

NEWS BRIEFS

More information from Green Up VT

By Amy Grover

Bolton Town Clerk and Treasurer

Green Up Day has been postponed to Saturday, May 30. With so many closings and the Governor's "Stay Home, Stay Safe" order, Green Up Vermont is unable to distribute Green Up Day supplies until the first week in May. Town coordinators will be communicating how people can pick up bags safely with social distance, along with plans for trash collection on May 30.

With COVID-19 and the precarious health situations in our world today, please use logical precautions and stay informed on what the VT Dept. of Health is recommending. Visit <http://www.greenupvermont.org> for information on safety, ways to communicate, and other fun information. Thank you to all who get out and Green Up to keep our state looking beautiful as we celebrate the 50th anniversary of Green Up Day.

An easy way to support Green Up Vermont is on line 23 of your Vermont Tax Form.

Other information:

Birthday Boxes (our special gifts to you) for all towns will be delivered to Town Offices in mid May.

Follow and share on Facebook: https://www.facebook.com/pg/GreenUpVermont/posts/?ref=page_internal

Follow and share on Instagram: <https://www.instagram.com/greenupvermont/>

Watch for the Green Up Newsletter this week. Call 802-522-7245 or email greenup@greenupvermont.org with any questions, anytime. Being safe and communication is most important during this time.

Holding Bolton's annual Green Up Day BBQ will be decided closer to May 30.

Cambridge Community Food Shelf open to help neighbors

Just a reminder — the Cambridge Community Food Shelf is open to help our neighbors.

We are located in the basement of the 2nd Congregational Church in Jeffersonville. Our Monday hours have been expanded to 6:00 – 8:00 PM; Tuesday we are open from 1:00 – 4:00 PM.

If you find yourself in need of food, we are here to help.

These are difficult times. Some of you might need "food support" for the first time in your lives. It happens, and we are here to help. Even if you only need us once, we are here to lend a hand.

We are providing a roadside program so you don't have to get out of your car and can maintain a safe social distance, keeping both you and our volunteers safe, yet providing you with the food you need.

Copies of Cambridge tax bills

By Mark Schilling
Cambridge Town Clerk

A lot of folks are preparing their state and federal income tax returns, and have misplaced their 2019 municipal tax bills. You can find a copy online at www.cambridge.VT.gov. Click on PROPERTY INFORMATION and you will find the bills right there.

Respond online, by phone, or by mail to the 2020 Census

By Mark Schilling
Cambridge Town Clerk

When you respond to the 2020 Census, you help inform how billions of dollars in public funding is distributed annually to local communities, including ours. The current situation underscores the need for census data as the results are used to inform planning and funding for hospitals and health clinics, emergency preparedness, even school lunch programs.

For the first time in history, the U.S. Census Bureau will accept responses online. The process is quick and secure. However, if you do not have access to the internet you may still respond either by phone or mail. Please take a few minutes to respond to the 2020 Census in support of our town! To learn more or to respond, visit 2020Census.gov.

Dog licensing in Cambridge

By Mark Schilling
Cambridge Town Clerk

There have been many questions concerning licensing of dogs. Although the Town Office is closed to the public, you

Community Bank supports BRMS Sleep Out Team



Community Bank N.A. recently presented a \$500 donation to Browns River Middle School (BRMS) to support its Sleep Out team for Spectrum Youth and Family Services' annual fundraiser. All proceeds from the event will help fund Spectrum's programs and services to help youth facing homelessness. This is the second consecutive year the bank has supported the initiative. Since BRMS began participating in the student Sleep Out in 2013, the students have raised more than \$28,000 for Spectrum.

Each year, adults and students Sleep Out in solidarity with homeless young adults in Vermont, sleeping outside for one night, and raise money to keep Spectrum open. BRMS hosted a virtual event on Thursday, March 26 due to the

COVID-19 crisis. More than 50 students and parents participated.

Pictured in the front row are students and Sleep Out participants Lily and Joseph; and (back row, from left) Principal Kevin Hamilton, Guidance Counselor Greg Martin, CBNA Branch Manager Kelly Kimball, CBNA Municipal Banking Officer Geoffrey Germann, CBNA Marketing Coordinator Erinn Perry, teacher Kate Roberge, and CBNA Sr. District Manager Erika Baldasaro.

For more information on Spectrum and its Sleep Out fundraiser, visit spectrumvt.org. For more information or to donate, visit goo.gl/L6JhpY. Front row (left to right): Students and Sleepout Participants Lily and Joseph

Essex Rescue adapting to COVID-19

By Ashley Williams

Essex Rescue volunteers and paid staff alike are working on the frontlines of the COVID-19 pandemic every day. This tiny virus is changing everything about the way emergency medical services in Vermont operates. The Vermont Health Department and our local medical direction send out daily communication that provides updates, changes to patient care, supply availability, and more. The leadership here at Essex Rescue, headed by Will Moran and Colleen Nesto, have worked overtime to keep crews safe and informed. They also strive to ensure that our communities and patients are being cared for.

Before COVID-19, four to five people would show up for a shift at 0530 and begin checking supplies on the ambulance and settling in for the day. Now, no more than three people show up at the station, while the remaining crew members wait at home, ready to step in when one of our own becomes ill. Before we can even sign on to begin our shift we are screened with questions designed to detect those who may have COVID-19 and we must take and record our temperature to prevent the potentially ill from running a shift and spreading the virus. Daily chores have expanded and include sanitizing the station at least once per day. Members no longer bring their uniforms home for fear of contaminating family members, and hours each day are spent washing squad uniforms at the station.

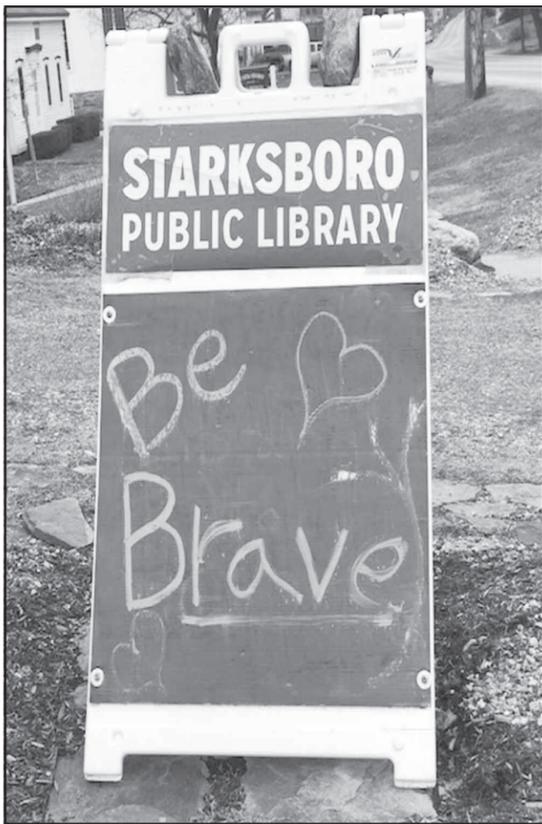
When responding to a call we no longer have several crew members entering a house. One caretaker initiates contact and the other members maintain at least a six foot distance.

We wear masks, gloves, gowns, and goggles on every call now because even the person who broke their leg could be carrying COVID. Before we discuss what the person has called 9-1-1 for, we must screen the patient for symptoms of COVID. All non-life saving medical procedures, including administering medications and starting IVs, are discouraged due to national shortages of supplies.

Even the social atmosphere of Essex Rescue has changed. Just like the rest of the world, we are isolating and asking people not to come to the station unless absolutely necessary. We have turned our trainings into online events. Our social interactions have been revived by a private Facebook page, which allows us all to chat and "see" our friends that we are used to seeing on a weekly basis.

We do have bright moments through this event. We have had generous community members purchase dinner for the members serving away from their loved ones; and Coca-Cola Beverages Northeast out of Colchester made a donation of soft drinks and water for our members to enjoy. A private individual donated much needed N95 masks. The Essex Police Department put out a coloring challenge and several young folks responded with some incredible drawings of Essex Rescue ambulances, which brightened our days.

Thank you to community members who continue to stay home as much as possible. Thank you to community members who must go to work. Thank you to community members who support us from afar. We appreciate your support during these challenging times.



UVM Extension answers about COVID-19 and food safety

In recent weeks, University of Vermont Extension has received several questions related to the coronavirus that produces COVID-19. To help address public concerns about food safety and the virus, Dr. Omar A. Oyarzabal, UVM Extension food safety specialist, has provided answers to some of the most commonly asked questions.

Is the food from the grocery store safe for consumption?

Yes, it is. Food manufacturers and grocery stores already have in place good manufacturing practices (GMPs) as well as cleaning and sanitation practices to reduce the transmission of any food-borne pathogen. These practices are established to reduce the potential for contamination of food-contact surfaces and foods.

Currently, all food manufacturers and retail stores are increasing these practices to ensure the continued safety of the food supply. It is also important to remember that **this virus is not a food-borne agent**, meaning that it will not be acquired by ingesting contaminated food.

Do we need to wash items once we get home, such as cans and packaged products?

No, you don't. Besides, it will be quite impractical in some cases. It is important to wash your hands thoroughly with soap after you return home. You also can use disposable gloves, but make sure you use a pair for one single use or activity, and then dispose of them.

Always wash your hands before and after wearing gloves. The type of soap or the temperature of the water when washing hands is not as important as the time spent lathering your hands by rubbing them together before rinsing. The whole process should take at least 20 seconds.

Do I need to keep my food separate at home for several

days after buying it and before consuming?

No, there is no need to "isolate" your food, but please follow the normal practice of washing hands before and after touching food.

Could plastic or paper bags from a store be contaminated?

It is highly improbable there is any contamination. In any case, if your store allows it, you can bring your own reusable bags although may be asked to bag your own groceries. Always follow basic hygiene practices, and wash hands before and after touching foods.

Is it safe to have takeout food that was prepared in a restaurant, and are the containers safe to touch?

Yes. However, if you see anyone handling a food container with bare hands, you should advise the employees of that restaurant of the need to wear gloves to increase the use of protective barriers. You should, again, wash hands after returning home.

If I microwave the food, will it kill the virus if the food was contaminated?

Yes, the virus is destroyed by regular cooking processes. Therefore, reheating food to temperatures about 170 degrees Fahrenheit will destroy any potential contamination.

Can pets transmit the disease?

No, we don't know of any transmission from pets. Cats can carry the virus, as this has been well documented with other coronaviruses. There are already cases of dogs testing positive for the current coronavirus in households where at least one person developed symptoms and was positive for this virus. But so far, pets, like foods, are not a route of transmission.

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can license your dog(s) by mail. Go to www.cambridgevt.org/dogs and click on DOG LICENSE APPLICATION BY MAIL. There you will find instructions and a downloadable form.

By state statute, all dogs must be licensed on or before April 1 of each year (V.S.A. 20 § 3581) and this requirement has not changed. The Town will, however, waive late fees for the next 30 days. Dog licensing may seem to be a trivial matter in light of all we are going through right now, but caring for both our furry friends and the public is a serious matter.

If you have questions you can contact the Town Office, 644-2251 or clerk@cambridgevt.org. We will respond as soon as we can. Thanks for your consideration.

Gogglesfordocs.com — Cambridge Rescue Squad

Cambridge Rescue Squad is currently asking for donations of goggles for hospitals in need during the current pandemic. If you wish to see a list of hospitals in need refer to www.gogglesfordocs.com. Goggles donated should be sanitized and placed in a ziplock bag prior to drop off. There will be a box outside of the Cambridge Rescue Station (18 Williamson Court, Jeffersonville) by the front door. Goggles do not need to be new, but in good condition please. If you would like further information, please call Lisa Hill, Cambridge Rescue Squad, 802-644-2113 ex 101.

Green Up Day postponed to May 30

Green Up Vermont has been closely monitoring coronavirus (COVID-19) communications and guidance from the VT Department of Health, the Center for Disease Control (CDC) reports, and daily news from Governor Scott and our federal government. The situation is fluid and our greatest priority is the health and well-being of our Green Up family of volunteers and event participants.

Green Up Vermont's plan is to postpone Green Up Day from Saturday, May 2 to Saturday, May 30. The distribution of Green Up Day supplies will happen the first week in May. Although Green Up is shifting its planning toward May 30, they will still look for final guidance from the VT Department of Health and Governor Scott.

We will be ramping up our communications around coronavirus safety, wearing gloves, protection from ticks and sharp objects, and other things for the next eight weeks.

We will be getting information out to the VPA so that school personnel can communicate with students virtually about Green Up Day and their participation in this community service.

We will also be launching an updated app that will aid in building virtual teams, instant communication, and tracking routes/bags all over Vermont to help grow participation.

Communication will be an imperative component to handling this community service safely while keeping everyone connected to giving back by Greening Up.

Green Up Day, by nature, is an activity of social distancing as citizens of all ages get outside and clean up miles of Vermont roads. Trash drop off locations can be managed with little to no close contact, in keeping with CDC guidelines. But the essence of Green Up Day is far more than that. It is a sense of commitment to where we live and each other, it is about healthy surroundings, and it is about connecting our communities with a goal for common greatness.

This 50th Green Up Day is a well-loved event that will bring some normalcy to our communities and will help contribute to the physical, social and mental health of Vermonters as much as their Green Up activities will help beautify our state. We look forward to Greening Up safely on May 30.

No Underhill Historical Society April meeting

The April meeting of the Underhill Historical Society has been cancelled.

Jericho Town Clerk Office update

By Jessica Alexander
Jericho Town Clerk

Thank you to all who submitted timely dog registrations. I am still working on mailing those dog tags out to you. I hope to be finished by next week.

The Jericho Town Hall is still closed to public encounters, including title searchers. However, they are working hard remotely to complete title searches and closings. Jericho has an electronic land record index that goes back to April 1, 1992. This has been helpful in providing an index of recorded land records so that they can request records by Volume and Page #. If you are in the middle of a refinance, it makes sense to use an attorney that has searched your property before because they will have back title.

Please consider sending a note of thanks to the Vermont Commissioner of Health:

Let's shower Dr. Mark Levine with notes of gratitude. He is a very compassionate physician and doing an amazing job as the Vermont Commissioner of Health. If we can shower him with thank you cards, he has the power through the Vermont health network to share this with all Vermont health providers. Please take a moment this weekend or next week to send him a thank you note — I think it might make you feel better as well.

Mark Levine, MD
Commissioner of Health *Extraordinaire*
108 Cherry Street, Suite 301
Burlington, VT 05402

Thanks for your attention and make sure you include the *Extraordinaire* on the envelope!

Jericho, Underhill burn ban; fire EMS response

This is a reminder that there is still a burn ban in effect for the towns of Jericho and Underhill. Residents are asked to cease all burning at this time. Once again it is because we are doing everything we can to minimize the times we need to put firefighters in close contact with each other to deal with emergencies in the community.

Also, please be aware that when you call on us, we may look differently than we have in the past. Our EMS team and firefighters are wearing PPE for all calls, regardless of whether we suspect COVID-19.

We will continue to be as cautious as possible in an effort to protect your emergency responders!

Trails in Westford

Sarah Pinto, Chair
Westford Conservation Commission

Westford trails, including the Misty Meadows (school), Maple Shade, Covey, Goodrich, Seymour, and Schultz are open. We have posted "temporarily closed" signs at some points on the school trails, but that's only because of mud. High traffic on some more of the more sensitive areas during mud season could cause irreparable damage, so please avoid especially muddy areas. If you have to walk on the side of a trail due to mud and muck, you shouldn't be walking on the trail.

On the occasion that you do encounter someone else, respect the social distancing rules currently in place, and this includes your animals.

As always, please let us know of any blowdowns or other maintenance that needs attention, and we'll be happy to do what we can.

Write poetry in pajamas

That is, write poetry while wearing pajamas.

Poems don't need sleepwear.

LRSWMD updated operational hours

By Elly Ventura

Outreach and Education Coordinator, LRSWMD

As of April 8, current hours of operation for nearby Lamoille Regional Solid Waste Management District (LRSWMD) Drop-off Locations are as follows:

Main Drop-Off: Closed. Please use the Johnson Transfer Station at 941 Wilson Road as an alternative.

Johnson Transfer Station: Friday, Saturday, Sunday, 8:30 AM – 3:30 PM. Phone: 635-9246. Remains a full service station.

Morrisville Drop-Off: Open Saturday, April 18, May 2, with extended hours to allow for social distancing, 8:00 AM – 3:00 PM. Closed Saturday, April 25.

Main Office: 29 Sunset Dr., Morrisville. Closed to the public. Employees are working remotely and limited hours on-site. You can reach us by phone at 888-7317 or at outreach@lrswmd.org. Call the facility directly when possible if you want to know if the site is open before you load up and go.

Other solid waste service providers include:

- All Metals Recycling, 472-5100, <https://www.amrvt.com/>
- Casella Cambridge Transfer Station, <https://www.casella.com/locations/cambridge-transfer-station>
- Casella Hyde Park Transfer Station, <https://www.casella.com/locations/hyde-park-vt-transfer>
- Lamoille Trash Services, 888-2469
- Wolcott Transfer Station, 888-2746, <http://www.wolcottvt.org/departments/>

We are constantly adapting and responding as necessary and communicating those changes as quickly as possible. Please check in often by calling the office, reading Front Porch Forum, following us on Facebook and Twitter, and continuing to visit www.lrswmd.org.

Lamoille Regional Solid Waste Management District & Lamoille Soil serves the towns of Belvidere, Cambridge, Craftsbury, Eden, Elmore, Hyde Park, Johnson, Morrisville, Stowe, Waterville, Wolcott, and Worcester.

PPCA joins statewide trail closures

By Amy Grover

Bolton Town Clerk and Treasurer

Preston Pond Conservation Area trails are now closed as we join with our state and federal land management partners for the protection of the public. We implore people to recreate locally to their homes so they don't risk spreading COVID-19 infections, and we don't overwhelm the already muddy trail systems.

In these times we are prioritizing public health over our recreational desires and while we recognize that exercise is important, traveling to your favorite trailhead is not necessary to exercise.

To that end we have issued this closure of these trails while the "Stay Home, Stay Safe" order is in place. We join with the following trail networks, which are either closed or will not open until further notice.

Vermont Trail Closures as of April 2, 2020:

1. Green Mountain Club (www.greenmountainclub.org) – Long Trail system
2. Vermont Association of Snow Travelers (www.vtvast.org) – VAST trail system
3. Vermont ATV Sportsman Association (www.vtvasa.org) – VASA trail system
4. Kingdom Trails Association (www.kingdomtrails.org) – Kingdom Trails network
5. Catamount Trail Association (www.catamounttrail.org) – Catamount Trail system
6. Vermont Huts Association (www.vermonthuts.org) – Vermont Huts
7. Vermont Mountain Bike Association (www.vmba.org) – specific VMBA trail networks will be added soon

COMING EVENTS



Bark for Life goes virtual

Bark For Life of Chittenden County is going virtual! Join us for a month filled with fun and hope as we celebrate our canine caregivers and the impact they have made on cancer patients. Bark For Life began April 1 and runs through Saturday, May 9.

Walk For Hope by grabbing your furry friend and fitness tracker (e.g., iPhone or Fitbit). Walk your dog wherever you are and post about your daily adventures on social media. Make sure to tag us @RelayCCVT on Facebook or @RFLChittendenVT on Instagram!

FUNdraise: Feel comfortable asking your family and/or friends to donate? Awesome! We appreciate your support to fund our mission to save lives, celebrate lives, and lead the fight for a world without cancer. Ask people to pledge dona-

tions as you Walk For Hope (for example, someone pledges \$1 for every mile you walk with your dog each day).

We challenge each participant to set a goal of \$100. We have many tools to help you succeed and will be here to support you along the way. However, we do require that you commit to raising \$10 in order to participate. We will charge your credit card if you do not meet your fundraising minimum prior to the event.

Sign up to participate wherever you are by registering at https://secure.acsevents.org/site/TRR?fr_id=98404&pg=tfind&skip_login_page=true (link is clickable). Please note there is a \$10 minimum fee to join. Space is limited, so sign up today!

Fun and Games

Follow us on Facebook and Instagram. Share stories and interact with us each week. Upcoming games include:

Week of April 13: Scavenger Hunt (find the list of items that we share on Facebook and Instagram, then share a photo of you and your dog with the item.)

Week of April 20: Canine Costume Contest (share a photo of your furry friend all dressed up. Vote for your choice of Best Dressed. The winner will get a prize!)

Week of April 27: Talent Show (share a video of your dog doing a trick. Vote for your choice of Most Talented. The winner will get a prize!)

Week of May 4: Doggie Doppelganger Contest (share a photo of your dog and their celebrity look-a-like. Vote for your choice of Best Look-A-Like. The winner will get a prize!)

All fundraising money, including matching gifts, must be post-marked on or before Monday, May 4 to qualify for awards, prizes, and team/individual rankings. Cash and check donations can be mailed to our office at: Bark For Life of Chittenden County - SK #USACN2, Williston Office, 55 Day Lane, Williston, VT 05495.

Note about COVID-19 and fundraising: The American Cancer Society is sensitive to the fact that these are stressful times, especially for those undergoing treatment while a pandemic is occurring. In this difficult time, we will continue our work to advocate for and meet the needs of cancer patients. The safety of our volunteers, patients, and staff always comes first. The COVID-19 situation remains uncertain and fluid and our goal is to respond in a way that best meets the health and safety needs of those who rely on us. *The needs of cancer patients continue, and so will the work of the American Cancer Society. We stand together even when we're apart.* Our mission matters more than ever.

To learn more about Bark For Life of Chittenden County or for other information, call us any time toll free at 1-800-227-2345. You can also contact your local American Cancer Society office: Calli Willette, Calli.Willette@cancer.org or 802-872-6306.

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Volunteers, donations deeded for COVID-19 response

By Mark Bosma

VT Department of Public Safety

The state of Vermont is looking for volunteers and medical supplies to help with the state's COVID-19 response.

Those with medical experience or other health care background and the ability to volunteer are needed to bolster the ranks of Vermont's current health care workforce. Other individuals who do not have medical or healthcare backgrounds but are willing to volunteer their time in Vermont's response effort can also register.

The volunteer portal is at www.vermont.gov/volunteer.

The state is also looking for medical supplies like N95 masks, surgical masks, face shields, surgical gowns, thermometers, thermometer covers, gloves (nitrile or non-latex), and

hand sanitizer.

The portal to donate is at www.vermont.gov/donate.

Thank-you!

"Thank You Essentials" signs

We have permission to put posters up for the week of Monday-Monday, April 20-27 at Jericho Center Green, Mills Riverside Park, Jericho Market, UJFD Underhill Fire Department, and UJFD Jericho Fire Department to thank the essential workers in our community. You can make posters of any kind that say what ever you wish, but consider making them to deal with weather conditions so they will not disintegrate and litter the areas. Remove your poster by Tuesday, April 28. You are encouraged to put up posters in your own yard.

Let's show our community spirit! For information or with questions contact Dianne Shullenberger, vtddianne@hotmail.com.

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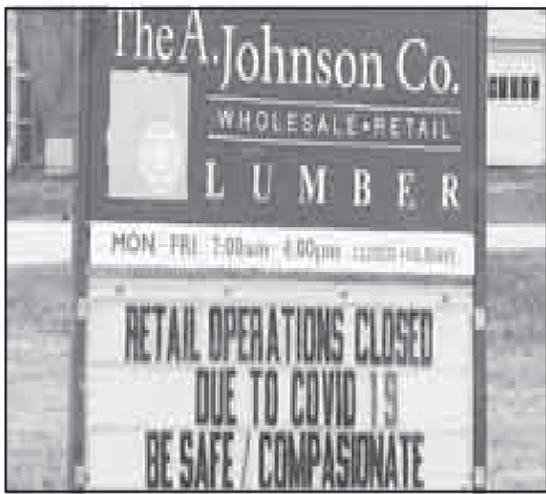
4:00 - 8:30 PM

899-3718

Route 15,

Jeri-Hill Plaza, Jericho

HEALTH



The Department of Mental Health is there to help

The Department of Mental Health has information and resources on how to take care of ourselves and support others during what is an uncertain and nervous time for all of us. While feeling worried is a completely normal emotion to be experiencing given current events, there are things we can do to help keep that anxiety under control and allow us to function and be as well as possible.

We have many resources on our website, including links to other sites. In addition, there is information on how to get immediate support if needed, and how to find a therapist near you. If you have questions, please email AHS.DMHCovid19Info@vermont.gov.

If you need help right away, text VT to 741741. The National Suicide Prevention line is available 24/7 at 800-273-8255, or you can dial 2-1-1 to find mental health services in your area. For peer support, call or text 833-888-2557.

Donate and request fabric masks

Healthy Lamoille Valley noticed a community need to connect community members making fabric masks with local organizations with essential workers that need them the most. To that end, Healthy Lamoille Valley has created a webpage for the community: www.healthylamoillevalley.org/masks.

Essential organizations and businesses can visit the page to request masks and then be contacted when masks are ready to be picked up at one of our area locations. Volunteer mask makers can use the page to view recommendations approved by Copley Hospital, see a list of area drop-off locations, and be assured their masks are getting where they are needed.

Visit www.healthylamoillevalley.org/masks to learn more!

UVM Health Network still here for health care needs

As we fight the COVID-19 pandemic on the front lines, we know that you may have other important medical needs. Don't de-prioritize your health. Whether it be an illness, injury, or ongoing medical condition that needs attention, please know that our emergency departments and urgent, specialty, and primary care clinics across the UVM Health Network are ready to provide care. Our providers are also available through video visits, telephone visits, and in-person visits in some cases. Please contact us so that we can together determine the best way to address your needs.

If you are healthy, it's important to prioritize your well being, especially during stressful times. We also continue to conduct regular wellness visits with the help of technology, so please call your provider to see if a video appointment is right for you.

Please know that if you need to be seen in person, we are taking precautions to minimize the risk of COVID-19 exposure to our patients and staff. We are conducting health screenings at the entrances to our facilities so that anyone with respiratory complaints can be routed safely to care. Other precautions include making sure that patients waiting for treatment are able to socially distance from others, and using appropriate personal protective equipment such as masks when needed.

We're here for you. Don't hesitate to call your provider if you have a medical concern. As always, if you have a life-threatening situation, call 9-1-1.

Donating blood is an essential activity

The Red Cross has seen many of their regular community blood drives postponed or cancelled as their regular host sites close due to COVID-19. But the need for blood is constant, and they are asking for our help in making the most of the drives that are still happening.

The Red Cross has taken steps to protect all presenting blood donors, including maintaining social distancing and screening donors and staff for corona virus symptoms. Donating blood is an approved essential activity under Vermont's *Stay Home, Stay Safe* policy.

Upcoming drives

- Tuesday, April 14: Wood's CRW, 795 Marshall Ave., Williston, 11:00 AM – 4:00 PM.
- Wednesday, April 15: Catalyst Church, 100 Raceway Rd., Jericho, 1:00 – 6:00 PM.
- Friday, April 24: Bayada/Williston Place, 422 Blair Park Rd., Williston, 10:00 AM – 3:00 PM.
- Saturday, April 25: The Strike Zone, 160 Griffin Lane, Essex Junction, 10:00 AM – 3:00 PM.
- Friday, May 15: Browns River Middle School, 20 River Rd., Jericho, 11:00 AM – 5:00 PM.
- Saturday, May 23: Waterbury Municipal Building, 28 N. Main St., Waterbury, 9:00 AM – 1:00 PM.
- Wednesday, May 27: Bellows Free Academy, 75 Hunt St, Fairfax, 12:00 AM – 4:00 PM.
- Friday, May 29: Essex High School, 2 Educational Dr., Essex Junction, 9:00 AM – 2:30 PM.

The Red Cross Donor Center in Burlington has regular hours as well. Visit www.redcrossblood.org or call 1-800-RED-CROSS to make an appointment.

COVID-19 and mental health

By Lucy Rogers, State Representative, Lamoille-3

If you are in crisis, text "VT" to 741741. The Crisis Text Line is free, confidential, and available 24/7 to anyone for any kind of crisis.

The National Suicide Prevention Lifeline number is 1-800-273-TALK (8255).

Lamoille County Mental Health Services has continued serving our community during this time. They have more information on their website: <https://lamoille.org/covid19-response/lcmhs-visit-protocol.html>.

For a listing of statewide mental health resources, including information on how to get immediate support and how to find a therapist, visit www.mentalhealth.vermont.gov/coronamh.

Red Cross urgently seeks blood donors

By Sara Riley

Multiple news reports tell of a blood supply dwindling toward critically low. The Red Cross urges those willing and able to donate to go online to <https://www.redcrossblood.org> to find a local blood drive. There are several opportunities to donate blood in our area in the next several weeks and months:

- Friday, April 24: Bayada/Williston Place, 422 Blair Park Rd., Williston, 10:00 AM – 3:00 PM.
- Saturday, April 25: The Strike Zone, 160 Griffin Lane, Essex Junction, 10:00 AM – 3:00 PM.
- Friday, May 15: Browns River Middle School, 20 River Rd., Jericho, 11:00 AM – 5:00 PM.
- Saturday, May 23: Waterbury Municipal Building, 28 N. Main St., Waterbury, 9:00 AM – 1:00 PM.
- Wednesday, May 27: Bellows Free Academy, 75 Hunt St, Fairfax, 12:00 AM – 4:00 PM.
- Friday, May 29: Essex High School, 2 Educational Dr., Essex Junction, 9:00 AM – 2:30 PM.

The emailed confirmation you will receive includes the following advice:

"To help ensure a pleasant and successful donation experience, please drink an extra 16 ounces of water and fluids before donating, and be sure to get a good night's sleep before hand.

"If your appointment is specifically to donate platelets by apheresis, please remember not to take aspirin products two full calendar days before your appointment.

"The need for blood is constant. Your commitment to help save lives is truly appreciated and makes a difference in the lives of patients in need. Visit redcrossblood.org for more information and additional donation tips."

Vermont WIC supports families during COVID-19

WIC services are available to all eligible families affected by COVID-19. WIC services, including new enrollments, breastfeeding support, and nutrition education are being provided by phone to align with social distancing and Stay Home, Stay Safe guidance. If your income has been affected by recent events, and you are pregnant or have a child under 5, WIC can help provide nutritious foods and resources to keep your growing family healthy.

Visit our website to apply online and to learn more about WIC (<https://www.healthvermont.gov/wic>) or text VTWIC to 855-11. Completing the online application is the first step to enroll in WIC; final eligibility will be determined at your first WIC appointment.

Vermont WIC, a program of the Vermont Department of Health, provides healthy food, nutrition education, breastfeeding support, and family resources to more than 11,000 women, children, and families across Vermont. For additional food access resources, please visit <https://www.vtfoodbank.org/coronavirus-services-for-individuals>. This institution is an equal opportunity provider.

Treating Adverse Childhood Experiences

By Bill Schubart

Do you know what an A.C.E. is? It's not your local hardware store, the winning card in your hand, nor your friend who plays professional tennis. It's an increasingly-used acronym for an *adverse childhood experience*.

I know, you're thinking, "Just what I need, another acronym to remember."

But plumb your own childhood and if you recall a deeply traumatic emotional event that altered who you are today, you're familiar with A.C.E.s.

They include:

- sexual, emotional, or physical abuse, bullying, and domestic violence,
- extreme poverty, abandonment, homelessness, and hunger,
- family break-up, mental illness, or addiction of a family member.

Data analysts working on this estimate that untreated A.C.E.s in Vermont in 2018 led to remediation costs of at least \$410 million, \$190 million of which are special education costs. It is difficult to impute the costs of A.C.E.s in the criminal justice system, mental health treatment (such as it is), and emergency room visits.

Not all A.C.E.s originate in families or communities. Some are the unintended consequences of ill-thought-out local, state, and federal policies.

Surely, ICE's policy of separating children from their parents for months, if not years, and keeping them in cages would count.

Inordinate and ill-justified terminations of parental rights by Department of Children and Families (DCF) also count.

Technical and administrative violations for single parents monitored by Corrections that return them to prison, leaving their children as wards of the state, would count. Currently, there are upwards of 5000 children in Vermont whose parents are overseen by Corrections.

The lion's share of A.C.E.s, however, originate in families.

Many reasons have been given, including the loss of religious practice and family adhesion. But religious and family institutions have ebbed and flowed throughout history and many children have thrived in non-nuclear families and outside of religion's influence and become mature, humane parents themselves.

If one were to impart responsibility for the prevalence of A.C.E.s, one would see the headings of addiction, poverty, lack of access to mental and physical health care, and intergenerational abuse.

When I was 42 and my weight was idling just below 500 pounds and I finally realized I needed help, I entered an addiction treatment facility for eating disorders. Most of the patients were women. My first day in group therapy we were asked to raise our hands if we had been sexually abused as youngsters. Of the eighteen of us in the room, only three of us kept our hands in our laps. The therapist went on to correlate sexual abuse with massive obesity and one very large woman confessed that overeating both dulled the pain of her abuse and, she believed, made her sexually unattractive to her predator uncle. I know from my own battles with an eating disorder the emotional, physical, and actual cost of my and my mother's codependent addiction.

Think of A.C.E.s as a form of social disease, the cost of which follows a predictable upward curve: from prevention, to early diagnoses and treatment, to remediation and treatment — no different from a physical disease. Early opiate use detection and treatment is considerably less expensive than incarceration. Inpatient rehab can cost from \$6000-28,000 for a month. Whereas, average incarceration cost for men in Vermont is \$50,000 and for women about \$85,000 per year.

Recognizing the immense cost of remediating A.C.E.s' impacts in social, criminal, educational, and health care systems, significant work is underway to quantify the extent and impact of A.C.E.s here in Vermont.

A cross-sector partnership between government, nonprofit, and business is in the planning stages to better understand the relationship between whole-family wellness and early childhood development. Vermont is exploring partnering with an initiative in California and that could involve the UVM Health Network as a research partner.

The initiative would be based on work being done by a number of Vermont organizations that have come together to focus on the well-being of children and on refining a new model of care-taking in Addison County: Building Bright Futures, Let's Grow Kids, Addison County Early Care and Learning Partnership, Addison County Parent Child Center, and Resilience Transformation Partners (RTF).

Their goal is prevention or early discovery of A.C.E.s and treatment in a family setting that minimizes damage to the child and optimizes their chances of recovery and later success.

This model, supported by such pioneers in childhood well-being as Dr. Jody Brakeley, Cheryl Mitchell, Charlie Smith (chair of RTF), and South Burlington Schools Superintendent David Young, will advance our social, educational, and health care investments upstream and should become a vital part of meeting Governor Scott's "affordability" agenda.

If we go on ignoring this well-documented problem, we will face much larger costs down the line and go bankrupt trying to manage the damage done by our failure to manage forward and invest in the well-being of our children and families.

SEND US YOUR NEWS.

Email it to: mtngazette@gmavt.net

Health continued on page 5

- Gentle Head to Toe Care
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Dr. Mary H. Kintner

COMMUNITY COLUMNS

New house, Eureka Supply Co., motivation

By Doug Boardman
Special to the Mountain Gazette

All of us are motivated by something or someone. Some are motivated for a short period of time and some not at all. Some of us are motivated their whole life. Some are motivated to do good; others are motivated to do nothing; some are motivated to be bad. It usually happens early in life. As I look back, I was motivated to work when I was four years old. I had on a harness tied to the front porch with a long rope that kept me from going into the street. After my sister got to walking, my job was to keep her from going into the street. They wouldn't hitch her up, just me, and I would grab her and shout to my mother that Viv was trying to go into the street. That was my first "volunteer job" where I was motivated.

When I was five, my folks brought a small farm in East Montpelier Center and I was motivated to work for my room and board. We had two cows, a pig, and 200+ laying hens, and made our own butter, ice cream, maple syrup, etc. We always had a big garden. My motivation was a kick in the butt from my father or a backhand from my mother. I was motivated through elementary school by my teacher, Florence Goodwin, the teacher from hell, but she taught me more in seven grades than any teacher that followed. I was motivated by sports my freshman and sophomore years and my junior year, I met my future wife of 60 years and she was my greatest motivation. Unfortunately, my high school marks went down a little. I was motivated to join the Navy after my folks wouldn't or couldn't help me go to college.

After the Navy, I used the G.I. Bill to go to college and worked 35-38 hours a week at night and Saturdays. Supporting my family from college and the rest of our lives was all the motivation I ever needed. Even when I worked for Central Hudson G&E, I needed to make more money to support my family so I did bookkeeping for small business and income

Managing forests in a changing climate

By Ethan Tapper
Chittenden County Forester

It's happening, and we expect it to get worse. Climate change poses existential risks to our communities, our quality of life, and the ecosystems that provide the air, water, and natural resources that we need to live. Forests are both an asset in mitigating climate change, and deeply threatened by it; natural disturbances of increased severity and frequency, changing growing seasons, and invasive exotic plants, pests, and pathogens are among the threats to our forests linked to climate change. Managing our forests for the future requires us both to buffer them from the effects of climate change and to manage them to mitigate these effects to the greatest extent possible.

One of the ways that forests act as a climate change asset is by sequestering and storing carbon. While the forest carbon cycle is too complex to fully describe here, trees and plants essentially suck ("sequester") carbon dioxide out of the atmosphere, turning ("storing") it into living tissue through the amazing process of photosynthesis. When trees die, much of that carbon remains stored in their dead trunks and branches, eventually becoming incorporated into the soil and feeding future generations of trees, plants, and microorganisms. In temperate forests like ours, this soil carbon "bank" accounts for up to 60% of a forest's total carbon storage. While they cannot sequester all the carbon that we emit, forests globally can absorb and store a lot of it, mitigating some of the effects of climate change.

In climate-focused forest management, we strive to encourage "resilient" forests. These are forests which have the tools to stay healthy and functional amidst great stress, such as is threatened by climate change. Given their carbon-sequestering ways, it may seem counter-intuitive to cut trees, but responsible forest management can improve a forest's resilience over the long-term, mostly by making it more diverse. In addition to providing better wildlife habitat and being more like old growth forests, diverse forests store more carbon and are buffered against large-scale disturbances, which can cause large amounts of forest carbon to be re-released into the atmosphere.

In a changing climate, it is tempting to think solely about

tax work for individuals.

One of my bookkeeping jobs was Eureka Plumbing & Heating Supply Co Inc. That was when I met Wilhelamina Lucas, a 70-year-old widow who had recently lost her husband and needed lots of help. I had gotten a raise and was in charge of an engineering department that did mapping, etc., and I had three women working for me. That's when I realized they didn't have the same motivation that I had to get the work done on time. I had to become a psychologist overnight, although having two girls and three boys helped me a lot. The boys are easier to supervise because you can have them speed up by various methods, whereas girls will slow down your whole operation if you don't talk nice to them and complement them every day, especially if they have a recent hairdo, nails, new jewelry, new dress, etc. Some days it was really tough to find something good to say to them and their output suffered, and I in turn sometimes had to finish it myself and that's when the Employer Association didn't want me working overtime and not getting paid. Mrs. Lucas made me an offer to work for her and to manage her business full time, so after seven years with Central Hudson, I joined her. Before I joined her full-time she got me in touch with her nephew, who was a builder and owned some building lots in a new subdivision, so I was motivated to buy a lot and build a house.

Because our family had gotten bigger, we had three children in a two bedroom townhouse. I didn't have any savings so I borrowed \$1000 from a co-worker and made a down payment. Took out a first mortgage loan from the bank and a second mortgage loan with a builder and did a lot of work on the house myself and got plumbing and heating materials from Mrs. Lucas.

My wife, Sandy, was an aide at the school when the kids were young and then worked for Sears and got out at 3:00 PM so she could be home when they got home from school. The school was near our home at the end of the street.

Next column: Wilhelamina Lucas, the "hummer," and Eureka Supply Co.

quantity — how much carbon forests can sequester and store — but we should also consider the quality of our forests. Forests are massively complicated, inter-connected systems, and non-tree parts of them including wildlife, invertebrates, and fungi perform critical ecological functions which keep them healthy, resilient, and functional. These elements, which rely on healthy forests for habitat, are also under threat. Forest management, in addition to trying to sequester and store as much carbon as possible, should seek to encourage the health of whole forest ecosystems, including but not limited to trees and carbon. In some cases, like in the creation of critical early successional ("young forest") habitat, this may mean not maximizing carbon sequestration on every acre of land.

As we talk about managing forests in a changing climate, we should recognize that resource extraction and usage is a huge underlying cause of climate change and its attendant effects. As they sequester and store carbon, actively-managed forests can also produce a local, renewable resource — wood. Wood provides *quantitative* climate benefits, storing more than its dry weight in carbon dioxide and often locking this carbon up for decades or centuries. It also provides *qualitative* benefits, supporting our working landscape, local economies, and communities, and our neighbors who harvest, process, and build with local wood. Using local renewable resources generally lowers associated environmental impacts and allows us to "own" our consumption, rather than displacing these impacts elsewhere. Engaging with the true cost of our resources is critical to helping us to make better choices for our climate and our world.

Finally, protecting the health of our forests is useless if we can't protect forests themselves. The conversion of forests to other uses is perhaps as great a threat as climate change itself, and one that, as it increases, decreases forests' ability to be a climate change asset. Forests cannot store carbon, provide wildlife habitat, clean our air and water, or do anything else if they are paved over or split into tiny, disconnected fragments. As we recognize the benefits of forests, we should also consider the way that we develop our communities, acknowledging the positive role that forests play in our climate future by preventing forest fragmentation and loss. *Ethan Tapper is the Chittenden County Forester. He can be reached at ethan.tapper@vermont.gov, 802-585-9099, or at his office at 111 West St., Essex Junction.*

First, talk with your doctor if a video visit is right for you. If so, you'll be scheduled and contacted by our support team to help you prepare.

Tobacco Prevention Task Force in Lamoille Valley

COVID-19 is a respiratory illness and data tells us that it is even more dangerous for people who smoke and vape. Check out Healthy Lamoille Valley's COVID-19 Tobacco and Vaping Alert for more information at www.healthylamoillevalley.org/covid-19.

Are you able to join forces with Healthy Lamoille Valley on tobacco prevention during this pandemic? Open to the community! All ages are welcome!

What are your ideas about Tobacco Prevention in the time of COVID-19?

Email alison@healthylamoillevalley.org or call 917-626-0344 for more information or to offer your thoughts and ideas.

Healthy Lamoille Valley is a coalition of community organizations and individuals working collaboratively to reduce youth substance misuse and encourage youth to make substance free healthy choices.

Parent stress during pandemic

Dealing with the Coronavirus on an ongoing basis can be stressful enough. Factor in being at home with your children for the rest of the school year while still trying to get things done for your job or just keeping the house in order, and the stress multiples. In fact, when uncontrolled, a high stress environment has been associated with an increased risk of domestic violence and child abuse. To prevent that kind of environment from ever happening, I'd like to offer some stress-free tips on making your home as stress-free as possible for you and your children.

Let's start with parents in this column and focus on kids for next.

Helpful Advice for Parents

Parents, the first step in reducing your stress in your home right now is to view the time you are together with your children in a positive light. Thanks to Coronavirus (and it's probably the only thing we can thank the virus for), you may never have time like this again to really strengthen the relationship you have with your children.

And speaking of positive light, now more than ever, focus on what is going well for you and your family and not on what is going wrong. Raising your voice will only make everyone more stressed and angrier, so staying calm, even when you need to be assertive, keeps your children calm as well.

Make sure you have a daily routine in place, but be flexible and creative as to what you do within that routine. Add new activities into the routine on a regular basis, along with breaks of free time, exercise time, and play or fun time, in addition to the learning time that goes with home-schooling right now.

Fresh air, a healthy diet, adequate sleep, and exercise are great stress relievers for you and the rest of the family. So is limiting the amount of Coronavirus media coverage you and your family are being exposed to. If you feel steam building up, take a one-minute pause to breathe deeply and think about how you are feeling. Channel any tension into relaxation and calm before returning to your children.

Reach Out - Remember, home isolation does not mean being unable to communicate with other friends and family. Having someone you can talk to via phone or video-chatting can help you when you feel sad, stressed, scared, or angry. If overwhelmed and fearful that you may hurt others physically or emotionally, please call your health professional or 1-800-CHILDREN to get you the emotional assistance you need to reduce that stress, should suggestions such as those I offered not be working.

Hopefully, tips like these will help melt away the stress in you, so you can cherish the love and quality time you are spending with your family in the midst of this Coronavirus pandemic.

Lewis First, MD, is Chief of Pediatrics at UVM Children's Hospital and Chair of the Department of Pediatrics at UVM

Pandemic

By Sue Kusserow
Special to the Mountain Gazette

I am trying to write, but no brilliant phrases, eye-opening oxymorons, or clever rhyming schemes are forthcoming. I am not struggling or bothering to find an entry into this all-enveloping pandemic narrative. Like many of us, I have been in it long enough to lose fight or even scientific interest. We are sequestered... no, imprisoned... in our rooms, homes, towns, and cities. And somehow our minds are hiding from thought in the same way that our bodies are trying to find a pattern that will/may defeat this invisible enemy... of a type that we have never faced before, marked only by the number of deaths as it moves on. How does one fight a war with an unknown enemy, with antiquated tools and mind-sets?

It seems to be true that total envelopment does not allow for contrast. We are so thoroughly saturated within a mysterious cloud of disease and death that "normal" is a memory which may or may not be the same when we return to a safe world. The word "safe" is a condition of duplicities; we have used it when scared of any enemy: Indians, war, depression, polio, AIDS, the atom bomb. Now we need it again, but I hope we will use it gingerly since it has not proven itself uniformly effective in any of the above-cited examples. We need it now to soothe; later, to rebuild.

The quote "this, too, shall pass" is a frequently-used phrase of comfort. The verb "shall" has a soothing biblical effect, and is probably the best one to try and convey a future when the weather turns around and the sun comes out... we have always, as a rural state, been aware of what and how our atmosphere changes. We want and need so badly to look up as well as inward.

And what else is a constant? For some people, depression is worn as a dismal cloak, which no matter how hard one tries, is never fully shaken off. Therefore, no matter what good news a cheery neighbor is touting (and repeating to herself via a disinfected phone), it will not be able to refresh a mind that is unable to accept any more darkness. The giver opens the door; the receiver fumbles helplessly for the key.

Is boredom a constant? We are used to having schedules with a variety of expectations, commitment, and outcomes, both large or small, mandatory or enjoyable. And a lack of tasks and their concomitant brisk pacing lets boredom fester in our supposedly "relaxed states." And it expresses the two falsehoods in our lives and work:

1. If I hurry enough, I can get ahead of my commitments;
2. If I hurry enough, I can beat fear.

Isn't that why we are running? We don't want to look back at what is chasing us and what it means to stop. If we choose to stop activities, and in this case, are forced to "slow down," can we calm our minds enough to enjoy whatever we ironically call our "free time?"

We make choices. In this case, we make choices to save our lives, and to help others to save theirs. Even though it may seem that we are not being allowed any choices, we at least can modify our thoughts so they will give us the most support. We are all fearful. Yet, in tandem with our anxieties, we are also very brave!

Interdependence is and ought to be as much the ideal of man as self-sufficiency. Man is a social being. — Gandhi

Civilization is a perishable commodity. — Helen MacInnes

Health continued from page 4

Concerned about secure video with your doctor?

During this time of social distancing, we are relying on new ways to connect and communicate, especially using video chat. Many UVM Health Network practices use the video chatting program called Zoom to conduct video appointments. Recently, you may have heard reports of security and privacy issues with Zoom and we want to reassure you that the Zoom program that UVM Health Network has implemented across our practices is secure and private.

Our patients are at the center of everything we do and maintaining their privacy and data security is very important to us. The UVM Health Network's cybersecurity experts have implemented this telehealth service, which is HIPAA compliant, and provides encryption for all meeting data, chat messages, and patient information. This team works constantly to review security threats to all our IT programs, including Zoom, and is able to immediately respond to any issues that arise.

To further ensure privacy and security, we have taken the extra step of requiring a passcode for all Zoom video visits.

LIBRARY NEWS

DEBORAH RAWSON MEMORIAL LIBRARY

The Deborah Rawson Memorial Library completely closed on Wednesday, March 25. To help stop the spread and flatten the curve we are not offering curbside service and are following Governor Scott's order to "Stay safe and stay home."

DRML has launched a digital (*YouTube*) Story Time with Ms. Abbey on Wednesdays, so you can watch anytime! This link has the first one (<https://www.youtube.com/watch?v=iiQh3EzWRTQ&t=1s>) and check the DRML Facebook page each Wednesday for more! Wednesday, April 8's story time is about pets! <https://youtu.be/Pc0iXoG60CM>

All our online services are up and running on our webpage, www.drml.org. As we find new and exciting things we will post them on the webpage and on our Facebook page. You can still return items in our book drop but you don't need to. You can just keep them until we reopen. You can still renew items online. Messages will be returned as soon as we can get to them.

WiFi — Our WiFi will remain active and is accessible from the parking lot or other areas adjacent to the building. WiFi is available 24/7. A password is not needed to connect. Please be aware that our WiFi does not offer a secure connection.

Online Resources — For a full list of online resources, including digital e-book and audio book services, classes including language courses, and compilations of filmed programs, please visit <https://www.drml.org/how-to-use-a-closed-library/>.

Digital resource: Mango Languages, which allows patrons access to conversational language learning lessons in 22 languages. Be sure to create a profile with your email address when you log in for the first time. Our access to Mango Languages is made possible through a partnership with the Green Mountain Library Consortium. To register: Enter the barcode on the back of your DRML card. Choose Guest Access. In the upper right-hand corner click on the arrow next to "Hello Guest." Choose a name, email, and password to sign up. To use: Click on a language. Choose a course and click on "Get Started." Please note: in order to access Mango Languages, you will need a current library card (blue, expires in 2021). If you need to renew your library card, please contact the library — rawsonlibrary@drml.org.

Cool Link: Print & Play Games! What better way to pass some time right now than to gather with your household and play together? But if you are sick of all the games you have right now, fear not! The American Library Association has compiled a list of print and play games — free games you can assemble with a printer and some supplies you have around the house. This is a great opportunity to get crafty as you put together a fun new game. Go online to <https://games.ala.org/print-play-games/>. Don't have access to a printer? Try the Board Game Remix Kit, a PDF that explains how to use some classic games — Monopoly, Trivial Pursuit, Clue, and Scrabble — to play interesting new variants or completely new games! See <https://bgrk.ich.io/the-board-game-remix-kit>.

Contact information: email rawsonlibrary@drml.org; website www.drml.org; phone 802-899-4962.

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

JERICHO TOWN LIBRARY

Until further notice, the Jericho Town Library is closed, as we grapple with the spread of COVID-19. Please know that this action was taken to limit the exposure of our library patrons and community members to the virus. These decisions were made in support of the current initiatives suggested by the Centers for Disease Control (CDC) in an effort to reduce exposure to the COVID-19 virus. We love our community and we want to do the absolute utmost that we can to ensure your wellbeing.

While the library is closed to the public, we are here to help however we can. Need a library card to access free downloadable ebooks and audio books? We can sign you up over the phone or via email! Need help figuring out how to access on-line resources? We've got you covered! And be sure to follow us on Facebook and Instagram for regular resource updates, including educational recommendations for kiddos and families navigating their time at home.

As a one-person staff, and with looming concerns about transmitting the virus via physical library materials, we are not currently able to offer curbside, home delivery, or pick-up. Please keep your currently checked-out library materials at home. We are a no late fee library, but have also suspended immediate due dates, and have enacted auto-renewals for the items you already have checked out. Besides, what's better than reading when practicing social distancing?

Keep being kind to each other, keep reading, and keep washing your hands. With library love, Lisa Buckton, Director, Jericho Town Library

Jericho Town Library hours: Mondays 2:00 – 5:00 PM, Tuesdays 10:00 AM – 12:00 PM and 2:00 – 5:00 PM, Wednesdays 10:00 AM – 12:00 PM and 2:00 – 7:00 PM, Thursdays 10:00 AM – 12:00 PM and 2:00 – 5:00 PM, Fridays 2:00 – 5:00 PM, Saturdays 10:00 AM – 12:00 PM.

For more information on programs and library services, please visit our website www.jerichotownlibraryvt.org or call 899-4686.

VARNUM MEMORIAL LIBRARY JEFFERSONVILLE

The Varnum Memorial Library is closed until further notice due to the coronavirus. We are currently swamped with emails and requests, so please be patient with us; we will get back to you. If you are interested in accessing audio or electronic books via Libby/Overdrive, your login information is your library card number starting with 2C14. Enter that with all the zeros and no spaces. Your pin number should be your last name, all lower case. If you are interested in using our WiFi, either on the porch or in your car outside of the library, the password is V@rNum!4.

Please do not send emails regarding overdue books, but let us know if you need your Libby password reset or if you do not know your library card number. If you have special book requests, we can process them and put them in a bag for you. This does not guarantee any book will still be available. We are also offering some mystery bags or mixed bags depending on your interest, if you don't mind the librarians picking books for you. If you email us a request, we will work hard to process as quickly as possible and message you back when it is ready.

We hope this helps fill in some of the gaps and we apologize for any inconvenience. Please stay safe out there.

The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville, 802-644-2117; thevarnum@gmail.com; www.varnumlibrary.org. Hours: Mondays and Tuesdays 12:00 – 7:00 PM, Wednesdays 3:00 – 7:00 PM, Thursdays 9:00 AM – 7:00 PM, Fridays 2:00 – 5:00 PM, and Saturdays 10:00 AM – 3:00 PM. Closed Sundays.

WESTFORD PUBLIC LIBRARY

The Westford Public Library is closed. While we close with a heavy heart, we know we are doing our part in keeping our community safe.

Services offered by the Westford Public Library during our closure:

The library's WiFi will remain on 24 hours a day. It can be accessed via the parking lot, around the building, or across the street on the Common. Please use social distancing.

Please disregard all late notices, renewals, etc. All library materials can be returned via the dropbox, if you choose. If you are unable or unwell, please keep them at home.

Library cards can be renewed or created via email or the phone.

Curbside pickup of library materials: Saturdays, 10:00 AM – 12:00 PM and Wednesdays, 3:00 – 5:00 PM. Find the order form to choose your materials for pick up on the library website, <https://westfordpubliclibrary.wordpress.com>. Items can also be ordered over the phone: 878-5639, leave a message.

Virtual Storytime! Ms. Bree will post a fun story time on Thursdays.

- First episode: <https://youtu.be/syAXrq60aY>
- Second episode: <https://youtu.be/g95CkkE4FDs>
- Third episode: <https://youtu.be/v0yVXIKrXVI>

The Westford Public Library is having its second Virtual Book Group on Wednesday, April 15, 7:00 – 8:00 PM via google hangouts - contact Bree via email (westfordpubliclibrary@gmail.com) if you would like to join. Book club "regulars" should have received an invite; if not, contact Bree. The Invisible Man by H. G. Wells. This title is available as an eBook or audiobook from Project Gutenberg (www.gutenberg.org) or as an eBook in Libby. "In this pioneering novella, subtitled *A Grotesque Romance*, Wells combines comedy, both farcical and satirical, and tragedy, to superbly unsettling effect. Since its publication in 1897, The Invisible Man has haunted not only popular culture (in particular cinema) but also the greatest and most experimental novels of the twentieth century." (from Amazon.com)

Free Downloadable Ebooks and Audiobooks: Libby/Overdrive, free with your library card. Don't know your number, card expired, don't have a card? No problem! Can all be done over email. Here are two helpful links:

- <https://help.libbyapp.com/6144.htm>
- <https://help.overdrive.com/en-us/categories/getting-started.htm>

Project Gutenberg is a library of over 60,000 free eBooks (and some audiobooks), mostly older and classic titles. No library card needed. You can read in your browser or download onto a device at <https://www.gutenberg.org>.

The National Emergency Library has access to 1.4 million books with no waitlists! No library card is needed. Online at <https://archive.org/details/nationalemergencylibrary>.

Junior Library Guild at Home: unlimited access to read books online from any device. There is no limit to the number of users, and titles enter and exit the digital stream regularly, so there are always new picks available. Using a computer? Usernames and passwords are not needed! Simply click your book-stream choice. Streams are elementary, middle school, and high school. Many of the high school titles have cross-over interest for adults. No library card needed. Online at: <https://www.juniorlibraryguild.com>.

Resources for databases and classes for everyone!

Learning Express: Powerful resource for business and professional testing. SAT prep, business math, CDL licensing; this site is pretty endless. <https://www.learningexpresshub.com/home?AuthToken=7E4E767B-1CA2-456D-90C0-6BC036ECF1EF>

VT Online Library: GALE databases for research and up to date information. Also K-12 resources, car repair manuals, and more! Online at https://vtonlinelib.org/home.php?loc=vol_w521

Universal Class — over 500 online learning classes (for fun or credit) covering art, business, language, and kids can even take a babysitting course! Online at <https://vermontstate.universalsclass.com/barcode-login.htm?enter+code&loginspecial=>

Resources for Kids (or kids at heart):

Document created by School Librarian Beth Shelley and Public Librarian Bree Drapa, highlighting ways school aged children can get access to books. Online at <https://docs.google.com/document/d/1ka2m3uOaX1bCZdmsiiu6sGI46LwziWGcWY0X-T9knHg/edit?usp=sharing>

A comprehensive (and exhausting) list of homeschooling and teaching from home resources put together by the Vermont School Library Association, online at https://docs.google.com/document/u/1/d/e/2PACX-1vTE39Uh5GlvqcdijSDz36hIvIH0whBRndWWuUN5LCSOS4NoEHQ3wkU6isTjUUBZwaaJfShHsHXsbdG6/pub?urp=gmail_link

Mo Willems' Lunch Doodles: New episode of doodling with everyone's favorite children's book author and illustra-

tor. Episodes are live at 1:00 PM, and archived to watch later. Online at kennedy-center.org/education/mo-willems

Famous authors and celebrities reading wonderful children's books: <https://www.storylineonline.net/>

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

RICHMOND LIBRARY

Until the Governor's Executive Order of "Stay Home, Stay Safe," we had been offering curbside pick-up of physical items. We have now discontinued that service until further notice.

If you have any items out right now, don't worry. All items are renewed to May 1. Please hold on to them until then, if you can.

In the meantime, please visit www.richmondfreelibraryvt.org and explore various offerings on the website.

All patrons may set up an account with GMLC Overdrive (<https://gmlc.overdrive.com>) and download ebooks and audiobooks with a valid card. If your card expired, please send us an email with your current contact information (name, address, phone, email) and we can get it renewed. Overdrive comes with a very helpful app called Libby. We recommend downloading to whatever device you're using. (It's not yet available on Kindles.) If you need some help navigating with Libby, this booklet should help: <https://richmondfreelibraryvt.files.wordpress.com/2020/03/libby-booklet.pdf>. Let us know if you need more help.

Are you missing Storytimes at the Library? While no digital display can replace the incomparable Wendy, Jennifer, and LJ, in the meantime please visit the Library's Youth Services page, <https://richmondfreelibraryvt.org/youth-services/>. We have provided links to Tumblebooks, a read-aloud platform for all ages and to Scholastic's Learn at Home packages (<https://classroommagazines.scholastic.com/support/learnathome.html>) from grades pre-K to high school. We've also created a link to the Big List of Children's Authors (https://www.weareteachers.com/virtual-author-activities/?utm_content=1584565321&utm_medium=social&utm_source=facebook&fbclid=IwAR1My1AdDz08OVnaKDQAdQUAUsfk2LHghASUfm-ZIutaBZj66r50V5pgvc). Everyone from James Dean (Pete the Cat), Oprah Winfrey reads Thelma Godin's Hula Hoopin' Queen, Grace Lin shows how to draw Chinese Dragons, Mo Willems shares Piggie & Elephant activities. There are also many links to authors of young adult books. Vermont's Children's Literacy Foundation has also provided an extensive collection of Literacy Resources for Learning (<https://wordpress.com/read/feeds/45713222/posts/2638693961>). You can't check out a book from the library right now, but do check out all of these great resources. We'll continue to add materials for entertainment, education and enrichment!

Are you or someone in the family home from school and needing help with various subjects or certification programs? LearningExpress is a highly acclaimed eLearning platform that provides support to students and professionals for academic skill-building, tutorials, occupational exploration, standardized test prep, career certification test prep and more. Patrons will create their own account where they can keep track of modules explored. Brush up on your math, science or writing skills, study for the GED, SAT, ACT, GRE, LSAT, MCAT, a variety of Allied Health Certifications, Firefighting, Plumbing and more. Explore the possibilities at Learning Express (<https://www.learningexpresshub.com/ProductEngine/LELIndex.html#/learningexpresslibrary/libraryhome?AuthToken=838C46F8-8709-4FFB-B5CC-EF4FA995C5C6>).

Open Monday and Wednesday 10:00 AM – 8:00 PM, Tuesday and Thursday 1:00 – 6:00 PM, Friday 10:00 AM – 6:00 PM, Saturday 10:00 AM – 2:00 PM; closed Sunday.

Richmond Free Library, 201 Bridge St., P.O. Box 997, Richmond, VT 05477; 434-3036; fax 434-3223; www.richmondfreelibraryvt.org.

DOROTHY ALLING MEMORIAL LIBRARY**WILLISTON**

The physical library is closed until further notice to keep our patrons and staff safe but the virtual library is open!

Watch on Facebook (https://www.facebook.com/pg/WDAML/videos/?ref=page_internal) or YouTube as Miss Jess opens the new Dorothy's List 2020-21 nominees that just arrived! Thursday, April 2, 10:30 AM.

Looking for something to do with the kids? Check out our Kidspace page (<https://williston.lib.vt.us/index.php/kids-page>) for some fun programs with music and story times with our very own Miss Jess and her lovable pug, Petunia.

Dorothy Alling Memorial Library, 21 Library Lane, Williston; 878-4918 or Until the Governor's Executive Order of "Stay Home, Stay Safe," we had been offering curbside pick-up of physical items. We have now discontinued that service until further notice.

If you have any items out right now, don't worry. All items are renewed to May 1. Please hold on to them until then, if you can.

In the meantime, please visit www.richmondfreelibraryvt.org and explore various offerings on the website.

All patrons may set up an account with GMLC Overdrive (<https://gmlc.overdrive.com>) and download ebooks and audiobooks with a valid card. If your card expired, please send us an email with your current contact information (name, address, phone, email) and we can get it renewed. Overdrive comes with a very helpful app called Libby. We recommend downloading to whatever device you're using. (It's not yet available on Kindles.) If you need some help navigating with Libby, this booklet should help: <https://richmondfreelibraryvt.files.wordpress.com/2020/03/libby-booklet.pdf>. Let us know if you need more help.

Library News continued on page 7

FROM MONTPELIER

Miscellaneous COVID-19 information

By Lucy Rogers
State Representative, Lamoille-3

I've received a number of questions on the topics below:
Expanded qualifications for Unemployment Insurance: The \$2 trillion federal stimulus bill signed by the President on Friday, March 27 will bring much-needed financial support to our state. It will also make it possible to expand our Unemployment Insurance benefits to include self-employed, part-time, and gig economy workers. The VT Dept. of Labor is now developing an application process for these new benefits, and will not be able to accept applications until the new system is developed.

Health insurance: If you are uninsured, there is a special enrollment period during which you can sign up for health insurance until Friday, April 17 (more information can be found at <https://vtlawhelp.org/vhc-coronavirus>). Additionally, if you already have health insurance but your income has changed, you may qualify for either Medicaid or lower monthly premiums.

Tax deadlines: Taxpayers filing Vermont personal income tax, VT Homestead Declaration and Property Tax Claims, Corporate income tax, or Fiduciary income tax that would have been due on April 15 can now file and pay these taxes on or before July 15, 2020 without penalty or interest.

Scams: Be aware of various scams that have arisen to take related to COVID-19, and **do not share personal or financial information by email or over the phone.** This article lists some common COVID-19 scams: <https://www.burlingtonfreepress.com/story/news/local/2020/03/23/vermonters-face-covid-19-scams-how-they-can-protect-themselves/2901007001/>.

People entering from outside Vermont: Governor Scott has updated his executive order to direct residents and non-residents coming from outside the state to home-quarantine for 14 days. In addition, lodging facilities including hotels, motels, short term rentals such as Airbnb, campsites, and RV parks have been closed except when supporting the state's COVID-19 response.

Unemployment insurance backlog and inability to get through

Michael Sirotkin
State Senator, Chittenden District

So many of you have written me about the nightmarish problems you are having getting your unemployment insurance benefits processed, or even getting through to the Department of Labor. Some are making scores of calls per day and getting no answer. I have contacted all the powers that be — including the Governor — and I think (hope) we have been heard.

At the Governor's press conference this morning, it was announced that Vermont will be contracting with a large professional claims processing firm next week to significantly expand the number of intake workers for UI benefits. Hopefully, this will significantly reduce wait and processing times.

However, the demand is so unprecedented that my committee will continue to monitor the situation on a daily basis. Many Vermonters need these benefits to survive and, even though they can be paid retroactively, they need the benefits *now*, not later. My committee is prepared to put in the funds necessary to administer our unemployment fund in a proper and timely manner.

Information regarding payroll protection plan (PPP)

Thomas Stevens
State Representative, Washington-Chittenden

Below is a link to the Vermont Economic Development Authority, with information and an application for businesses affected by the COVID-19 Crisis. I cannot emphasize enough that all small businesses that have been affected in any way should consider this program as a way to help soften the blow, and to do it with your eyes wide open and with as much information as possible. I cannot personally vouch for the effectiveness of the process yet, but if you are confident about managing the application and fulfilling the responsibilities within the program, it is worth considering.

https://www.veda.org/ppp-program?fbclid=IwAR0PGTVQ0b3gPAvjULTb10WX7ehDehXKRGEWwDSH81-VSYLX_ec5VUzIaoU

As always, reach out with questions, and we will do the best we can to find answers.

COVID-19 help for businesses, employees, agriculture

John Mandeville, Executive Director
Lamoille Economic Development Corporation

Here are links to the Agency of Commerce and Community Development, the Vermont Department of Labor, the Agency of Agriculture, Food and Markets, and to the SBA. There is reams of information here that should answer most questions you may have about business assistance and assistance for employees, as well as for our crucial farmers and others working in food systems. Please check them out. If you have questions or require other assistance, the LEDC is here to help in any way we can.

<https://accd.vermont.gov/covid-19>
<https://labor.vermont.gov/>
<https://agriculture.vermont.gov/covid-19-information>
<https://www.sba.gov/>

Small Business Solutions Task Force seeks input

By Michael Sirotkin
State Senator, Chittenden District

Vermont has among the highest number of small businesses per capita in the entire country.

As such, the new federal stimulus package, which has a variety of financial programs to help small business (less than 500 employees) could prove critical to our state.

One of the best links for helping small business understand what the new CARES Act provides is at <https://accd.vermont.gov/covid-19/business>. However, please understand that new guidelines for many programs are still being refined and implemented daily, and seem to be in a constant state of flux; and there is now talk of another stimulus package to fill in some of the holes. For example, we're already hearing that the \$349 billion in the Payroll Protection Plan (PPP) may be woefully insufficient to meet the demand.

Moreover, it is obvious from what we are hearing that there will always be more and new questions/concerns from individual business owners themselves.

As such, Senate President Tim Ashe and Speaker Johnson recently created a new joint House-Senate Task Force called The Small Business Solutions Task Force to dig into the weeds of common problems facing our small businesses trying to cope with COVID-19. It is a six-member task force (three Senators and three Representatives) and I am honored to serve as co-chair.

One of our charges is to reach out and hear back from small business owners and operators. We will aggregate the responses to identify some of the more common problems on the ground and work with the Administration to find answers, improvements, and solutions.

Please feel free to write me at sirotkin.senate@gmail.com with your questions and concerns, as well as anything you see working well. I will try to get back to you, or forward your message on to someone who can give you up-to-date information, as soon as I am able.

COVID-19 scams abound

By Trevor Squirrell and George Till
State Representatives, Chittenden-3

These warnings come courtesy of the Community of Vermont Elders, but are a good warning for everyone. Beware of the following:

Fake Stimulus Checks — There are fake checks circulating right now. It will take at least three weeks for direct deposits to land and up to ten weeks for paper checks to arrive by mail. If you receive any checks now, it is a fraud. Telltale signs are checks written in odd amounts or include cents, or a check that requires you to verify receipt online or by calling a number.

Facebook, text, or social media messages claiming to get in touch with you — Scammers are reaching out to people online on social media platforms or by sending text messages with claims they are from the IRS or another government agency and are trying to get in touch with you regarding your stimulus check. Ignore these messages. The U.S. government will never reach out to you via any social media platform or by text.

U.S. Emergency Grants Federation — a fake website. Scammers pose as a government agency and will send a link to this website or something similar for you to verify personal information. The government does not do this. The government already has the information they need and will not reach out to you for verification of your social security number or other personal identification.

Processing Fee — Scammers pose as the IRS or other government agency claiming you can receive your stimulus check faster if you pay a processing fee. There is no such thing and there is no way to speed up the IRS payment process.

Any correspondence with the IRS or U.S. Treasury — The IRS will never call or email you to verify any personal information. This includes your social security number, bank account number, or anything that allows access to your identity. As soon as you receive a call or email saying they are from the IRS or U.S. Treasury, hang up or trash it.

These scammers and fraudsters are professional criminals and will use a variety of methods to steal your personal identification and your money. They use scare tactics and even attempt to befriend vulnerable people into trusting them.

To report a scam call or email, contact the VT Attorney General's Consumer Assistance Program at 1-800-649-2424.

Please feel free to send along questions/comments and we will do our best to respond.
Trevor Squirrell — tsquirrell@leg.state.VT.us; George Till — gtill@leg.state.VT.us

Latest from the Feds and the State of Vermont

By John Mandeville, Executive Director
Lamoille Economic Development Corporation

There are two links below. The first is a link to detailed online information from the Department of the Treasury. The second is to information for Virtual Town Hall Series being organized by the Vermont Department of Labor. Both should be well worth your time to explore.

<https://home.treasury.gov/policy-issues/top-priorities/cares-act/assistance-for-small-businesses>
<https://labor.vermont.gov/news/virtual-town-hall-series-begin-thursday>

Updating some public health information

By Theresa Wood

State Representative, Washington-Chittenden

In my committee (Human Services), we continue to meet and discuss the need for additional potential legislative action regarding the response to COVID-19. Witness testimony has centered around court-ordered visitations for children in foster care and reducing risks for exposure to the virus; the financial and human strain on the child care system; the needs of older Vermonters and people with disabilities in this critical time; and the pressures on the state budget.

The Governor updates the public on the status of Vermont's response to COVID-19 via a press conference each Monday, Wednesday, and Friday at 11:00 AM. Most local TV stations carry it live, as well as WDEV.

The Health Department has updated its web site with more information about how this virus has impacted Vermont. The website has new information about the age, sex, and county of origin of people identified with the virus. We have all heard about older individuals being the most vulnerable, and they are; however, the charts on the website clearly show that this virus knows no bounds in terms of the age of people who contract it. The website now also has a feature where you can ask a question. Please visit the website <https://www.healthvermont.gov/response/coronavirus-covid-19>.

This has been a trying time for all of us individually, our families and friends, and collectively as a country. It is likely that the situation will continue for some time. So, as difficult as it will be, I urge you to continue your vigilance with physical distancing, wearing a mask if you need to go out in public, washing your hands frequently, and staying home and staying safe.

I continue to be available at twood@leg.state.VT.us.

COVID-19 assistance from USDA, Rural Development

By John Mandeville, Executive Director
Lamoille Economic Development Corporation

Here is a link to a comprehensive list and explanation of programs available from USDA, Rural Development. It's a bit of a slog to get through it, but there are many things you may find to specifically address your needs.

https://www.rd.usda.gov/sites/default/files/USDA_RD_SA_COVID19_ProgramImmediateActions_04082020.pdf

DCF FSD COVID-19 special message

The most common type of maltreatment of children is neglect. In these hard times, it is especially important that we all do what we can to support families in need. April is Child Abuse Prevention Month. Keep children safe and families strong in supportive communities! Get updated tools, tips, and techniques in the 2019/2020 Prevention Resource Guide.

The Department for Children and Families, Family Services Division (DCF FSD) extends our sincere and deepest gratitude to all the people serving children, families, friends, and communities on the front line. We especially want to acknowledge the role of foster care providers who have been identified as "essential persons" by Governor Scott during this demanding time. You have stepped up in ways that no one could have predicted would be asked of you. Thank you!

As of right now, we are able to report that there have been no children in foster care who have tested positive for COVID-19.

With schools out and children at home, some already-stressed families find themselves at a tipping point. It is our hope that no child has to be. Please do your part to support your vulnerable neighbors. Call them to check in. Offer to run an errand if you are already going out. If you are worried about child safety, as always, please call the Child Protection Hotline at 1-800-649-5285.

The Family Services Division, and all of you who are part of our family of caregivers, are working together to ensure the safety of Vermont's children and youth. If you find yourself struggling in any way, please know that supports continue to be available. Please call your local district office if you have needs or questions.

In these hard times for family and community, it is especially important to step up for families, children, and youth who are in need of a safe, stable home.

To find out how you can become a foster, kin, or respite care provider, contact your District Office: <http://dcf.vermont.gov/fsd/contact-us/districts>. Or, you may visit our website at: <https://dcf.vermont.gov/foster>. Thank you.

Wanted: donations to make face masks

The women at Chittenden Regional Correctional Facility in VT are looking for donated sewing machines and material to join the community DIY effort in making face masks during the COVID-19 crisis. Vermont Works for Women is helping to collect items. If you are able to donate, please contact Heather Newcomb, VWW Program Manager, at hnewcomb@vtworksforwomen.org.

A fed bear is a dead bear

People often encourage bears to come out of the forest by providing food without realizing it. When bears become used to these food sources and have frequent contact with humans they are often considered “nuisance bears.” This is bad news for the bears. Relocating a nuisance bear is nearly impossible and frequently they must be killed.

According to the Vermont Fish and Wildlife department residents in bear country (us) should only put out feeders from December-March. Even “taking in your feeders at night” is not enough because the bears will smell any spilled seeds and be attracted to your property in their search for food.

There are many ways you can support birds throughout the spring, summer, and fall without the need for supplemental feeding - all by making some changes to the way we traditionally manage our home landscapes.

To view some more information about bird feeders and bears please use this link: Fish & Wildlife summer intern Ali Schwartz explores what you need to know to avoid conflicts with black bears through these light-hearted videos. Don't be fooled. These videos are packed with important information and great tips on ways to protect yourself and your property while keeping black bears safe from harm.

<https://www.youtube.com/watch?v=BUvJXXUIEs&feature=youtu.b>

Sabina Ernst
Jericho

Past time to take down the bird feeders

Some of our neighbors (including me) in the Foothills neighborhood have seen signs of black bear in the past week. My experience was last week when one of the hungry critters tore down two of my bird feeders. Per guidance from the VT Fish and Wildlife website, bird feeders are to go up no earlier than December and come down in March. I was going to take mine down this past weekend but obviously was too late in doing so. My bad. Next year, I will take them down earlier in March.

Remember, a fed bear is a dead bear. Time to take down the bird feeders.

Here's the VT F&W website with guidelines for living with black bears.

<https://vtfishandwildlife.com/learn-more/living-with-wildlife/living-with-black-bears>

Jim Bentlage
Jericho

Federal help for small businesses, non-profits during Covid-19

By George Putnam
Cambridge Selectboard Member

The Coronavirus Aid, Relief, and Economic Security (CARES) Act was signed into law on Friday, March 27. The CARES Act includes \$376 billion in relief for American workers and small businesses in four main programs:

- Paycheck Protection Program
- Economic Injury Disaster Loan Emergency Advance (up to \$10K)
- SBA Express Bridge Loans
- SBA Debt Relief

In addition, free business consulting is available. More information about all of these programs is available online at <https://www.sba.gov/funding-programs/loans/coronavirus-relief-options>.

Because of the national emergency declaration for COVID-19 on Friday, March 13, federal money is available from the Federal Emergency Management Agency (FEMA) for qualifying private non-profit organizations for certain purposes. More information is available online at <https://www.fema.gov/news-release/2020/04/02/coronavirus-covid19-pandemic-private-nonprofit-organizations>.

The Cambridge Selectboard recognizes the importance of small businesses and private non-profits to our local, state, and national economies. We encourage our local small businesses to make use of these new federal programs as appropriate.

Foster a furry friend during COVID-19 times

Shelters all over the country are trying to keep their numbers low during these coronavirus times. If you're thinking you have time during the coronavirus to help a cat or dog feel loved, consider fostering. Franklin County Animal Rescue is looking for fosters — now and to be part of a waiting list for the soon-to-be kitten season. Sign up at info@fcarpets.org, or see what cats and dogs are available for adoption or fostering right now <https://www.franklincountyanimalrescue.org>.

COVID-19 and Mills Riverside Park

There are new signs at the park reminding visitors to keep their “social distance.” With the “shelter in place” order, Mills Riverside Park has exceeded all records for the number of daily visits in a single month. This puts more pressure on all of us to follow every park rule, besides social distancing. Dogs must be on leash except in the off-leash area and please, pick up after your pet. Do not congregate in the parking area, trails, pavilion, or anywhere else. With everyone's cooperation, Mills Riverside Park will remain a safe and enjoyable experience for all visitors. Thank you.

Clutter Barn news

As noted in the April 2 issue of the *Mountain Gazette*, the 2020 Clutter Barn opening date to begin receiving donations of gently used household goods has been put on hold pending further developments surrounding the COVID-19 crisis. The Clutter Barn staff is keeping the best interests and safety of its volunteers and community citizens in mind, and will act according to the suggestions and mandates of the medical profession and State of Vermont officials. Please keep watching for further notice regarding the Clutter Barn schedule for this 2020 season.

10 tips for youth and parent mental health

By Jessica Bickford
Healthy Lamoille Valley

With a lot of public spaces temporarily shutting down and social distancing for the common good, the team at Healthy Lamoille Valley shares a few tips to make it bearable and keep our health up.

1. Schedule a time for daily check-ins with your family. Ask: Are there things that we as a family could be doing to help each other?

2. Limit certain kinds of screen time. Endless scrolling and a constant news stream can increase anxiety. Instead, try to use screen time in a practical way, to be present for school, work, communication with loved ones.

3. Create a routine. Having everything come screeching to a halt can be disorienting. Live by yourself? This applies to you too.

4. Limit use of alcohol and other drugs. Did you know that over time alcohol use depletes the serotonin in the brain, leading to depression? While alcohol may help you dull the feelings of anxiety and stress in the short term, it creates longer bouts of depression. If you would like to talk with someone about this, reach out to the North Central Vermont Recovery Center at ncvrc.com or 802-851-8120. If there are youth in the family, monitor substances in your home as they have even deeper impacts on the developing brain. Visit parentupvt.org for more information.

5. Get outside daily and be physically active. A few simple ideas include walks, running in place, a scavenger hunt, stretches outside, or create an obstacle course. Have fun with this.

6. Take breaks when needed. Treat yourself and your neighbors with kindness.

7. If you need something, ask. There are a lot of people who care about you and are willing to help both with tangible needs and to improve your mental health. If a mental health need feels like more than you or a friend can manage, call the local Crisis Line at 802-888-8888 and ask to talk to a mental health counselor.

8. Work on making your home a place you enjoy being in.

9. If you're able, volunteer. A lot of towns have set up volunteer forms on their websites and over social media.

10. Find ways to have fun. Play a game, read a book, read the comics, journal, create art. Be purposeful about putting humor and fun in each day.

Jericho Underhill Community Dinner on hold

It won't surprise anyone to know that the Community Dinner at the United Church of Underhill, normally scheduled for Thursday, April 9, was cancelled and will resume again once we are through this crisis.

In the interest of continuing to help keep people fed, the following donations have been made from the offerings collected at previous dinners: \$400 to our local food shelf, \$200 to the Vermont Foodbank, and \$100 to Dismas House of Vermont to help cover unexpected expense of providing dinners for themselves. Thank you to everyone who has contributed. This could only happen because of your generous donations. Thank you. We put aside just enough money to put toward the next dinner when that happens.

Please stay safe out there — please take good care of yourselves and be cautious. We will let you know when we are going to restart our dinners.

MMCTV live meetings and links

By Angelike A. Contis
Mount Mansfield Community TV

Mount Mansfield Community Television (MMCTV) will be streaming remote local board meetings live on our local Comcast Channel 1086 (formerly 17) in Jericho, Richmond, and Underhill. We will also continue to edit, archive, and make these remote meeting videos available online at MtMansfieldCtv.org.

Here are the links to two remote board meetings with lots of local information related to the COVID-19 pandemic: MMUU SD Board, Monday, April 6 remote meeting: <https://archive.org/details/mmuusdschoolbd04062020> Underhill Selectboard, Tuesday, April 7 remote meeting: <https://archive.org/details/underhillselectbd040720> Looking for online reading resources or classes? Here is a short video explaining online library services, with the Richmond Free Library's Director Rebecca Mueller: <https://archive.org/details/rflupdatemarch2020>.



HSCC operations update

In adherence to Governor Scott's “Stay Home, Stay Safe” order, in-person operations for non-essential business and non-profits throughout the state have been suspended. While animal shelters are exempt from this order, we feel strongly that Humane Society of Chittenden County (HSCC) has a responsibility to our staff and community members to do our part in helping to flatten the curve and slow the spread of COVID-19.

As such, we will continue to limit the number of staff members in our building and are not allowing visitors or volunteers at this time. However, our free outdoor pet food shelf will remain available to those in need from 9:00 AM – 5:00 PM and we kindly ask that those using the food shelf follow social distancing guidelines (at least six feet of space between individuals).

Thanks to an overwhelming response from our community, most of the animals in our care are now staying in loving foster homes, and some have even been officially adopted by their foster families. This has allowed our reduced on-site staff to devote more time to caring for animals with medical and/or behavioral needs and continue to provide assistance to community members through our surrender prevention programs. We are also able to accept *animal intakes by appointment only and with minimal human contact*. At this time, however, we are not accepting new applications by potential adopters as our staff is processing those that have already been submitted.

We are continuing to practice vigorous disinfecting protocols throughout the facility, proper hand hygiene, and social distancing for staff who are on-site. Staff members who can do so are working remotely and we ask any employee who isn't feeling well to stay home for at least 14 days before returning to work.

While this global health crisis has no doubt impacted our organization from top to bottom, we are still 100% committed to serving the people and pets in our community and doing all that we can to provide resources to those in need. We are so grateful to all who have supported HSCC during this time and we thank you for your understanding as we adapt to this ever-evolving situation.

Please stay tuned to our website and social media for the most up-to-date information and feel free to reach out to us at 802-862-0135 or bestfriends@hscvvt.org if you have questions, comments, or concerns.

From Richmond Food Shelf

Amy Grover
Bolton Town Clerk and Treasurer

As of Saturday, April 4, Richmond Food Shelf started a convenient Food-To-Go pick up at its location at 58 Bridge St., Richmond. We will have pre-bagged, non-perishable food ready.

- To pick up food:
 - Show up during open hours: Tuesdays, 10:00 AM – 12:00 PM; Thursdays, 4:00 – 6:00 PM; Saturday, 11:00 AM – 1:00 PM. Please wait at the bottom of the steps, always keeping a six foot distance.
 - You will be greeted by someone at the door. We will share the dairy, meat, and produce options.
 - Within a few minutes, your food to go will be placed outside on the steps.

If delivery is needed, please call 802-578-4283.

We are here to help, we have nutritious food and we encourage you to come by or call.

If you would like to make a contribution, we are accepting monetary donations. We are not able to accept food donations, at this time.

SEND US YOUR NEWS.
Email it to: mtngazette@gmavt.net

MISCELLANEOUS NEWS



United Way of Lamoille County COVID-19 response update

The United Way of Lamoille County's COVID-19 Response Fund is an emergency fund to support Lamoille County residents severely impacted by the effects of COVID-19. We anticipate distribution will be a combination of individual and micro grants to organizations.

Because of our community's generosity we have raised \$22,500 since we opened the fund. This helps Lamoille County residents severely impacted by the effects of COVID-19.

As many businesses are temporarily closing, and many workers are losing wages or their jobs because of canceled events, school closures, and quarantines, we want to support our neighbors who are struggling to make ends meet during this uncertain time. Many organizations will need help to address additional supplies needed to safely offer much needed services in our community.

We are currently helping those directly affected by the COVID-19 prevention efforts in our community. We are seeing calls for assistance with housing, utilities, and Internet access so children can continue to attend school.

If you need help visit our resources page at <https://uwlamoille.org/get-help/>. Our application is available there.

How to help

You can make a secure donation at <https://uwlamoille.org/how-to-help/> or send a check to:

United Way of Lamoille County
20 Morrisville Plaza, Suite B
Morrisville, VT 05661

Sign up to volunteer

Our volunteer hub is up! For volunteer opportunities, go online to <https://uwlamoille.org/how-to-help/volunteer.html>.

We expect many more opportunities to arise in the coming months. Please be patient and there will be more volunteer opportunities.

Additionally, we encourage any local volunteer groups to send us information so we can help with your outreach efforts. We would like to thank the Hyde Park Helpers for collaborating with us.

LEGAL NOTICE

TOWN OF JERICHO DEVELOPMENT REVIEW BOARD NOTICE OF PUBLIC HEARING

The Jericho Development Review Board will hold a public hearing at 7:00 pm on WEDNESDAY

May 13, 2020 at the Jericho Town Hall to consider the following

- A request to the DRB by South Mountain Development LLC to amend a previously approval 9 lot PUD for the additional subdivision of an

additional lot. This property is located at 65 Browns Trace which is in the

Low Density Residential and Forestry Zoning District.

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

Chris Flinn
Zoning Administrator
cflinn@jerichovt.gov

VEC annual meeting change

In an effort to reduce the spread of the COVID-19 virus in our community, VT Electric Cooperative (VEC) will hold a modified Annual Meeting this year via videoconference and call-in. The Annual Meeting will take place on Tuesday, May 26 at 12:00 PM. You can find more detail about the meeting, and Board of Directors elections, online at <https://www.vermontelectric.coop/about-us/annual-meeting>.

Help with taking online courses

Are you a Vermont adult looking to attend college or get short-term training? We're here to help you. Go online to <http://porch.ly/VSACOnlineCourses/dbrcu> or call 877-961-4369 to speak to your local VSAC adult outreach counselor to navigate online learning options and how to pay for them.

Get help, give help at VT Foodbank

The Vermont Foodbank is taking all measures possible to ensure everyone has access to food during this challenging time. For more information on getting help and how you can help our neighbors facing hunger, visit our website by clicking the link below:

https://www.vtfoodbank.org/?utm_source=fpf&utm_medium=cpc&utm_campaign=get_help

If you can, please support the Vermont Foodbank and local food banks with donations. The need will continue to grow while the crisis persists.

VT banks implement Paycheck Protection Program

On Friday, April 3 and over the weekend, the banking industry in Vermont mobilized to help distribute a portion of the \$349 billion in emergency Small Business Administration (SBA) loans to small businesses through the Paycheck Protection Program (PPP), part of the CARES Act passed by Congress.

"Banks in Vermont received the final guidance late Thursday evening and by Friday morning, many of them had put the systems in place to begin taking applications. Those who needed some additional time launched their programs on Monday morning. Over the course of 72 hours, our banks submitted and received approval for 769 applications resulting in \$336.8 million of loan commitments. As we continue to take applications, banks will now begin to turn their attention to closing those loans," said Christopher D'Elia, President of the Vermont Bankers Association.

Despite the early success, there are still many issues that need to be resolved with the program. The banking community in Vermont is working with the U.S. Treasury and the SBA to ensure the right processes and procedures are in place to make the loan program work. "We understand that some businesses are frustrated, but each bank is doing its best. There may be times when a bank can more quickly work with existing customers because they've already gone through the standard "know your customer" vetting process that is required by the program. However, all of our banks are working day and night to loan money to new and existing customers, as quickly as the process will allow," D'Elia said.

Small business customers interested in applying for the loans are encouraged to reach out to their bank, get key documentation ready about payroll and eligible expenses, and be ready to complete applications.

Details for borrowers, including a sample loan application form, are available from the U.S. Small Business Administration website: <https://www.sba.gov/funding-programs/loans/coronavirus-relief-options>.

ART / MUSIC / THEATER

Lamoille County Players news

Lamoille County Players Board of Directors

Dear Lamoille County Players' Patrons, Partners, Casts, and Crews,

In response to the COVID-19 outbreak, the Lamoille County Players (LCP) at the Hyde Park Opera House are working to ensure the health and safety of everyone involved in our organization.

We regret to inform you that we will not be producing *the Philadelphia Story* or *Annie* in 2020. We remain hopeful that we'll be able to proceed with the remainder of the season as scheduled: *The Children's Theater Workshop*, *Carousel*, and *Clue on Stage*. Due to the continuing uncertainty, ticket sales will remain on hold for the time being.

While we are sad to make this decision, we believe this is the safest course of action for our casts, crews, and patrons.

Registration for the Children's Theater Workshop has been postponed until Friday, May 1. This is subject to change and we will keep you posted.

We thank you all for your continued patronage and look forward to seeing you soon! We encourage all Vermonters to continue to observe the social distancing and other directions from the Governor's order — stay safe and healthy, everyone! Once the crisis is over, "the show will go on!"

Vermont Art Online creates virtual portal for VT arts

Vermont Art Online — www.VermontArtOnline.org — is a new website that lets families, students, educators, and the public enjoy Vermont's museums and galleries from the comfort and safety of their own homes. Visitors to the site can explore virtual galleries at art, history, and science institutions across the state, interact with spaces and exhibitions, click on objects for deeper exploration, and link to museum websites for more information and educational resources.

The website was created by Sarah Briggs and Sarah Laursen of Middlebury College Museum of Art (MCMA), in partnership with the Vermont Curators Group in response to the closures of many of the state's museums and galleries due to the COVID-19 pandemic.

In addition to virtual tours, the website will offer at-home activities from Vermont arts institutions for teachers, families, and students to enjoy as a resource for online learning.

VT Youth Dancers performance postponed

Vermont Youth Dancers has announced the additional postponement of performances of *As You Are*, *the Story of Belle & the Beast* at S. Burlington High School on Saturday-Sunday, May 30-31. With the governor's extension of school closures through the end of the school year, we will be unable to perform at that time. Please stay posted for new dates and times.

Current ticket holders may hold their tickets and use them for the upcoming show later this year, let us know to give them back to VYD as a donation, or refund them (minus the processing fees).

Our family here at VYD continues to work together and support one another, and wishes everyone health and safety.

Advertise in the Business Directory

2 columns x 1.5 inches

\$18.00 each must purchase 5 - \$90.00

2 columns x 3 inches

\$23.00 each must purchase 5 - \$115.00

2 columns x 4 inches

\$35.00 each must purchase 5 - \$175.00

All ads must be prepaid

Contract prices available.

Email: Brenda at mtngazette.net

It Takes a Village: survey engages community for happy and healthy youth

Growing up in the modern world is far different than what many of us experienced as children. Advances in technology alone have altered the way children communicate with their peers, submit homework assignments, access the news, and navigate the world around them. As environments evolve, new challenges and opportunities must be identified to support positive youth development at home, in the community, and at school.

Last fall the Town of Richmond, in partnership with Vermont Afterschool, established the Chittenden East Vermont Youth Project coalition. The Vermont Youth Project (VYP) is a community-driven collaborative designed to embrace positive youth development and provides real-time data to identify community assets and concerns. Vermont Afterschool is facilitating the VYP, based on Planet Youth's efforts in Iceland (and worldwide), offering guidance and tools to support our coalition and develop a customized community response.

"The VYP is about our community increasing positive interactions and opportunities for our youth," notes Gretchen Paulsen, Richmond Resident and VYP coalition member, "research shows that when youth are fully engaged in what interests them, there is a marked decrease in substance use and an increase in emotional well-being."

This past October, with support from the MMUSD, the VYP survey was administered to students in grades 7-12. Survey questions range over youth perspectives on their home environment, school, community, neighborhood, and peers. Survey data were compiled, aggregated, and shared with our coalition in late January. Community meetings, originally set for April, will be re-scheduled to share key findings; however, we have transitioned to share data and establish a community forum through an online Facebook page: *Vermont Youth Project-Chittenden East Community* while adhering to physical distancing. All community members from Richmond, Bolton, Huntington, Jericho, and Underhill are invited join the group. The coalition realizes that not everyone has

Facebook or access to Internet. However, we feel that utilizing a single platform is ideal to bring people together, effectively manage the distribution of data, and oversee discussions.

Although the coronavirus pandemic has interrupted our lives and created stress and extraordinary challenges, the coalition hopes to use this unique time to build on the progress we've made thus far. Our community is strong and resilient. You may be spending more time with your kids, you may be recognizing the inequities being underlined for more vulnerable populations, or you may be navigating the many different forms of technology to educate your kids, or stay connected to friends and family. No matter what your situation, connecting to your community with a unified goal will help reduce feelings of isolation and ease the strain of our new day-to-day schedules.

"We all care about the future of our youth and making sure they are well equipped to face the multitude of challenges this world throws at them... as well as supporting the families and community together. Not one of us can do it alone. We all need connection and that is what excites us about this opportunity, the power of connection," says Stefani Hartsfield, Richmond resident. The coalition hopes our community recognizes, now more than ever, it is important to consider the environment our youth are experiencing and how it's impacting their physical health, social-emotional wellness, and overall well-being. By joining the Chittenden East VYP Facebook group (Vermont Youth Project-Chittenden East Community), you will have the opportunity to collaborate with residents across our five communities to support youth development and resilience.

A special thank you to our project partners: Town of Richmond/Richmond Select Board, Vermont Afterschool, VT Department of Health, Mount Mansfield Unified Union School District, Western Slopes Business Association, RiseVT, and Stefani Hartsfield, Richmond Resident/VYP Project Champion.

To be added to the email list, contact Tim Monty, VYP Community Lead, at timothymonty@gmail.com or 802-343-5288. Join the Facebook Page: Vermont Youth Project-Chittenden East Community.



Chalk your walk

Live in a neighborhood with sidewalks? Draw a picture or write an encouraging message on your driveway or sidewalk with chalk. Take a (socially distant) walk around and look for other messages created by your neighbors!

Help for Vermonters on Medicare

Need help paying your Medicare premiums? Need help paying for prescription drugs? If you have lost income you may get more help with Medicare costs and drug costs. Contact the Health Care Advocate at 800-917-7787 or HCA@vtlegalaid.org for free help.

Area 4-H'ers compete in virtual hippology contest

Twenty-one Chittenden and Franklin County 4-H'ers recently participated in a virtual Chittenden County 4-H Invitational Horse Hippology Contest.

The contest, sponsored by University of Vermont (UVM) Extension 4-H and Chittenden County 4-H, took place over a one-week period from March 27-April 3. While the format differed from the usual face-to-face competition that pits 4-H'ers against others in their age group for rankings, the contest phases were the same.

These were a written general knowledge test with age-appropriate questions and horse judging, slides, and identification stations using photos and illustrations. Topics for slides and stations included colors, markings, clipping styles, types of barns, breeds, types of bits, the digestive system, and tack and feed, among other topics.

Instead of placements by age group, the 4-Hers were awarded ribbons under the Danish system based on their number of correct answers in all four phases of the contest. A blue ribbon meant excellent work, red for very good, and white for good.

Six participants earned blue ribbons. They were (listed alphabetically) Haleigh Demers, Milton; Eva Joly and Grace Parks, both from Essex Junction; Maya Lewis, Williston; and Addie and Faith Ploof, Westford.

Earning red ribbons were Vivienne Babbott and Ella Haire, both from Hinesburg; Jenna Bennett, Highgate; Sammie Blackmore, Charlotte; Patrick Jordan, Essex Junction; Madeline Langlois, Westford; Kelsey and Paityn Paradee, Swanton; and Emma Sibley and Allison Tourville, both from Georgia.

White ribbons went to Chloe Irish, Westford; Lily and Sam Provost, Milton; and Jillian and Tucker Murdough, Essex Junction.

To learn more about the UVM Extension 4-H horse program, contact 4-H livestock educator Wendy Sorrell at wendy.sorrell@uvm.edu.



Online story time at DRML

Have you missed going to the Deborah Rawson Memorial Library for story time with Ms. Abbey? She misses you too, and has launched digital story time each Wednesday for you all on *YouTube* so you can watch anytime. Follow the link below for the first one, and check the DRML Facebook each Wednesday for more!

<https://www.youtube.com/watch?v=iiQh3EzWRTQ&t=1s>

Online silent auction supports Age Well's Meals on Wheels

Now more than ever, older Vermonters need your support! Age Well's Meals on Wheels program has seen a huge surge in clients as older adults self-quarantine.

You can support Meals on Wheels by shopping Age Well's on-line Silent Auction: <https://www.32auctions.com/AgeWell>. The Silent Auction began on March 18, and ends on Thursday, April 30 at 11:45 PM. To donate an item, please contact Sara Wool, swool@agewellvt.org.

There are some amazing items and experiences donated from Vermont businesses, including Vermont National, Shelburne Farms, Trapp Family Lodge, Switchback Brewing Company, and more!

Learn more about how Age Well is adapting to COVID-19 or how you can receive services at <https://www.agewellvt.org/news-events/coronavirus>, or by calling the Help Line at 1-800-642-5119.



Gary Irish: Photo History of Underhill video online

If you'd like to view Gary Irish's talk *A Photo History of the Town of Underhill*, held at DRML back in February, here's the link: <https://archive.org/details/garyirishdrmlunderhill02112020>. Thanks to Stu Hall for filming!

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CARING

FOR YOUR *Loved Ones*



Right now providing the very best care and safety for our residents is of utmost importance.

We want to thank all of our current and future families for their patience, as we cannot allow visitors at this time.

Stay healthy and stay home. Follow the CDC guidelines, visit us online, enjoy a good book, talk with friends on the telephone and embrace all that is positive and possible.

We look forward to welcoming you back inside our community as soon as we are able.

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OBITUARIES



Kenneth H. Browe, 83, of Jericho, VT passed away peacefully from natural causes on Sunday, March 29, 2020 at the Burlington Health and Rehab Center in Burlington, VT. Ken was born on May 28, 1936 in Burlington, the son of Harold and Evelyn (Martell) Browe, who predeceased him. He was a graduate of Cathedral High School, class of 1954. He served four years in the U.S. Air Force and served in the Vermont Air National Guard and received Honorable Discharges from both. On July 18, 1959 he and Aliette M. Plouffe were married. They lived in South Burlington, VT and later on moved to Jericho, where they raised their children Lori and Scott. Ken loved a variety of sports including golf, hunting, boating, and snowmobiling. He coached the Jericho Little League and his daughter's softball team. He loved watching his favorite baseball team, the Yankees. He earned a black belt in Tae Kwon Do and later taught a class for teens in Jericho. Ken worked most of his career at IBM and retired after 32 years of service. He is survived by his wife of 60 years, Aliette (Alie); daughter Lori and husband Bob White of Williston, VT; son Scott Browe of Jericho and his grandson Jackson White; his sister Joyce and her husband Richard Blongy of Rutland, VT; by many nieces and nephews; a brother-in-law, Jean N. (John) Plouffe of Bridport, VT; and by special cousins Richard (Sue) Maynard, Lynne Lemire, Patricia (Derek) Lorrain, and Bruce (Cherrie) Jolley. A special thank you to the nurses and staff of Burlington Health and Rehab for caring for Ken the past three and a half years. Plans to celebrate his life are incomplete and a memorial service will be scheduled at a later date. In lieu of flowers, donations may be made to the Burlington Health and Rehab Center, or to Essex Rescue. Arrangements are in the care of the Ready Funeral Home. To send online condolences, please visit www.readyfuneral.com.



Jack Kittell, 91, of Essex, VT, formerly of Cambridge, VT, passed away Wednesday, April 8, 2020 at Elderwood at Burlington, VT. Jack was born on a hill farm in Cambridge, VT on May 22, 1928 to Schuyler Guy Kittell and Iva (Potter) Kittell. A true child of the Great Depression, Jack lost his father at age two, and was shaped by the hard times of that era. From an early age, Jack learned about hard work and grit as his widowed mother of three was left to scrape out a living on a 15-cow farm. After graduating from Cambridge High School in 1946, where he excelled in baseball, Jack was drafted into the United States Army. Jack served in Europe, where he rose to the rank of staff sergeant and skied on the battalion ski team. After returning to Vermont where there was little opportunity, Jack took an out-of-state job in sales, a field which became his career and passion. In 1959 he married Sarah Teresa Rooney, with whom he had three sons — Kevin, Mark, and Christopher. In 1964, after a few years out of state selling farm equipment, the family returned to Vermont and eventually settled in Essex. Jack soon obtained his real estate license and started Kittell and Associates Real Estate. Jack was involved in many area real estate development and construction projects over the years in Essex and Jericho. In 1973, Jack bought the old Ethan Allen creamery on Park Street in Essex Junction and started one of the first beverage outlets and bottle redemption centers in the area. The store operated for many years at that location and is now a state liquor outlet. In his later years, Jack could be found making coffee at his son Kevin's store, Essex Discount Beverage in Essex Center. By all accounts Jack was a successful man. He was also an alcoholic. His life was lived in the highest of highs and the lowest of lows. He did find sobriety and hopefully peace in his last years. Jack is survived by his sons Kevin and his wife Heather, son Mark and his wife Maris, and son Chris and his wife Virginia. Jack is also survived by his grandchildren Danielle Tkach of Williston, VT, Nate Kittell of Jericho, Sarah Kittell of Denver, CO, Carter Kittell of Eugene, OR, Cynthia Peterson of Burlington, and Jay McCormick of Burlington. Jack also leaves his sister Patricia Wells of Cambridge, and brother Landon (Tink) Kittell of Cambridge. Our family would like to give our profound thanks to the medical professionals and staff of Elderwood at Burlington and Fanny Allen rehab for the compassionate care they gave Jack during this difficult time. There will be no visiting hours and a memorial is planned for a later date. Arrangements are in the care of the Cremation Society of Chittenden County. To send online condolences to his family, please visit www.cremationsocietycc.com.

COLLEGE HONORS

Mary Batsie of Jericho, VT, a member of the class of 2023, has been named to the Dean's List for the Fall 2019 semester at St. Lawrence University, Canton, NY.

Caitlin Erb of Jericho, VT, a member of the class of 2023, has been named to the Dean's List for the Fall 2019 semester at St. Lawrence University, Canton, NY.

Francesca Frost of Underhill, VT, a member of the class of 2021, has been named to the Dean's List for the Fall 2019 semester at St. Lawrence University, Canton, NY. Frost is majoring in global studies.

Kaylie Groff of Jericho, Vermont was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society. Groff was initiated at Fordham University, Baton Rouge, LA.

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