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MMU Girls' Hockey wins first ever D2 championship



MMU Girls' Hockey team savor their victory.

PHOTO CONTRIBUTED

By Graham Swaney
Special to the Mountain Gazette

On Wednesday, March 9, 2016 the MMU Girls' hockey team defeated U-32 at UVM's Gutterson Field House to take their first ever Division 2 Vermont State Championship title. The team won by a score of 5-2 and set a state record for the highest number of shots on goal in a D2 championship game, taking a total of 38 shots on goal (U-32 took 18). During the regular season, MMU had beaten U-32 once and U-32 had beaten MMU once, making the championship a match to settle the score. MMU was seeded second in the state tournament, with a season record of 15-6-1. U-32 entered the championship game with 17 wins under their belt in the regular season, and only four losses. MMU made it to finals last year, but lost 4-2 against North Country. The experience the girls gained in the finals last year contributed to their success in finals this year. They were less distracted by the excitement of the championship game, and they knew what it would take to come out on top.

During the game, MMU slowly gained confidence while maintaining a strong focus from start to finish. MMU Coach Paul Wintersteen said that the team gave a "solid three-period effort" and that he "didn't stop coaching until the buzzer went off."

U-32 scored first, less than two minutes into the game. "That (giving up an early goal) can really throw you off your game," Coach Wintersteen noted. However MMU "got right back to work" and managed to finish the period strong. Lydia Maitland, assisted by Jackie Ryan and Lauren Hagerty, scored an equalizer at 3:47 in the period, and MMU closed the period with a shooting advantage of 12-4. Fiona Dulude, the MMU goalie, made a key save early in the second period to hold the score at 1-1.

According to Coach Wintersteen the team then began "really applying a lot of pressure." At 6:17 Jackie Ryan scored a breakaway goal, making the score 2-1. Lauren Hanley, assisted by Jackie Ryan and Anna Iglar, scored 11 minutes into the second period to give MMU a two point lead, in what would later prove to be the game-winning goal. MMU junior captain Margaret Thompson

said the second period of the match was the most exciting part of the game, stating that by the end of the second period, "We (the team) started to feel like we had an advantage over the other team, we really felt like we could win, and we felt like we were on our way there."

However, the girls did not get cocky. They entered the third period focused and ready to keep playing. They themselves had been in exactly the same position as U-32 when playing Burr and Burton in the quarterfinals. They came back to beat Burr and Burton 5-3, but the experience gave them a strong insight into the minds of their opponent going into the final.

The girls drew on their previous experience and maintained their momentum and effort from the first two periods all the way through the third period. Coach Wintersteen said that the team "respected their opponent" and they "knew nothing had been won yet." At 12:53 in the third period Audrey Scott, assisted by Anna Burke and Lydia Maitland, scored the team's fourth goal. A minute later Jackie Ryan, who was assisted by Lauren Hagerty and Lydia Maitland, followed with another goal, bringing the score to 5-1.

With nine minutes to go U-32, scored their second and final goal. Fiona Dulude and the MMU team killed a penalty in the last six minutes of the game. When buzzer went off, the girls and the coaching staff skated out on to the ice to celebrate their victory. Coach Wintersteen reiterated that "the team did not let up until the end of the game" and "kept shooting" throughout the game even after establishing a substantial lead on their opponent.

Both captain Margaret Thompson and Coach Wintersteen attributed the team's victory not only to a strong performance at the game itself, but a season full of hard work and the strong team bonding that occurred during that time together. The strong bond they created not only brought the girls closer together, but it made them more cohesive on the ice. Coach Wintersteen said, "Many girls had one of their best games of the year that last night," and that seeing the team celebrate their hard earned victory was "truly exciting."

Apply for a Habitat for Humanity home

Interested in becoming a Green Mountain Habitat for Humanity homeowner?

Green Mountain Habitat for Humanity (GMHfH) will hold an Applicant Information Meeting on Tuesday, April 26, from 7:00 – 9:00 PM at the Richmond Congregational Church, 20 Church St., Richmond to explain the process of applying to become a Habitat homeowner. GMHfH will be building a single-family home in Richmond this year and is seeking interested families to apply. GMHfH looks at three factors when choosing families for participation:

1. Need for better housing, including living in rundown conditions or in a dangerous neighborhood, or in an overcrowded place, or paying too much rent.
2. Ability to pay the monthly mortgage

to GMHfH. The monthly expenses must be manageable and family income must be between 30% and 60% of the median household income according to HUD (U.S. Department of Housing & Urban Development) income guidelines.

3. Willingness to partner with Habitat including willingness to complete the Sweat Equity hours requirement, make mortgage payments on time, and attend Habitat activities.

Green Mountain Habitat for Humanity is a 501c3 non-profit, dependent on local funding and volunteers, and was established in 1984 to address the need for affordable housing for low-income working families in Chittenden County. GMHfH has built 68 homes to date with four planned for 2016.

Top notch Vermont student, Graham Swaney, selected to attend National Journalism Camp

Congratulations to top-notch Vermont student Graham Swaney of Jericho for being selected to JCamp. Swaney, a student at Mount Mansfield Union High School in Jericho, has been interning with Richard Mindell, writing news articles for publication in the *Mountain Gazette*, the local newspaper. Swaney said, "Mr. Mindell has been the most positive influence on my interest in journalism."

"Graham is passionate about journalism and you can't teach passion," said Richard Mindell. "He accepts instruction and reflects on his work."

The Asian American Journalists Association (AAJA) announced forty-two outstanding high school students were selected to attend the highly competitive JCamp, a six-day intensive, multicultural journalism training to be held August 1-6, 2016 at the George Washington University School of Media and Public Affairs. Justin Seiter, AAJA Program Associate, said, "The selection committee strives to invite students who demonstrate a true passion for journalism and a drive to become leaders." Over 600 students have completed the program since it was launched in 2001, giving students hands-on training in writing, photography, television and radio broadcasting, online media, and reporting.

Top teen reporters, photographers, and broadcasters from diverse ethnic, socioeconomic, geographic, and cultural backgrounds will receive an all-expenses paid program with travel, meals, and lodging. AAJA seeks to cultivate and promote the highest ethical journalism standards and encourage diversity in the newsrooms by inviting these forty-two students to JCamp. Professional



journalists from around the country volunteer to mentor and speak to the students throughout the week. Past speakers have included Joie Chen, anchor of Al Jazeera America's *America Tonight*; Kevin Merida, senior vice president of ESPN and editor-in-chief of *The Undeclared*; and Bob Schieffer, moderator of CBS News' *Face the Nation*.

Swaney, a junior at Mount Mansfield Union High School said, "I am thrilled to have been accepted. I look forward to spending time with like-minded people and I think it will be another important step in my journey to professional journalism."

Artists' Mediums expands to Cambridge



Stop in at the new Artists' Mediums store and gallery in Cambridge. PHOTOS BY PHYL NEWBECK

By Phyl Newbeck

Special to the Mountain Gazette

For close to three decades, artists have flocked to Artists' Mediums in Williston for pads, paints, easels, framing supplies, and more. Artist Chelsea Lindner began working at the retail establishment twenty years ago after shopping for her own supplies there. She worked her way up to manager and last year she purchased the store. This year, Lindner is taking another giant step, opening a new location in Cambridge, which she is calling Artists' Mediums Art Shop.

The new location is an extremely scenic one. Lindner has leased space in the old Brown and Jenkins Coffee building just off VT Rt. 15 and across from Boyden's Winery in Cambridge. Although the new shop will sell art supplies, Lindner envisions it as more of an exhibit space for local artists and crafters. "We have always wanted to do more to serve and work with the art community," Lindner said. "It's becoming harder to do that with art supplies so we decided to launch a new venue to promote local artists. You can get a pencil anywhere but a piece of art is a singular thing and that is more precious."

Artists' Mediums Art Shop opened on April 1 and although the weather was bad and the opening was up against Maple Open House Weekend, Lindner was pleased with the number of people who came to visit. Although many of the phone calls she fielded prior to the opening pertained to art supplies, the majority of the sales were of artwork, which reinforced Lindner's plan to focus on displaying art.

When Lindner became manager of the Artists' Mediums Williston location twelve years ago, she began to hang local artwork on the walls and have mini shows. Sometimes the shows displayed the work of a single artist and sometimes they were themed exhibits with multiple contributors. Lindner's goal for her Cambridge location is to showcase a variety of work rather than just focus on one artist. There are currently 43 artists on display and in many cases their line of cards, prints, or other smaller work is presented

on tables or counters in front of the original pieces that hang on the wall. In addition to one-dimensional art there are sculptures, fiber art, bowls, soaps, and candles. "We've never had room to stock things that are both functional and beautiful before," Lindner said.

While many think of landscape paintings as the prototypical Vermont art, Lindner wants to make sure that her new shop has abstracts and modern art, as well. "We will continually refresh the exhibits," Lindner said. "We have a goal of getting 15 new artists before our Grand Opening over the Memorial Day Weekend." Lindner hopes the new artists will also represent different forms of artistic expression like furniture designers, jewelry makers, lighting designers, and stained glass artists. "We want to show off all the things Vermonters do," she said.

Lindner sees a disconnect between the art world and the rest of Vermont and hopes to bridge that gap with her new store. "There are so many talented artists here," she said, "and their work doesn't get seen as much as it should." Through her twenty years at Artists' Mediums, Lindner has come to know a number of Vermont artists and hopes her new venture will help promote them. "It's been a great experience so far," she said. "This is my chance to do even more for the artists of Vermont."



May Memorial Day issue May 19; deadline May 12

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4-H NEWS

State 4-H Horse Hippology team selected



These happy 4-Hers were the top ten finishers in the 10-11-year-old group at the State 4-H Horse Hippology Contest held on Saturday, April 2 in Orwell: (front row, from left) Shiane Wheeler, Wilmington; Jenna Dolloph, Chester; Zoe Aigner, Fair Haven; Marleigh Cary, Rutland; Shyanne Wedge, Shoreham. Back row: Ryley Dubois, Addison; Anna-Lise Cooledge, Westford; Chloe Barewicz, Jericho; Emeillia Gomo, Chester; Ryley Dubois, Addison; Anna-Lise Cooledge, Westford; Chloe Barewicz, Jericho; Emeillia Gomo, Chester; Megan Robart, East Dover. PHOTO BY LISA MUZZEY/UVM EXTENSION 4-H

Four Vermont 4-H teens have earned a spot on the state 4-H horse hippology team for their keen horse judging skills and in-depth knowledge of horses and the equine industry.

Callon Fish of Rutland, Lauren Hodsdon of Bridport, Olivia Suker of Shrewsbury, and Cassidy Wyman of Cambridgeport made the team after placing in the top four in the Senior Division (14 and older) at the State 4-H Horse Hippology Contest on Saturday, April 2. The event took place at Kedron Valley Stables, South Woodstock (judging) and Woodstock High School, Woodstock (written test, cognitive and hands-on skills tests, and identification stations). The event was hosted by University of Vermont (UVM) Extension 4-H and Windsor County 4-H.

The team will represent Vermont at the New England Regional 4-H Horse Contests in Concord, NH in October. The team also will travel to Louisville, KY in November for the Eastern National 4-H Horse Round-up, an event that attracts more than 30 teams from throughout the country.

Other seniors who ranked in the top ten in their division, in order, include Holly Weglarz, Hartland; Dyani Jones, Jericho; Hannah Lang, Essex; Hailee Blades, Jeffersonville; Arin Kenyon, Chester; and Amanda Ferguson, Springfield.

Junior Division winners were, in order of placement:

8-9 years old: Grace Trahnstran, Rutland; Jenna Bennett,

Swanton; Megan Carson, Windham; Abby Williams, Chester; Laura Kamel, Westminster Station; Kyrah Cutts, Brookline.

10-11 years old: Ryley Dubois, Addison; Anna-Lise Cooledge, Westford; Chloe Barewicz, Jericho; Emeillia Gomo, Chester; Megan Robart, East Dover; Shiane Wheeler, Wilmington; Jenna Dolloph, Chester; Zoe Aigner, Fair Haven; Marleigh Cary, Rutland; Shyanne Wedge, Shoreham.

12-13 years old: Faith Ploof, Essex Junction; Grace Parks, Essex Junction; Julia Hulett, West Pawlet; Tanya Wheeler, Wilmington; Allison Tourville, Georgia; McKenna White, Whiting; Emma Cushman, Barre; Sophie Lee, Underhill; Eva Joly, Essex Junction; Jasmine Beenen, Addison.

Novice Senior Division (14 years old and up and new to 4-H or the hippology contest): Averie Lowe, Bellows Falls; Kaitlyn Relihan, Springfield; Yachne Nilges, Townshend; Gypsy Burdo, Swanton.

Assisting with the event were 4-Hers Courtney Bronson, Shoreham; Catherine Thrasher, Rupert; and Alexis Walker, Westford. All three previously competed on state 4-H horse hippology teams in national competition.

To learn more about the 4-H horse program contact Wendy Sorrell, UVM Extension 4-H livestock educator, at 802-656-5418 or toll-free at 800-571-0668 ext. 2.



Adult presenters and 4-H participants at the Vermont 4-H Sheep Quiz Bowl and Skill-A-Thon Held Saturday, April 2 in Orwell were: (back row from left): Max Crossman, Whitehall, NY; Elaine Meyers, North Chittenden; Charlotte Moriarty, Jericho; Gabrielle Ochs, Orwell; Siri Swanson, Orwell; Corinna Hobbs, Hinesburg; Riley Ochs, Orwell; and Jarod Bushey, Addison; Teri Metcalf, Addison. Front row: Caroline Hobbs, Hinesburg; Frankie Thompson, Newport; Rebecca Moriarty, Jericho; Raymond Bushey, Addison; Adrienne Carr, Orwell; and Cyrus Tyler, Richmond. PHOTO BY TREVOR HOBBS

Quiz Bowl, Skill-A-Thon help 4-H'ers learn sheep facts

The annual Vermont 4-H Sheep Quiz Bowl and Skill-A-Thon on Saturday, April 2 in Orwell provided a platform for 4-H sheep members from three counties to expand their knowledge about sheep.

Twelve 4-H'ers gathered at the Orwell Town Hall for the two-part event, beginning with the skill-a-thon, which featured a series of hands-on identification stations where they learned about lambing, equipment, feeds, poisonous plants, conformation, and cuts of meat. The afternoon quiz bowl competition challenged them to quickly answer questions on a diverse range of sheep-related subjects from anatomy and health to feeds, breeds, marketing, and the sheep industry.

The day concluded with a recognition ceremony and ice cream social at which participation ribbons were handed out to 4-H'ers from the following counties:

Addison: Jarod and Raymond Bushey, Addison; Adrienne Carr, Gabrielle and Riley Ochs, and Siri Swanson, all from Orwell.

Chittenden: Caroline and Corinna Hobbs, Hinesburg; Charlotte and Rebecca Moriarty, Jericho; Cyrus Tyler, Richmond.

Orleans: Frankie Thompson, Newport.

Max Crossman of Whitehall, NY served as quizmaster for the quiz bowl competition. He also was a presenter for the skill-a-thon along with several Vermont 4-H adult volunteers. The event was organized by Wendy Sorrell, University of Vermont (UVM) 4-H livestock educator.

The skill-a-thon and quiz bowl were sponsored by UVM Extension 4-H and the State 4-H Sheep Committee. For more information about the 4-H sheep program, contact Sorrell, wendy.sorrell@uvm.edu or 802-656-5418.

COMING EVENTS

Thursday, April 21

A Thinking Person's Guide to America's National Parks, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Robert

Manning for a discussion of their new book. On the centennial of the National Park Service, this richly illustrated book offers invaluable advice on exploring America's national park system.

The book delves into issues affecting an array of parks: the iconic western national parks, the urban parks, historic sites, and cultural areas that are among America's over 400 national parks. Tickets

\$3 include a coupon for \$5 off the featured book. Coupons expire at closing the evening of the event. For more information, www.phoenixbooks.biz or 448-3350.

Events continued on page 3

[REHABILITATION SERVICES]

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COMMUNITY COLUMNS

Part 2 – Singing

By Sue Kusserow, *Special to the Mountain Gazette*

In the last issue of the *Mountain Gazette* I started a series entitled *Singing*, describing how important singing has been in my life and what I am currently doing to keep me in touch with its joys. Ever since my own children were in Underhill Central School (UCS), I have sung with all four grades, and we all seemed to have such fun that I kept going, advancing to my grandchildren, and presently with the delightful grandchildren of some old friends, in the kindergarten at UCS. My first thoughts were about picking songs for youngsters. And now, I will try and suggest some other ideas.

Do you need an instrument? I don't think so. I have a strong voice and a good sense of rhythm, so we all don't miss an accompaniment. I have always scrunched away on a guitar, poorly at best, but with enough chords so I could fit most any song into them. Incidentally, as my voice has dropped into a tenor range, I am happiest in the key of G, but it's too low for kids. The triad of D is good for them... and all you really have to do, in any key, is count up: from D, go up four notes. This is the G chord. Then count up five notes and that is the A7 chord. This is all you need for most songs, and it will work from whatever chord you start. I remember when I was gathering kids from bus stops, homes, the country store, to go to the United Church for junior choir rehearsals. I picked up as many as I could pack in (seat belts were not yet mandatory) and the car became a chatter of after-school freedom. Unfortunately, someone sat on my guitar and it developed a huge crack, which I mended with some pink nail polish. It never really worked, and I finally graduated to a mellow-sounding, but sturdier, instrument. I like guitars, because you can sit on the same level as the kids, without having the bulk of a piano to separate leader and singers. I used to play the violin and brought that in a few times, to show them how other strings work. And I had a visiting flutist once or twice. One of the joys of a guitar is that the children, at the end of the singing, are invited to come up and 'play' it. In the beginning, there are very tender touches; later, they strum all strings and even bang the body of the guitar to see how it can be used as a percussion instrument. By the end of the year, all shyness is gone, and I have to caution the kids (usually the boys only) to treat my poor old friend gently.

How do you know what to sing? The children give off all sorts of clues. They, after only a month or two, have their favorites... usually the ones with some physical action to them... Sometimes, I am so busy watching various reactions, that I forget the words. They, by that time, have them down pat! Some kids hold back a little, and those are the ones who will be chosen next to pick a vegetable that Mr. Rabbit would like to eat, or which kind of bird goes in and out the window. Someone may have accidentally gotten bumped in the last round of *Jump Along, Josie*, so he/she will be chosen to start a new song. We like to make up songs, rhyming animals: *The animals came in three by three/The elephant and the*

bumblebee, and a pantomime of *What shall we do when we all go out?* And there usually seem to be enough occasions to sing *Happy Birthday to Johnny's new tooth*.

As we have our ending song, some children are appointed to take the guitar back to its case... and Ronda, Nancy, and I both breathe sighs of relief once it has gone wobbling through rows of kids. And I follow, hold on to the bookcase as any 'unbalanced' old lady should, when one gets plenty of hugs. One child asked: "Why do you always kiss the top of my head?" "Well dearie," say I, "that's the only part I can reach." And I'm down the hallway, waving to former singers peeking out from Spanish or Art or even sophisticated ones in the fourth grade.

Music is such fun to weave into any arbitrarily-designated subject. For example, years ago, I told the third grade the story of John Henry, prefacing it with a simplified version of the Luddite Movement. I had brought in a sledge hammer, but only a 10 pound one... "I'm throwin' 30 pounds from my hips on down. Just listen to that cold steel ring, Lord, Lord." There just happened to be a boy in the class who was about 30 pounds, so he got picked up by his compatriots, to learn what 30 pounds felt like. And I showed them how John Henry's hammer was shaped with a very thin neck, so he could get maximum flexibility. The tune is, in itself, a good rhythmical piece, coming from the Sawanna Tunnel in West Virginia in 1870. So, I sang all twelve verses, showing what John Henry believed: "And before I let that steam drill beat me down, I'll die with this hammer in my hand, Lord, Lord." And he won. But it was his last job: "They took John Henry to the graveyard, and they buried him in the sand. And every locomotive comes a-roarin' by, says there lies a steel-drivin' man, Lord, Lord." There was silence when I finished. "Oh, oh," I thought. "Was I asking too much of them?" Then they clapped! What a nice moment!

And it can amplify most any history lesson: *The Rock Island Line* is a train song about sneaking taxable goods under the guise of goats, sheep, cattle... and as the train roars out of the checkpoint at the station, the engineer yells: "Fooled ya! Fooled ya! I've got all pig iron, all pig iron!" "Run, chillen, run, the patter roller catch you... this child ran and this child flew. This child lost his Sunday shoe," tells the story of slave families who had been split up. Some "benevolent" owners allowed the kids, after dark, to get to the next plantation to visit parents, but they needed to be back by daybreak. *Jimmy Crack Corn* is pure irony. Who was supposed to watch for and swat the blue-tail fly... the fly who caused the horse to "threw my master in the ditch... And I don't care... my master's gone away!"

And so it goes. My world has been so blessed with music that to share it, particularly in a simple, non-virtuoso way, has been fun for me. I hope you can *Shout for Joy* and "I'd like to teach the world to sing, in perfect harmony." In the meantime, "I cannot keep from singing."

Hallelujah!

Underhill Historical Society events

Here is a list of upcoming events to be sponsored by the Underhill Historical Society – watch for more details to come!

Wednesday, May 4 – William Tortalano at the Deborah Rawson Memorial Library, Jericho, with a *Vermont Music Sampler*.

Saturdays in June, dates TBD – work days at the District 5 Schoolhouse at the corner of Stevensville and Pleasant Valley Roads, Underhill Center.

Sunday, July 24 – Blueberry Social, District 5 Schoolhouse.

Saturday, August 6 – Flea Market and Silent Auction, District 5 Schoolhouse.

Saturday, September 10 – Connell-Sullivan Pig Roast, Krug Rd., Underhill Center.

Saturday-Sunday, September 24-25 – Old Fashioned Harvest Market, Underhill Flats, on the Green.

Saturday, October 8 – Brewers' Fest, Moore Park, Underhill Center.

Sunday, October 16 – Lucius Jackson Award Night and Pot Luck; Underhill Ski Bowl Remembrance, District 5 Schoolhouse.

Wednesday, November 9 – Bill McKone on the Fenian Invasion of Canada, DRML.

Sunday, November 13 – Authors of Underhill, all month at DRML.

Wednesday, December 7 – Stephen Nissenbaum, *Battle for Christmas* at DRML.

Wednesday, January 11, 2017 – Joseph Nelson, Covered Bridges of Vermont at DRML.

When the family pet passes away

By Lewis First, MD,

Chief of Pediatrics at UVM Children's Hospital

One of the saddest questions I get from parents is how to help a child cope with the death of a pet. Let me see if I can provide some information on this all too common topic.

First, it is important to understand that how a child deals with a pet's death depends largely on their age and personality. For example, until children are age 5 or 6, their view of the word is very concrete, so they don't understand death. But they might understand your telling them that a pet's body was not working anymore and cannot be fixed.

Children may not understand that the pet's condition is permanent, and you may have to repeat the fact that the pet cannot be fixed and will not come back. A key concept at this age, and even as your child gets older, is that your child may feel they are to blame for this happening. Obviously, you need to reassure your child more than once in the weeks and months that follow that this is not the case at all.

Avoid phrases such as the pet "went away" or "went to sleep,"

Family Pet continued on page 4

Events continued from page 2

Saturday, April 23

10th Annual Polish Dinner, 5:30 – 7:00 PM, St. Thomas Parish Hall, Green St., Underhill Center. The St. Thomas Knights of Columbus #7810 dinner will include homemade smoked kielbasa, pierogi (dough filled with cheese or filled with mushrooms and sauerkraut), cabbage, potatoes, homemade sauerkraut, dessert, and drinks. Adults, \$12; children 6-10, \$6; maximum \$33 for members of an immediate family. Children under the age of six will be the guests of the Knights. Take-out meals will be available. Come and bring the whole family to enjoy this delicious Polish meal! No reservation is necessary. Sorry, no handicapped access. For more information, 899-4632.

Poetry Society of Vermont reading, 2:00 – 4:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join members of the Poetry Society of Vermont for a celebration of National Poetry Month! Founded in 1947, PSOV is an association of poets and supporters who join in promoting an interest in poetry through meetings, workshops, readings, contests, and contributions to the society's chapbook. This event is presented as part of PoetryFest at Phoenix Books Burlington, a month-long series of events in celebration of National Poetry Month. Free. For more information, www.phoenixbooks.biz or 448-3350.

Growing a Mafia-free Sicily, 2:00 PM, Community Room, S. Burlington Community Library, 540 Dorset St. S. Burlington. Slideshow and talk by Grace Weber, sponsored by the VT Italian Club (www.vermontitalianclub.org). A fluent Italian speaker, Weber volunteers for an organization called *Libera*, an anti-Mafia movement that holds properties confiscated from convicted Mafia bosses and rededicated them to activities in the public interest, operating with volunteer labor.

Thursday, April 28

An evening of poetry, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join us for an evening of poetry with Daniel Lusk and Leland Kinsey. Leland Kinsey grew up on a dairy farm in the Northeast Kingdom. Six collections of his poetry have been published prior to *Galvanized*. Winner of a 2016 Pushcart Prize, Daniel Lusk is a Senior Lecturer of English Emeritus at the University of Vermont. His newest collection is *The Vermeer Suite*. This event is presented as part of PoetryFest at Phoenix Books Burlington, a month-long series of events in celebration of National Poetry Month. Tickets \$3 include a coupon for \$5 off a book by one of the featured authors. For more information, www.phoenixbooks.biz or 448-3350.

Saturday, April 30

Bunco at the Barn, 6:00 – 10:00 PM, Boyden Farm, VT Rt. 15, Cambridge. Sponsored by Cambridge Area Rotary, the event includes a silent auction, prizes, raffle, and cash bar. Social hour 6:00 – 7:00 PM; games begin at 8:00 PM. Tickets, \$15 per person, available at Jack F. Course Inc., Cambridge Village Market, the Varnum Library, Union Bank, or call Anita Lotto, 802-793-0856.

Bird Monitoring Walk, 7:30 – 9:00 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Join fellow birders (and would-be birders) on the monthly monitoring walk on the Museum's property, last Saturday of the month. Most fun for adults, older children. Please bring your own binoculars. Free; please pre-register, 802-434-2167 or museum@birdsofvermont.org.

Food Drive / Rummage Sale / Raffle, 9:00 AM – 3:00 PM, Hinesburg Fire Department. Please bring a non-perishable food item to this benefit for the Hinesburg Food Shelf and Hinesburg Fire Department, and check out all the wonderful bargains – and the raffle. Hosted by Life's Helpers Inc.

5th annual VT Gear Swap & Clothing Sale, 9:00 AM – 3:00 PM, West Monitor Barn, US Rt. 2, Richmond. Local and national retailers provide discounted outdoor gear, apparel, and equipment; sale benefits the Vermont Youth Conservation Corps and the

Burlington Sunrise Rotary Club's social mission. Free food and live music. To sell or donate gear, www.gearswapvt.org; donated or sellable gear that meets the guidelines there can be dropped off at Westaff, 74 Main St., Burlington, 8:00 AM – 5:00 PM Monday-Friday, or email gearhead@gearswapvt.org to make other arrangements. You can also drop off your gear to the VYCC at West Monitor Barn Thursday-Friday, April 28-29 between 3:00 – 6:00 PM. Drop off entrance is around the back of the barn; follow the service road and look for the big open barn door.

Nosorigines.qc.ca – a database of French-Canadians, 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. *Nos Origines* has genealogical information on approximately one million people with Canadian and French ancestry. Our speakers will discuss its features and value based on their years of experience using it, and how to add to its records. User entries submitted to *NosOrigines.com* are all verified, insuring a high degree of accuracy. The site is free and is available in French and English. Information in the database includes name, occupation, date and location of birth, baptisms, marriages, and burials. Class \$5; parking and entrance are across from the State Police building. For more information, www.vtgenlib.org or call 802-310-9285.

Independent Bookstore Day, all day, Phoenix Books three locations: Burlington, 191 Bank St.; Essex, 21 Essex Way; and Rutland, 2 Center St. Join us for exclusive merchandise and giveaways (while supplies last), as well as general merriment while we celebrate with Independent Bookstores nationwide! Independent Bookstore Day is a celebration of books, readers and indie bookselling that started in California in 2014. Now in its third year, IBD has become a nationwide party as big and varied as the country itself. Free. For more information, www.phoenixbooks.biz or 448-3350 (Burlington), 872-7111 (Essex), or 855-8078 (Rutland).

Very Hungry Caterpillar story time, 11:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington. Enjoy your Saturday morning with a reading of the children's book *The Very Hungry Caterpillar* by Eric Carle. As we read the story together, we will make our own hungry caterpillar snacks! This event is presented in partnership with City Market. Free and open to all ages. For more information, www.phoenixbooks.biz or 448-3350.

Sunday, May 1

Texas Hold'Em Poker Tournament, 12:00 PM, Elks Lodge, 925 North Ave., Burlington. Benefits MMU Project Graduation. Cost: \$75 buy-in with one-time re-buy plus add-on. Cash prizes. Register early or at the door at the tourney, 11:00 AM. For information or early registration: Steve, 899-1266. For more information on Project Grad: <https://sites.google.com/site/mmuprojectgrad/home>.

Opening Day at the Museum, 10:00 AM – 4:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Discover new exhibits and reacquaint yourself with old favorites. Go birding from the treehouse, explore the pond, see what's leafing and blooming outdoors and in. Check out our 2016 art exhibit *In Layers: the Art of the Egg*, or find the newest bird carving in the Spring Wetland diorama! Drop in during our daily hours, 10:00 AM – 4:00 PM every day from today through October 31. Free for Museum members. Information: 802-434-2167 or museum@birdsofvermont.org.

Wednesday, May 4

Vermont Music Sampler, 6:30 PM, Deborah Rawson Memorial Library, 8 River Rd., Jericho. Dr. William Tortolano of Jericho, St. Michael's College Professor Emeritus of Music, with a presentation on Vermont's fascinating musical folklore. Sponsored by the VT Humanities Council and the Underhill Historical Society. Free and open to the public.

Thursday, May 5

Free Community Soup and Bread Supper, 4:30 – 6:30 PM, Covenant Community Church, VT Rt. 15, Essex. Eat in or take out.

Menu includes a variety of hearty soups and breads and a sweet dessert – a quick, easy, delicious meal. Stay to eat with friends and family, or pick up to take home. Donations accepted. Information: Pastor Steve Anderson, 879-4313.

The Mountain Gazette

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Family Pet continued from page 3

since children may become fearful when you tell them a family member is going away or going to sleep.

Kids between 6 and 10 years of age do understand the finality of death but don't quite understand that it will eventually happen to them one day. Providing accurate, simple, clear, and honest answers to their questions is the best way to talk with children at this age.

Teens understand that eventually everyone dies. They may experience some guilt or anger about the pet's death, even at this age. It is important to encourage them to express and share their grief, anger, or sadness.

Parents, sharing your own grief and even tears in front of your child or teen may actually help your young one deal with their own emotional pain and loss. Make sure your child – at any age – knows that despite the loss, you can continue to love and talk about the happy memories of the pet forever. And maybe over time you can welcome a new pet into the family.

Your child's doctor or your pet's veterinarian can help and provide access to books and, if necessary, counselors, to help a child and family go through this difficult time.

Hopefully tips like this will bring peace of mind to you and your children when it comes to the *pet-ticulars* of helping them deal with the death of a family pet.

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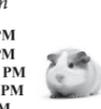
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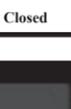
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Dr. Mary H. Kintner

Preliminary site work begins for new Copley surgical suite

Preliminary site work has begun as Copley Hospital begins preparing to build a new surgical suite. The hospital plans to spend \$12.5 million to build a new integrated surgical suite to replace its current operating rooms. The new surgical suite will open in late 2017 and include three operating rooms, one procedure room, central sterile and processing, pre- and post-operative beds, a dedicated waiting area for families, a consultation room for physicians and family members, and expanded space for storage and support services.

"We are building a replacement for our current operating rooms, which were built in 1979," said Copley Hospital CEO Mel Patashnick. "The new construction is separate from our current surgical services area. This means we can continue to offer high quality surgical services in our current area while the new surgical suite is built. The new suite will ensure that Copley will be able to meet the future needs of our community with an even better experience for patients and families."

Copley plans to build the new surgical suite off the main entrance, tucked in between the main lobby and the Rehabilitation Services building, and connecting to the back of Outpatient Services.

Construction on the 19,560 square-foot suite is expected to begin this summer, with construction taking 18 months. Copley Hospital is working with an owner's representative, John Kause, PE, CPMP, and architects Freeman French Freeman. Both have extensive knowledge and experience with hospital design and construction.

The preliminary site work involves reconfiguring the parking lot in front of the hospital rehabilitation services building (just past the hospital's main entrance) and relocating underground telephone lines. The existing ring road for circulation and traffic flow around the hospital will be maintained.

The hospital is paying for the bulk of the project with working capital and a loan. The hospital is seeking \$3.2 million in community support and has already raised 78% of that goal. Copley will launch the public phase of their campaign to reach 100% at the upcoming groundbreaking for the new surgical suite.

The importance of water

By Mary Kintner, D.C., R.N.

As we head into summer, meeting our need for water becomes even more important than at other times of the year. We are often more active and the heat and humidity increases water loss from the body. Water is involved in almost all of the body's functions. We can survive for weeks without food, but only days without water. In fact, only oxygen is more important for our survival!

Water plays a significant role in absorption and digestion of food, it increases metabolism, regulates body temperature, carries oxygen and nutrients to cells, cushions joints, organs, and the spinal cord from shock. Water keeps the kidneys healthy by eliminating toxins that are carried to the kidneys by the bloodstream. Water also keeps the kidneys flowing, thereby decreasing the risk of kidney stones. Water also helps decrease the frequency of gallstones. In a study reported in 2002 American Journal of Epidemiology, women who drank at least five glasses of water per day were 41% less likely to suffer from heart disease than those who drank two glasses of water per day.

Water helps with weight management. Water is calorie free, it decreases appetite (dehydration can be mistaken for hunger), and water helps metabolize stored fat. Contrary to a common misconception, water does not cause fluid retention. The body holds onto water when it is dehydrated! Dehydration is a major trigger for fatigue. In fact, for each 1% of water loss, there is a 10% loss of energy.

Being well hydrated improves mental and physical activity. Even minor dehydration can decrease short term memory and the ability to focus on math problems or computer screens. Water plays a key role in removing toxins from the body. Being well hydrated helps your body fight illness by keeping the mucus membranes moist. Water also nourishes skin, the largest organ in the body. Headaches and dizziness can be caused by dehydration. Staying well hydrated can also decrease joint pain. Drinking adequate amounts of water can decrease symptoms of asthma and allergies. Water keeps organs functioning optimally such as the kidneys, heart, and gall bladder. Being well hydrated can also help depression and manage blood sugar imbalances.

By some estimates, 75-80% of Americans are dehydrated. So how do you know if you are dehydrated? Thirst is a symptom of dehydration. As we age, however, we lose the sense of thirst. Joint and muscle pain can be symptomatic of dehydration. Fatigue can be caused by insufficient water.

Sore throat or constipation are also signs of dehydration. Another sign is deep furrows in the lower lip.

So how much water do you need? Bodily functions such as elimination, perspiration, and respiration use approximately 64 ounces of water per day. This translates to eight, eight-ounce glasses of water per day. Juice is not water; beer and soda are not water; milk and coffee are not water! Caffeine and alcohol actually cause increased water loss.

Water is critically important to your health. Most of us are dehydrated. This means we are not functioning optimally. Look and feel your best! Drink plenty of clean water, at least 64 ounces every day.

Mary H. Kintner, D.C., R.N., is a chiropractor and nutritional consultant practicing in Jericho

Red Cross asks for blood donations

The American Red Cross encourages eligible blood donors to donate blood this spring.

Donated blood is perishable. Red blood cells are the blood component most frequently transfused by hospitals and must be used within 42 days of donation.

Donors with all blood types are needed, especially those with types O, A negative, and B negative. Whole blood can be donated every 56 days, up to six times a year, and double red cells may be donated every 112 days, up to three times per year. To make an appointment to give blood, download the free Red Cross *Blood Donor App*, visit redcrossblood.org, or call 1-800-RED CROSS (1-800-733-2767).

Upcoming blood donation opportunities include:
Wednesday, April 20, 11:30 AM – 5:00 PM, Our Lady of the Holy Rosary Church, 64 W. Main St., Richmond
Friday, April 22, 9:00 AM – 2:00 PM, Burlington Fire Dept. Station 2, 132 North Ave., Burlington
Monday, April 25, 10:00 AM – 3:00 PM, Vermont Technical College-Donor Coach, 201 Lawrence Place, Williston
Thursday, April 28, 9:00 AM – 2:00 PM, Colchester High School, 131 Laker Dr., Colchester

HEALTH NEWS

Health classes from Northwest Medical Center

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

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

Breastfeeding: Keep it Simple, Thursday, May 26, 12:00 – 1:30 PM, VT Department of Health, 27 Federal St., St. Albans. You are invited to the Department of Health's free Breastfeeding Prep class. Learn how your body makes milk, what to expect, tips for getting nursing off to a great start, and whom to call if you need support or help. Personalize your breastfeeding plan, line up your support, go over the basics, ask questions and get real-life answers. Offered by VT Department of Health staff. Pre-registration required, call 524-7970 to register.

Living with Alzheimer's Disease for Caregivers: Final Stages – Thursdays, May 5 and 19, 5:30 – 7:30 PM, NMC, Green Mountain Room. This two-part program is designed to provide care partners with the knowledge, tools, and strategies needed to cope with a diagnosis of Alzheimer's disease or a related dementia. Speaker Amanda Wilson, Franklin County Home Health Medical Social Worker, BA and Professional Community Educator for the Alzheimer's Association-Vermont Chapter. Pre-registration required: 524-1234 or cjhwa@nmcinc.org.

Healthier Living with Diabetes, Wednesdays, May 25-June 29, 9:30 AM – 12:00 PM, NMC. Are you or someone you know living with diabetes? Then this Healthier Living Workshop is for you! Learn to feel better by learning how to deal with frustration, fatigue and pain, manage symptoms and medications. Free; pre-registration required, 782-5323 or 524-1031 or hmessier@nmcinc.org.

Healthier Living with Chronic Pain, Fridays, May 6-June 10, 12:30 – 3:00 PM, NMC. Are you or someone you know living with chronic pain? Then this Healthier Living Workshop is for you! Learn how to manage the issues that go along with your chronic disease. Various facilitators. Free; pre-registration required, 782-5323 or 524-1031 or hmessier@nmcinc.org.

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

Saturday Childbirth Education Workshop, May 7 or June 4, 8:30 AM – 4:30 PM, Franklin County Home Health, 3 Home Health Circle, St. Albans. Join other expectant parents in a day-long workshop to prepare for the birth and care of your baby. You will learn about labor, birth, medications in labor, and relaxation and breathing techniques. You can also enroll in an optional breastfeeding class held on the Monday evening following your workshop. Fee: \$90; pre-register required, 527-7531.

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

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

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

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

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

Are you breastfeeding? Thinking about it? Come and join other moms, babies, and families at our regular breastfeeding support/social group. The group is offered by the VT Department of Health and is free to all. You can ask questions and get help,

NMC continued on page 5

NMC continued from page 4

join group discussion, and most important – meet moms just like you and share your experiences. There are several meeting times each month: first Saturday of the month, 9:30 – 11:30 AM, Bent Northrop Memorial Library, Fairfield (by Fairfield Center School); second Wednesday of the month, 9:30 – 11:30 AM, Family Center, Alburgh; third Thursday of the month, 10:00 AM – 12:00 PM, NMC Family Birth Center conference room. Call 524-7970 for more information.

Have you lost a loved one to suicide? If the answer to the question is “yes,” please consider attending a free, confidential group that meets monthly in St. Albans. Everyone in the group,

How you can celebrate Earth Day – Friday, April 22

Today may look and seem like a typical Friday in late April, but did you know that people all around the world will be celebrating Earth Day?

If you’ve never celebrated or heard of Earth Day, it has become an annual event celebrated on April 22 every year. Groups worldwide will host events to demonstrate support for and provide education about ways to protect our environment. Since 1970 the movement has been motivating people to action.

So, how can you participate in Earth Day from your own home? Simple! Take a break from meat.

Here are a few impactful ways you can help the environment by reducing your meat consumption:

1. Reduce your carbon footprint – The United Nations’ Food and Agriculture Organization estimates the meat industry generates nearly 15 percent of the man-made greenhouse gas emissions that are contributing to climate change worldwide, far more than transportation. And annual worldwide demand for meat continues to grow. Reining in meat consumption once a week can help slow this trend.
2. Minimize water usage – The water needs of livestock are tremendous, far above those of vegetables or grains. An estimated 1800-2500 gallons of water go into a single pound of beef. Soy tofu typically requires 220 gallons of water per pound.
3. Help reduce fossil fuel dependence – On average, about 40 calories of fossil fuel energy go into every calorie of feed lot beef in the U.S. Compare this to the 2.2 calories of fossil fuel energy needed to produce one calorie of plant-based protein. Moderating meat consumption is a great way to cut fossil fuel demand.

There is no doubt that animal agriculture is one of the most significant contributors to global, human-induced greenhouse gas emissions. Intensive factory farming also harms the environment by polluting the air, water, and soil with manure and other contaminants.

As an added advantage, when you curb your intake of meat you can reduce your risk of heart disease, diabetes, stroke, and cancer, as well as limit obesity. It’s a fun and easy way to improve the nutritional quality of your diet!

And if you want to continue to help the planet and your health, and spare animals from factory farming, you can try Meatless Mondays every week. Meatless Monday is a weekly holiday from meat and a program that promotes the opportunity to get the week off to a healthier start.

The concept of Meatless Monday dates back to WWI, when it was implemented as a way to conserve resources for troops fighting abroad. In 2003, when the U.S. began fighting a war of a different kind – a war on chronic, preventable disease such as heart disease – it was a team at the Johns Hopkins Bloomberg School of Public Health that understood the dire need to reintroduce Meatless Monday.

As the District Food Service Coordinator of Chittenden East Supervisory Union, I’m proud to say that our schools are doing their part by participating in Meatless Mondays, as well as serving a variety of meatless meals throughout the week. Our students love giving back by being more mindful of what they put on their plate, whether it’s a bean and rice burrito or a protein-packed three-bean chili.

As you look for ways to help our planet today, think about replacing your hamburger with a tasty veggie burger, or trying all new recipes that push vegetables to the center of the plate. Our world will thank you.

David Horner is the District Food Service Coordinator of Chittenden East Supervisory Union and a Middlesex resident.

including its facilitators, has had someone close to them take their life and knows how devastating that experience can be. You can just come and listen to others share what they are going through and how they are coping, or you can share your own story. The choice is always yours to do what feels best to you. For more information on dates, times and location or to answer any questions you may have, call Tony, 802-393-6503.

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

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

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

Baby Bumps Support Group for Mothers and Pregnant Women – Pregnancy can be a wonderful time of your life. But it can also be a time of stress that is often compounded by hormonal swings. If you are a pregnant woman, or have recently given birth and feel you need some help with managing the emotional bumps

in the road that can come with motherhood, please come to this free support group lead by an experienced pediatric Registered Nurse. This group is for both pregnant women and mothers. Support groups are held on the second and fourth Tuesdays of the month, 5:30 – 6:30 PM at the Birthing Center, NMC, St. Albans. For more information, contact Rhonda Desrochers at Franklin County Home Health Agency, 802-527-7531. This program is presented jointly by Franklin County Home Health Agency, Northwest Counseling and Support Services, Northwestern Medical Center, and the VT Department of Health.

Mom’s Night Out – First Thursday of the month, 6:00 – 8:00 PM, LaQuinta Inn (Franklin Meeting Room), 813 Fairfax Rd., St. Albans. Are you the mother of a child with special needs? Is your life just too busy? Too stressful, too many things to do? Are you up to your armpits with paperwork? Do you have to advocate for your child and family? Do you wish you had someone to have conversations with? Who understands because they are the mother of a child with special needs too? Take some time once a month for you. Contact: Betty Morse, Family Support Consultant, 800-800-4005, ext. 201 or betty.morse@vfn.org.

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

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

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

MOUNTAIN GAZETTE RATES – 2016

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

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

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PEOPLE IN THE NEWS

JUST MARRIED



Jennifer Anne Charles, daughter of Peter and Vicki Charles of Truckee, CA, and Jesse Richard Dunn, son of Richard and Donna Dunn of West Bolton, VT, were united in marriage on Saturday, October 10, 2015. Joseph Nolan Ianelli officiated at the double-ring ceremony at The West Bolton Golf Club, West Bolton. Sunni Eriksen, sister of the groom, was the Matron of Honor. Sienna Hazel and Myra Ruby Eriksen were the Flower Girls. Stanley Charles, brother of the bride, was the Best Man. A reception was held at The West Bolton Golf Club. The couple will honeymoon in Mexico. Jenni graduated from Truckee High School and the University of Southern California/ Santa Cruz. She is a fiddler and member of the band Dead Winter Carpenters. Jesse graduated from Mount Mansfield Union High School, Jericho, VT and Northeastern University, Boston, MA. He is a guitarist and member of Dead Winter Carpenters. They reside in Tahoe City, CA.
PHOTO CONTRIBUTED

Clutter Barn news

It's "that time" again: the Clutter Barn 2016 season begins in just a few weeks. Mark your calendars for Saturday, May 7 and begin setting aside items to donate to this ongoing mission of the United Church of Underhill. The Clutter Barn team will be ready and waiting to greet and assist you between the hours of 8:30 AM – 12:00 PM as you bring your gently used household items, toys and games, spring and summer clothing (no winter clothing yet, please!), bedding, curtains and towels, craft, sewing, and knitting supplies, office supplies, Christmas and other holiday items, small electrical appliances, sports equipment, and much more. If you're wondering whether or not your item is acceptable, please go to www.unitedchurchofunderhill.com and click on *Clutter Barn* to see our listing.

Here's how the Clutter Barn Mission works: the doors will open, the "merchandise" will arrive via generous church members and friends and our community partners, volunteers will gather to sort, price, and distribute to various areas throughout the building. On the last Saturday of the month, the "public" will be invited in to find treasures to purchase among the growing inventory. Then we'll start all over again continuing through the summer. That's all there is to this mission – or is it?

No, there's more! From time to time during the season, it is made known to the Clutter Barn team that there is a person, a family, maybe a certain group of our neighbors, who are in need of assistance for one reason or another. Perhaps bedding is needed, or pots and pans/dishes, an electric heater, clothing, a "comfort" toy, or a good book. Clutter Barn to the rescue! What has been so generously donated to our mission is available to be re-donated where a special need exists.

Additionally, as donated items are sorted some things are set aside for other ongoing charitable organizations, such as school supplies and bedding for PINS – Partners in Service; children's books for Pine Ridge Indian Reservation; dishes and some items of clothing for the Vermont Refugee Resettlement Program; Habitat for Humanity Re-Store; Humane Societies; to name a few. Occasionally fabric is passed on to the church Quilting Group for use in their ministry, and various supplies are claimed for use in Sunday School and/or Vacation Bible School.

The Clutter Barn remains well-stocked throughout the season from May-September, including the United Church of Underhill Old-Fashioned Harvest Market that culminates the season. Donations continue to be collected on all Saturdays except the last Saturday of each month, when our monthly Tag Sales are held. Then, at the end of the season, the Clutter Barn is open the day after Harvest Market and charitable organizations such as JUMP, Habitat for Humanity, Burlington Food Shelf, and others are invited in to gather articles that can be passed on through their avenues of giving and sharing. Goodwill and Salvation Army are recipients throughout the season of items we are unable to offer for sale and much that is left at the end of the season. The public is also encouraged to take advantage of this "free" day – monetary donations are appreciated!

So, you see, our service – our mission – extends not only to members and friends of the United Church of Underhill, it is a mission in which our extended community shares in a great variety of ways. We are exceedingly grateful to everyone who supports this mission and look forward to welcoming the 2016 season in service to God, our church, and our community.

THE CLUTTER BARN TEAM:

Sharon Damkot, Kathy and Dave Williamson, Dave and Irene Kelley, Marge Douglas, Bev Golish and Marje Burns, Mary Jane Neale, Gary Irish, Betty and Lou Wilson – and our many dedicated volunteers.

Green Up Day is Saturday, May 7

Underhill Green Up Day, Saturday, May 7, 9:00 AM – 12:00 PM. New this year, the Town Hall doors open at 8:30 AM for Underhill's Greenup Day breakfast gathering. All are welcome to stop in for coffee, muffins, garbage bags, and plastic gloves. Bag pickup sites at local stores and Town Hall, bag drop off site at the VT Rt. 15 UJFD station and at the Town Garage on New Road.



William D. St. Amour, 62, passed away at the University of Vermont (UVM) Medical Center, Burlington, VT, on Sunday, April 3, 2016 after a short illness. He was born May 15, 1953 in Burlington, VT, the son of Robert Earl St. Amour and Pauline Bogue Ellsworth. Bill grew up in Underhill, VT and Jericho, VT earned a BA in Political Science at UVM, and later earned a Masters Degree in Foreign Studies at the University of Southern California.

Bill served active duty in the Army as a Platoon Leader and later as a Drug and Alcohol Counselor in Erlangen, Germany. He served an additional 15 years in the Vermont Army National Guards, retiring in 2000. Bill also worked 15 years for Purolator Courier Service in Burlington, and then worked 15 years in the Family Advocate/Drug Counselor Program for the State of Florida. He had just retired in 2014 and moved back to Vermont to be close to family. He was a gifted linguist, spoke five different languages, authored and published three dictionaries of Military Social and Economic terms. He loved politics and economics, and was an avid reader and an historian with a special interest in the Civil War. He was a wonderful brother and uncle to his family and extended families. Predeceased by his parents, Bill leaves his devoted brothers and their wives and families: James and Pamela Raymond of Morrisville, VT, Douglas and Linda St. Amour of Huntington, VT, Thomas and Karen St. Amour of Underhill, Timmy and Sandra St. Amour of Marlboro, MA. Bill also leaves his special adopted family in Florida, Chris Clark, and Adam and Jackie Clark along with their two children Cameron and Layla. He was a special Uncle to all his nephews and nieces leaving Jason, Jon, Mark, and Joe St. Amour and all their families, Jeffery Raymond and Julie Bundy and their families, Daniel St. Amour and Jennifer Lester and their families, Madison St. Amour, and Griffin St. Amour. Bill will be missed also by his many grandnephews and nieces and will remain forever in the lives he touched. He was a deeply faithful and religious man, and today he is with Jesus in paradise. A service of celebration of Bill's life was held at the Richmond Congregational Church in Richmond, VT on Friday, April 8, 2016. Arrangements were care of Gifford Funeral Home and Cremation Services, 22 Depot St., Richmond, VT.



Barbara Eunice (Sheriff) Bister, 85, died peacefully at University of Vermont Medical Center, Burlington, VT on Monday, March 28, 2016 from complications of flu, pneumonia, and chronic lung disease. She was born in Essex Junction, VT on October 26, 1930, daughter of the late Walter and Winifred (Picard) Sheriff. At 19 she married George Bister, and raised seven children in homes in Westford, VT, Essex, VT, and finally Jericho,

VT where she lived for more than 50 years. When her youngest child was old enough for school, she started working as a "lunch lady" at Mount Mansfield Union High School in Jericho, eventually becoming the head cook and food service manager. In her more than 20 years at MMU, she enjoyed watching students mature through their high school years and found a place in the kitchen for those who needed it. She enjoyed her family, her home, watching the wildlife that called her yard their home, birds, her berry patch, and her friendly neighbors in Jericho. When Barbara wasn't at home she would be spending time with her children and grandchildren, giving them encouragement in all their endeavors. She spent many hours watching her grandchildren perform in their band and choral concerts, school plays, 4-H activities, many different sporting events – rain or shine – as well as their rock 'n roll bands. She is survived by her children and their spouses: Donna Bister and Marc Estrin of Burlington, VT, David Bister of Underhill, Becky and Bob Bates of Austin, TX, George and Brenda Bister of Palm Bay, FL, Jean and Paul Weber of Essex, Monica and Jimmy Dattilio of Williston, VT; her sister Carol Hartzell and husband Harry of Kansas City, MO; her in-laws Harry Kinsley of Zephyr Hills, FL, Harvey and Kay Bister of Suffield, CT, John and Elaine Bister of Wilmington, DE; her grandchildren, Adam Bister and Caitlyn Wells, Jason Bates, Greg and Shauna Bates, Melissa Coffey, Justin and Billie Bister, Laura Weber, Mark Weber, Katie Dattilio, Christina and Ben Seward, James Dattilio; and her great-grandchildren, Mallory, Wesley, and Cassidy Coffey and Layla Bates; and many nieces,

Waterbury student recognized in Elevator Pitch competition

August Stevens of Waterbury, VT was a winner of the 2016 Champlain College Elevator Pitch Competition. Augie placed second in the Entrepreneur category – and was the audience favorite.

The contest, which is put on by the Build Your Own Business (BYOBiz) Program of Champlain College (Burlington, VT), as well as the College's Career Services, Center for Service and Civic Engagement, and Office of Advancement, requires students to give a 90-second "pitch" about a business idea to an executive (who is known as "the suit") as they ride together in a fictional elevator.

The competition, which took place on Tuesday, March 1, featured a total 18 finalists competing in three categories.

VT Secretary of State's 2016 Poster and Essay Contest

The Vermont Secretary of State's Poster and Essay Contest is an annual event to promote awareness of Vermont history, the Vermont Constitution, and the importance of civics among students in grades K-12. The program was started in 2000, making this its sixteenth year.

The essay topics this year for older students focus on youth involvement in politics and governance, and asks students to imagine creative ways we can encourage and increase their participation. The younger students, in keeping with tradition, are asked to create their own rendition of state symbols and posters by thinking about what Vermont means to them.

Every year there are great submissions from Vermont students. Winners are selected in each category and their entire class invited to a day in Montpelier where they tour the State House, the Vermont History Museum, and are recognized in an awards ceremony.

Teachers are asked to share this opportunity with their students and to encourage them to participate. The deadline for submissions is Sunday, May 1. For more info about the contest, the class topics, and submission forms, contact Elizabeth Ryder, 802-828-2148 or civics@sec.state.vt.us.

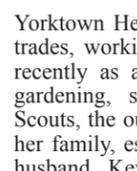
OBITUARIES

nephews, cousins and other extended family members. Barbara was predeceased by her husband George, her son Paul, her brother Orville Sheriff, and her sisters Corrine Kinsley and Beulah Pafundi. Thanks to the staff at Pillsbury Manor North for caring for our mom; and thanks to her table mates and special friend Janice Shea – Mom enjoyed your company, conversations, and friendship. Our thanks to Dr. Florian Foerg and his team, and the caring nurses of Baird 3. A memorial service was held on Friday April 8, 2016 at A. W. Rich Funeral Home-Essex Chapel, 57 Main St., Essex Jct. Inurnment followed in the family lot in Pleasant View Cemetery, Jericho. In lieu of flowers, memorial contributions in Barbara's memory may be made to Heavenly Food Pantry, 39 Main St., Essex Junction, VT 05452, or Green Mountain Habitat for Humanity, 300 Cornerstone Dr., Suite 335, Williston, VT 05495. The family also invites you to share your memories and condolences by visiting www.aurfh.com.



Pamela Jean (Rooney) Fuller, 47, passed away on Monday, April 4, 2016 at University of Vermont Medical Center in Burlington, VT. She was born on August 20, 1968, daughter of the late Richard and Nancy (Kinney) Rooney. Pam graduated from Lamolite Union High School in 1986, and immediately began working at Vermont Information Processing (VIP) where she continued her career for 29 years. Pam and Mike have been happily together for 31 years and married for 25 years. She loved her Harley Davidson. She spent many nice days with Mike riding their bikes anywhere their bikes would take them. She loved to take walks, especially with her dog, Mylee. Her favorite place was her camp on the lake in Averill. She loved being outdoors, the sunshine, being with her friends and family, but most of all she loved spending her time with Mylee, Mike, and Heidi. She is survived by her loving husband of 25 years Michael Fuller of Jeffersonville, VT, her daughter Heidi Fuller of Jeffersonville, her sister Carmen Fuller, father-in-law Christian Fuller and life partner Peggy Clark, brother-in-law John Fuller and wife Lisa, brother-in-law Rodney Fuller and wife Julie, Uncle James Kinney, nieces Amanda Fuller and Erica Fuller, nephews Jamie Gagnon and Jake Fuller, cousins Kevin Kinney, Karen Tibbits and her loving companion, her dog Mylee. She was also predeceased by her mother Nancy (Kinney) Rooney, father Richard Rooney, and mother-in-law Lorraine Fuller. Visiting hours will be held on Sunday April 10, 2016 at A W Rich Funeral Home-Fairfax, Chapel, 1176 Main St., Fairfax, VT 05454. Inurnment will be in the summer at the convenience of the family in the family lot in North Cambridge Cemetery. Memorial contributions may be made to the American Cancer Society, 55 Day Lane, Williston, VT 05495.

Susan R. Lanphear, 59 of Jericho, VT died unexpectedly on Friday, April 8, 2016 surrounded by her loving family at the University of Vermont Medical Center, Burlington, VT. She was born on April 19, 1956 in Suffern, NY, the daughter of Jerome B. and Joan Burbank. She was a graduate of Yorktown High School, class of 1974. She then graduated from Trinity College in Burlington in 1978. On September 2, 1978, she was married in



Yorktown Heights, NY to Kevin Lanphear. She was a Jill-of-all-trades, working as a teacher, book-keeper, bank teller, and most recently as a cashier at Price Chopper in Essex. She enjoyed gardening, scrap-booking, music, reading, volunteering, Girl Scouts, the outdoors, the New York Mets, and spending time with her family, especially her granddaughters. She is survived by her husband, Kevin; children, Robin Miller and husband, Gary of Hinesburg, VT; and son, Scott of Jericho; granddaughters, Autumn and Maggie Miller; her mother, Joan Burbank; a brother, Bill Burbank of Maine; and a sister, Karen Ouellette of New Hampshire; several nieces and nephews; and numerous friends, including her best friend, Sue Carter O'Brien. She was predeceased by father Jerome B. Burbank, and brother-in-law David Ouellette. Calling hours were Wednesday, April 13, 2016 at Ready Funeral Home, Mountain View Chapel, 68 Pinecrest Dr., Essex Junction, VT. A Mass of Christian burial was celebrated on Thursday, April 14, 2016 with interment following in Pleasant View Cemetery in Jericho, VT. In lieu of flowers, memorial contributions may be made to the American Heart Association. Arrangements are in the care of the Ready Funeral Home, Mountain View Chapel, Essex Junction, VT.

CAMPUS HONORS

Samantha Ward of Jericho, VT was named to the President's List for the Fall 2015 semester at Southern New Hampshire University, Manchester, NH. Ward is a BA – Graphic Design and Media Arts major.

Laurel L. Whitney of Waterbury, VT was named to the Fall 2015 Dean's List at Colby College, Waterville, ME. She is a member of the Class of 2016, attended Harwood Union High School, and is the daughter of Ryan and Kimberley Whitney of Waterbury.

Skylor Widschwenter of Waterbury, VT has been named to the Dean's List at Colby-Sawyer College, New London, NH. Widschwenter is a member of the class of 2017 and is majoring in English.

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

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

Morgan Young of Cambridge, VT has been named to the Fall 2015 Dean's List at Castleton University, Castleton, VT.

Ellyze Zelazny of Underhill, VT has been named to the Fall 2015 Dean's List at Castleton University, Castleton, VT.

Chantel Charlebois of Jericho, VT, daughter of Steven Charlebois and Margaret Charlebois, was named a 2015-16 Outstanding Undergraduate Scholar at Rochester Institute of Technology, Rochester, NY, receiving the award and a bronze medallion in ceremonies on Thursday, April 7, 2016. Charlebois is a fourth-year student in the biomedical engineering program in RIT's Kate Gleason College of Engineering.

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Home and Garden 2016

New remodeling trend is adding resale value to homes

(StatePoint) Whether you're looking to sell your house or just want to make a smart update that's worth your time and money, consider a design trend that is both attractive and proven to add value to your home: manufactured stone.

"Manufactured stone is exploding in popularity, in both exteriors and interiors," says Phil Wengerd, vice president of Market Strategies for ProVia, a leading manufacturer of home building products.

The numbers agree. Manufactured stone veneer projects offer a 92.9 percent cost recovery, according to *Remodeling Magazine's* Cost vs. Value Report, a detailed comparison of the average cost of remodeling projects with the value those projects retain at resale in 100 US markets.

If you're looking to make a home upgrade using manufactured stone, Wengerd says to consider the following trends:

- Popular style: While homeowners once attempted to emulate materials available in the local natural environment, the elegant look of dry stack stone now dominates nationwide. The material features the look of smaller stones, providing an elegant natural look that's versatile in both exterior and interior applications.

- Exotic colors: Color blends continue to feature earth shades, however, more reds, purples, and burgundies are being mixed in to complement colors in carpet, walls, or window



treatments. To respond to the demand, brands like ProVia's manufactured stone are adding new stone color options.

- Versatile project ideas: As technology has made manufactured stone more accessible to the masses, today it's showing up on more than just a home's exterior. In interior applications, stone adds a dramatic frame for kitchen stoves and islands, and is used around bathtubs to create a spa-like retreat. It's also a popular choice for masonry surface application in finished basements or for stone fireplaces. Exterior stone accents, like an outdoor kitchen, deliver plenty of wow-factor without the wallet cringe that a traditional stone-laying job would entail.

For style and color inspiration as well as free resources such as a visualizer design tool and videos on installing manufactured stone veneer, visit www.provia.com/stone.

Recapture home equity by seeking out projects and upgrades like manufactured stone, with a proven ability to add value.

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H. R. Thurgate and Son Builders are a well known and well respected construction company. Their goal isn't about building or remodeling your house, but creating a custom made home that reflects who you are. Thurgate is recognized throughout Vermont as a team that cares about the little things that other builders have neither the time nor energy to contemplate.

A Barre, Vermont native, Harry Thurgate gained his passion for detail when he worked on the restoration of Pennsylvania's Federal and Georgian homes for a historical preservation trust. Thurgate fell in love with detailing. He had respect for the early craftsmen, their patience, and perservance. Amenities such as chair rails, crown mouldings, and raised paneling are installed the same way they were 150 years ago.

Thurgate and son Ken know it is vital to their clients that only the most skilled artisans build and remodel their homes. Many hours can be spent daily integrating

parts of the project, which must come together in harmony. From the sheet-rocker to the plumber and electrician and on to the subcontractors, all efforts can compliment or harm the reputation of the homebuilder and slow down the process.

With their highly dependable and talented team at their side, every client is guaranteed the best quality product, building materials, and up-to-date standards of air quality and heating systems.

Thurgate and Son Builders have been honored by the Home Builders of Northern Vermont with many awards for their excellently constructed homes. Give Thurgate and Son Builders a call. They will walk you through the steps that will quell your fears and anxiety. Thurgate will help you choose a site, discuss style and requirements, help you secure construction financing, develop a personal construction contract, choose colors, fixtures, mouldings, finishes and all the details involved in customizing your home.

Davis Farm transitions to organic

A man and his land. Passed down through two generations. Grass-based dairying always practiced. Conservation a priority. Stewardship of land - imperative. A launching place for the young. Family. Friends. A place to gather. Memories made. Organic practices observed. Yet conventional prices always paid.

Until... this year. A chance meeting. Discussions, meetings, education, and like that! The Davis Dairy Farm entered the year-long transition to organic dairying! A year of purchasing organic grain and the certification will be complete. On May 20, the Davis Dairy Farm will begin shipping organic milk. The anticipation of steady income, shipping milk under a coop label that we support, and the hope of a stable financial base is encouraging.

For years Gary Davis has worked hard to provide a product that is high in quality. He has worked with government agencies fencing in cows to avoid waterways, complied with manure spreading bans, and many other environmental practices while still barely making ends meet. He has made equipment stretch through decades. Innovation a way of life. This new journey will be the culmination

of years of careful practice and choices. We are excited about this new path!

We will still continue to offer our own farm products of raw milk and eggs as well as compost. For information about our raw milk, please stop by. Our farm fresh eggs are available first come, first served. The two youngest farm girls seek to provide the freshest of eggs!

In addition to our organic status, we were excited this year to announce our opening of the Davis Farm Guest House. Strangers have become friends as they explore our farm, curl up with a book in front of the roaring fire, or relax while gazing at the breathtaking views of Mount Mansfield. We offer weekly and weekend stays for a vacation or getaway you won't forget. Contact us at davisfarm@surfglobal.net or www.farmingoncilleyhill.blogspot.com for more information.

It's an exciting time here on the farm as we begin these new adventures. We are committed to offering quality products and stewarding this beautiful land. We love to have visitors and talk about our journey. Feel free to stop in and learn more about the ways we are trying to adapt in an ever-changing industry.



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Home and Garden 2016

Take a few simple seasonal tips to keep plumbing operating smoothly

(StatePoint) Proper seasonal maintenance can keep your plumbing running smoothly. Experts say that even those with no experience can inspect for issues and perform simple tasks to prevent costly repairs.

"You don't have to be a crackerjack plumber to handle basics and protect your home," says Jeff Devlin, host on HGTV and DIY Networks. Devlin offers homeowners some key plumbing tips:

Kitchens and Bathrooms

Ensure drains have strainers to prevent debris from clogging drain lines. Check faucets for drips and leaks.

Inspect the toilet tank and bowl for visible cracks. Check for hidden leaks by adding six drops of food coloring to the tank. If the toilet is leaking, color will appear in the bowl within 30 minutes.

Ensure toilets flush properly. If the handle must be held

down to flush, or jiggled to stop water from running, you may need to replace parts.

Clean mineral deposits from the shower head. Unscrew it and soak in vinegar overnight. Then gently scrub with an old toothbrush.

Water Heater

Carefully drain several gallons from the tank to flush out corrosion-causing sediment, which reduces heating efficiency and shortens the life of the heater. Consider replacing those older than 15 years with a new, energy-efficient model.

Appliances

Check your dishwasher, washing machine, and ice maker's supply hoses for bulges or leaks. Replace hoses showing signs of weakness or those older than 10 years. Use stainless steel hoses, which are more reliable and less prone to bursting.

Clean your washing machine lint trap, and place a wire trap or a piece of pantyhose over the end of the hose that drains the washer.

General

Pour water into infrequently used drains to fill traps and prevent odors. Slow floor drains should be snaked to ensure they'll carry water away during flooding.

Take a reading on your water meter before bedtime. The next morning, without using any water overnight, take another reading. If it's changed, you have a leak that should be repaired.

Outside

Free yard drains, gutters, and downspouts of debris. Check for bird nests in plumbing vent pipes. Check faucets and hose bibs to ensure water flows freely. If an outdoor faucet drips, or if there is leakage inside your home the first time the hose is turned on, you may have had a frozen pipe that cracked and needs to be replaced.

Be Equipped

Look for commercial-quality products designed with average consumers in mind. For example, Roto-Rooter, the number one brand in plumbing with 80 years of experience, now offers a complete line of consumer products that contain 25 percent more active ingredients and clear clogs 50 percent faster than the competition.

"It's stronger and faster which means you can get the job done right the first time," says Devlin.

Devlin, who lives in an historic farmhouse, recommends the brand's Septic Treatment, which contains twice the amount of enzymes to keep septic tanks in balance. More information about the product line can be found at www.rotorooter-products.com.

Pet owners: tips to keep floors in shape

(StatePoint) Whether you share your home with dogs, cats, birds, turtles, or anything in between, you are probably aware of the challenges of protecting and cleaning your floors.

To make this chore as easy for you as it is for your non-pet-parent peers, consider the following tips:

Pets in boots

Outfitting pets with boots before going outside will protect their paws from pollutants, hot and cold surfaces, and potentially sharp items on the ground. It will also keep their feet and your floors cleaner. There are many brands and styles available, so shop around for a design that your pets will enjoy wearing.

Post-walk cleanup

After walks or other trips outdoors, check your pet's fur and feet. Keep a cloth by the door for a quick cleanup before animals settle in and get cozy on carpets. This will make maintaining floors easier as you go.

Prevent accidents

Prevent pooch accidents by getting your dog on a regular walk schedule. The knowledge that the next trip outdoors is on the horizon will make pets less likely to use the living room carpet as a toilet. If need be, you may want to consider employing a day-time dog walker to make trips outdoors a more regular occurrence. If you have litter box issues, keep the box clean to encourage dedicated use.

Regular visits to the veterinarian can help ensure there are no health issues at play.

Choose flooring wisely

Until now, even the best prevention of stains and accidents has offered no guarantees. And shedding of fur, feathers, and dander is hard to avoid. However, innovations in flooring are making it easier on those who love their pets but are not interested in forfeiting a clean, stain-free and odor-free home.

Give yourself an advantage with a pet proof carpet, such as Mohawk's SmartStrand Forever Clean carpet, which is designed to resist the challenges pets present. Compared to nylon carpet, which absorbs up to five percent of its weight in liquid, this alternative has zero percent moisture absorption to resist stains and eliminate any residue that can be left in the fiber – the residue can lead to a musty, dingy odor. (These features will also benefit those with kids.) It also offers a permanent spill and soil shield that makes cleanup of hair, soil, and dander three times easier than with conventional carpeting.

Protect floors financially

Consider a pet-specific warranty for carpeting to better protect your investment. For example, Mohawk offers an All Pet Protection and Warranty on its SmartStrand Forever Clean carpeting, which is the only warranty of its kind that covers all pets and all accidents. More information can be found at www.mohawkflooring.com.

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Map showing location: 5 Corners, Jericho, Westford, Rt. 15, Weed Rd, Rt. 128 North, Oakwood Farms.

Make Oakwood Farms that special Mother's Day stop

This Mother's Day, Sunday, May 8, invite your mother down to Oakwood Farms and treat her to a few of our gorgeous hanging baskets to brighten up her home! We have all the colorful spillers, thrillers, and fillers to create beautiful and stunning window boxes and containers for your home. Don't forget to stop and take in the view of our new, vibrant, flowering potted plants! We have many new select varieties of beautiful, multicolored 10" and 12" hanging baskets. Mention this ad and we will give you a beautiful 10" wave petunia or million bell basket for only \$19.99 each (regular \$28). Our 12" wedding-quality Victorian combo hangers are the most sought-after selection we offer.

We offer a broad range of perennials (many new colors available this year), annuals, potted plants, hanging baskets, and down to earth prices on a significant selection of organic vegetables and herbs for every gardener. This year's friendly and knowledgeable staff has up to 30 years of professional experience in designing perennial and annual flowerbeds. Only at Oakwood Farms will you find customers who return year after year, searching for our colorful, flowering, jumbo, nine-pack annuals with healthy top-sized plants and root balls for accelerated transplant growth.

Drive a little and save a lot when you and your family and friends come to Oakwood Farms this Mother's Day weekend! Open 9:00 AM - 6:00 PM daily; Sundays, 9:00 AM - 5:00 PM. Located on 6 Weed Rd., Essex, VT and on the corner of VT Rt. (north) 128. 802-764-5822.

Our selection includes shade plants: begonias, coleus, impatiens, lobelias, violas and miniature violas. Sun plants: celosias, cosmos, dahlias, dianthus, marigolds, nasturtiums, snapdragons, petunias, phlox, portulaca, rudbeckia, salvia, verbenas, vinca. Vegetables (sun): broccoli, cabbages, chives, eggplants, onions, parsley, peppers, tomatoes, and more! Potted plants: asparagus, bacopa, non-stop begonia, rieger begonia, calibracohoa, dahlia, euphorbia, geranium, heliotrope, lantana, lobeia, nemesia osteospermum, petunia, trailing salvia, verbena. Hanging 10" and 12" baskets: begonias, million bells (calibracohoa), ivy, geraniums, osteospermums surfnia (petunias), verbenas. Premium mixed baskets: 10", 12", 14" moss baskets, 14" cornucopia wicker baskets.

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