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Vol. 19 No. 9 Serving Bolton, Cambridge, Jeffersonville, Jericho, Underhill, and Westford, VT November 7, 2019

NEWS BRIEFS

A better commute?

By Ross MacDonald

Go! Vermont Manager, AOT

There's no way around winter, but there may be better ways to get around this winter. Take the bus, and reduce the stress of bad weather travel. Try car- or van-pooling to save money so you can feel better about spending a little more for the holidays. Learn more at ConnectingCommuters.org.

Hunting in Maple Shade Town Forest, Westford

Deer and turkey hunting are permitted activities in Westford's Maple Shade Town Forest. Both seasons are open now, through Sunday, December 15. Please take precautions:

- wear blaze orange;
- leash your dogs;
- make noise!

LUHS parent/teacher conferences November 7

Parent/teacher conferences at Lamoille Union High School will be held from 3:30 – 5:30 PM and 5:30 – 7:30 PM on Thursday, November 7. To schedule a conference with your child's teachers, please contact Jean Fasciana, 851-1204 or jfasciana@luhs18.org.

Underhill Playgroup meets Thursdays

The Underhill Playgroup now meets every Thursday, 9:30 – 11:00 AM in the Underhill I.D. building gymnasium. Caregivers can bring children ages birth to 5 for free play, snacks, stories, and sometimes crafts and playground time. It is a great opportunity to let the kiddos run around while you get to interact with other parents and caregivers in our community. We follow the school calendar, so if there is no school there is no playgroup. If you have any questions or would like to receive weekly email reminders, just send a note to Underhill.playgroup@gmail.com.

Vendors wanted for CAR event November 23

The Cambridge Area Rotary (CAR) holds a Ski, Board, and Winter Gear Sale each year, the weekend before Thanksgiving, and has added a Holiday Gift Market to the sale event this year. Artists, crafters, creative gift makers are invited to consider having a table at our event to be held Saturday, November 23, 9:00 AM – 6:00 PM at the Cambridge Community Center in Jeffersonville. Contact Nanci Lepsic, 802-343-2372 for more information. Tables are \$25 each. All proceeds support the Cambridge Winter Wellness Days for the 4th, 5th, and 6th graders at Cambridge Elementary School.

Westford Community Meeting – join a task force!

To Westford community members from Jenna and the VCRD team:

Thank you so much to those of you who were able to come out Tuesday night (October 22) to review action ideas, vote on priorities, and begin to build action plans to move forward. At the meeting, Westford residents selected three priority areas for action, developed action plans, and signed on to task forces that will work to advance these plans.

Based on the community vote, task forces are forming to:

- boost local business and economic development and improve broadband and cell connectivity;
- advance the arts, community events, and communications;
- improve traffic, safety, walkability, and bike-ability.

If you are interested in joining any one or more of these task forces, please use this URL to sign up:

<https://docs.google.com/forms/d/e/1FAIpQLSe-LH1uQDaO1oxDEbyh8FZc1z-WMG9c2DwgQ4WA5pUyoAh54A/viewform>

Or simply email Jenna and the VCRD team, jenna@vtrural.org and let me know which one you would like to join. If you attended the meeting but did not check the box next to your name to sign on, please let me know and I will add you to the list.

What's next?

We are working now to identify chairs for each of the task forces that will help to coordinate and lead the work forward. Chairs will receive the action plans and list of task force signups and will be in touch with task forces to coordinate next meetings and the work ahead. VCRD will be in touch within the next few weeks to share a final report that captures the process – all of the inputs, the visiting resource team, action ideas, and the final action plans.

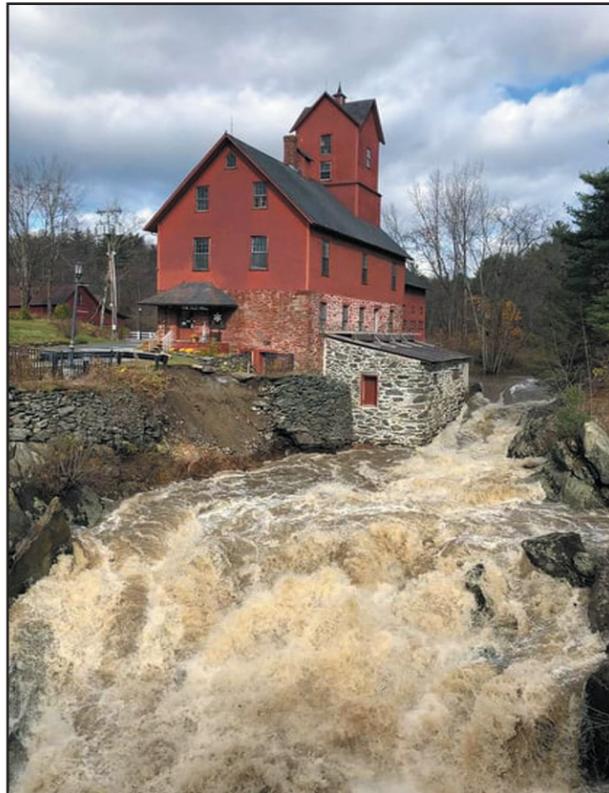
Thanks so much for your leadership and for stepping up for the future of your community!

Westford Selectboard meeting draft available

The draft minutes from the Thursday, October 24 Selectboard meeting are available for viewing at <https://westfordvt.us/wp-content/uploads/2019/10/SELECTBOARD-OCTOBER-24-2019.pdf>.

October 31st storm raises havoc in local towns

Browns River in Jericho overflows its banks



Above, the Browns River rages as it passes the Red Mill in Jericho where it destroyed the 167 year old retaining wall. PHOTO CONTRIBUTED BY SHERRY FISCHER



The Browns River in Underhill and Jericho drains the whole western slope of Mansfield. That watershed can — and last week, did — generate an enormous flow in a short time. The peaceful shot is before; the raging flood is after last week's storm.

PHOTOS CONTRIBUTED BY EILEEN HAUPT



Lamoille River floods Cambridge/Jeffersonville



Above, Wrongway bridge heading to Jeffersonville. Below, same bridge on the Cambridge side. Right, two photos of flooding in Cambridge.



Torrential downpours caused local rivers and streams to overflow their banks and cause damage on homes, businesses, farms and fields. AERIAL PHOTOS CONTRIBUTED BY WENDELL FARRELL



Above, the Lamoille River floods the roadway near Pumpkin Harbor road.

The Mountain Gazette would like to thank those who generously allow us the use of their photos.



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Westford Music Series

By Phyl Newbeck
Special to the Mountain Gazette

Music is a year-round occurrence in Westford. Summertime features concerts on the Green but as the weather changes, the music series at the White Church on the Commons heats up. This year will mark the eleventh that Marge Hamrell (now aided by a committee of three) has brought acts to perform on Sundays from 4:00 – 5:00 PM at the historic structure.

“This church has such fabulous acoustics,” Hamrell said. “It seemed natural to bring music here and have an opportunity for people to utilize it.” Initially, the concert season went from October to April and skipped the month of December, but now it runs every month from September until May. Hamrell concedes that attendance is lower in the early and late part of the season because of conflicting outdoor activities, but other months can bring in about 40 people. “The worst weather brings the largest crowds,” she said. Hamrell said the core group of attendees is from Westford, Essex, and Fairfax but others come from as far as Bakersfield, Enosburgh, St. Albans, Burlington, and even central Vermont.

Hamrell is amazed by how many musicians volunteer to perform, even though there is no budget with which to pay them. “We put out a jar and that’s what they get,” she said. “It’s hard to make a living as a musician in Vermont and there are plenty of people who are willing to do this and are really talented. I get told over and over that we bring in good talent.” In addition to not receiving a fee for their performances, musicians are required to bring their own sound system. Hamrell occasionally receives calls from out of state bands who are planning visits to Vermont and are looking for additional venues — although she doesn’t think it’s a coincidence that many seem to plan their visits at the height of foliage season.

Hamrell is happy to have a committee to help her, which wasn’t the case in the early years of the concert series. In addition to publicity, the group helps with logistics and clean-up, and many residents contribute free homemade refreshments. Hamrell notes that most local music series either charge a fee or get assistance from their towns, neither of which is the case in Westford. It costs \$15,000 a year to keep the White Church functioning, including utilities, insurance, and plowing. Thanks to grant writing and separate fundraising efforts, the front steps and railing have been repaired, the septic system has been improved, and there is a fresh coat of paint.

Two concerts — *Bread and Bones* in September and a Klezmer band from central Vermont in October — have already taken the stage, but there are many more months to follow. FREVO, a Fairfax band, will be playing on November 10. Although many bands offer to come year after year, Hamrell prefers to have them on an every-other or more infrequent basis but she makes an exception for FREVO, which plays annually. FREVO plays an eclectic mix of Latin, jazz, classical and chamber music for flute, clarinet, cello, and classical guitar, with an occasional children’s song or Beatles tune thrown in.

The December concert will feature Heliand Consort, a woodwind and piano ensemble which performs chamber and baroque music, as well as contemporary pieces. Their stated mission is to make classical music “accessible and meaningful to new audiences.” January brings Spintuition to the series. The award-winning folk trio which includes guitar, piano, fiddle, and accordion primarily plays contra dance music but also includes traditional songs. This year they tied for first place in the Young Tradition Vermont contest.

February brings a return of classical music with the central Vermont operatic couple Allison and Cameron Steinmetz. Allison is a soprano who has performed with a variety of ensembles including the Manhattan Chamber Orchestra and the Opera Company of Middlebury. Cameron, a tenor and keyboardist has performed in musicals and operettas and is member of the Vermont Symphony Orchestra’s Ah! Capella educational vocal quartet. In March, Christine Malcolm of Elmore takes the stage with her blend of modern folk, country, rock, and blues. Her CD, *Crickets, Coyotes & The Big Yellow Moon*, came out in 2015.

April’s artist, singer-songwriter Patrick Fitzsimmons, has six CDs to his name. He was a finalist for the Solarfest songwriting competition in 2011 and 2012 and was a three-time finalist in the national Plowshares competition. Fitzsimmons has shared the stage with the likes of Shawn Colvin and Dar Williams and his songs have been used in a number of independent movies. The series ends with Paul Asbell in early May. Originally part of the Chicago blues scene, Asbell moved to Vermont in 1971. He has played and performed with Otis Rush, Paul Butterfield, Big Mama Thornton, Pops Staples, Bobby McFerrin, John Lee Hooker, Howlin’ Wolf, and many others. Asbell founded Kilimanjaro in 1978 and starting in 1981, the group backed Big Joe Burrell as the Unknown Blues Band, playing at venues as far afield as Switzerland, Russia, Holland, and Denmark.

Hamrell has no intention of stepping down from her work. “It’s fun,” she said, “and anything that’s fun isn’t hard to do. People are happy to come and I often get nice thank yous. It helps that people appreciate this.”

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Come out and for your volunteer fix - CCC Nov. 9

Looking to get your community service fix? The Cambridge Community Center for the Cambridge Area Rotary could use your help!

Ice Skating Rink Set Up — Saturday, November 9, 10:00 AM – 12:00 PM. The rink frame will be set up and the water fill will take place later. The rink is used free of charge to community members and for the CES Third Grade Winter Wellness Days!

Barn Bash Set Up — Saturday, November 9, 12:00 – 2:00 PM. This is the first fundraising event for the Cambridge Elementary Winter Wellness Program. At no cost to any student, the Winter Wellness Program sends all grade 4-5-6 students at CES to Smugglers’ Notch Resort for a week of outdoor learning and recreation each year. This program includes ski or ride lessons, rentals, and lift tickets! Or Nordic adventures for the students who want to cross country ski or snow shoe!

Any questions about helping out? Contact Peter Ingvaldstad, pingvaldstad@gmail.com.

Volunteers clean Mobb’s Farm trails



Left, Pete Davis, chair of the Mobb’s Farm (Jericho) Committee chair, issued an invitation to the community to come out to Mobb’s Farm to help out with trail maintenance on Saturday, October 26. The volunteers divided up into work groups and hit the trails until 12:00 PM, when there was a free lunch for all volunteers, courtesy of Brian Stone and his crew at Garden of Eatin’. These photos sample the community spirit and the work accomplished on that day.
PHOTOS BY BERNIE PAQUETTE



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Route 15, Jeri-Hill Plaza
Jericho

Thank you from the United Church of Underhill

The United Church of Underhill extends thanks to the people of the communities of Underhill and Jericho and beyond for their support of the Old Fashioned Harvest Market, which took place on September 28 and 29. The organizers were undaunted amid predictions of Saturday afternoon showers and began the festivities right on time! From the early morning Fun Run and the opening day Parade, to the closing offerings of talented musicians, and everything in between, the weekend-long Market presented a carnival atmosphere that was magical for young and not-so-young.

2019 marked the 45th year of this Old Fashioned Harvest Market! What began as a dream of the membership of the United Church of Underhill to offer an event that would bring the community together for a time of fellowship, getting-to-know-you, and good old-fashioned fun has grown over the years to become an event of extensive proportions!

Now claiming eleven different venues and up to one hundred arts and crafts vendors, it is a highly anticipated festival for members and friends of the church and the neighboring communities. In addition, residents of the Underhill/Jericho community in proximity to “home grounds” of the church find this an opportune weekend to offer their crafts and other goods in booths all along VT Rt. 15 and Park Street!

The Clutter Barn, now a project of sharing through summer tag sales and charitable assistance, is one of the original venues of the Harvest Market. At its start it was named Crocker’s Clutter after the then church pastor, Rev. Richard Crocker, and held in the parsonage garage; when the Gifford Building adjacent to the church was purchased by the church, this mission was moved into that building and renamed the Clutter Barn. Over the years, the Clutter Barn has grown monumentally due to the gracious generosity of community donors of gently used household items and the availability of dedicated volunteers who work diligently from opening the first Saturday in May each year and running through Harvest Market. Its ongoing mission of service through offering a place of deposit for articles that have outgrown usefulness in their present surroundings but are still serviceable when relocated; of reaching out to victims of natural disasters or in need of assistance because of special circumstances; and of financially assisting the continuing in-house and outreach programs offered by the church. Special appreciation is awarded to these supporters of this mission.

It is not without a great many hours of planning, attention to the rules and policies of the two towns most directly involved, Underhill and Jericho, and adhering to state regulations, that the Old Fashioned Harvest Market is presented each year. Virtually all of the members and friends of the United Church of Underhill volunteer their time, energy and/or prayers. Many folks from the community graciously lend a hand as well. All volunteers are welcome, no pre-training or special skills required!

Plans for the 2020 event are already underway. Anyone who wishes to be a part of helping to assure that this Market continues to show up on the calendar the last weekend of September for years to come may contact the church office at 802-899-1722, any member of the Steering Committee, or go to unitedchurchofunderhill.com and click on the Harvest Market link.

Steering Committee: Co-Chairs: David Clift and Thad Luther; Members: Peter Mitchell, Bill McMains, Liz Manz, Bev Frank, Lou Wilson, Betty Wilson, Chris Larson, Pastor Jen Mihok.

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Volunteering at the Cambridge Community Food Shelf

Are you looking for a way to volunteer in your local community? Are you interested in helping and supporting neighbors in need? Can you spare one afternoon a week, namely Tuesday? Do you have a basic knowledge of computer skills?

If so, the Cambridge Food Shelf and Clothing Bank could use your spirit of voluntarism and support. Call and leave a message at the Food Shelf, 802-644-8911, and clearly leave your name and a contact phone number, email me at rrust1@earthlink.net, or just drop by on Tuesdays from 1:00 – 4:00 PM to say hello.

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Fellowship at 10:30 am
Youth group 6:15 pm Sundays in our Sunday school building
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899-4911; officejcc@comcast.net; www.jccvt.org

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4-H NEWS

4H'ers compete in communications contest

Vermont 4-H had a strong presence at the Northeast Regional 4-H Horse Contest held Sunday, October 27 in South Windsor, CT, with 29 youths taking part in the various competitions.

The annual event serves as a warm up for delegates competing at Eastern National 4-H Horse Roundup in Louisville, KY in November. It was open to 4-H'ers from the six New England states and New Jersey.

Horse judging took place at Prince Charles Enterprises, a horse breeding and training farm. For this contest, participants judged six classes of horses and provided oral reasons for two.

Nomad's Adventure Center was the venue for the quiz bowl, hippology, and communications contests and the oral reasons part of the judging contest. The latter included public speaking and individual and team presentations.

Two Vermont teams competed in each contest. 4-H'ers on the A Teams earned a spot on the delegation heading to Roundup. B Team participants excelled at state horse events this year but did not make the cut for Kentucky.

In judging the A Team placed third overall, with a second-place finish in oral reasons and third in classes. Three team members placed in the top 10 for individual high scores. McKenna White, Whiting, was sixth; Emma Cushman, Barre, seventh; and Grace Parks, Essex Junction, ninth.

McKenna also placed fifth for classes and tenth for reasons. Emma was seventh for reasons and eighth for classes. Grace was first for reasons. Jordan Bombard, Duxbury, came in ninth in classes.

The B Team came in second overall in judging and for classes and third in reasons. Vivienne Babbott, Hinesburg, was the second high overall individual, second in classes and fourth in reasons. Olivia Campbell, Randolph, was third-high individual, first in classes and ninth in reasons. Fellow teammate Emily Lang, Hinesburg, was

eighth in reasons.

In quiz bowl the A Team came in third with members Elyza Bird, Benson, capturing first place for individual scorers and Lilia Kocsis, Vernon, seventh. Faith Ploof, Westford, and Serena Welch, Shoreham, also competed on this team.

The B Team came in fourth overall. For individual scores, Anna-Lise Cooledge, Westford, was fourth and Emeillia Gomo, Chester, fifth. Other team members were Makayla LaFlam, Vernon, and Rylie Zager, Gill, MA (a Windham County 4-H club member).

The hippology contest included a written phase (slides and exam), identification stations, judging, and team problem solving. The A Team came in fourth overall with a third-place finish in the stations, judging, and written phases, and fifth in team problem solving.

Several A Team members finished in the top 10 overall and in the various phases. They were Chloe Barewicz, Jericho (seventh, overall; eighth, judging and stations); Emma Zimmermann, Northfield (seventh, judging); and Madison Zimmermann, Northfield (fourth, stations; seventh, written exam/slides). The fourth member of the team was Lillie Tuckerman, South Woodstock.

The B Team took fifth overall with a fourth-place finish in team problem solving and fifth in judging, stations, and the written phases. Competing on this team were Addie Boutin, Essex Junction; Tanya Wheeler, Wilmington; and Ella Dubin, Northfield, MA, a Windham County 4-H club member, who was fifth-high individual in the judging phase.

In the communications contest Chelsea Carcoba, Danville; Eva Joly, Essex Junction; and Jasmine Mooney and Katherine Stone, both from St. Johnsbury; represented the state on the A Team, which finished first overall. Chelsea came in first in individual presentation and Eva third in public speaking. Jasmine and Katherine were third with their team presentation.



Hailee Blades (left) of Jeffersonville and Eva Joly of Essex Junction show off the ribbons they won in the public speaking competition on Sunday, October 27 at the Northeast Regional 4-H Horse Contest in Connecticut. Hailee placed second and Eva, third.
PHOTO BY AMANDA TURGEON

B Team members were Hailee Blades, Jeffersonville, who took second in public speaking; and Colt and Wisteria Franklin, Lyndon Center, who were fifth with their team presentation. The team was fourth overall.

For information about the University of Vermont Extension 4-H horse program, contact Wendy Sorrell at wendy.sorrell@uvm.edu.

COMING EVENTS

Donate winter clothes for Winter Wear Share

The annual Winter Wear Share will be held in Westford on Saturday, November 16. Please consider sharing your clean, gently used winter coats, sweaters, gloves, hats, and boots with your neighbors. All sizes are welcome, from kids on up. Everyone is welcome to the event, which will be held in two locations:

- 8:00 – 9:00 AM, at the White Church on the Common in Westford, and
- 10:00 AM – 2:00 PM, at the Westford Library.

Donations may be dropped off at the Westford Library or the Town Office during regular business hours, or contact Carol Winfield, 878-4449 (leave message) or carol@vtwildlife.com.

Seeking farm animals for Christmas in Vermont live Nativity

Catalyst Church in Jericho is seeking live animals — donkeys, sheep, goats, cattle horses, mules, chickens — for a live Nativity farm scene for a free community wide event to be held on Saturday, December 7 in the fields of the church at 100 Raceway, Rd., Jericho, 1:00 – 3:00 PM and 6:00 – 8:00 PM. There will be the live Nativity, Christmas caroling, a bonfire, hay rides (weather permitting), and hot chocolate. Again, this event is free and open to the community.

If you are interested in participating in this community wide event by lending your animals, please contact Carmen Landry, Creative Arts Director, Catalyst Church, at 899-4746.

Thursday, November 7

Free Community Soup and Bread Supper, 4:30 – 6:30 PM, Covenant Community Church, 1 Whitcomb Meadows Lane, Essex. On the first Thursday of the month, the church hosts this community meal with a variety of hearty soups and breads, plus a sweet dessert. Stay to enjoy your meal with friends and family, or pick up to take home. Donations welcome, but not expected. For more information call Pastor Jeannette Conner, 879-4313.

Saturday, November 9

Eagles Auxiliary Craft Fair, 12:00 PM, Eagles Club, Milton. Free admission. Lunch, bake sale, silent auction, and a money tree. Lots of different crafts. Come to have lunch, which will be chili, corn chowder, sandwiches, hot dogs, etc. For more information, please call Carol, 878-3090.

Using DNA Networks to Solve Brick Walls, 10:30 AM – 12:00 PM, Vermont Genealogy Library, Hegeman Ave, Fort Ethan Allen, Colchester. Resolving genealogical questions with DNA test results requires the use of multiple peoples' shared DNA and well-researched family tree data. Usually analysis of results demands extensive communication, hard work and time. In this talk Ed

McGuire will discuss a methodology called "DNA Networks" which seeks to identify shared relationships between your DNA and that of several matches who all appear to be related based on shared DNA. These networks can reduce the workload and complexity required and often can overcome the problem of missing family trees. They can more rapidly identify common shared ancestors than comparing matches individually. Ed will demonstrate how to organize results including the use of automated tools such as DNAGedcom, Genetic Affairs, and DNA Painter. Classes are \$10 for members, \$15 non-members. Parking and entrance are across from the State Police. For more information, www.vtgenlib.org or 802-350-1333.

Sunday, November 10

Country Breakfast Buffet, 7:30 – 10:00 AM, St. Mary's Church, 312 N. Main St., Cambridge. Hosted by the St. Thomas/St. Mary's Knights of Columbus. Cost is by donation. Please call 644-5073 with any questions.

Sunday Brunch, 9:00 – 10:30 AM, VFW 9653, Pleasant St., Morrisville. Menu includes scrambled eggs, bacon, sausage, strata, fruit salad, pancakes, baked beans, sausage gravy with biscuits, juice, and coffee. Benefits the VFW Auxiliary 9653. Adults, \$10; children under 10, \$5. For information, 888-4919.

The Grand Canyon of the East, 2:00 PM, Chittenden County Historical Society, Bobbin Mill Community Room, 234 S. Champlain St., Burlington. The colorful 5.6-mile Keeseville, Ausable Chasm, and Lake Champlain Railroad hauled several U.S. Presidents, was featured in silent film era serials, and moved heavy granite cornerstones for famous landmarks from 1890-1924. For a time, nearly 50,000 annual passengers rode its standard-gauge rails over a spectacular 158' high cantilever bridge above Ausable Chasm. Join us for a memorable journey from Burlington's waterfront across the Lake to the New York's Ausable River Valley. Filmmaker, author, and society member James R. "Jim" Jones presents a colorful, meticulously researched PowerPoint program on the life and times of Lake Champlain navigation, the Grand Canyon of the East, Adirondack hotels and industry, two railroads — KAC&LC and D&H, and the region's highway development. For further information contact Ann Gray, grayann8@aol.com or 878-4088.

Holiday Family Portraits, Varnum Memorial Library, Jeffersonville. Professional photographer Catherine Aranda Learned (<https://visualartisan.photography/>) will be at the library for family portraits. \$25 for the sitting and electronic photo available as an electronic file for download a few days later, just in time to order your holiday cards. Small well-behaved pets permitted for this event (cats must be in carriers, until the actual photo sitting for your family). Start thinking about your photo – silly or festive. A wintery backdrop will be available, or the library setting if you prefer.

Tuesday, November 12

Anxiety and the Middle-Schooler, 6:30 – 8:00 PM, Browns River Middle School, Jericho. Anna Bergman will present on ways

Craft Fair Still on at I.D. school November 23

Despite the closing of the Underhill I.D. school, the Christmas Cupboard Community Craft Fair will be held Saturday, November 23, 9:00 AM – 2:00 PM in the former UID school cafeteria. There will be a "soup table" where patrons can purchase soup for lunch. If you are interested in vendor space or need more information contact Pam Preston, barneynt3@aol.com.

Financial Resources for Weatherization at DRML December 5

Winter is fast approaching. Now is a good time to think about ways to make your home more energy efficient and cheaper to heat. Come to the Deborah Rawson Memorial Library on Tuesday, December 5 at 7:00 PM for a discussion about the resources available to help finance your weatherization projects. The Underhill Energy Committee and the Jericho Energy Task Force will provide an overview of the programs available. Afterwards, representatives from those programs will be on hand to answer any questions you might have.

Light refreshments will be served but this is a waste-free event so please bring your own bowls and mugs. For more information, contact Dwight DeCoster, ddecoster@vvoeo.org.

to support kids if they are feeling a bit anxious, some reasons why middle schoolers may be experiencing anxiety, how you as a parent can help them, and what to do if you think they might need some extra support.

Friday, November 15

Paint and Sip, 7:00 – 9:00 PM, Red Brick Meeting House, Westford. Come join our very own Megan Valyou Orisko for Paint and Sip. Bring a friend, grab a drink (BYOB), and take a seat. Anyone can do it! You will be taken through, step by step, to create your very own piece of art... a fun way to unwind, relax, and socialize. Cost: \$35. Send your registrations to the Westford Town Office, by Wednesday, November 11.

Saturday, November 16

Rhino Foods Annual Benefit Warehouse Sale, 9:00 AM – 1:00 PM, 179 Queen City Park Rd., Burlington (same location as always; our street address has changed, but our physical location has not). 100% of proceeds benefit the United Way of Northwest Vermont! Please continue to check out our website for updated information and sign up for advance notice of the sale: <https://www.rhinofoods.com/united-way-warehouse-sale>.

Friday-Sunday, November 22-24

VT Handcrafters annual Craft Vermont Show, Friday 10:00 AM – 8:00 PM, Saturday 10:00 AM – 6:00 PM, Sunday 10:00 AM – 5:00 PM, DoubleTree by Hilton Conference Center, Burlington. An extraordinary selection of arts and crafts by Vermont's finest artists, with two floors of shopping. \$8 admission valid for re-entry all three days; Sunday only, admission \$5; children under 12 free with adult. Visit vermonthandcrafters.com for a list of exhibiting artists and a \$1 off coupon.

Saturday, November 23

Community Christmas Cupboard Craft Fair, 9:00 AM – 2:00 PM, Underhill I.D. School cafeteria, Jericho. The Christmas Cupboard Craft Fair is wonderful way to start the Christmas season, connect with neighbors, find unique treasures. In addition to many local vendors, there will be a "soup table" where patrons can purchase soup for lunch. If you are interested in vendor space or need more information, contact Pam Preston, barneynt3@aol.com.

CAR Ski, Board, and Winter Gear Sale/Holiday Gift Market, 9:00 AM – 6:00 PM, Cambridge Community Center, Jeffersonville. New and gently used winter gear at huge discounts. Multiple vendors selling alpine and cross-country gear, snowboards, skates, snowshoes, and all the clothing to keep you warm and dry. New this year: Holiday Gift Market offering gifts for the holidays, food, and festivities. Sponsored by the Cambridge Area Rotary (CAR). For information or to reserve a table at the Holiday Marker contact Nancy Lepsic, 802-343-2372.

Sunday, December 8

Teens Teaching Technology, 1:30 – 3:00 PM, Varnum Library, Jeffersonville. Need tech help? We have the expert teens to answer your questions. Bring your charged devices and questions!



A happy sight in any yard.

PHOTO BY SARA RILEY

LETTER TOT HE EDITOR

Underhill Academy

To the Editor,

I wanted to clarify the reasons the Underhill Historical Society hasn't been able to provide enough help to prevent the loss of the Underhill Academy building at 413 VT Rt. 15. It's not because we were so busy with the District 5 Schoolhouse, but because, first, we don't have the financial resources to buy the building, and, second, we didn't realize demolition was imminent until it was too late. The owner has done everything he could. It takes a lot of time and a lot of resources to save our historic buildings. It takes the will of the community to preserve its historic landscape, which, after all, is what makes Vermont the special place it is. It's very sad to lose yet another piece of Underhill history, something we will no doubt regret for generations.

Susan Thomas
Underhill

Letters Policy: Maximum 450 words;
one letter per writer, per calendar month.
Must be signed for attribution
with writer's address and phone number.

Email to mtngazette@gmavt.net

COMMUNITY COLUMNS

Energy from wood is part of a sustainable future

(response to *Seven Days* article)

By Ethan Tapper
Chittenden County Forester

This week's *Seven Days* cover story "In a Warming World, New Thinking Imperils Vermont's Wood-fueled Energy Market" looks at the burning of biomass for electricity. Unfortunately, the article misses some of the nuances of the practice that go beyond carbon output.

The positive role that biomass, and forest management in general, play with respect to our climate emergency is complex. Carbon sequestration and storage is a huge part of how we mitigate the negative effects of climate change — but looking solely at carbon neglects the bigger picture of how we craft a more sustainable world in the face of this and other crises, like the degradation and loss of ecosystems from development and non-renewable resource extraction, the despoliation of our natural resources through pollution, the loss of biodiversity and mass extinction of species.

As a result, carbon-neutrality is not necessarily a complete measure of how we save our planet, our ecosystems and ourselves moving forward. The author points out that burning biomass is not carbon neutral — neither is burning fossil fuels. However, unlike fossil fuels, wood is a local renewable resource. It wasn't produced half a world away under adverse cultural, economic and ecological situations. We didn't tear off the top of a mountain, making an area that will never again grow forests or sequester carbon, to get it. If we spill it on the ground or in the ocean it doesn't poison our soil or our waters. Instead, wood is a resource that grows with no human inputs, fueled by sunlight, air, water and soil. While most people think of logging as clear cutting and environmental degradation, modern forest management is vastly different, and allows us to harvest wood in ways that supports the health and resilience of forests, making this a truly renewable resource. If you're interested in becoming educated in what modern forest management is all about, I would encourage you to learn more through educational opportunities offered at the Hinesburg Town Forest and by organizations like Vermont Woodlands Association and Vermont Coverts.

Forest management here in Vermont supports environmental justice by harvesting resources locally, under our rules and regulations, rather than displacing the environmental impacts of our resource consumption on places elsewhere in the country or the world where rules are less stringent or non-existent. Local resource production is a force for social justice in that it allows us to interact with the production of our resources, rather than allowing

Sandy, Malta, and three dollar maids

By Doug Boardman
Special to the Mountain Gazette

It was a miracle: the Navy got Sandy's orders correct and the powers that be flew her to French Morocco, where they did have planes going to Malta. The Commander allowed me to fly down and surprise her. I felt that we had it all. We were rich compared to the Maltese. We had a two-story villa and lived near to Halfar, which was where the airbase was. I had a jeep assigned to me, I was in a new post office that I had designed, and I had a beautiful, loving wife.

I showed Sandy around the island, which can be done in less than a day because it is only nine miles long and seven miles wide and has grottos around where you can take your boat into a cave, beautiful beaches, beautiful young women, immense magnificent cathedrals, and great weather except for February, which is rainy season.

I didn't go to any bars, or pubs as they call them in England, and I knew it was only a matter of time that the girl that followed me around before Sandy arrived was probably lurking around and being a small island, would eventually find me. Sure enough, a couple weeks later we were walking in Valletta, a major city with a port and sidewalks, whereas most of the roads were dirt. There were quite a few people walking around and I happened to spot this girl walking toward Sandy and me and didn't look happy.

Before I could take any evasive action she veered over quickly and bumped into Sandy and knocked her off the sidewalk, and then stalked off. Sandy looked at me and said, "Who was that and what's her problem?" Of course, I said she was a bar hopper, kind of crazy and drinks a lot, but I didn't know her personally. I figured that was all I should say at the moment because the incident didn't look good for me and worse yet, it looked like she hadn't given up on me. I decided that maybe I would go to the beach or visit friends instead of going to bars, so I cut down on drinking a lot and managed to avoid Serena!

Our landlord owned our villa and his son and wife occupied the villa next to ours, so we became good friends. We also had a Navy couple who were good friends that lived in another part of town. Our landlord had five children and one car. Therefore his son next door had the use of the family car once a week and he used to take us with them on sightseeing trips when he got the car. Our Maltese friends had never heard of popcorn so we got some at our PX and popped it the old fashioned way — a pot and some oil. When it started popping, they all ran out in the street screaming and hollering, they all thought the house was going to blow up and it took us a half hour to get them to come back in. After they ate some they loved it, but didn't dare cook it themselves.

Our landlord's son built buses with a metal frame and wooden sides and made 12 dollars a week so it was the Americans that looked rich. We even hired a maid for three dollars a week. I hired the first and second maid and they lasted about a week. They were both pretty and Sandy told the first one not to clean the bedroom until I got up because sometimes I had to work late. The mail planes came in sometimes at 3:00 AM. It was usually quite warm in the bedroom with the doors closed so I usually laid on the bed in my underwear and she would sneak in and clean under my bed, so Sandy fired her.

The second maid I hired was also pretty and didn't come in to the bedroom, but asked me to walk her home because she was scared and I knew that wasn't the real reason because she only lived a block away. After I walked her home a couple times Sandy fired her and told me that my choices would never work out and she was going to hire the maid. She hired a maid, Carmen, who was a great worker and a good personality. She was not pretty but she was just the kind of maid that Sandy wanted.

As you men know: happy wife, happy life. Carmen was our maid up to when my tour of duty was over. She was the right choice!

Next column: Malta, Doug Jr., Teddy and the Goats

other, often more marginalized, communities in the US and beyond to be degraded by the extraction and production of resources for us. Harvesting and using local forest products is also a resource security issue in the same way that creating local, sustainable food systems is a food security issue — crafting systems for obtaining and sustaining resources closer to home has tons of outside benefits for our environment and our communities.

Forest management also supports economic equity and economic justice by allowing landowners of all means to periodically make a little money off their land, which they can use to pay the thousands of dollars a year in annual taxes it takes to own land in Vermont. Gentrification is not only an issue in urban areas — it's also a very real force which affects the culture of our rural communities as it becomes more and more expensive to own and manage land. Especially in Chittenden County, the main threat to our forests, and their role in our response to these environmental crises, isn't forest management — it's development. Even a poorly-managed forest will re-grow, to store and sequester carbon again, but when land is developed it's permanent, meaning no more carbon sequestration and storage, no more wildlife habitat, no more of the foundational aspects that forests and ecosystems provide that support our lives. Vermont is about 75% forested, and 80% of this land is privately-owned, meaning that 80% of the forests that provide habitat for our flora and fauna, that sequester our carbon, clean our air and our water, provide habitat for the pollinators of our agricultural crops, that enrich our lives by making Vermont such a beautiful place to live and recreate, are owned by individuals and families. Making it possible for private landowners to afford to own land through active forest management limits development pressure, which helps keep forested lands forested.

So, does burning wood emit carbon? Absolutely. Is biomass power as it currently exists perfect? Of course not. But to consider the true benefits of these things you need to dig a little deeper, and think about our climate emergency, and how we respond to it, in a more robust way. Crafting a sustainable future for our state and our world requires a much more nuanced perspective on how we extract our resources and manage our ecosystems, one which includes carbon-neutrality but also so much more.

November

By Sue Kusserow, Special to the Mountain Gazette

November is a peculiar month. It has nothing much to offer and seems to know this, hiding itself in mists trailing down from the mountains and shortening the days, either by the sun creeping away from our side of the globe, or humans' attempt to control time. This change of the clocks was originally done to give farmers a break of daylight for the morning's milking, and concern over the safety of school children waiting in the dark for the school bus. So November has to support a nonsensical, antiquated maneuver that leaves the children now waiting for the activities bus, and puts evening candles on the dinner table.

The leaves are mostly gone, except for the copper leaves of the Beech, its horizontal branches fanning outwards to catch your eye. They will stay most of the winter. The Poplar and Gray Birch seem to retain their yellow leaves at the tops of the trees; occasionally a huge old Larch explodes through the evergreens in a display of needles of old gold. And the Oaks sometimes glisten like polished copper, or a rare one seems to have been painted with a tiny drop of purple coloring in the mix. So a quiet eulogy blankets the meadows, laid low by frost, and the lawns are smeared with soggy leaves that drown any rake. From a distance the meadows look smooth, since the Milkweed has given up its aerial seed-factory business and is now flattened with the rest of the grasses. The Sensitive Fern is already blackened, having warned us in early October that even a small measure of cold justifies their name.

Sitting on the porch peeling apples and watching the sun sink behind South Hill, I can feel even the small drop in temperature that its slowly-downward descent produces. These are false warm days; we luxuriate in them. Snow will come with the usual predictions about timing and vigor. We will all be more or less right, since the swing of the earth assures such inevitability. Up past the tree line there is a glistening of wet rock. Minute cracks will hold frost, year after year, and in a millennium, a small porous granite chip will fall. Slowly are the mountains rounded.

It is quiet. I am sitting on the porch, peeling apples. The MacIntosh and Granny Smith (for tartness) are ready for a pie. The evening insects stopped chirping in late October. And even the Chickadees, having returned to my feeder, seem too busy plumping up on sunflower seeds to sing. Spring comes with noises: full-throated calls of mate-seekers, peepers, geese returning to find a pond with less ice. November is silent, except perhaps for the lone V of geese that are a little late in starting south. Gardens are put to bed... or deliberately neglected, knowing that the power of spring will rouse the errant seeds loosed by November winds. A wan sun will ignite our enthusiasms! And November is the time to remember those flowers, when beauty has drifted from reality to memory.

Of course, November has Thanksgiving. Whether this is a blessing — or less — depends on which side you're on. The host family clears off the rotted pumpkins from the porch steps and tries to brace the corn stalks that are sagging onto the railing. Kids are sent out to find "some pretty leaves or white pine to decorate the table." Mom is busy timing a huge Hubbard squash to be done at the same time as the turkey. And checking the list of what family brings pumpkin pie... or was it cranberry relish? The table is set for twelve, with placemats done by junior artists in art class. And a toast is given for those early settlers who, for one day at least, joined with the stewards of this land, not yet able to look beyond the small views of human vision. And thus November gives way to new skis for Christmas, carols and bells, holly and poinsettias, and the hubbub of commercialism.

November is a month to rest, to reflect, to stack wood on the porch for easier trips to the stove, to order next year's tulips which will be "grounded" just before the month closes the earth with freezing rain. There is not the bustle of planning and budgeting for vacations quite yet. The month is generally without repairs that weren't done by September or October and will have to wait till next year. The outside closes except for the bare essentials. Cover up the Yew and Rhododendron from the inevitable snow slide from the roof. Watch the sky lose its dusty blue and turn to gray, scudding into rippled Cirrus clouds.

Rest, find a good book, a new TV show, pack the tee shirts and get out the overcoats. Shoo away the Blue Jays that have just shooed away the chickadees... and realize it's not worth the effort... nature has arranged protocol without our help. So, go back to your book, put a chunk of Maple on the fire and mix a glass of cider with nutmeg and cinnamon, with a slice of orange... heat on the wood stove until it begins to steam. And welcome November!

Most common cars, trucks in VT

By Tim Ashe, Chittenden County Senator

The issues and information I come across in my Senate duties cover a wide span of life in Vermont. Here are a few recent items:

* I've been poring over data of all registered cars and trucks in Vermont. Here are the top 10 by model (includes all years of the particular model):

10. Toyota Corolla
9. Subaru Impreza
8. Subaru Outback
7. Honda CRV
6. Toyota RAV-4
5. Subaru Forester
4. GMC Sierra
3. Toyota Tacoma
2. Chevy Silverado
1. Ford F Series

* An under-the-radar Vermont success story: Nearly 1000 renters became owners when their mobile home parks became resident-owned in the last eight years. This includes communities in Shelburne, Milton, Hinesburg, St. George, and Burlington. I caught up with the leaders of this movement in Winooski recently. Their work is leading to renewed investment in and the preservation of vital affordable housing in our county.

* At the core of the many lawsuits against the manufacturers of opiates is seeking justice for the human toll these highly addictive drugs have taken. In response to some of the settlements that have been in the news lately I've been asked by some of you what the financial cost has been to state government. According to estimates by the Legislature's nonpartisan fiscal staff, from 2014-2018 Vermont spent at least \$309 million on opiate and related addictions.

* I found this article very inspiring: *In a divided US community, Syrian refugee family settles in*. The family's ability to adapt so well and so quickly to a new home, with fresh memories of some unthinkable conditions in Syria, is remarkable. It's also a tribute to the volunteers and coworkers in the community who've supported them. <https://apnews.com/226c7a13ec684767ab0eb138c5947720>

* Some good news for Vermont employers and employees: From 2017-2019 lower workers' compensation insurance rates resulted in \$38.4 million in savings for VT employers. Employees are having fewer injuries, and employers can invest the savings back in their businesses.

More to come soon, and stay in touch.

Growing pains: height issues in children

Parents have been hitting new heights with their questions about what to do when their child is concerned about being too tall or too short. Well, let me size up those questions and provide some information on the topic of growing pains.

What determines your growing pace

Everyone grows at their own pace, based on the genes they are born with. These genes determine just how fast your child will grow and how tall they will be. By the way, the two biggest growth spurts for a child occur first in the first year of life, when an infant can grow up to ten inches in height. The other time is during puberty.

Another factor that can influence growth, in addition to genes, includes nutrition. Occasionally, hormonal imbalances such as problems with thyroid or growth hormone levels in the body, though rare, can also influence growth. Having a chronic illness, such as celiac disease, can also affect height.

What to do if your child is bothered by height

So what do I recommend if your child is bothered by his or her height? First and foremost, talk with your child if you think they are worried about their height. It's rare that your child has a growth problem that needs medical attention, but if you or your child is worried, have your child's health care professional help. They can see if the growth in your child's height is following the normal trajectory on their growth chart. If so, then reassurance is the best plan of action.

If this height trajectory is off, then an x-ray of the hand bones (which best determines skeletal age) and checking hormone levels are probably worth doing. These will help to determine if there is a medical problem hampering your child's growth.

Healthy growing

One way to ensure the best growth possible is to remind your child that good growth requires healthy nutrition, sleep, and exercise to achieve maximum potential height. There is no evidence that taking extra vitamins or over-the-counter supplements helps. Even if a child feels they are too tall, they should still eat healthy and take care of themselves.

Instilling confidence

No matter whether it's genes or another cause resulting in a height concern, please make sure your children still feel good about themselves. Point out all the positive things they do. This is really the best way to convince them to stop worrying about how tall or short they are.

In addition, teach them not to react to any bullying or name calling that might occur regarding their height. Remind them if they don't react, it will make the bullying less exciting, which usually makes the name-callers go away. You can also give them something to say that makes their height into a strength, like "Shortness or tallness is only one of my many special qualities, just as it has been for my parents and grandparents."

Hopefully tips like these will grow well with you and in turn with your child no matter what their height happens to be.

Lewis First, MD, is chief of Pediatrics at UVM Children's Hospital and chair of the Department of Pediatrics at the UVM College of Medicine.

Tired of wasting money on a leaky home?

Is your house cold and drafty? Does your furnace need to run constantly to maintain comfortable temperatures? Does your house get cold spots, frozen pipes, or icicles? If you answered yes to any of these questions, you should consider a weatherization project. Now through the end of the year, Efficiency Vermont is offering 50% off project costs to get your home air sealed and insulated for winter. Plus, when you work with one of their Efficiency Excellence Network contractors, you can pay for it incrementally for around \$60 a month or less. If you've ever thought about weatherizing before, now is the time to do it! Visit the Efficiency Vermont website for the details: <https://www.encyvermont.com/rebates/list/home-performance-with-energy-star>.

HEALTH PROGRAMS AND CLASSES AT NORTHWESTERN MEDICAL CENTER

ONGOING

Brain Injury Support Group – third Thursday of each month, 5:30 – 6:30 PM, NMC Conference Center, Grand Isle Room. Meet other people in similar situations, share the hardships and accomplishments, gain valuable emotional support, obtain information, and discuss a variety of brain injury topics. Anyone touched by brain injury (traumatic or acquired) can attend: survivors, caregivers, friends, and family. All are welcome at our support group. Free; no registration required. For information contact Jess Leal, 877-856-1772.

Cancer Exercise Sessions – Tuesdays and Thursdays, flexible times, NMC Rehab gym, Cobblestone Health Commons. Featuring Wendy Lawrence, Physical Therapist. Pre-registration required; call 524-1064. Free for the first 8 weeks, then \$40. Designed for cancer survivors; helps improve strength and balance while fighting fatigue to bring back optimal function. You'll get started with an individualized physical therapy evaluation and customized treatment if needed – both services are billable to insurance. After these first two or three visits, participants move on to a free, 8-week open gym program that is supervised by one of NMC's Athletic Trainers to continue work on strength and conditioning. Exercise with others can be fun and supportive, especially in the comfortable atmosphere of the rehab gym. After the eight week free open gym program, participants can choose to continue their workouts at the gym for a monthly fee of \$40. Start the program at any time, and use the gym when it is convenient for you. Simply call our Physical Therapy team to get started and find out what hours the gym is open.

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

Vermont Quit Partners Fresh Start Tobacco Cessation Class, Wednesdays, 11:00 AM – 12:00 PM, NMC Cobblestone Building, Suite 202. Pre-registration required; to sign up for a session call Chari, 524-8480. Free. Enter this class at any time and join others for this series to help you successfully quit smoking. Sessions include: understanding why you have an addiction and how to quit; mastering the first few days, mastering obstacles; and staying quit and enjoying it forever. When you are ready to quit, the tools and support can make all the difference. We can provide you with what you need to be successful! As a Vermont resident, you can get free patches, gum and lozenges.

Healing Circle Women's Cancer Support Group: first Tuesday of every month, 4:30 PM socialize, 5:00 – 6:30 PM meeting, Northwestern Medical Center Conference Franklin Room. Pre-registration not required; free. A self-help cancer support group

for women of all ages and lifestyles who have cancer. At our monthly meetings, we share information, offer each other support and comfort, and learn new things from speakers. We extend an invitation to any woman who has cancer, whether you are newly diagnosed or a long term survivor. Please call 802-524-8479 with any questions or to RSVP (not required).

Have You Lost a Loved One to Suicide? Second Thursday of every month, 6:00 – 7:30 PM, Northwestern Medical Center's Grand Isle Room. Pre-registration not required; free. If the answer to the question is "yes," please consider attending a free, confidential group that meets monthly in St. Albans. Everyone in the group, including its facilitators, has had someone close to them take their life and knows how devastating that experience can be. You can just come and listen to others share what they are going through and how they are coping or you can share your own story. The choice is always yours to do what feels best to you. For more information on dates, times, and location or to answer any questions you may have call Tony, 802-393-6503.

Chronic Disease Support Group Workshops: Various times and locations. Pre-registration required; contact Deana Chase, LICSW, 802-370-5626. Free. Are you or someone you know living with a chronic health condition? Then the Healthier Living Workshop is for you! Learn to feel better by learning how to deal with frustration, fatigue, and pain, manage symptoms and medications, and improve strength and flexibility. Each session is 2½ hours once a week, for six weeks.

Shadows of the Moon Autism Support Group: for one-on-one phone support, please call Cheryl at 802-868-7745 or Laura at 802-849-2817.

Alzheimer's Support Group: last Tuesday of each month, 6:00 – 7:00 PM, Northwestern Medical Center Franklin Room. Pre-registration not required. Free. This group is for those with Alzheimer's and caregivers, family members, and friends and is facilitated by Amanda Wilson. Please call the 24/7 Helpline at 800-272-3900 or visit alz.org/Vermont to confirm details.

Parkinson's Support Group: second Tuesday of each month, 10:00 – 11:30 AM, Pillsbury Senior Community, conference room next to the library on the first floor, 3 Harborview Dr., St. Albans. Pre-registration not required. Contact Pat, 802-524-5520, or Judy 815-895-2312. Free. This group is open to those with Parkinson's and their caregivers including family and loved ones. The monthly meetings can provide an open forum to share experience with others who are coping with Parkinson's disease, gaining education and support. Wheelchair accessible.

Breastfeeding Moms Group: first Wednesday of each month, 10:30 AM – 12:00 PM. Please call 527-5586 to find location of next group. Pre-registration required; call 527-5586. Free. This group meets once a month for snacks, crafting activities, making baby blankets, and information from the experts.

Breastfeeding and Infant Massage Group: second Wednesday of each month, 9:30 – 11:15 AM, Alburgh Library. No pre-registration required. Free. Join other moms and babies to learn how to massage your baby and discover more about breastfeeding and parenting.

Latch On! Discussion Group: third Saturday of each month, 10:00 AM – 12:00 PM, Northwestern Medical Center Family Birth Center. No pre-registration required. Free. Learn about breastfeeding and share your stories. Enjoy light refreshments and connect with other moms.

Baby Bumps Support Group for Mothers and Pregnant Women, second and fourth Monday of the month, 4:00 – 5:00 PM, Northwestern Medical Center Family Birthing Center. Pre-registration required; contact Rhonda Desrochers, 802-527-7531. Free. Pregnancy can be a wonderful time of your life. But it can also be a time of stress that is often compounded by hormonal swings. If you are a pregnant woman, or have recently given birth and feel you need some help with managing the emotional bumps in the road that can come with motherhood, please come to this free support group led by an experienced pediatric Registered Nurse. This group is for both pregnant women and mothers. Presented jointly by Franklin County Home Health Agency, Northwest Counseling and Support Services, Northwestern Medical Center, and the Vermont Department of Health.

Foot Clinics: various times and locations. Pre-registration required. Call Franklin County Home Health Agency, 802-527-7531 to schedule. Fee: \$20. Regular care of your feet can prevent problems. If you are an elderly and/or disabled person who is unable to do your own foot care, please consider attending a Foot Clinic. Franklin County Home Health Agency offers monthly Foot Clinics throughout the year in St. Albans, Swanton, Franklin, East Fairfield, and Enosburg.

Who's Your Person, What's Your Plan? (End of Life Planning): We plan for all life's milestones – marriage, birth, retirement. But few of us have plans in place for our end of life. And none of us can plan for the unexpected. Do you know who you want to speak for you and make medical decisions for you when you can't do this for yourself? Everyone 18 years and older should have a Health Care Agent – your person to speak on your behalf. By completing an advance directive you can provide this information to your family and physician. Start this conversation with your family before you are in a health crisis. Information and materials to help facilitate your conversation are available at <http://www.fchha.org/healthcareagent/> as well as www.starttheconversationvt.org. You can also call Franklin County Home Health Agency to learn more about completing an advance directive. We are also available to speak to community groups. Start the Conversation today. It's a gift.

Acne mythbusting

Recently I've come face to face with teenagers eager to ask me what is fact and fiction about their developing acne. Let me see if I can break out with some accurate information about some common acne myths.

The first myth: chocolate or fried foods cause acne

One common myth is that chocolate or greasy fried foods, or even stress or dirt on the face, causes acne. None of these are true causes. Acne is caused by overactive oil glands in the skin. These oil glands are stimulated by your child's overactive hormones, which can cause these glands to produce more secretions. These secretions can clog a pore and allow bacteria to grow inside the pore, resulting in what we call the dreaded pimples, otherwise known as acne.

The second myth: Aggressive scrubbing will help your face

Another myth is that the more you wash your face, the fewer pimples you will have. In fact, aggressive scrubbing or rubbing may inflame your pimples rather than heal them. The best approach is to gently wash the face twice daily with a mild soap, and pat dry.

The third myth: I can pick off my acne

Of course, there are those who think popping pimples will make them go away faster. This is just another myth! Picking and poking at pimples will only make the lesions last longer and look worse. The picking may even cause scarring.

The truth about acne

One truth about acne is that it doesn't last forever, and can be cleared up quicker using medications like benzoyl peroxide, although it may take six to eight weeks to really begin to see improvement.

Benzoyl peroxide, available over the counter, is a good first line agent for treatment for acne. This is because it helps to open the plugs and it kills bacteria trapped in the plug.

Controlling acne

A myth is to apply medication just to the pimples you can see. In actuality, you need to apply a thin layer over the whole face, not just to visible pimples. This will help to keep acne under control. To do this, an amount the size of a pea should suffice. Remember: "the more you use, the better your acne" is not a true statement!

If benzoyl peroxide doesn't work, then stronger prescription medications are available. They will be recommended by your teen's health care professional and used to reduce the inflammation and growth of bacteria in pimples.

Hopefully, tips like these will clear up any concerns you have when zit, I mean it, comes to breaking down the myths and learning the truth about acne.

Lewis First, MD, is chief of Pediatrics at UVM Children's Hospital and chair of the Department of Pediatrics at the UVM College of Medicine.

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Dr. Mary H. Kintner

Stay safe from vaping-related lung injuries

More than 1600 cases of lung injury associated with vaping have been reported across the country, and 34 people have died. There are still many unanswered questions about what is causing this serious health emergency. Even though no one compound or ingredient has emerged as the cause of these illnesses, most of the people who died or suffered lung injury used vaping products containing THC, the psychoactive ingredient in marijuana.

What can you do to keep yourself and your kids safe?

1. Don't use e-cigarette or vaping products that contain THC, especially those from informal or black market sources.
2. Don't modify or add any substances to e-cigarettes or vapes.
3. Get medical attention right away if you have recently vaped and develop symptoms associated with this outbreak (cough, shortness of breath, or chest pain; nausea, vomiting, abdominal pain, or diarrhea; fever, chills, or weight loss). You might think it's flu, so be sure to call your doctor.

4. Whether you're looking to quit nicotine or marijuana, free support is available to people of all ages – learn more at <https://www.healthvermont.gov/vaping-injury>.

It's never safe for young people to vape or use marijuana. Talk to your kids about what's happening and help them understand the risks. Find tips at <https://parentupvt.org>

STOP THE BLEED!

Most people know how to care for a minor cut or scrape.
But what about bleeding from a more serious injury?

STOP THE BLEED uses hands-on training to teach how to respond when faced with a bleeding emergency while waiting for professionals to arrive.

The event is free, but please RSVP so we may plan on the appropriate supplies for practice.

Taught by Dale Porter, RN
Wednesday, November 20
12:00 - 1:00pm

Health Center Building, 2nd floor

Free Seminar

Refreshments served

RSVP by Monday, November 18 to
802-888-8302 or online at
copleyvt.org/event/stop-the-bleed.

This event is part of Copley Hospital's Health & Wellness Seminar Series with support from the Lamoille Valley Medical Reserve Corps.

RESERVATIONS REQUIRED



LIBRARY NEWS

Teens Teaching Technology

Need tech help in Cambridge or Jeffersonville? Teens Teaching Technology (TTT) is starting up again, with expert teens to answer your questions at the Varnum Library in Jeffersonville. Bring in your charged devices and questions on these Sundays, 1:30 – 3:00 PM: November 17, December 8, January 12, February 9, March 8, April 19, and May 27.

DEBORAH RAWSON MEMORIAL LIBRARY

All events are free and some activities require advance registration.

Would you consider donating pizza coupons? If you keep your coupons for free pizza at Mountain High Pizza in Jericho, please consider donating your coupons to DRML toward Teen-Movie-and-Pizza nights beginning. There will be a bucket at the circulation desk to deposit donated pizza coupons. Thank you!

Story Hour — Wednesdays, 10:30 AM. Drop in for stories, songs, projects, and a nutritious snack!

Financial Resources for Weatherization at Deborah Rawson Memorial Library: Thursday, December 5, 7:00 PM. Winter is fast approaching. Now is a good time to think about ways to make your home more energy efficient and cheaper to heat. Come to this discussion about the resources available to help finance your weatherization projects. The Underhill Energy Committee and the Jericho Energy Task Force will provide an overview of the programs available. Afterwards, representatives from those programs will be on hand to answer any questions you might have. Light refreshments will be served but this is a waste-free event so please bring your own bowls and mugs. For more information, contact Dwight DeCoster, ddecoster@cvoeo.org.

Library hours: Tuesday 12:00 – 8:00 PM, Wednesday 10:00 AM – 6:00 PM,

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

JERICHO TOWN LIBRARY

Story Time – Wednesdays, 10:30 – 11:30 AM. Pop in for a casual hour of story time, smiles, songs, and laughter with Lisa! There's a ukulele – maybe even two! Recommended ages: 0-5 years. JTL Board meetings are held the second Monday of every month (November 11) at 5:30 PM. All are welcome to attend.

Jericho Town Library has new, expanded 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 at www.jerichotownlibraryvt.org or call 899-4686.

VARNUM MEMORIAL LIBRARY JEFFERSONVILLE

Wonderful Wiggly Worms! This Junior Naturalist event will be held on Thursday, November 14, 3:30 PM. The Nature Center's troupe of red wiggler worms will be the guests of honor for this program. Learn about the anatomy of the earthworm, the important role they play in the ecosystem, watch them turn dead stuff into plant food, and investigate some of their preferences with a simple experiment. Sponsored by the Varnum and the Cambridge Conservation Commission and presented by the Lamoille Valley Nature Center. Geared toward pre-school and elementary school age kids, but all are welcome to attend.

Roald Dahl Youth Book Club, Mondays 5:00 – 5:45 PM. In the tradition of our past youth books clubs (the Harry Potter series and Percy Jackson series), this year we are going to be focusing on the works of beloved author Roald Dahl, author of such beloved classics as Charlie and the Chocolate Factory, Matilda, and James and the Giant Peach. The book club is recommended for ages 8-12 but is open to anyone, young and old. Younger kids are welcome to participate as well, as the chapters make a perfect amount to be read aloud. Those seven and under should be accompanied by an adult to the meetings. Each meeting will include an activity/craft and a short discussion. We will also have special events like movie viewings. Copies of all the books will be provided to participants. So that we can plan accordingly, please email interest in participation to Youth Services Librarian Cari Varner, cjvarner@gmail.com.

Varnum LEGO Club, every other Wednesday (November 13), 3:30 – 5:00 PM. Each meeting will feature themed and free build time, team exercises, and opportunities for collaboration and – most importantly – creativity and imagination. Open to all ages. Large, Duplo, and LEGOs provided.

Baby Got Books, Tuesdays, 9:30 – 10:30 AM. A story time for the littlest patrons age 0-24 months, but all are welcome. We read age-appropriate books, sing songs, finger plays, use musical instruments, and have plenty of time for free play.

Children's Story Time and Crafts with LN, 10:00 – 11:00 AM, Thursdays. The library is a warm, cheery place for children to meet other



Let's Sew! Art With Janet – Sewing at the Westford Public Library on Wednesday, November 13, after school until 5:00 PM. Students will learn how to sew a simple running straight stitch and have a chance to complete a small pouch with a button closure. Limited to six children ages 7 and up; registration required, 878-5639. Students may ride Bus #3 from Westford School. PHOTO CONTRIBUTED

children! Join us for stories read by people who enjoy sharing good books and a craft, too.

Crafting Circle – Working on a knitting project, crochet, or any other craft to keep cozy this fall? Join the Crafting Circle for camaraderie, tips, and encouragement. Meets weekly on a flexible schedule at the library; no pre-registration required, just bring your supplies and join in!

Crescendo Club Library Association – If you enjoy the Varnum's collection and programming, we would enjoy having you on our board! Join us for just a few hours each month and support the library.

Varnum Memorial Library is deeply grateful for the funding that is received from the Town of Cambridge. This amount does not, however, fully fund the library's expenses and your tax-deductible donations are always most appreciated. Donations can be made at the Library or sent via mail to Varnum Memorial Library, P.O. Box 198, Jeffersonville, VT 05464. Thank you!

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 Library will be closed Thursday-Friday, November 28-29 for Thanksgiving.

Early Literacy Storytime: birth to pre-school, Thursdays, 11:00 AM. Several stories will center around a theme, and there will be a theme-based craft. All ages and levels of attention are encouraged to come; don't worry if they fidget, they are still getting a lot out of it! November 7: Pizza; November 14: Turkeys; November 21: Thanksgiving; November 28, no storytime – happy Thanksgiving!

Thursdays, 6:30 – 8:00 PM: Fiber Arts Group. Knit, crochet, and stitch with a vibrant group. All levels welcome, help given to beginners. Questions? Contact Marianne, mfishcar@together.net.

Bedtime Math's Crazy 8's Math Club! Weekly through December 12-13: grades 3-4 on Thursdays; grades 1-2 on Fridays. No Crazy 8's on November 28 or 29.

Wednesday, November 6, 7:00 – 9:00 PM: Trustees meeting.

Wednesday, November 13, after school until 5:00 PM: Art With Janet – Sewing. Students will learn how to sew a simple running straight stitch and have a chance to complete a small pouch with a button closure. The perfect place to stash your small treasures! Class size limited to six children ages 7+. Registration required. Students may ride Bus #3 from Westford School.

Wednesday, November 13, 7:00 – 8:30 PM: Travel Talk is Back! Destination: The Azores, presented by Doris Bittruf. The Azores are an archipelago of nine islands in the middle of the Atlantic Ocean. Thanks to its mild climate, it offers a wealth of outdoor and adventure tourism options. It is also noted for its biodiversity and cultural heritage. Bittruf had the chance to explore four of the islands on foot, by bike, scooter, bus, car, and boat, and would like to share her experiences, some photos, and stories.

Friday, November 15, 7:00 PM: Jin Shin Jyutsu for Better Sleep, presented by Erin Menut. Jin Shin Jyutsu (JSJ) is a gentle form of energy work, a way to move and release blocked energy (chi, ki, prana) in the body and restore original vitality. Learn the basics of this harmonizing art and how to use JSJ to relieve stress and enjoy better sleep.

Library news continued on page 8

MMUUSD

CHILD FIND NOTICE 2019 - 20

Any individuals from birth through age 21 with disabilities currently residing within Bolton, Buel's Gore, Huntington, Jericho, Richmond, or Underhill, and who are in need of special education and related services need to be identified, located and evaluated by Mt Mansfield Unified Union School District (MMUUSD). This includes children: not enrolled in school, attending private or independent schools located within the aforementioned towns, enrolled in home study programs, suspected of having a disability despite advancing from grade to grade, who are highly mobile (such as migrant children), and who are homeless or wards of the state. Any person with information about any disabled person fitting these descriptions should contact:

Special Services Director
10 River Road
Jericho, Vermont
Phone: 802-434-2128

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

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

NOTE: If there are parents within the below mentioned schools who need this information interpreted, please notify your local school.

Brewster-Pierce Memorial School 434-2074	Smilie Memorial School 434-2757
Richmond Elementary 434-2461	Jericho Elementary 899-2272
Underhill Center School 899-4676	Underhill ID Pre-K 434-2962
Browns River Middle School 899-3711	Camels Hump Middle School 434-2188
Mt Mansfield Union High School 899-4690	

Library news continued from page 7

Erin Menut, MA, has been a practitioner of Jin Shin Jyutsu since 2010. For more information, visit radiantenergyforlife.com.

Wednesday, November 20, 7:00 – 8:00 PM: Adult Book Group. This month's book is *The Seeking* by Will Thomas. This book has a very special Westford connection: novelist Will Thomas had been a logger in Maine, a crew member on a fishing boat in Alaska, a prizefighter on the West Coast, a script writer in Los Angeles, and a journalist in Kansas City, Chicago, and New York. In 1946 he, his wife, and three children abandoned a plan to move to Haiti to escape racial prejudice in the United States. Instead, they made the improbable decision to purchase a home in tiny Westford, twenty miles northeast of Burlington. At the time, the Thomases were the only non-white members of the community. *The Seeking* is the grim account of the Thomases' lives before Vermont, their decision to give living in America one last chance, and the moving, heartfelt, uplifting story of their time among the people of Westford — a life, writes Thomas, "not based on race, but on what we and they [were] like as human beings." *The Seeking* is an important work of 20th century African American literature, both a story of one remarkable African-American family and a story of New England race relations in the first half of the 20th century. Extra copies available.

Friday (note the different weekday), December 13, 7:00 – 8:30 PM: CookBook Club. Join us as we resurrect a Vermont favorite, *River Run Cookbook* (Southern Comfort from Vermont) by Jimmy and Maya Kennedy and Marielisa Colta. The iconic Plainfield establishment may be gone, but its delicious southern comfort food with a VT spin lives on. From breakfasts and gumbo, desserts, to pulled pork — there's something for everyone in this one!

The Library is no longer accepting donations of books, audiobooks, and DVDs at this time for our annual Fourth of July Book Sale. We will begin accepting donations in the spring of 2020. Thank you to community for supporting our annual Fourth of July Book Sale.

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

November Art Show — For the month of November we will be showing work Judy Bush has created from paper pulp made from recycled colored papers. For most of the work, the paper is the painting. A few have printed (linocuts) on the hand made paper.

Middle School Book Club — This fun and unique book club for kids in grades 5-8 will meet in the community room at the library once a month, October-March. Kids will be invited to read any book they want, related to the theme of the month, and then to come to the meeting to talk about what they read and get other great book ideas. Each meeting will have snacks, book talks, read-aloud time, activities, and more. Themes for the year include: scary books, magic, holidays, DCF books, and graphic novels, and old and new favorites. To sign up, contact the library, 434-3036 or rfl@gmavt.net.

Justin Morgan's Horse: Making an American Myth — All Morgan horses today trace their lineage back to a single horse: a mystery stallion named Figure, owned by singing teacher Justin Morgan

in the late 18th century. But who was Figure, really? What stories have people told about him in the two centuries since he lived and worked in Vermont? Exploring the story of the first Morgan horse is complicated and fascinating, and is tied up with the idea of Vermont identity, the relationship between humans and animals, the creation of American myth, and much more. A Vermont Humanities Council event. Sunday, November 17, 2:00 PM.

Friday Food Affair — Richmond Free Library Trustees, Friends, and Staff will be your chefs for the November 15 Friday Food Affair. This Harvest Fare Supper will feature hearty vegetarian soups, salad bar, bread, and dessert. If you'd like to contribute to the effort by making soup in advance or helping in the kitchen on Friday, drop us a line! Please note that the Library will close at 2:00 PM that day so we can get busy in the kitchen!

LearningExpress is now available on our website under the Online Services tab. 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.

New Playaways in the Collection — We have a great selection of youth and adult Playaways. If you enjoy listening to books you might want to try one of these all-in-one devices. No changing discs in your car! If you have never seen a Playaway before and are curious about how they work, ask us for a demonstration.

Fall Youth Programs — Our regularly scheduled programs are underway; details are below. Weekly children's programs at the Library run September-May and follow the MMUUSD schedule for vacation days and weather closure days.

Baby Laptime — This short, active storytime is for our youngest little book lovers and their grown ups. We'll look at picture books, sing simple songs, do some rhyming and bouncing, and sometimes get out the shakers and scarves. Designed for infants and early toddlers. Join us on Mondays at 10:30 AM.

Playgroup with Stories and Songs — The good times kick off with songs and shakers around the colorful alphabet rug. Next up is storytime and snacks (bring your own). Then, the toys and art supplies come out for free play and crafts. Co-sponsored by the Lund Center. Kids from infant to age five and their caregivers are invited to join us in the community room on Wednesdays from 10:00 AM – 12:00 PM.

Preschool Storytime — This special storytime is for children ages 3-5. We will share picture books, songs, and activities, with a focus on the six pre-reading skills that form a child's early literacy experience and help set them up for a lifelong love of books and reading. Join us on Fridays at 10:30 AM.

Book Discussions — All are welcome to join monthly book groups at the Library. Books are available approximately one month before the discussion date.

Mostly Fiction Book Group will discuss *Lucky Boy* by Shanthi Sekaran. *Lucky Boy* presents two very different American stories, tied together by the fate of a child. When Soli Castro-Valdez leaves her small Mexican village for the United States, she endures the difficult journey but arrives pregnant and undocumented. Meanwhile, Kavya Reddy, whose parents immigrated to the U.S. from India, is living a more peaceful life with her dot.com-employed husband in Berkeley. Unable to have a child, Kavya becomes a foster parent — and when Soli winds up in immigrant detention, her son Ignacio winds up with Kavya. But the story has just begun. Tuesday, November 12, 6:00 PM.

Mystery Book Group will discuss *The Cut*. Crime fiction writer George Pelecanos introduces Spero Lucas, an anti-hero making his place in the world one battle at a time. Thursday, November 21, 7:00 PM.

The Library will be closed on Monday, November 11 (Veterans' Day) and Thursday-Saturday, November 28-30.

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; 434-3223 (fax); www.richmondfreelibraryvt.org.

DOROTHY ALLING MEMORIAL LIBRARY, WILLISTON
All events free. Children 8 and younger must be accompanied by an adult while at the library.

Meditation Program: Friday, November 15, 12:00 – 1:00 PM. Would you like to lower your stress level and unlock calm? Join our bi-monthly meditation program. Learn about the different types of meditation through practice, breath-work, and balancing Chakras, and discover how, when, and where to meditate. All levels are welcome.

Learn about Becoming a Census Worker: Saturday, November 9, 11:00 AM – 1:00 PM. Interested in finding out what it takes to be a Census worker? Jeanne Zimmerman will share this and opportunities available with the 2020 Census VT Team. Temporary part- and full-time positions (paying \$16.50 and up, plus mileage) available in Chittenden County, now through 2020. Great for seniors and students over the age of 18 by March 1, 2020.

Williston Historical Society: History of Clark Farm and Annual Meeting, Saturday, November 9, 2:00 PM. Join us for a short business meeting followed by a presentation by Cameron Clark as she shares the history of Clark Farm, one of the earliest homes in Williston, through fascinating discoveries from her farmhouse attic. Sponsored by Williston Historical Society. All are welcome.

Cook the Book: Wednesday, November 13, 11:00 AM – 12:30 PM. Hey foodies, join our monthly cooking program! Stop by the library to peruse this month's selected cookbook and photocopy a recipe of your choice. Prepare a dish and bring the recipe to the potluck meeting. This month: *The Art of the Host* by Alex Hitz.

Mah Jongg: Wednesday, November 13, 1:00 – 3:30 PM and Wednesday, November 28 12:00 – 2:30 PM. (Please note special time for November 28 session.) Learn how to play, revisit the game, or just enjoy the game of Mah Jongg. Come alone or bring a friend and play with members of our community. All experience levels are welcome.

Technology Night: Wednesday, November 13, 5:30 – 6:30 PM. Ken Bernard of Vermont Tech offers a learning technology series. This month will focus on networking basics: connecting to public wireless, guest wireless, and using a VPN. Bring your own device if you would like. All ages.

Workshop on podcast production: Thursday, November 14, 1:00 – 3:00 PM. Learn the basics of podcasting including interviewing techniques, story creation strategies, and production and post-production techniques. Presented by Dr. Steven Shepard.

Movie: Saturday, November 16, 12:30 – 2:30 PM. New release. Indie singer-songwriter Jack Malik loves the Beatles and performs covers of their songs. This musical film stars Himesh Patel as Malik, who is somehow the only person on Earth who remembers the Beatles. Snacks Provided. PG-13; 116 minutes. We do not have legal rights to list movie title.

Brown Bag Book Club: Tuesday, November 19, 12:30 – 1:30 PM. Meet others who love to discuss books. This month we will discuss *Educated* by Tara Westover. Books available at the front desk. Beverages and dessert provided.

Current Events Conversation: Wednesday, November 20, 10:30 AM – 12:00 PM. Gather with others interested in informal discussion on current newsworthy topics.

Tech Tutor: Wednesday, November 20, 4:00 – 6:00 PM. One-on-one technology help from a teen. Guarantee a time by making a 30-minute appointment, 878-4918. Drop-ins are welcome if space is available.

Poetry Slam: Wednesday, November 20, 5:30 – 7:30 PM. Join us for some friendly, creative competition at our student poetry slam. Students in grades K-12 are invited to enter and read up to two original poems per themed category: nature, short epic, personal, and poet's choice. Competition will be judged by a panel of local writers with prize winners of different age groups chosen in each category. Refreshments provided. Please preregister, 878-4918.

Read to a Cat: Thursday, November 21, 3:30 – 4:30 PM. Read to Edgar, a therapy cat in training. Pre-register for a one-on-one reading session. All ages.

Nancy Stone book release and slideshow: Saturday, November 23, 10:30 AM – 12:00 PM. Local author Nancy Stone will present the art and travels behind the making of her new book, *251 Vermont Vistas*. Books will be available for sale and signing.

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

FAIRFAX COMMUNITY LIBRARY

All events are free unless noted. Pre-registration encouraged.

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

Thursdays, November 7, 21, 3:15 – 4:15 PM: Read to a Dog. Sign up for a 15-minute slot to read McKenzie, a big friendly Newfoundland dog!

Tuesday, November 5, 3:00 – 4:00 PM: Wordsmiths Creative Writing Club. Want some help with your nanowrimo (National Novel Writing Month) project? Or do you just want a place to share and work on your creative writing? Wordsmiths is the library's creative writing club, and is kicking off this month in honor of nanowrimo. We will be meeting every week this November, and once a month for the rest of the year. Grade 5 and up. Please register.

Wednesday, November 6, 4:00 – 5:30 PM: Game Night at the Library. Come in and celebrate International Games Week at the library. Drop in and play one of our games, or bring some of your own! Refreshments provided.

Thursdays, through December 19, 3:15 – 4:30 PM: Chess Club. For Experienced Intermediate to Advanced Players, grade 4 and up. Please register at the library.

Thursday, November 14, 6:00 – 7:00 PM: PJ Story Hour. Kids age 0-6 listen to themed stories, followed by a craft and a snack.

Wednesday, November 13, 3:00 – 4:00 PM: LEGO Club. Kids ages 6+ enjoy themed Lego play after school. Please register.

Saturday, November 16, 10:00 – 11:00 AM: Exordium with Mr. K. Join us for a fun, fall themed lesson with Mr. K! Please register.

Wednesday, November 20, 3:00 – 4:00 PM: Navajo Code Talkers. Learn about the Navajo Code Talkers of WWII, and try some coding and decoding yourself! Ages 8+ Please register.

Wednesday, November 6, 4:00 – 5:30 PM: Game Night at the Library. Come in and celebrate International Games Week at the library. Drop in and play one of our games, or bring some of your own! Refreshments provided.

Saturday, November 9, 10:00 AM – 12:00 PM: Beeswax Wraps. Learn how to make reusable beeswax wraps from Nicole Vance. Please register.

Hours: Monday, Wednesday 8:30 AM – 5:30 PM; Tuesday, Thursday 8:30 AM – 8:00 PM; Friday 8:30 AM – 3:15 PM; Saturday 9:00 AM – 1:00 PM. www.fairfaxvtlibrary.org, 802-849-2420. Call or email libraryprograms@fwsu.org. For up-to-date info about programs, visit our website: www.fairfaxvtlibrary.org, where you can also find a link to the interactive Google calendar.

BROWNELL LIBRARY, ESSEX JUNCTION

Brownell Library, 6 Lincoln St., Essex Junction. Hours: Monday, Wednesday, Friday: 9:00 AM – 9:00 PM; Tuesday, Thursday, Saturday: 9:00 AM – 5:00 PM. Call Main Desk 878-6955, Youth Desk 878-6956, Reference Desk 878-6957, or frontdesk@brownelllibrary.org.

ESSEX FREE LIBRARY

Storytime with Emily – Mondays, 10:30 – 11:30 AM. Enjoy reading, rhyming, and crafts each week! All ages.

Writers' Group – second and fourth Tuesdays, 6:30 – 7:30 PM. Interested in building some structure into your writing life? Looking for thoughtful feedback? Join us! All levels and genres welcome as we come together to share our work and offer support to one another.

Drop-In Knitting Club – Tuesdays, 6:30 PM, and Thursdays, 1:00 PM. Bring in your current knitting project or start a new one in the company of fellow knitters!

Tech Time – Wednesdays, 10:00 – 11:00 AM. Need some tech help? Drop in with your device and your questions!

Lego Club – Thursdays, 3:00 – 4:00 PM. Join in the LEGO fun.

Musical Storytime – Fridays, 10:30 – 11:30 AM. Rock'n'Read with Caitlin on Friday mornings with books, songs, and instruments. All ages.

Weekend Storytime – Saturdays 10:30 – 11:30 AM. Start off your weekend with books, rhymes, and songs on Saturday mornings!

Spanish/English Intercambio – Saturdays, 12:00 – 2:00 PM. If you are a native English speaker who wants to learn or improve your Spanish or if you are a native Spanish speaker who wants to learn or improve your English, our intercambio may be for you! For the first hour of every session we will speak exclusively in Spanish and for the second hour we will speak exclusively in English. Come join the conversation!

Essex Free Library, 1 Browns River Rd., Essex. Hours: Monday, Wednesday, Friday: 9:00 AM – 5:00 PM; Tuesday, Thursday: 9:00 AM – 8:00 PM; Saturday, 9:00 AM – 2:00 PM. 802-879-0313; www.essexfreelibrary.org.

Mt Mansfield Unified Union School District (MMUUSD) Early Childhood Programs

*Are you the parent of a three, four or
five year old child? Do you have
concerns about your child's
development in the areas of...*

Understanding & use of language?

Clarity of speech?

Balance, strength & coordination?

*Using small muscles to eat, dress, &
play with toys?*

Play skills & social interactions?

Ability to cope & regulate emotions?

The MMUUSD Early Childhood staff are available to address any concerns you may have regarding your child's development.

An individual appointment for you and your child can be scheduled by contacting:

Richmond Families

Richmond Elementary School
434-2461

Bolton Families

Smilie Memorial School
434-2757

Huntington Families

Brewster Pierce Memorial School
434-2074

Jericho & Underhill Families

Underhill ID Elementary School
434-2962

PEOPLE NEWS - OBITUARIES

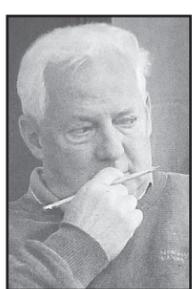


Donna Marie Dunn (Robar), 64, of West Bolton, VT passed peacefully with beauty and grace on the evening of Saturday, October 12, 2019 at home with her loving family by her side. She soared into the loving arms of our Lord, after a valiant three-year battle with primary peritoneal and ovarian cancer. She was and will continue to be a brilliant beacon of light shining on anyone who had the privilege of knowing her, especially her husband, children, and grandchildren. She is survived by her loving husband, Richard F. Dunn, Jr., daughter Sunni Eriksen (Michael), and granddaughters Sienna and Myra of Northfield, VT, son Jesse Dunn (Jenni), and granddaughter Mabel of Lake Tahoe, CA, mother Rita Robar, sisters Alana Dion and Randi Robar, brother Darrell Robar, sister-in-law Jodi Rotax, and many devoted friends and family members. Family and friends were encouraged to visit at the Gifford Funeral Home, Richmond, VT on Friday, October 18. A celebration of life was held on Saturday, October 19 at Richmond Congregational Church, with a reception following at Cochran's Ski Area in Richmond. In lieu of flowers, please consider remembering Donna with contributions in her name to Ovarian Cancer Research Alliance (OCRA), give.ocraproject.org, or UVM Health Network Home Health and Hospice, 1110 Prim Rd., Colchester, VT 05466, uvmhomehealth.org/donations/make-an-online-donation. Arrangements were in the care of Gifford Funeral Home. A complete obituary may be found at giffordfuneralhome.com.



On the evening of Thursday, October 10, 2019, **Erin Simmons** of Jericho died unexpectedly. Her passing has been devastating to her mom Pat, her father Dan, and her older brother Ethan. We are fortunate to have the support of many great friends and family as we deal with our loss. Erin was a unique individual. She was incredibly strong, wicked brave, fiercely loyal, a great athlete (especially basketball and snowboarding), and a gifted writer. And best of all, she had a great

sense of humor. If you were lucky enough to make her acquaintance, it's not something you'd soon forget. Erin was a graduate of MMU High School (class of 2011), and studied Journalism at Columbia College in Chicago. During the past 26 years our family has shared so many wonderful experiences. Together, we have fished, hunted, hiked, camped, rock climbed, skied, canoed, kayaked, sailed, dirt biked, target shot, house painted, and watched the Perseid meteor shower while lying on the driveway. We've laughed, cried and held each other when one of us had a rough patch. The fact that the opioid crisis has taken this person from our family and all who knew her is incredibly sad. The world was a better place when Erin still walked among us. We are so proud of the person she was, and will always treasure the time we had together. It's going to be a very long time before we can think of her, and not cry... A Celebration of Life was held at the Essex Alliance Church, Essex Junction, VT on Monday, October 21, 2019. Please consider a donation in her name to The Howard Center in Burlington, VT (www.howardcenter.org). Arrangements are in the care of the Cremation Society of Chittenden County. To send online condolences to her family please visit www.cremationsocietyvtcc.com.



Richard Lumbra passed away on Saturday, October 19, 2019 at his home in Hyde Park, VT after living with Parkinson's disease. Richard was born at home in Richford, VT on November 11, 1935 to Roger and Hildred (Whitehead) Lumbra. He graduated from Richford High School in 1953, where he was an excellent basketball and baseball player. He served three years in the U.S. Army from 1953-1957; he then entered Johnson State College, graduating with a bachelor's degree in Education in 1961. He was hired to teach in Jericho, VT where he served from 1961-1995, including 25 years as the Jericho Elementary School principal. Richard was an active member of the Jericho community, refereeing and umpiring, serving as commissioner of Pleasant View Cemetery, as a Lister, and a stint as Town Clerk. Dick worked hard through the years helping out with farm chores from his youth through his many years as the Superintendent of the 4-H Youth Cattle Barn at

the Champlain Valley Fair. He was a mentor and friend to so many young people throughout his life. Richard is survived by his wife of 59 years Jean (Carpenter), his daughter Michele Boomhower, her husband Greg, and their partner Ginger (Hitchcock) McDowell, his son Jeffrey, and the apple of his eye, granddaughter Aleda Boomhower. Richard leaves his sisters Virginia Dulude of Enosburg Falls, VT and Penny Terkanian of Biloxi, MS. He was predeceased by his brothers Roger and Ronald Lumbra. Richard was fondly loved by his sisters- and brothers-in-law Shirley and John Therrien, Bonnie and Dan Nash, as well as numerous nieces, nephews, and their children. A private graveside service will be held at the Pleasant View Cemetery in Jericho. In lieu of flowers, contributions may be made to Lamoille Home Health and Hospice, 54 Farr Ave., Morrisville, VT 05661. The family also invites you to share your memories and condolences by visiting www.awrffh.com.

Melvin W. Litchfield, Jr., 80, passed away peacefully at home with his family by his side on Tuesday, October 15, 2019 in Underhill, VT. He was surrounded by love and his favorite music. He is survived by his wife Cathryn, children Daniel (Laura) and Teri, and grandchildren Isaiah and Kira. He is also survived by his siblings Mary, Cheryl, and Lawrence (Mary), as well as many nieces and nephews. Mel was well loved and appreciated for his kind, supportive ways and quick wit. He enjoyed building and fixing, airplanes, skiing, horses, corny jokes, football, music, and spending time with family. He was born in Madison, WI on May 10, 1939, and graduated from Madison East High School and the University of Wisconsin with degrees in Mechanical and Agricultural Engineering. He served in the U.S. Navy as an aviation mechanic, patrolling the Pacific Ocean from Midway Island to Alaska, and loved to recount memories from this time of his life. Mel worked as an engineer with Oscar Meyer, American Potato Company, Frito Lay, and Wyeth Nutritionals. A Celebration of Life will be held on Saturday, November 16, 2019 at Underhill I.D. School, 10 River Rd. Jericho, VT. Friends are invited to stop by and celebrate between 4:00 - 7:00 PM. The family would like the thank the Bayada Hospice team for their wonderful care during Mel's last days.

SENIOR NEWS

Bone Builders III

By Sue Kusserow
Special to the Mountain Gazette

"Soften your knees"
"Duck your head in... it's the turtle tuck"
"Say your vowels and loosen up those facial muscles"
"OK everybody. Smile! It's number 10 time"

Believe it or not, all of these quotations can be explained by any member of Bone Builders. Still confused? Bone Builders is an exercise group for seniors, meeting twice a week in the basement of the Jeffersonville United Church. It is a set of exercises developed by Tufts University, with a brief training period for potential group leaders. Three years later, we are still going strong! And perhaps that is an apt phrase: we don't pride ourselves on more muscles, but with keeping our current ones in working order... agile instead of fragile. We work on balance, since that is the chief cause of forced immobility for seniors. We cover most major muscle groups: arms, legs, and a nice peaceful cool-down at the end. The only requirement for admission is the ability to count to 10(*). So far, no one has flunked.

P, at 93, just completed ten hchair stands... we all cheered!
G sits out a few, at her doctor's admonition.
S comes hurrying in, having taken care of grandchildren.
D and L are late, and have such a relaxed way of fitting in to wherever we are... without explanation or apology... nice!
K pushes a walker. "It's easier than a cane."
G has many tee shirts, which advertise her involvement... often UVM.

Most of the participants are from the Cambridge area and have known each other over a long span of time. So how does a group come together and stay together?

First: a group needs a common goal, a sense of purpose, a reason to stay together. We were lucky. Tufts University started with a simply-stated and general mission statement... what do we want to accomplish?

Second: Upon this framework, specifics are added to activate the mission statement. Again we were lucky. Tufts faculty formulated exercises, practiced them with senior volunteers, and revised and amplified them.

Third: goals (exercises) need to be practical and obtainable. Each participant picks the ones most useful for her.

Fourth: practical logistics: time, size of room, heat, bathroom, parking. Thanks to the Jeffersonville Church, we are fine.

Fifth: leadership... well-versed in their roles, but not so well-informed that didactics overwhelms the followers. We're lucky to have four or five women who attended the leadership orientation. They can, therefore, spell each other in directing/chanting(*).

Sixth: extraneous behaviors need to be controlled. We very cheerfully flunked this one.

I think there is an added benefit to this group: a camaraderie and a caring spirit that envelops the group for two hours a week, before we go our private ways again. Seniors are usually retired, sometimes living alone or paralleling a busy family. We value the sociability of small groups, with gentle ways of communication.

"How was the movie you saw the other night?"
"I saw A at the store and she's trying to get her mother settled. Will be back soon, she hopes."

"There will be a rummage sale here at the church. Feel free to come... some good stuff!"

"How did your visit to the doctor on Wednesday go?"
P heads off, having fulfilled his job of calling out the last number of the Chant(*)... TEN!

"B is about the same... working on his truck!"
M touches my arm. "Hey, are you supposed to be putting weight on that leg?"

D starts off with a brisk walk.
S is close enough so she can walk home.
A few hugs given and received, and we're off.
See you on Thursday!

(* the Chant explained: 1,2,3,4, HOLD (tightening of the muscle group we're working on) 5,6,7,8, BACK (releasing the muscle group and relaxing). Repeat 10 times.

Mary Hill is leading a class at the new dance studio next to the DRMLibrary in Underhill Flats. maryhillstudios@gmail.com

Senior Citizens Community Appreciation Days at CTE

The Center for Technology, Essex community is excited to invite senior citizens (60+) to come visit our programs on Thursday or Friday, November 7 or 8, and enjoy free services provided by our students. Services include: manicures, haircuts, assistance with technology, health and wellness information, and photo restoration. Also, schedule a day — either Thursday or Friday — for winter tires or rotations, winter check, and lawn raking/cleanup and some

tree trimming (in Essex Junction only, please call 802-857-7966) and a buffet lunch.

Arrive between 9:45 - 10:30 AM, no early birds please! CTE is located at 2 Educational Dr., Essex Junction. For questions call 802-857-7966. Bring a friend, spread the word! Hope to see you there!

Announcement

NOTICE TO LOCAL SNOWPLOW OPERATORS/HOMEOWNERS

Please be reminded that it is illegal according to the following State Statue to deposit snow on or across town highways.

§ 1126a. Depositing snow onto or across certain highways prohibited

(a) No person, other than an employee in the performance of his or her official duties or other person authorized by the agency of transportation (in the case of state highways) or selectboard (in the case of town highways), shall plow or otherwise deposit snow onto the traveled way, shoulder or sidewalk of a state highway or a class 1, 2 or 3 town highway.

(b) Nothing in this section should be construed to be in derogation of any municipal ordinance regulating the deposit of snow within the limits of the town highways.

The penalty for this minimum \$41.00 to a maximum of \$1,191.00

Waiver penalty is \$70.00

You can be civilly liable for an accident caused by snow being pushed into highway.

This activity creates a potentially unsafe situation for all motorists and an additional workload for the highway crew. We would greatly appreciate your cooperation in efficient, safe winter maintenance of our roads. Thank you.

Workshop on Working and Managing Millennials & Gen Z

The Lamoille Economic Development Corporation (LEDC) will offer a workshop on The Modern-Day Workplace: Working and Managing Millennials and Gen Z on Wednesday, November 20, 9:00 AM - 12:00 PM in the Community Center at Green Mountain Technology and Career Center in Hyde Park.

This interactive workshop explores the drivers, intensives, and personal motivations that fuel the accomplishments and achievements of these powerful next generations. Workshop participants will gain a greater understanding about how these employees thrive in the workplace as well as how to tap into their unlimited productive potential. Workshop goals will include:

- A broader understanding of generations currently employed in the workplace: Baby-boomers, Gen Xers, Millennials, and Generation Z;
- Understand the specific incentives and motivations of each generation, both in and out of the workplace;
- A greater awareness about, and application of, effective communication with Millennial and Gen Z employees;
- Insights about the leadership and management styles of these generations;
- Strategies and Recommendations for recruitment and retention of Millennial and Gen Z employees.

The presenter, Thomas E. Myers, Ph.D., is Robert P. Stiller Endowed Chair & Professor of AI & Student Success In The Stiller School of Business at Champlain College, Burlington.

The cost to attend is \$49, and pre-registration is required. Please visit www.VTsbdc.org and click on training to register and pre-pay online; or email Vicki Blanchard, dblanchard@VTsbdc.org. For more information call John Mandeville, 888-5640.

AGE WELL CONFIDENT AGING STARTS HERE

802-857-5319

76 Pearl Street, Ste. 201 Essex Junction, VT 05452

\$5 SUGGESTED DONATION

Help Age Well continue to provide services. Donations can be mailed or visit: agewellvt.org

COMMUNITY MEALS Food where you choose

NOVEMBER 2019: CHITTENDEN COUNTY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> Available to those 60 years of age and older Menus are available on the 22nd of each month for the following month Call Age Well's NEW Community Meals/Restaurant Ticket Program reservation number: 802-562-5200 beginning at 10:00 am for the following month on, or after, the 22nd. If the 22nd falls on a weekend, reservations may be made the following Monday Meals are on a first-come, first-serve, month-by-month basis Milk is served with all meals 				
<p>4</p> <p>5 Ray's Seafood Essex Junction Check-in 10:30 am Lunch 11:00 am Fish, potato, coleslaw, squash, roll, & creamee</p>	<p>6 Harvest Delight Richmond Holy Rosary Church Hall Check-in 11:00 am Lunch 12:30 pm Traditional Thanksgiving Dinner Entertainment: Ted LeBlanc Tickets only, see Pat Long 802-557-5484</p>	<p>7 Dutch Mill Shelburne Check-in 10:30 am Lunch 11:00 am Spaghetti and meatballs, garden salad, & strawberry shortcake</p>		<p>1</p> <p>8</p>
<p>11</p> <p>Holiday No Meal Served</p>	<p>12 Pizza Hut Susie Wilson Road, Essex Junction Check-in 11:00 am Lunch 11:30 am All you can eat buffet, salad bar, pasta, & pizza</p>	<p>13 JP'S Diner & Deli Essex Junction Check-in 10:30 am Lunch 11:00 am Meatloaf dinner, mashed potatoes, vegetable and strawberry shortcake</p>	<p>14 Thanksgiving Celebration South Burlington Holiday Inn Express - Sunset Ballroom Check-in 11:00 am Lunch 12:30 pm Traditional Thanksgiving Dinner Entertainment: The Butterfields Tickets only, see Pat Long 802-557-5484</p>	<p>15</p>
<p>18 Papa Nick's Hinesburg Check-in 2:30 pm Lunch 3:00 pm Traditional Turkey dinner</p>	<p>19 Ray's Seafood Essex Junction Check-in 10:30 am Lunch 11:00 am Fish, potato, coleslaw, squash, roll, & creamee</p>	<p>20 Athens Diner Colchester Check-in 10:30 am Lunch 11:00 am Baked ham dinner, mashed potatoes, vegetables, wheat roll, & fruit dessert</p>	<p>21 American Legion Colchester Check-in 10:30 am Lunch 11:00 am Chicken parmesan with spaghetti, side salad, & fruit cup</p>	<p>22</p>
<p>25</p> <p>26 Athens Diner Colchester Check-in 10:30 am Lunch 11:00 am Roast pork dinner, mashed potatoes, vegetables, & fruit dessert</p>		<p>27</p> <p>No Mealsite</p>	<p>28</p> <p>Holiday Happy Thanksgiving No Meal Served</p>	

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TOWN OF JERICHO

WINTER PARKING ORDINANCE

Pursuant to the provisions of 24 V.S.A. Chapter 59, the Selectboard of the Town of Jericho hereby adopts the following ordinance:

1. The parking of all vehicles is hereby prohibited on all Town roads within the Town of Jericho from the 15th day of November to and including the 31st day of March each year.
2. For purposes of this ordinance, vehicles shall include motor vehicles, non-motor vehicles, trailers, construction equipment, and agricultural and forestry equipment, whether registered or unregistered. Any vehicle found to be in violation of this ordinance shall be deemed to have been parked or left unattended by the person in whose name the title and/or registration was issued.
3. Any vehicle parked or left unattended on, in or adjacent to any road or street in a location that would interfere with snow removal, in violation of this ordinance may be removed by a commercial towing service upon the order of the Road Foreman, any police officer, or Selectboard member. Any vehicle so removed may be reclaimed by the owner of the vehicle upon payment of all towing and storage charges, provided, however, the towing charge and storage charge shall not exceed an amount established by the Selectboard and revised from time to time. The vehicle shall be impressed with a lien, and may be held until such charges are paid.

Originally ADOPTED October 27, 1993
Amended November 20, 2000, February 7, 2005 and February 20, 2014.

Chair, Tim Nulty
Catherine McMains
Kimberly Mercer

ART / MUSIC / THEATER



Heliand Consort will offer a program for the Holiday Season on Sunday, December 15, 7:00 PM at the White Church on the Common, Westford, demonstrating their well-known dynamic and creative sensibilities. This quartet with its virtuoso woodwind and piano chamber music will perform an engaging repertoire of classical music from the baroque through 20th century contemporary genre. Featuring the eclectic mix of the most compelling music of our time from Nico Muhly and Valerie Coleman to Belinda Reynolds and Padma Newsome, the exciting, hour-long concert will be unlike anything you've experienced. Instruments including piccolo, bassoon, clarinet and vibraphone will fill out a program of the highest caliber including folk songs and classical compositions. The concert will find wide appeal to audiences who love music. Free will donations. Refreshments following. Call 802-879-4028 for more information.

PHOTO CONTRIBUTED

ART/PHOTOGRAPHY

Established and emerging artists present art work in any medium for Beyond the Seed, an exhibit running through December in the Jericho Town Hall. The show is open during regular Town Hall hours. Enjoy a snack and stop by, on your way home or on your way to work, and see

the show.

Emile A. Gruppe Gallery presents Tom Waters' Forest, Field & Stream — landscapes in oil, which will run through Sunday, November 24. Emile A Gruppe Gallery, 22 Barber Farm Rd., Jericho; gallery hours 10:00 AM – 3:00 PM, Thursday-Sunday or by appointment, 899-3211.

Walk through the beautiful woods and gardens of unique Jericho artist Marcia Rosberg in a new retrospective exhibit of her paintings at Mount Mansfield Community Television's studio, 35 W. Main St., Richmond. The exhibit will be open to the public during our office hours until Sunday, March 1. Stay tuned for a special reception and video about the artist soon. For more information and to check that we are open when you drop by, call 434-2550. Our website: MtMansfieldCtv.org.

Visions of Vermont Art Galleries in Jeffersonville is open Tuesday-Sunday, 11:00 AM – 6:00 PM. Hosts Jane and Terry Shaw, 644-8183; Visions of Vermont, 100 Main St., Jeffersonville. For more information, visit www.VisionsofVermont.com.

Dianne Shullenberger Gallery, 228 Nashville Rd., Jericho; 899-4993 or vtDianne@hotmail.com.

Helen Day Art Center, 90 Pond St., Stowe. Open Tuesday-Saturday, 10:00 AM – 5:00 PM and by appointment; 802-253-8359, www.helenday.com.

River Arts of Morrisville Inc., 74 Pleasant St., Morrisville; 802-888-1261, <http://www.riverartsvt.org>.

Milton Artists' Guild Art Center & Gallery, 199 U.S. Rt. 7 South, Milton; open Wednesday-Saturday, 10:00 AM – 6:00 PM and Sundays, 11:00 AM – 3:00 PM (closed Monday and Tuesday); <https://www.miltonartistsguild.org>.

HAVOC Gallery, 27 Sears Lane, Burlington; www.HAVOCGallery.com; HAVOC@havocgallery.com or 800-639-1868. Hours: Wednesdays, Thursdays, and Fridays, 9:00 AM – 5:00 PM and every first Friday, 5:00 – 8:00 PM.

Bryan Memorial Gallery, 180 Main St., Jeffersonville; 802-644-5100; www.bryangallery.org. Gallery hours: Thursday-Sunday, 11:00 AM – 4:00 PM, and by appointment.

MUSIC

The Westford Music Series 2019-2020 is held Sundays at the White Church on the Common, 4:00 – 5:00 PM (usually). Next up on November 10: FREVO. Open to the public; refreshments will be served. Future musical events: December 15: Heliand Consort will offer a holiday season program, 7:00 PM, demonstrating their well-known dynamic and creative sensibilities. This quartet with its virtuoso woodwind and piano chamber music will perform an engaging repertoire of classical music from the baroque through 20th century contemporary genre. Featuring the eclectic mix of the most compelling music of our time from Nico Muhly and Valerie Coleman

to Belinda Reynolds and Padma Newsome, the exciting, hour-long concert will be unlike anything you've experienced. Instruments including piccolo, bassoon, clarinet and vibraphone will fill out a program of the highest caliber including folk songs and classical compositions. January 5: Spintuition (Young Tradition Vermont); February 9: Allison and Cameron Steinmetz; March 15: Christine Malcolm; April 5: Patrick Fitzsimmons; May 3: Paul Asbell. For information, 802-879-4028.

The legendary local band Mud City Ramblers will be rockin' the Waterville Town Hall on Saturday, November 16 at 7:00 PM! This is a benefit concert for the Waterville and Belvidere grade 6 students, who are raising funds to go the big city of Boston. There will be a cover charge of \$10 (kids 12 and under free) and doors will open at 6:30 PM. Sixth grade families are providing homemade mac'n'cheese, pizza, hot dogs, chili, and some baked desserts for an extra charge. We will have plenty of foot stompin' room up front and a few tables in the back, plus seating around the edges of our historic cozy Town Hall. Come shakedown with us during stick season!

Music at the Double E: On Friday, November 7, Carol Gross and Ivan Goldstein will offer relaxation and music – folk, blues, light rock, and country, from 6:30 – 9:30 PM at the Double E, Lang Farm, Essex. Sit back, have a bite, enjoy the beverage of your choice and the show.

Bassett wins Vermont Best Bagger; to compete for chance at \$10K

Scott Bassett of Milton will travel to San Diego, CA to represent Vermont in the National Best Bagger Competition in February 2020. Bassett, a cashier at Hannaford Supermarkets in Milton, won the title of 2019 Vermont Best Bagger on Saturday, October 19 at the 32nd annual Vermont Retail & Grocers Association state-wide bagging championship. The winner of the National Best Bagger Competition will receive \$10,000 and bragging rights.

Nine competitors from supermarkets around Vermont competed in the event at the University Mall in S. Burlington. Contestants had to pack roughly 35 items into two reusable shopping bags. Scott Bassett was rated first overall, followed by second place winner Troy Senecal representing Shaw's and third place winner Jennifer Rogienski representing Hannaford.

Baggers were judged on their speed, the distribution of weight between two reusable shopping bags, their bag building technique, and their style, attitude, and appearance. This year's judges were Amanda Thibault, meteorologist at Local 22/44, Kurt Wright and Marcus Certa of WVMT The Morning Drive, and Gary Sadowski, meteorologist at WCAX. Dom Amato, also of WCAX, was the celebrity emcee for the day.

"We are proud that Scott will be representing Hannaford at a national level. He's proven that

he has the bagging skills and natural talent to be a serious competitor at the national competition," said Samara Bushey, Hannaford's Director of Operations for Vermont. "We'll be cheering for him as he competes for the national title."

The 216 pounds of packaged food used during this event was donated to the Vermont Food Bank. This event and the food donations were made possible by event sponsors: Associated Grocers of New England, Hannaford, Price Chopper, and Shaws Supermarkets. Associated Grocers of New England, a supplier of several independent grocery stores across Vermont, generously donated a majority of the food items. Shaw's Supermarkets generously donated eight dozen eggs, as well as the third-place prize. Price Chopper donated the second-place prize.

This annual event is an exciting and interactive way to recognize the frontend staff at stores across Vermont. It also gives these hard-working Vermonters the chance at a trip to California and a pretty substantial cash prize.

"All of the contestants did a great job showing their skill while under pressure to be Vermont's 2019 best bagger," said Erin Sigrist, VRGA President. "Each contestant should be applauded for their exceptional bagging technique and customer service."

Performance dates for Shelburne Players' fall play *The Secret Garden* are Friday-Sunday, November 15-17 and Thursday-Saturday, November 21-23. For more information, contact Sue Martin, suemartin455@yahoo.com or Director Beth Curtis, bcurtis5440@yahoo.com; and check the website – www.shelburneplayers.com – for more details and updates.

MMCTV and the Jericho Town Library welcome all to a reception/screening of a short video about the history of Barber Farm Road, which was filmed and edited by local youngsters. The video will be shown on Wednesday, November 13, 6:00 – 7:00 PM at the Jericho Town Library, 7 Jericho Center Circle, Jericho Center. Derek Hefel of Browns River Middle School is director/editor of the video, which is the eighth in MMCTV's "Memory Map" road history internship series. The video was filmed at a Summer TV Camp held at the library. There will be refreshments and a chance to speak to the filmmakers/stars of the video.

PUBLIC NOTICE

Notice is hereby given that Mt Mansfield Unified Union School District (MMUUSD), including the towns of Bolton, Huntington, Jericho, Richmond, and Underhill intends to destroy the *special education record* of all students who completed high school on or before June, 2014.

Any student, or former student, who has reached 18 years of age, may review and/or receive these records upon request. Also, any parent of a student who is 18 years of age or older, who has retained parental rights, may obtain these records.

In accordance with federal and state laws, *special education records* are maintained for five years after the student exits the special education program. A permanent record of the student's name, address, phone numbers, grades, attendance record and year completed is maintained without time limitation.

Please contact the Special Services Administrative Office at 802-434-2128 by **December 21, 2019**. If no student, parent or guardian responds to this public notice prior to or by December 21, 2019, the school district will assume consent to destroy the entire record specific to the student. Destruction of these records will begin on January 1, 2020.

Hiring Now!

Immediate openings.
Full-time and part-time
Days, early evening, & weekend

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Apply in person
210 East Main Street, Richmond, VT

HARRINGTON'S[®]
of Vermont

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MISCELLANEOUS NEWS

Parenting class for parents of young children

Please join us for a parenting class to be held over two sessions, Thursdays, November 7 and 14, 7:00 – 8:30 PM at the Poker Hill School, 208 Poker Hill Rd., Underhill. In an atmosphere of warmth, humor, and understanding, parents will learn techniques (and the concepts behind their effectiveness) to bring more peace, connection, simplicity, and respectful cooperation to family life. The first class will focus on building a stronger foundation/connection with our children. The premise is that we want to increase our positive influence and ability to teach and coach our children, rather than attempting to control them with short term and sometimes punitive means. We'll address effective communication tools and the power of our attention to support the emotional development of our children.

The second class will focus on sharing the results of our practice of class #1 tools. Then we address some of the trickier, sometimes more difficult behaviors. How do we maintain the essential emotional connection with our children while guiding, teaching and coaching them to behave better? And we'll see how this approach supports raising responsible, resilient, caring, happy children.d

Yoga classes offered in Westford

Beginners are welcome to yoga classes at the Barn School in Westford. \$12 to drop in, or \$100 for a 10-class pass; sliding scale available. For more information, email ErinMenut@gmail.com or visit <http://radiantenergyforlife.com/>.

Gentle Yoga — Move, stretch, breathe, and rejuvenate! Sundays, 10:00 – 11:15 AM.

Yoga for Back Health is a gentle therapeutic class perfect for anyone who wants to maintain — or regain — a spine with greater suppleness, more ease of motion, and less pain. Build core strength, tone the glutes, open the hips, and breathe more deeply — your back will thank you! Wednesdays, 8:40 – 9:45 AM.

Yoga Tone and Glow — Move, breathe, energize! This fun and upbeat class will help brighten your mood, lift the posture, strengthen bones, build muscle tone, improve balance, and revitalize grace of motion. Fridays, 8:40 AM.

McClure Foundation promotes Weir to Executive Director

The J. Warren & Lois McClure Foundation has hired Carolyn Weir, CAP®, as executive director. The McClure Foundation, a supporting organization of the Vermont Community Foundation, provides grants that promote equitable access to education and training pathways that lead to Vermont's promising jobs.

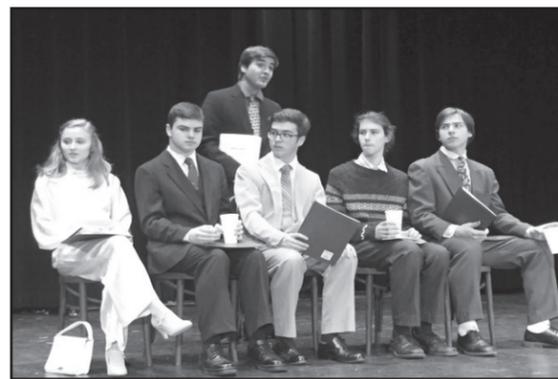
Weir, who previously served the McClure Foundation in an advisory role, is the organization's first dedicated staff person. She steps into the new role as the organization is about to enter its milestone 25th year and is scaling up to provide over \$600,000 in grants annually to mission-aligned organizations and programs across Vermont. In addition to her expanded responsibilities on the McClure Foundation's leadership team, she continues to work as a senior philanthropic advisor at the Vermont Community Foundation.

At the McClure Foundation, Weir leads the effort to promote philanthropic best practices and alignment that strengthen Vermont's education and workforce development systems and outcomes. Guided by a vision of a vibrant Vermont economy in which no promising job goes unfulfilled for lack of a qualified applicant, the McClure Foundation collaborates closely with the Vermont State Colleges, VSAC, the Agency of Education, the Department of Labor, and many others to serve students of all ages.

Weir joined the Vermont Community Foundation in 2011. After completing a two-year community philanthropy fellowship, she was promoted to philanthropic advisor and then to senior philanthropic advisor. Prior to joining the Community Foundation, she worked for a variety of social service and community development organizations.

Weir holds a Nonprofit Management Certificate from Marlboro College and a Bachelor of Arts degree in international politics and economics from Middlebury College. She lives in Weybridge with her husband and son.

Mount Mansfield Union High School presents the exciting murder mystery Rehearsal for Murder. A year after his fiancée's death, a playwright schedules a rehearsal for his new play, which proves to be a trap for her killer. Playwright Alex Dennison (Craig Rettew, standing in back) has invited several friends to join him in the reading of new play he's been working on. He reveals to the group that this particular play has a specific objective: to catch the killer of his murdered fiancée. Dennison has re-created the scene of the crime to take the actors back to the night of his fiancée's murder. At gun point, actors are forced to read scenes in the play designed to catch a killer. Performances are Friday-Saturday, November 8-9, and Sunday November



10 at 2:00 PM. Tickets available at the door: \$6 students and children; \$8 general admission. PHOTO CONTRIBUTED

Volunteer opportunities from United Way

By Sue Alenick

United Way Volunteer Columnist

United Way of Northwest Vermont's mobile-friendly Volunteer Connection connects you to hundreds of local volunteer needs. Search by age, date, county, interests or causes that are important to you. Stay connected to community needs. Go to <https://unitedwaynwvt.galaxydigital.com/>.

5th ANNUAL CULINARY CLASSIC – Cancer Patient Support Foundation is looking for volunteers for its upcoming Culinary Classic on Saturday, November 16, 5:00 – 9:00 PM at the Burlington Hilton, Battery St. This gourmet culinary competition will feature the area's top chefs competing to be named the Culinary Cup Champion, a live and silent auction, and the premier of the "Voices of the Voiceless." Volunteer opportunities include: morning set up; event tear down at 9:00 PM; greeters; silent auction monitors; chef runners; live auction spotters; registration; and Wine Pull Raffle station. Contact Sarah Lemnah, slemnah@cpsfvt.org or 488-5495.

ADVICE NEEDED – Burlington Partnership for a Healthy Community is seeking Advisory Board members to help support their substance abuse prevention work in Burlington. Volunteers must have a connection to Burlington and a passion for supporting a thriving, healthy Burlington community. Contact Mariah Sanderson, mariah@burlingtonpartnership.org.

PHONATHON – Burlington Dismas House is gearing up for its annual Phonathon to raise funds for support programs for former prisoners

who are returning to society. Monday, Tuesday, or Wednesday, November 11, 12, and/or 13, from 5:30 – 8:30 PM at St. Michael's College-Hall of Fame Room. Each evening begins with a dinner donated by a local restaurant! Contact Zoe Bishop, 658-0381 or zoe@dismasoft.org.

ASSISTANT SCOUTMASTER – Boy Scout Troop 658 in Winooski is in need of women and men to serve as Assistant Scoutmasters. Candidates should be familiar with scouting as a former scout or parent of a scout. The Troop meets on Sundays during the school year, 6:30 – 8:30 PM with additional trips and event support. Assistants provide mentoring and guidance to help make Scouts better citizens of the world and provide them with lifelong skills. Training and background check required. Contact Scoutmaster at scoutmaster@bsatrop658.com.

BARREL MONITORS – Toys for Kids will again be placing its toy donation barrels at various sites in Chittenden County and is seeking volunteers to check on one or more barrels from November 1-December 20. Collected toys will be delivered to the Salvation Army. A great family volunteer opportunity! Contact John Welsh, 872-0354.

HOLIDAY GIVING – KidSafe Collaborative is again coordinating with the Department for Children and Families to get gift cards for kids in foster or kinship care or whose families are struggling so that DCF is involved. Volunteers can purchase a \$20 or \$25 gift card from local merchants and then send them to KidSafe, 45 Kilburn St., Burlington, VT 05401 by Monday, December 2. For information, contact Lisa Simon, 863-9626 or lisas@kidsafevt.org.

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Youth Basketball League registration

The Mount Mansfield Youth Basketball League's recreation league for the 2019-20 season is now open for registration at MMYBL.ORG for all kids in grades 1-8 in the Chittenden East Supervisory Union. This is an instructional league that emphasizes teamwork, love of the game, and having fun, while learning the great game of basketball.

Games are played locally at Jericho Elementary, Camel's Hump Middle School, or Browns River Middle School on Saturday mornings, from mid-November to mid-February. Registration is \$45 for one player, \$60 for two players, or \$90 for three or more players from the same household. More details can be found at MMYBL.org or by emailing Brian Huylar, Bhuylar@gmail.com.

MMYBL is always looking for volunteer parent-coaches and referees to help run the league. If you're interested in participating with your child as a coach, assistant coach, or referee for some of our games this season, please contact Brian Huylar, Bhuylar@gmail.com.

Welcome Bryant!



Bryant is a native Vermonter who graduated from UVM with a degree in Psychology. He spent 2 years working with children with physical disabilities before returning to the UVM for his doctorate degree in physical therapy. Bryant has spent the past 6 years working as a travel physical therapist and has returned to Vermont to continue his career in outpatient physical therapy at Transitions PT in Jericho. Bryant has a passion for travel, spending time with friends and family and outdoor recreation. He lives in Underhill with his wife, Caitlin.

Bryant is currently accepting new patients.



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