, it is found the disputed information is not inaccurate, misleading, or otherwise in violation of the privacy right of the child, the school will inform the parent of his/her right to place in the educational record a written statement commenting on the information or stating any reasons for disagreeing with the results of the hearing. This written statement will become part of the educational record and will always be included whenever the contents of the education record is properly viewed or requested.
- Parents have the right to a hearing to challenge the educational records of their child.
- Parents will be notified prior to the school district's destruction of personally identifiable information about their child.
- The parent has the authority to inspect and review records relating to his/her child unless CCSU has been advised that the parent does not have the authority under applicable state law governing matters such as guardianship, separation and divorce.
- Parents have the right to file a complaint with the Secretary of the U.S. Department of Education concerning alleged failures by the CCSU to comply with this policy.

NOTE: If there are parents within the above mentioned towns who need this information interpreted, please notify the CCSU.

CHITTENDEN CENTRAL SUPERVISORY UNION
 Union High School #46
 Essex Junction School District
 Westford School District

CONTACT: Executive Director of Student Support Services
 51 Park Street
 Essex Junction, VT 05452
 Phone: 857-7000 x4019

Underhill Little League to hold registration

Registration for Underhill Little League Baseball will take place on March 21 and 22 at Browns River Middle School from 6:00-7:30 PM each night. Little League is open to all Underhill boys and girls, ages 5-12. For more details call David Nicholson at 899-3607 or email him at natedave@myfairpoint.net.

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Flame resistant clothing now in stock at Johnson Farm and Garden. 635-7282. Pants, hooded, sweatshirts, work-dry Henley shirts. Also lime, high-visibility, t-shirts, long dry sleeved or come in to order what you need. Can get embroidered for your company.

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Appliance Department now at Johnson Hardware and Rental. Now in chest and upright freezers, washers and dryers, ranges, refrigerators and microwaves; Maytag, Whirlpool, Amana and KitchenAide, Delivery and service available! 635-7282. Sann appliances too!

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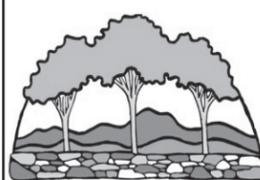
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Bolton continued from page 1

station proposal lost by thirteen votes and the truck by only four votes. For the second year in a row, voters also defeated a proposal to add one-quarter of a cent to the tax rate for the conservation fund. Incumbent Select board members Gene Armstrong and David Parot defeated challengers Peter Siegel and Thomas May by 59 and 24 votes respectively.

Vallie was saddened by the failure of the fire station proposal to pass. Referring to the expense of heating the building, he noted "these problems won't go away." The Vermont League of Cities and Towns has performed an energy audit on the station and the town is waiting to hear the results which will help them decide which areas to tackle first. In the meantime, the Select board will sit down with the Fire Department and determine what steps to take next; those steps might involve applying for grants or simply trying to do a better job of educating the public as to the need for repairs. "We have to explore all options," said Vallie. The failure of the truck issue to pass is of less concern, despite the fact that the vehicle is over a decade old. "We've poured some money into it," he said, "but you can reach a point where you don't want to put more in. Hopefully it will limp along until next year. It's not quite the same situation as the fire station where money is literally going out the door."

Vallie noted that the extra money appropriated to Richmond Rescue puts the town in a difficult position. "We've cut everything dangerously low," he said. "We're not giving our own employees raises and here is another entity that wants to hire people." Vallie still wishes Richmond Rescue had held a public meeting prior to the vote so people would have had the opportunity for further debate. Recognizing that neither Richmond nor Huntington provided extra funds, Vallie wonders whether Richmond Rescue will be able to move to a paramedicine system as they planned. "My guess," he said, "is that with monies falling short from other communities that may not happen."

Bolton School Meeting

Residents approved the \$1.3 million school budget with no debate and reelected incumbents Andrew Pond and Richard Miller to the School Board. Pond continues to be surprised by the lack of debate on school budgets in town, remembering that a year ago the Town Moderator begged residents to ask some questions.

Even without questions on the budget, there was debate at the meeting. Residents are concerned about the potential of a school board merger and people spoke on both sides of the issue. Pond said many are worried that a merger could result in the closure of the Smilie School, something which he does not consider likely. Others are troubled by rising costs and the fear that keeping a small school will be too much of a drain on the budget. Pond noticed that there were 20 births listed in the Town Report but recognizes that not all of those 20 children will end up in kindergarten at Smilie.

Pond is looking forward to the merger meetings which will be held in May or June. "I know there are people on both sides of the issue," he said. "My feeling is that people are going to want to keep the school open even if it costs more in taxes," he said. "I think it's interesting that the school budget passed without question, but badly needed repairs to the fire station were voted down." Pond is pleased the board was able to keep costs down, noting that his predecessors on the board had also been conservative about their spending. "The Town has always been very supportive of the school," he said. "There are concerns and questions but the school is valued."

Jericho continued from page 1

idea. However, by voice vote, citizens directed the board to revisit the issue.

A more convoluted question arose over the replacement of the collapsed pedestrian bridge on Route 15 between Joe's Snack Bar and the Old Red Mill. The state is charged with replacing the bridge but has not made it a priority. There was a difference of opinion as to how far VTrans has moved towards rebuilding with Representative George Till stating that money had been allocated and Select board member Nulty responding that the funds were only for a study, not for construction. Members of the audience provided a number of suggestions for making the state move faster (standing in the middle of the bridge with signs) and alternatives such as a suspension bridge from the seating area of Joe's Snack Bar to the Old Red Mill Park. Others bemoaned the lack of publicity given to the bridge, lamenting that far more print had been used to discuss the Clark's Truck sign, leading one resident to suggest that the sign could be a venue for generating publicity.

A motion was made to ask the select board to consider alternatives to the current bridge while pressuring the state to move quickly. Select board member Kim Mercer cautioned that if the town appears serious about alternatives, state funding for the bridge would be withdrawn and the town would bear the burden of putting up a new structure. After several fits and starts and a withdrawn amendment to place the emphasis on the state, rather than the town, the motion failed. Residents were unconvinced and several more spoke about the importance of restoring the bridge for tourism and other reasons. Bob Dasaro said Jericho Elementary School students and others have stopped using the park because of safety concerns of getting to and from the area. A second motion, based on the withdrawn amendment, asking the select board to pressure the state to rebuild the bridge while simultaneously looking into alternatives passed on a voice vote.

Select board member Catherine McMains said all members of the board hope to attend the meeting of the Vermont House Transportation Committee at which funding for the bridge will be discussed. "That's the way to start putting some pressure on them," she stated, adding that the town will make the date and time known to residents as soon as they have that information. Although the select board will look at other options, McMains noted that "it is our consensus that if we put too much money and energy into an alternative, AOT won't provide funding." While McMains agreed it would be nice to have an alternate route, she stated that she didn't believe this would obviate the need for a new bridge or keep people from standing in the middle of the bridge to take photographs, at a danger to themselves and others.

Jericho School Budget

Running unopposed Susan Lilich and Craig Noble earned three and two year terms, respectively, on the Jericho School Board. Equally

Underhill continued from page 1

Pleasant Valley Road site and said the town asked voters to buy that land without providing other options. He also said the Select Board spent \$36,000 on the proposed project without voter approval. Peter Seybolt and Seth Friedman who live close to the proposed gravel pit said they oppose it because of noise anticipated from a stone crusher and a bull dozer that would be used during the summer and the number of truck trips to haul the gravel away from the pit.

Steinbauer said the town has spent three quarters of a million dollars on sand that the town crew has hauled from out-of-town pits. "Where (in the future) are we going to get it? He asked. "We will have to go farther and farther." Steinbauer asked for a cross-section of people to volunteer to serve on the committee, including those who live near the proposed pit. He said he wants the committee to complete its work within six

months. unopposed was the school budget of \$3,687,604. School Board Chair Karen Glitman reported that for the third year in a row, the budget was unanimously approved. Although several of the only 30 people who stayed for the meeting had questions regarding issues of class size and instructional aides, there was no opposition.

In a separate Australian ballot item, voters overwhelmingly approved bonding for up to \$575,000 to replace the roof and make other energy efficiency improvements to the school. The section of the roof on the 1990 wing of the school will be replaced with a standing seam metal roof. Such a roof costs more than asphalt shingles but will last twice as long. In theory, standing seam should last for 50 years. This is important since using shingles would mean the roof's life expectancy would end roughly the same time as other portions of the building; this spreads out the prospective cost of repairs.

As expected, a major topic of conversation was the upcoming talks for a potential school board merger. Glitman found it ironic that a major concern was the lack of opportunity to participate in discussions, given the meager crowd at the meeting. In addition, Glitman said members of the public rarely attend regularly scheduled school board meetings, although she recognizes that this would change if something was amiss. "This means everyone is satisfied or at least not concerned," she said.

Regarding the merger, citizens were mainly worried that combined boards would mean that all voting would be done by Australian balloting, rather than town meeting discussions. Others were afraid of losing local control over the curriculum, but Glitman explained that Chittenden East already has combined forces for issues like transportation, special education, technology and negotiations. "Change would be less drastic for us than in many other districts," she said. On February 28, the supervisory union sent their proposal to the state. If approved, there will be a series of public meetings to discuss a potential school board merger.

Glitman cautions voters not to expect decreased budgets on an annual basis, noting that this year the board was able to reduce costs in part because they have finished paying down a 1990 bond of \$86,000 a year. In addition, enrollment has declined so the elementary school's share in the board's consolidated functions was lowered. Lastly, changes in the CLA worked to the school's advantage. Last year the budget was also down but taxes still increased which will not be the case for this year. Although no major expenditures are projected for the future, Glitman believes this year's budget "puts us in a good place for next year." She noted that maintenance of the building has been upgraded to make it more affordable to run.

All in all, Glitman was pleased with the results of the meeting. "Year in and year out the voters in Jericho have shown strong support for our public education system by the kinds of questions they ask and their overwhelming support for our budget," she said.

In response to a question, he also said the extensive work on Pleasant Valley Road in that area was not related to the gravel pit.

In the only contested office, Brad Holden defeated Leslie Martin for a three-year term on the Selectboard, 342-98.

Before tackling town business, voters heard from Reps. Bill Frank and George Till. "We can't really have a single-payer system," said Till, a physician employed by Fletcher Allen Health Care, Till said there are too many questions about a single-payer health care system. He serves on the House Health Care Committee expected to vote the bill this week. The bill closely matches a plan proposed by Gov. Shumlin.

"We can't really have single payer," said Till. Till said at Fletcher Allen alone the hospital deals with 14 different health-insurance contracts and that there are too many self-funded plans in the state. He said projected savings "have been overestimated," adding that Vermont is too small to do it alone and that if the Democrat-controlled Legislature passes the bill, the state could become involved in a long court fight.

Cambridge continued from page 1

requested by one of those opposed, but the Moderator ruled that the voice vote was valid.

Jan Sander noted that it was an easy meeting for Justices of the Peace since no ballots were needed. Dennis Shanley, writing on Front Porch Forum, said he could not remember the last time a Town Meeting was held without a paper ballot being required. At the conclusion, someone made a motion to thank Town Clerk Jane Porter and others for running such a smooth and harmonious meeting. In fact, the discussions took place so expeditiously that there was concern about an early adjournment which would have created issues for the sixth grade class trip and lunch.

Jan estimated that the meeting ran almost an hour shorter than previous years, despite a surprise appearance by the Governor. Bill said

Governor Shumlin only informed the town that he would be coming the afternoon before Town Meeting which was not enough time to get more people to attend. Nevertheless, residents who were there took advantage of his presence to pepper him with questions about health care and Vermont Yankee. In an unusual move, the Governor's talk actually interrupted discussion on the budget regarding police services.

Cambridge Elementary School

Incumbents Jan Sander and Nanci Lepsic won three and two year terms running unopposed. The school budget was overwhelming approved by over 200 votes. Sander said the margin by which the budget passed was greater than in previous years, no doubt because costs were kept down. She believes the town may be able to continue keeping expenses down although she noted

In addition to the budget passing, voters agreed to put money into a transportation fund and a capital reserve fund. The latter will probably be tapped for a new gym floor, the replacement of some roof sections and a new stove.

Both Jan and Bill believe the fact that members of the Finance Committee approved of both budgets helped make the meeting run almost effortlessly. "It was a unique situation," said Bill, "of everything being down. There really wasn't any basis for complaint." Jan is hopeful that meetings in years to come will go equally smoothly. "I think we can keep going like this," she said.

Bolton Valley continued from page 6

Richmond had been locked in a battle for the bragging rights to the 13-17 Snowboarder crown with Quinn Lumsden, 13, from St. Albans.

Jenkins was at the top of his game in the Jump competition to earn the discipline's top points. Coupled with a runner-up finish on the rails the 16 year-old walked away with the championship. Lumsden proved to be the best on the rails in the finale he was not able to close in on Jenkins. Unfortunately Cohn was taken out of the mix due to a prior commitment. He took home third in the season-long points. Jeremiah Hayes from Bolton was fifth in the final tally.

The Open skier division was won by Burke Kay, 16, from Hun-

tington. Richmond's Paolo Rossi, 18, finished second in a battle that see-sawed back and forth between the pair all season long. The duo split the last two events with Rossi winning the Jump and Kay the rails.

Mallory Fisher, 17, from Jericho won the Women's Freestyle Ski title.

The Open class snowboarder crown went to 22 year-old Andrew Boczar from Essex while the Women's Snowboard win went to Britt Horowitz from East Quogue, NY.

The Snowboard Champions received snowboards from Burton while the freestylers were presented with skis from Line.

The fifth annual Sam Cohn Award was the final presentation of the Night Rider Finals. The award is presented annually to the Night Rider competitor who best carries on the spirit of Sam Cohn, a former competitor and Richmond resident who died four years ago. The recipient must be committed to the sport, display enthusiasm, good sportsmanship and camaraderie with his fellow competitors at each and every event. Sam's father, John Cohn made the presentation, which includes a \$250 prize from the Sam Cohn Foundation to St. Albans snowboarder Quinn Lumsden.

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