

## How Jericho is working to protect the town's natural resources

By Katherine Sonnick  
Jericho Town Planner

It's no mystery why people enjoy living in Jericho. Jericho still has much of what other once-rural places have lost: plentiful wildlife, scenic beauty, traditional working landscapes, and desirable social and cultural attributes – low crime, helpful neighbors, and vibrant village centers.

Wildlife, clean water, forests, fields, and hilltops are vital parts of Jericho's rural character and prosperity, and are highly valued by residents. Jericho's Conservation Commission (CC) and Planning Commission (PC) are working together to make sure Jericho's important natural heritage isn't lost and that it will be here for future generations of residents. They are developing updates to Jericho's Land Use Regulations that protect Jericho's natural resources.

The Planning Commission and Conservation Commission will host an Information Session at Town Hall on Tuesday, March 20, 7:00 – 9:00 PM to inform the public about how natural resources can be protected. A workshop will be held at Town Hall on Tuesday, April 3, 7:00 – 9:00 PM, to discuss potential revisions to the regulations and hear citizens' feedback.

The first step to preserve the natural heritage is to understand what natural resources exist in the town and where they are located. The next step is to use data to know how important these resources are to the local community and to the state. Is a natural resource rare and irreplaceable, or is it common and plentiful? How does the resource contribute to Vermont's economy? How does the resource affect our health and recreation? Is the resource key to biodiversity?

Together with nearby towns, Jericho worked with Vermont's Department of Fish and Wildlife and with natural resource management professionals to gather this data and answer these questions. In 2013, Jericho, Bolton, Richmond, and Huntington conducted a natural resource inventory to identify valuable forest resources, rare species, significant natural communities, and large connected habitat blocks that exist in the local communities. Known as the *Science to Action Project*, the towns worked with state experts to create maps that show where the important natural resources are. Workshops were held, and dozens of residents discussed how natural resources affect their quality of life.

In 2016, these new natural resource maps were included in Jericho's updated Town Plan. The Town Plan pledged to make sure the most important resources would be protected. Armed with new and better data, the Conservation Commission offered specific recommendations to the Planning Commission about how Jericho's Land Use Regulations could be updated to follow state guidelines and to do a better job of protecting the local natural heritage.

The current Land Use Regulations don't include the most recent maps and data about our natural resources, and the regulations don't provide specific direction about how development should protect Jericho's natural resources.

The Planning Commission has been working with the recommendations from the Conservation Commissions to update the Land Use Regulations. The regulations should include the most effective tools which towns and developers can use, to allow for growth while protecting natural resources.

The PC and CC are continuing to draft revisions, with feedback from the community and from local and state experts. The revisions will strengthen the (\*NRO's protection of natural resources by being more accurate and more specific. The hope is this work will lead to proposed regulation updates for the NRO in the coming months, that would ultimately be reviewed and adopted by the Selectboard.

The public is invited and encouraged to participate by attending the special meetings on March 20, April 3, or any upcoming Planning Commission meeting. If you can't attend these events, but you would like to find out more or offer feedback, please contact the Town Planner, Katherine Sonnick at [ksonnick@jerichovt.gov](mailto:ksonnick@jerichovt.gov).

The working draft of the (\*Natural Resources Overlay section of the regulations may be found on the Jericho Planning Commission's page of the Town's webpage: [www.jerichovt.gov](http://www.jerichovt.gov).

## Kicking back with Brewer Joshua Smith

By Phyl Newbeck  
Special to the Mountain Gazette

When Joshua Smith came home to Westford from his first deployment with the Vermont Army National Guard, one of the things he looked forward to doing was spending time with the friends he hadn't seen during his time in Kuwait. The three of them each chipped in some money to buy equipment and began brewing beer once a week as a way to relax and reconnect.

"We were just doing it casually," Smith recalls. "We had no plans to be a brewery. We would just host some events a few times a year with friends and family." Since the homebrewing was designed to be a fun way for the friends to hang out, they named their operation Kickback Brewery. Soon, other friends and family members started requesting that the trio brew for various social events and Smith began to think about turning their hobby into a business. His two friends were less interested so three years ago they bowed out. In April of 2017, Smith got all the required permits to make Kickback Brewery a commercial entity.

The first beer Smith made is still his favorite. Dark Knight is an Irish dry stout, which he describes as a more flavorful, fuller-bodied version of Guinness with only 4.2% alcohol. The name was originally Dark Night because of the beauty of the night sky in Westford, but Smith added the "K" as an homage to Senator Leahy's role in the film of that name.

A more unusual beer is Red Rocks, which is a cream ale made with local raspberries and honey. Smith readily admits it was his wife Elisabeth who requested a beer with berries and since she graciously allows him to spend evenings brewing, he was happy to accommodate her. He describes the beer as tart and slightly dry but not sour.

The most popular of Smith's beers is an IPA called Guns and Butter. The name comes from the analogy used in economics classes regarding nations spending money on defense (guns) versus food (butter). Smith had little interest in brewing an IPA when he began the brewery, but others told him that it was important to have one. A fun side benefit to the brew is meeting fellow economics students who recognize the provenance of the name.

All of Kickback Brewery's beers are made in Smith's Westford garage. "It's not ideal," he said, "but it's what I can do right now." While Smith enjoys the fact that he is close to his wife and children, working from home can also lead to interruptions of the process. Smith continues to work at his day job for the Vermont Army National Guard in Northfield and does his brewing at night and on the weekends. He has one assistant, Brian Zohn, a sophomore at UVM whom he met through their mutual fraternity. Zohn helps with the brewing once a week and is also trying get his contacts to help with other portions of the business like the website. "Never ask a brewer to set up his own website," Smith said ruefully of his



Westford brewer Joshua Smith's startup Kickback Brewery is gaining a local following. PHOTO CONTRIBUTED

initial endeavor. "I'm learning that you can't do everything on your own."

Currently, Smith brings his beers to private events, when requested, but otherwise he sells his brews mostly at festivals. Since he is still small-scale and only makes three kegs at a time, he can't afford to do growler fills, so he enjoys providing samples instead. At a recent brewer's festival over 2700 people came to his table, so more potential consumers are becoming aware of his product.

At this juncture, Smith is unsure of his next step. If he goes to a larger scale and gets two or three people to work with him, that might free up some of his time. Other options include starting a retail establishment or affiliating with a pub and taproom. That's where the operation named for leisure time becomes stressful. "I'm doing it by myself and that often weighs on me," Smith said. "It's very hard to keep up with it and I tend to drive myself crazy and lose sleep."

While the business end of the brewery may tie Smith up in knots, the actual brewing does not. "I'm happiest when I'm brewing the beer," he said. "That's when it's enjoyable. After a festival I like to sit back, put my feet up, relax, take a minute to breathe and have a beer. That's when I really kick back."

## Underhill Town Meeting results

Reported by Underhill Town Clerk Sherri Morin in Front Porch Forum (issue No. 2776, March 8, 2018):

Article 1 Voted Dan Manz, Moderator for the ensuing year.

Article 2 Voted to hear and accept the reports of the Town Officers.

Article 3 Voted to approve total general fund expenditures of \$1,097,888.37 of which \$911,428.35 shall be raised by taxes, \$186,460.02 by non-tax revenues, pursuant to 24 V.S.A. §2664?

Article 4 Voted to approve total highway fund expenditures of \$1,668,429.60 of which \$1,135,037.10 shall be raised by taxes, \$533,392.50 by non-tax revenues, pursuant to 24 V.S.A. §2664?

Article 5 To transact any other business thought proper when met.

### AUSTRALIAN BALLOT QUESTIONS

Article 6 To elect all Town Officers and School Directors as required by law:

Selectboard: Catherine Kearns 383 Stacey Turkos 254

Lister: Amanda Bradford Bosley 589

Park District: James Massingham 590

MMMU School Director: Eric Gildemeister 570

Article 7 Shall the Town revoke the exemption on the buildings of Maple Leaf Farm and ten acres surrounding them from taxation for municipal purposes? YES 583 NO 90

Article 8 Shall the Town revoke the exemption on the buildings of Maple Leaf Farm and ten acres surrounding them from taxation for school purposes? YES 578 NO 94

Article 9 Shall the proposed map and bylaw amendments to the Unified Land Use and Development Regulations creating the

Underhill Center Village District approved by the Selectboard on January 2nd, 2018 after hearings by the Planning Commission on October 5th, 7th and 12th, 2017 and the Selectboard on December 5th and 12th, 2017 and January 2nd, 2018 be adopted? YES 457 NO 194

Article 10 Shall the remaining proposed amendments to the Unified Land Use and Development Regulations that were approved by the Selectboard on January 2nd, 2018 after hearings by the Planning Commission on October 5th, 7th and 12th, 2017 and the Selectboard on December 5th and 12th, 2017 and January 2nd, 2018 be adopted? YES 431 NO 208

Article 11 Shall the voters authorize the elimination of the Town Listers and replace in accordance with 17 V.S.A. §2561c(b)(1) a professionally qualified assessor who shall have the same powers, discharge the same duties, proceed in the discharge thereof in the same manner, and be subject to the same liabilities as are prescribed for a lister or the board of listers under the provisions of Title 32? YES 424 NO 217

Article 12 Shall the voters authorize the expenditure of \$14,420 for the Green Mountain Transit Jeffersonville Commuter bus route? YES 520 NO 159

Article 13 Shall the voters authorize the Selectboard to appoint a first constable, and if needed a second constable, in accordance with 17 V.S.A. §2651a? YES 399 NO 259

Article 14 Shall the town provide notice of the availability of the annual report by mailing a postcard to all registered voters at least 30 days before the annual meeting instead of mailing or otherwise distributing the report to the voters of the town pursuant to 24 V.S.A. § 1682(a)? YES 476 NO 196

## To call or not to call, that is the question

By Tessa Roy

Have you ever found yourself in a situation where you weren't sure if you should call for an ambulance? It may seem like an odd question, but ambulances aren't just used for critical trauma cases or cardiac arrests. Often times we transport patients who are too ill or injured to drive themselves or be driven to the hospital by family members.

So, when should you call an ambulance? If the patient has a life-threatening condition, if their condition could worsen on the way to the hospital, if they are in need of medical intervention during the transport, or if moving the patient could cause them harm, you should certainly call for an ambulance. If you feel that the situation is an emergency and the patient should be cared for by a medical professional, then you should call 911 and request an ambulance. If you just aren't sure one way or another, it's better to be safe than sorry. Just because the ambulance and crew arrive to help does not mean that you are required to ride with them to the hospital. In some

cases, pre-hospital care providers can perform an assessment and consult with a physician in the emergency department to determine whether or not being transported by ambulance is the right solution to the medical problem.

Some signs to look for that might indicate a medical emergency are loss of consciousness or altered mental status, severe allergic reactions, difficulty breathing, an acute confused state, difficulty speaking, weakness on one side of the body, bleeding that cannot be stopped, coughing up blood, persistent and severe chest pain, broken bones, poisoning, and severe burns.

When you call 911 do your best to remain calm and speak as clearly as possible. Providing accurate information is also essential. The accuracy of the information provided to the ambulance crew depends on the accuracy of the information that is given to the dispatcher. Giving an accurate location is vital, as the ambulance crew can't help you if they can't find you. If the dispatcher can give

Essex Rescue continued on page 2

### Are you listed in the Jericho-Underhill Community Directory?

Please check and if you are not or the listing is incorrect, please contact Brenda Boutin at [mtgazette@earthlink.net](mailto:mtgazette@earthlink.net)

2017 directories are still available at the town clerks' offices, local stores, and businesses.

COMING EVENTS

**Tuesday, March 13**

**Researching Your Irish Ancestors**, 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. As part of the 2018 Burlington Irish Heritage Festival, the VT Genealogy Library and the BIHF are hosting a presentation by Ed McGuire entitled *Researching Your Irish Ancestors*. This hour-long talk will give a brief history of Irish immigration to North America and then discuss some of the major resources for Irish genealogy research – online, locally, and in Ireland. Free and open to the public. Coffee, tea, and pastries will be provided in our break room. For more details: [www.vtgenlib.org](http://www.vtgenlib.org) or 802-310-9285. We are open for research Tuesdays 3:00 – 9:30 PM and Saturdays 10:00 AM – 4:00 PM.

**Monday, March 14**

**History of Cambridge Junction**, 7:00 PM at 49 School St., Jeffersonville. The Cambridge Historical Society presents an evening of information-sharing and discussion on the history of Cambridge Junction. Panel Robert Marsh, Matt Safford, Jim Kinney, Dana Severence will lead a discussion on the Overview Of Cambridge Junction Buildings: Train Station, Dwellings, Post Office, Creamery, Hotel (and its fire), Roscoe Fuller Farm, Store, Livery Stable, Black Smith, School House, Covered Bridge. Come to join the discussion or just to listen!

**Thursday, March 15**

**Book talk: My 30-Year Love Affair with Food in Vermont**, 6:30 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Sandi Earle for a talk on her new book. Earle will be giving the first 20 attendees who purchase a book at the event a free four pack of the *Shotgun Wedding Chocolate Truffles*, which is a recipe from the book! (One per customer. Some exclusions apply.) Earle is a professional baker and chef, and is currently the Executive Chef at Champlain College and a Sodexo District Chef in Vermont and northern New York. Proceeds from ticket sales go to the VT Foodbank. Tickets \$3 include a coupon for \$5 off a copy of the featured book; coupons expire at closing of the evening of the event. Information: [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 448-3350. Information: [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 448-3350.

**Saturday, March 17**

**Mud Season/Maple Season Bird Monitoring Walk**, 8:00 – 10:00 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Admission by donation. All birders welcome on the monthly monitoring walk outdoors on the Museum's trails in forest and meadow. We often have coffee afterwards, indoors at our viewing window. Most fun for adults and older children. Please bring your own binoculars. Free; please pre-register, [Museum@birdsofvermont.org](mailto:Museum@birdsofvermont.org) or 802-434-2167.

**The Joy of Music and Spoken Word**, 3:00 PM, Waterville Union Church, 37 Church St., Waterville. *Flats & Friends* (Cathy and Ken Adams, Robin Genetti, Mark Selig) present a program of performances by Jeff and Gina, *Ladies First*, Joan Nagy, Rudy Dauth, Geoff Marchant, Adam Locke, and Larry Brown Jr. Free meal following the concert. Free will offering to benefit FoodBank.

**Corned Beef and Cabbage Supper**, servings at 5:00 and 6:00 PM, Binghamville Methodist Church, Fletcher. Menu: corned beef and cabbage, Irish soda bread, homemade dessert. Adults, \$10; children under 12, \$5; preschool free. For reservations, call Dennis or Charles, 849-2120.

**Using Facebook for Genealogy**, 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester.

Are you stuck on a family name and can't break through that brick wall? Are you hoping to connect with someone living in the town your ancestors lived in? Are you wondering if there are resources you are not aware of? Maureen O'Brien will show you how Facebook can help in your genealogy research. She will explore different genealogy Facebook groups and pages; and show you how to connect with friendly people who are willing to help strangers on their genealogy journey. It is recommended that you have a basic knowledge of Facebook for this class. Maureen O'Brien manages the Vermont Genealogy Library Facebook. For more details: [www.vtgenlib.org](http://www.vtgenlib.org) or 802-310-9285. Classes \$10. We are open for research Tuesdays 3:00 – 9:30 PM and Saturdays 10:00 AM – 4:00 PM.

**Saturday Story Time with City Market**, 11:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington. Celebrate St. Patrick's Day with a reading of the children's book *O'Sullivan Stew* by Hudson Talbott. After we read together, we'll have a fun and interactive healthy food activity. Free and open to all ages. Information: [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 448-3350.

**Sunday, March 18**

**Underhill Community Soup Bowl**, 5:00 – 7:00 PM, Underhill Town Hall, Underhill Center. Second Annual Winter Series! Free and family-friendly event! These gatherings were such a hit last year, a few community members have organized another series this winter. Come join your neighbors for this casual gathering on a Sunday evening. Have a simple but delicious dinner and connect with other town folks during these dark and cold months. Four soups will be provided, including a vegetarian option. Please bring bread, cheese, or a dessert to share; your own beverage; bowls, utensils, cups; a friend or neighbor. Hope to see you there!

**Monday, March 19**

**3rd Legislative Breakfast 2018 with Lt. Gov David Zukerman**, 7:30 – 9:00 AM, Lamoille County Mental Health Services, 72 Harrel St., Morrisville. This series is an opportunity for all to speak directly with their representatives, who want to hear from you. For information including cost and how to register, contact Jen Kittell, [jen@lomillechamber.com](mailto:jen@lomillechamber.com).

**Thursday, March 22**

**Connecting the Dots between Daily Weather and Climate Change**, 7:00 PM, Deborah Rawson Memorial Library, Jericho. Join the Jericho Energy Task Force for a presentation by weather forecaster Roger Hill, who has worked for the National Weather Service in Burlington as well as Los Angeles, Montana, and Cape Hatteras. He has been forecasting weather for Radio Vermont since 2000 and maintains the *Weathering Heights* website from his home in Worcester. Presented by the Jericho Energy Task Force as part of their winter movie/lecture series. Light refreshments will be served at this waste-free event – please bring your own mugs and bowls. For more information, contact Phyl Newbeck, [phyl@together.net](mailto:phyl@together.net).

**Sap to Syrup**, 9:00 – 10:30 AM, Sugarhouse Parking Area on Main Rd., Green Mountain Audubon Center, 255 Sherman Hollow Rd., Huntington. Follow a droplet of maple sap as it turns to maple syrup – find out how much hard work it takes to become a real Vermont sugarmaker as we tap a tree, collect sap from buckets, and help boil. The reward: a maple syrup taste test. For ages 3-5 with adult; \$8 per child. Pre-registration required, <https://www.eventbrite.com/e/journey-from-sap-to-syrup-maple-sugaring-at-audubon-tickets-43945688738>. For information, 434-3068 or [vermont@audubon.org](mailto:vermont@audubon.org).

**Book talk: We Are All Fast-Food Workers Now: The Global Uprising Against Poverty Wages**, 6:30 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join author Annelise Orleck to discover the story of low-wage workers rising up around the world to demand respect and a living wage. Orleck is professor of history at Dartmouth College and the author of five books on the history of U.S. women, politics, immigration, and activism. She lives in Thetford Center. Proceeds from ticket sales go to the VT Foodbank. Tickets \$3 include a coupon for \$5 off a copy of the featured book; coupons expire at closing of the evening of the event. Information: [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 448-3350. Information: [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 448-3350.

**Mount Mixfield Scale Modelers**, 3rd Thursday of the month, 6:30 – 8:30 PM. Meetings dates: March 22 (note fourth Thursday, April 19, and May 17. Modelers encompassing all categories of interest and skill levels are welcome. Brownell Library, Kolvoord Community Room, Lincoln St., Essex Junction.

**Friday, March 23**

**MMU Project Grad Dinner / Live and Silent Auction Fundraiser**, 6:00 – 10:00 PM, Catamount Country Club, 1400 Mountain View Rd., Williston. More than 100 items in the auction (auctioneer Louise Rosales) include a snowboard and binding from Burton, handmade furniture, Flyers tickets, a guitar from Advance Music, water park passes for Jay Peak, photography packages from Beltrami Studio and Phil Erb Photography, and more. Appetizers 6:00 PM, dinner 7:00 – 8:30 PM, dessert 8:30 PM. Project Graduation is a drug and alcohol free event for graduating seniors the night of their graduation. Tickets \$20 include raffle, dinner, auctions, and live music by *King Me*. For tickets or more information, contact Virginia Haviland, 434-5801 or [vehinv@gmail.com](mailto:vehinv@gmail.com). Tickets are also available at the MMU office and at the door.

**Saturday, March 24**

**Tips for Scaling Brick Walls**, 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. Sometimes our genealogy trail turns cold and we hit a brick wall. When direct evidence is lacking and familiar strategies fail, we have to try new options. In this talk some of our most experienced researchers will describe how they successfully dealt with their toughest brick walls. They will share the logic, methods, and tools they used to finally move on – taking their families' story further back into the past. A handout describing the tools mentioned, favorite articles and books, as well as some of the most useful blog posts and websites to help you keep your genealogical journeys on track will be included. For more details: [www.vtgenlib.org](http://www.vtgenlib.org) or 802-310-9285. Classes \$10. We are open for research Tuesdays 3:00 – 9:30 PM and Saturdays 10:00 AM – 4:00 PM.

**Zen Buddhism Workshop**, 9:00 AM – 1:15 PM, Vermont Zen Center, 480 Thomas Rd., Shelburne. Introductory workshop conducted by Roshi Graef and her students – a practical and authentic introduction in a half-day schedule of talks, question periods, demonstrations, and guided meditation to introduce participants to the body-mind disciplines of Zen Buddhism. Open to all 18 and over. Space is limited; advance reservation ([http://vermontzen.org/workshop\\_reservation.html](http://vermontzen.org/workshop_reservation.html)) required including payment (\$35) in full. Assume you are accepted unless you hear otherwise. Please arrive by 8:45 AM as the workshop begins promptly.

**Puppet Day at Shelburne Museum**, 10:00 AM – 3:00 PM, Shelburne Museum, Shelburne. In honor of World Puppetry Day (March 21) and the special exhibition *Puppets: World on a String*, enjoy a fun-filled day of live theatrical puppet performances: *The Snowflake Man* with puppeteer Sarah Frechette of *PuppetKabob*, and *Punch & Judy* with *Modern Times Theatre*. *Puppets in Education* will share their important work with schoolchildren in an interactive discussion and demonstration. Step into Webby's Art Studio to create a puppet of your own, act out a puppet show in our interactive puppet theater, and enjoy a curator-led gallery tour in the exhibition. Snacks available for purchase. Please note: space is limited for performances. Seating is first come, first served. Free with Museum admission. Beginning at 2:00 PM, puppeteer Sarah Frechette will lead a special Pop-Up Puppet-Making Workshop; workshop fee \$10; limit 25 participants; separate online pre-registration required, visit: [popuppuppetworkshop.eventbrite.com](http://popuppuppetworkshop.eventbrite.com).

**Saturday-Sunday, March 24-25**

**Sugar on Snow Parties**, 11:00 AM – 4:00 PM, Sugarhouse on Main Rd., Green Mountain Audubon Center, Huntington. Celebrate maple sugaring season with sugar on snow, sugaring demos, and a taste of each grade of maple syrup. Tap a tree, collect sap from buckets, and more on a sugarbush tour. For all ages and families. Free admission. Raffle (\$5/ticket or \$20/5 tickets) with prizes including L.L. Bean gift certificates, L.L. Bean Women's Snowshoe Package, Audubon syrup, Runamok Maple gift package. Food and syrup for sale. Proceeds from raffle and syrup sale support Audubon's education and conservation programs. For information, 434-3068 or [vermont@audubon.org](mailto:vermont@audubon.org).

**Sunday, March 25**

**Stories from Behind the Barn**, 2:00 PM, Founders Tavern, Ethan Allen Homestead, Colchester. Join NPR Moth Mainstage storyteller, woodsman, author, and sixth generation Vermonter Bill Torrey as he tells hilarious, heartwarming, true stories about growing up in the '60s in Vermont. Admission \$15 also includes delicious snacks and hot hors d'oeuvres and a chance to win a door prize. Limited seating; reserve tickets by contacting [devino13@comcast.net](mailto:devino13@comcast.net) or 863-5403.

**Monday, March 26**

**From the Ground Up: Building a Community Oven**, 5:30 – 7:00 AM, Jericho Town Library, Jericho Center. Transition Town Jericho presents organizers from Johnson, VT who will talk about how their town came together to plan, build, and now enjoy the benefits of a community wood-fired oven. Free; snacks provided. For more information: [www.transitiontownjericho.net](http://www.transitiontownjericho.net).

**Tuesday, March 27**

**How Plants Will Save the World**, 12:30 PM, Faith United Methodist Church, 899 Dorset St., S. Burlington. Laura Hill, senior lecturer in plant biology at UVM, will present this talk to the Burlington Garden Club. Plants are the crux of the terrestrial ecosystems that humans depend on. How can we use our understanding of plant biology to design sustainable practices in the agriculture, energy, and health sectors that sustain our human population. Free and open to the public.

**Wednesday, March 28**

**Timeless Truths for Modern Mindfulness**, 6:30 PM, Phoenix Books Essex, 2 Carmichael St., Essex. Join author Arnie Kozak, PhD, for a discussion of his new book. Kozak is a psychotherapist, clinical assistant professor in psychiatry at UVM College of Medicine, and workshop leader at the Barre Center for Buddhist Studies and the Kripalu Center for Yoga and Health. His books include *Wild Chickens and Petty Tyrants: 108 Metaphors for Mindfulness* and *The Everything Guide to the Introvert Edge*. Free and open to all. Information: [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 872-7111.

**Saturday, March 31**

**Bird Monitoring Walk**, 8:00 – 9:00 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Admission by donation. All birders welcome on the monthly monitoring walk outdoors on the Museum's trails in forest and meadow. We often have coffee afterwards, indoors at our viewing window. Most fun for adults and older children. Please bring your own binoculars. Free; please pre-register, [Museum@birdsofvermont.org](mailto:Museum@birdsofvermont.org) or 802-434-2167.

**Tarot Readings with Rachel**, 6:00 – 7:30 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join us for a Jungian-inspired tarot reading with Rachel, who has been reading tarot for six years and whose approach draws from the concept that we can access collective symbols and archetypes from our unconscious that can assist in guiding our intuition. Rachel has an MA in clinical mental health counseling from Antioch University New England and has a private psychotherapy practice. Readings are first come, first served, and are for entertainment purposes only. Suggested donation \$5-10. For information, [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 448-3350.



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**23 Kristie Lane**  
**Jericho, VT 05465**  
[www.thurgateconstructionvt.com](http://www.thurgateconstructionvt.com)



Essex Rescue continued from page 1

the ambulance crew a clear picture of what to expect then the crew will be able to prepare while responding. If there is information about the patient or their condition that you don't know that's okay. The most important thing is to stay as calm as possible and to

follow any instructions the dispatcher may give you.

While you are waiting for the ambulance to arrive, take a couple of minutes to write down important information about the patient. Identify the patient's legal name with the correct spelling, their date of birth, and try to locate the patient's driver's license or other form of identification. Make a written list of the patient's medications, drug allergies, and significant past medical history. The ambulance crew will also want to know if the patient is on home oxygen. Does the patient regularly take their medications? Is the patient regularly cared for by a doctor? If so, who and why? Has the patient been sick or hospitalized recently? Has this emergency happened to the patient before? Who is an emergency contact for the patient, and can you list their name and phone number? By clearly and legibly writing this information down, it will save the ambulance crew time and minimize a delay in the care and transportation of the patient.

If you are interested in becoming an EMT or driver with Essex Rescue, please contact Joe Congdon at 878-4859 ext 7.

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COMMUNITY COLUMNS

**Jericho Mystery Photo #7: Snowflake Bentley on Ice**



*Irony: "A state of affairs or an event that seems deliberately contrary to what one expects and is often amusing as a result."*

Though the gates often appear to be open, the Jericho Center cemetery fence has a sign attached that reads, CLOSED NOVEMBER TO APRIL.

Seemingly a pattern prevails as the white small shed in front of the cemetery is padlocked, although undeterred. The padlock is indeed bolted closed to the clasp on the left door but the other side of the clasp is not attached to the door on the right. There is just enough of a gap between the two doors to beg inquiry; however, the voyeur comes away with only a shudder and unsatisfied curiosity at the deep blackness within, even on sunny bright days.

But herein the irony and mystery only just begins. First some background. The Jericho Center Cemetery is located on Barber Farm Road in Jericho Center. Snowflake Bentley is buried there.

Lewis Chapin gave the land for the cemetery. The parcel of land that he gave to the town is two acres. He specified that there should be a fence "whenever it is necessary to be so fenced." One might ponder on what would make it necessary to fence in those whom I assume no longer wander about.

One would expect somewhat limited interest in visiting most Vermont graveyards in the snow, ice, and mud seasons. Nevertheless, given that Wilson "Snowflake" Bentley is buried within, this graveyard might warrant winter visitations.

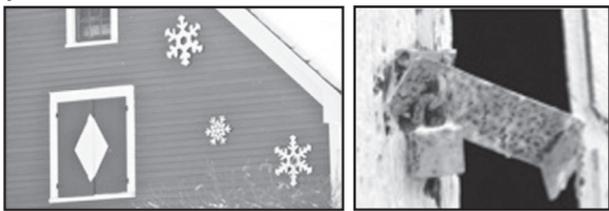
Snowflake Bentley is renowned for being the first known photographer of snowflakes. Bentley tried drawing the images of snowflakes he viewed through a microscope; however, he found they were too complex to record before they melted. He developed a method to photograph snowflakes. He also photographed all forms of ice, and natural water formations including fog and clouds.

One would expect that many if not most of his photos were taken between November and April. Therein lies further irony.

The winter months are precisely when the graveyard (that contains his remains) is advertised as closed. Yet a defiant force seems to want the gateways to be open during this period. Could it be that Snowflake Bentley continues on with his work in Jericho Center, from November to April? Some have reported a brief flash of light coming from the dark caverns of the white shed in front of the cemetery on blustery snowy days.

Look closely at any snowflake art you see in town. From time to time the intricate details of each snowflake may change as if a yet unknown artist continues to photograph snowflakes and display their endless snow crystal designs for us all to observe in splendid detail, especially from November to April.

Bernie Paquette discovers by observation; then shares photos and stories highlighting why Jericho is a special place! To see more of Jericho, VT photos, visit Jerichovermont.blogspot.com. Send your comments or Jericho stories to Bernie.paquette@yahoo.com.



4-H NEWS

**Horse-savvy 4-H'ers compete at Invitational Horse Quiz Bowl**

It was all about horses on Saturday, March 3 as 4-H'ers from four counties competed in the Chittenden County 4-H Invitational Horse Quiz Bowl Contest in Essex Junction.

University of Vermont (UVM) Extension 4-H and Chittenden County 4-H hosted the event at Essex High School. In buzzer rounds, arranged according to age, the 29 participants answered questions on horse breeds, reproduction, anatomy, feeds, health, equine history, and related topics, earning points for correct responses.

The 4-H'ers earned rosette ribbons for placing as follows: SENIOR DIVISION (14-18): Madison Zimmerman, Northfield (first); Faith Ploof, Westford (second); Ella Haire, Hinesburg (third); Allison Tourville, Georgia (fourth); Natalie Tylenda, Essex (fifth); Sammie Blackmore, Charlotte (sixth)

JUNIOR DIVISION (12-13): Anna-Lise Cooledge, Westford (first); Emma Zimmermann, Northfield (second); Shyanne Wedge, Shoreham (third); Vivienne Babbott, Hinesburg (fourth); Neika Haire, Hinesburg (fifth); Jordan Bombard, Duxbury (sixth); Emily Lang, Hinesburg (seventh); Olivia Osekoski, Hinesburg (eighth)

JUNIOR DIVISION (10-11): Summer Le, Colchester (first); Greta Friesen, Hinesburg (second); Hannah Smiley, Milton (third); Kiera Newton, Milton (fourth); Sophia Schiffilliti, Colchester (fifth); Elizabeth Hahn, Hinesburg (sixth); Jenna Bennett, Highgate (seventh); Phoebe DePatie, Highgate (eighth); Madeline Tylenda, Essex (ninth)

JUNIOR DIVISION (8-9): Kelsey Paradee, Swanton (first); Madeline Langlois, Westford; Ben Tylenda, Essex (third); Addie Ploof, Westford (fourth); Jacob Marinoff, Swanton (fifth); Tylenda, Essex (sixth)

To learn more about the 4-H horse program in Vermont, contact Wendy Sorrell, UVM 4-H livestock educator, at 802-651-8343, ext. 513, or wendy.sorrell@uvm.edu.

**Poor Richard**

By Doug Boardman  
Special to the Mountain Gazette

Richard was not poor; my sister and I used to pick on him a lot. In fact his father was a dairy farmer and had a franchise with Delaval milking machines. His name was Charlie and he was a very conservative, honest person. He was a typical person with, as my father used to say, a person with deep pockets and short arms. My father got a big kick out of Charlie because when he gave Dad a bill for plowing, etc., he would always add pennies to his bills. He used to tell Dad, that was his profit.

Richard was in the same grade as my sister Viv because she was asked to start first grade when she was 5 years old. Richard was 6 years old and would have been the only one in first grade. We went to a one room schoolhouse and had no kindergarden.

As I said before, my sister and I picked on Richard a lot but truly believe he kind of liked it. He had to pass by our house to get to his house a mile away. We would wait for him and pelt him with snowballs in the winter and old tomatoes, apples, etc. in the summer. He would take a wide berth by our house by running way out in the field across the road from our house to get away from us. I had a good arm so I could reach him for a good ways down the road. It became a regular game we played and he kept coming through so we still were all friends. We only had four kids in the neighborhood so we had to preserve what friends we could. Richard was on the small side when he was in elementary school but when he went to high school he was one of the tallest, biggest kids in high school. My sister used to "wrestle" him down when he was in elementary school but later on he was twice as big as her.

Richard was a good sport and we played baseball with a cracked bat with electrical tape and a used baseball with electrical tape. We had one glove that the catcher used, which was old and had no padding. We used the cowflops in the pasture behind the school for bases, but once in awhile they would be gooey underneath and we would smell pretty bad. Dried up cowflops also made good frisbies. We played "kick the can" a lot also and of course I would wear out my shoes kicking the can and the right sole would start flopping. My folks would buy me one pair of shoes per year so I would have to tape up the sole of my right shoe. I envied Richard because his parents would buy him a new pair of shoes when his wore out.

Richard spent more time with me after third grade because a new girl moved into the neighborhood and started to spend a lot of time with my sister. Richard and I started a secret club which we called the "piss club," and decided we needed another boy in the club. We finally talked another boy, who lived about two miles away, into joining our club but at the initiation ceremony he spit out the cocktail we prepared for him and never joined our secret club. The club petered out shortly after that because we couldn't attract any other members. We didn't want to be a non-profit club but we didn't have any money so basically we were not for profit secret club. Therefore since we had no money, we did not need a treasurer and we did not need a secretary because we didn't have to take notes with just the two of us. The only place we could meet secretly was an old outhouse and the so-called meetings were very short.

We needed at least three or four other kids for sliding down the road on our big bobsled, which we called a "traverse." It was homemade and had runners and a steering wheel and a so-called brake that didn't do anything when you got going fast. I usually drove because we would crash eight out of ten times right below our house where there was a slight curve; we would be going very fast and if we didn't bail out right away I would get crushed against the steering wheel by three or four people sitting behind me.

After we went to high school Richard and my sister's friends kind of drifted apart. Across from where Alice lived was a piece of land that the historians found was preserved for a cemetery. Richard got married and they had a baby who died at birth and was the first one to get buried at that cemetery, which was named the Doty cemetery. Now Richard is also buried there. I thought years ago I might be buried there but my wife and I have some plots at the Green Mountain Cemetery and my wife of 60 years was buried there in July 2014 beside her mother Esther Somers and her father Harold Somers.

**Audubon Vermont to hold Sugar-On-Snow parties**



Audubon Vermont will hold Sugar-On-Snow parties on Saturday-Sunday, March 24-25 at its sugarhouse on Main Rd. in Huntington. Free admission to come celebrate maple sugaring season – enjoy sugar on snow and a taste of the different grades of syrup, tour the sugarbush, tap a tree, and more. There's a raffle for some great prizes, and food and syrup for sale (proceeds support the Audubon Center). PHOTO CONTRIBUTED

**Compare and contrast**

By Sue Kusserow  
Special to the Mountain Gazette

The last issue of Mountain Gazette (March 1, 2018) illustrates the diversity of the printed page. Here are four essays, one-following-another, each of a different style and theme. Reading from left to right, Doug Boardman describes a character and an incident from his youth. Doug is old now; his wife of many years died in 2014. As is true of most of us who live alone, we dig out memories and relive their details. His are cheery, realistic, with a sly sense of humor as he looks backwards.

Next is me (my English teacher mother would be shocked at using the "wrong" pronoun... so our worlds change). My wording is not as free; I find myself changing words that seem to fit, but need more power, more surprise and shifts in tone... more curiosity than recall, more melodrama than fact.

To my right is Maeva Kim, who writes about birds. It is gentle writing, in which her love of these animated, brightly-colored creatures spills out of the page. Facts are direct, simply stated, and, in this case, amplified and clarified by a photo of an owl, her current choice for bird-of-the-week.

Next is Dr. First, whose TV ads have clarified that he is of an open, smiling generation of doctors who trust us as parents and consumers, and readily share their knowledge. Teaching is part of his diagnosis and follow-up. He lays out his topic in his title and carries on with clarity and specifics.

Doug once said to me, "I wish I could use words and quotes the way you do." I said, "I wish I could remember my past as clearly as you do." So here, in a small town bi-weekly paper, you find four authors, sharing skills and knowledge with us.

So here is my quote, from Jane Smiley, author of A Thousand Acres, a novel relying heavily on her growing-up years on the plains and curving hills of Iowa:

"When you are ready you make use of what is right in front of you, because everything can be inspiring if you are curious about it."

Can anyone join us? Of course. How about someone with a sense of humor... from a different era... a voice from another angle? Here is another quote from Jane Smiley:

"... the effort, the thought, the putting together of one part with another part and seeing what happens... his is the driving force."

**Send your news to**

[mtgazette@earthlink.net](mailto:mtgazette@earthlink.net)

**The Mountain Gazette**

6558 VT Rt 116 Starksboro, VT 05487  
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Must be signed for attribution with writer's address and phone number.

**Send your news to**

[mtgazette@earthlink.net](mailto:mtgazette@earthlink.net), [www.mtngazettevt.com](http://www.mtngazettevt.com)

**Area Worship Services**

**COVENANT COMMUNITY CHURCH**

"Come As You Are"

1 Whitcomb Meadows Lane, Essex, VT 05452

(across from John Leos on Route 15)

Pastor: Rev. Jeannette Conver

email: [cccpastorjeannette@gmail.com](mailto:cccpastorjeannette@gmail.com)

Phone: (802) 879-4313

facebook: <https://www.facebook.com/Covenant-Community-Church-125345080830320>

Adult Bible Class: Sunday 9:00 AM

Worship Service: Sunday 10:00 AM

Fellowship: immediately after service

Child care (infant through pre-K) is provided during the worship service

**JERICO CONGREGATIONAL CHURCH**

"An Historic Church Proclaiming an Eternal Message"

On the Green in Jericho Center, VT

Senior Pastor David Coons and Youth Pastor Glenn Carter

Sunday Services at 8 am & 11 am

Nursery care provided

Sunday School at 9:30 am for all ages

Fellowship at 10:30 am

Youth group 6:15 pm Sundays in our Sunday school building

Signing for the deaf upon request

899-4911; [officejcc@comcast.net](mailto:officejcc@comcast.net); [www.jccvt.org](http://www.jccvt.org)

**MOUNT MANSFIELD UNITARIAN UNIVERSALIST FELLOWSHIP**

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as we explore truth and meaning, and work for social justice.

All are welcome.

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195 VT RT 15, Jericho VT (red barn across from Packard Rd)

899-2558 [www.mmuuf.org](http://www.mmuuf.org)

**ST. THOMAS ROMAN CATHOLIC CHURCH**

"Worshipping God in Spirit and in Truth in the Holy Sacrifice of the Mass"

On Green Street in Underhill Center Weekend Masses:

Saturday 4:00 PM Sunday 8:30 AM

Pastor: Rev. Christopher Micale

Deacon: Peter Brooks Religious Ed. Coordinator: Laura Lynch Wells,

899-4770 Parish Secretary: Theresa Gingras Phone: 802-899-4632,

email: [office@stthomasvt.com](mailto:office@stthomasvt.com), Website: [www.stthomasvt.com](http://www.stthomasvt.com)

**UNITED CHURCH OF UNDERHILL**

"Welcoming, Worshipping, Working for God"

At the Green on VT RT15 - Rev. Kevin Goldenbogen - 899-1722

[www.unitedchurchofunderhill.com](http://www.unitedchurchofunderhill.com)

Worship and Sunday School 10:30 AM  
Local and Global Mission and Service Outreach Opportunities for families, men, women and youth Streaming audio sermons: [www.becauseyoumay.com](http://www.becauseyoumay.com)

# Health programs and classes at Northwestern Medical Center

## MARCH 2018

27<sup>th</sup> annual Jim Bashaw Bowlathon, Saturday, March 24, two sessions: 1:00 – 3:00 PM and 4:00 – 6:00 PM, Dairy Center Bowling Alley, Enosburgh. Sponsored by NMC, Suburban Propane, Pizza Hut, DMC Electric, and Jolley. Please join us for an afternoon or evening session of bowling to benefit a very worthy local cause, the Jim Bashaw Cancer and Catastrophic Illness Fund, which provides financial assistance to people in Franklin and Grand Isle counties who are struggling with cancer or a catastrophic illness. Since its inception in 2001, the fund has distributed over 961 grants totaling more than \$525,941.95. This fund helps people of all ages with things like transportation to medical appointments and out-of-pocket medical expenses. In 2017, the fund provided grants to more than 129 people struggling with financial hardship due to cancer or catastrophic illness. Your support makes a real difference in the lives of people right here in Franklin and Grand Isle counties and we count on you to help keep this valuable resource available to those who need it most. To register a six-person team or for more information, contact 802-524-8479 or [development@nmcinc.org](mailto:development@nmcinc.org). Please register by March 15 as space is limited. \$50 minimum donation per bowler to participate (includes bowling shoes, two games, pizza, refreshments, and prizes). Team costumes are encouraged!

Healthier Living Workshop: Chronic Disease Management, Mondays, March 12-April 16, 10:00 AM – 12:30 PM, Four Winds. This program

offers support to people living with chronic disease with a focus on topics that will assist with managing and improving health. The workshop takes place for 2.5 hours once a week for a total of six weeks and is intended for those who are living with chronic disease such as arthritis, diabetes, cancer, obesity, or heart disease. Our program can help you make choices to live healthier! Contact Deana Chase, 802-370-5626. Free.

Breastfeeding and You: Tuesday, March 13, 6:00 – 7:30 PM, NMC Family Birth Center Conference Room. The Department of Health's FREE Breastfeeding Prep Class for you, family members, and other moms-to-be to plan for breastfeeding your newborn in the first month of life. Personalize your breastfeeding plan, line up your support, go over the basics, ask questions and get real-life answers. You can do it, WIC can help! To register, please call 524-7971. Free.

Parkinson's Support Group, Tuesday, March 13, 10:00 – 11:30 AM, Pillsbury Senior Community first floor library, 3 Harborview Dr., St. Albans. March speaker: Dr. James Boyd, Neurologist. 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. Free. Pre-registration not required. Wheelchair accessible. For information contact Pat, 802-524-5520, or Judy, 815-895-2312.

Movement for Parkinson's Disease: Friday, March 16, 10:00 – 11:00 AM, Homestead at Pillsbury Manor. Registration/

information: contact Sarah, 802-881-9673 or [saramcm28@gmail.com](mailto:saramcm28@gmail.com), or Patty Rugg, [patricia\\_rugg18@comcast.net](mailto:patricia_rugg18@comcast.net). Free. Offered for people with Parkinson's disease and their care partners, this dance class is designed to engage participants' minds and bodies through many styles of dance, while exploring stretching, muscle strengthening, postural stability, and rhythm through instruction and energizing music. The class is offered in a relaxed social environment that emphasizes enjoyment, fun and creativity, with an eye towards connecting with the community. No dance experience required. No charge, donation appreciated.

Aquatic Exercise for Arthritic Conditions – Wednesday, March 21, 5:30 – 6:30 PM, Branon's Pool. Experience the benefits of exercising in warm water to decrease stress on your joints while making it more comfortable to move! NMC aquatic physical therapists will lead you through a series of exercises to improve flexibility, strength, and balance. Attend this 60-minute session and earn a coupon for discounted membership to Branon's Pools. Please contact Faith DuBois, 524-1217 or [fdubois@nmcinc.org](mailto:fdubois@nmcinc.org) to sign up.

Heart Healthy Classes – Meal Planning: Wednesday, March 21, 10:30 – 11:00 AM, Cobblestone Health Commons Cardiac Rehab Gym. This meal planning class discusses barriers to eating healthy, "smart shopping," reading food labels, and serving sizes of different foods and their nutritional values. Please call 524-8849 to register. Free.

## ONGOING

Cancer Exercise Rehab Group – Ongoing every Tuesday and Thursday, 8:00 – 11:00 AM, NMC Rehab gym, Cobblestone Building. Featuring Wendy Lawrence, certified NMC Oncology Rehab Physical Therapist. Pre-registration required; call 524-1064. Free for the first 8 weeks, then \$40. A physical therapy evaluation is required to assure that the client is able to participate. This class pinpoints the common needs of patients, which include decreased range of motion, decreased strength, and cancer-related fatigue.

Prenatal Fitness, every Wednesday, 5:30 – 6:30 PM, NMC Wellness & Fitness Room. Featuring Stephanie Freedom, AFAA. Pre-registration required; contact Stephanie, 802-288-1141 or [stephanie.freedom@gmail.com](mailto:stephanie.freedom@gmail.com). Free to Northwestern OB/GYN patients. Northwestern OB/GYN offers these free prenatal exercise sessions to strengthen and prepare you for a successful birthing experience. Join other moms as we lead you through a customized routine designed to make you feel energized and confident. Please consult a physician before beginning this exercise program.

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 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 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 Deb Robertson, 524-1031 or [drobotson@nmcinc.org](mailto:drobotson@nmcinc.org). 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.

Grief and Recovery Support Group, first and third Wednesday of each month, 7:00 – 8:00 PM, Franklin County Home Health Office, St. Albans, 3 Home Health Circle. Pre-registration required; call Lori Wright, 527-7531. Free. Experiencing a

loss can be painful to face alone. Franklin County Home Health's Grief and Recovery Support Group serves as a safe place to share feelings with others who are coping with grief. This support group is offered free of charge to anyone who would like to talk to others and help one another. It also provides a resource for grief education in our community.

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 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](http://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 – 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 at Franklin County Home Health Agency, 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 Enosburgh.

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](http://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.

## Blood Drive March 22

An American Red Cross blood drive Thursday, March 22 at Northern Vermont University-Johnson will be open to participation from the public.

The drive, 12:00 – 5:00 PM at SHAPE gym, will include pizza and snacks for blood donors.

Walk-ins are welcome, but appointments are suggested. To schedule an appointment, go to <http://www.redcrossblood.org/give/drive/driveSearch.jsp>, then enter the Johnson zip code – 05656 – click on Johnson State College (NVU-Johnson), and enter your information.

For more information, email [andrielle.flavel@gmail.com](mailto:andrielle.flavel@gmail.com) or call 635-1471.

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[ MANSFIELD ORTHOPAEDICS ]

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**AO Trauma Fellowship:** John Hunter Hospital, Newcastle, Australia

**Foot and Ankle Fellowship:** University of Washington and Harborview Medical Center in Seattle

**Residency, Orthopedic Surgery:** University of Vermont Medical Center

**Medical Degree:** University of Texas Health Science Center at San Antonio School of Medicine

**Bachelor of Arts:** Williams College in Massachusetts

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Orthopaedic Surgeon Bryan C. Monier, MD joins Copley Hospital as Dr. Saul Trevino transitions to a non-operative clinical practice.

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EXCEPTIONAL CARE. COMMUNITY FOCUSED.

ART / MUSIC / THEATER



Bryan Memorial Gallery presents artist Katharine Montstream in conversation about *Marketing Your Art*. Montstream is one of Vermont's iconic landscape artists, and she will tell stories about the lessons she has learned about marketing her work. Free, but seating is limited: first come, first served. Bryan Memorial Gallery, 180 Main St., Jeffersonville, from 1:00 – 3:00 PM on St. Patrick's Day, Saturday, March 17. PHOTOS CONTRIBUTED

ART/PHOTOGRAPHY

Bryan Memorial Gallery presents *Cabin Fever*, its annual month-long series of art oriented programs, designed to entice its participants out of the cabin and into the art world, through Sunday, April 1. The series features workshops, lectures, talks, and conversations on art, most at no charge to participants, on a first-come, first-served basis. Geared for artists and art lovers at any stage of their interest, the programs include: on Saturday, March 17 Katharine Montstream on *Marketing Your Art*, from her own experience: how she got started, what she learned early, and what has helped her establish herself (free, no registration required); landscape artist Eric Tobin will present an oil painting demonstration on Saturday, March 24, 1:00 – 3:00 PM, painting a canvas from start to finish and conversing with attendees while he paints (free, no registration required); Lassie Barile and Fiona Cooper Fenwick of Vermont Frame Makers will present what you need to know when it comes to framing artwork. All programs take place at Bryan Memorial Gallery; all seating first come, first served. Also, *Love Lost and Found*, a member exhibit of paintings exploring the vicissitudes of love, in its Middle Room, through Sunday, April 1; and *Land and Light and Water and Air*, over 100 juried landscape paintings of New England scenes from regional artists. The gallery is open daily, Thursday-Sunday, 11:00 AM – 4:00 PM and by appointment. Free admission. Bryan Memorial Gallery, 180 Main St., Jeffersonville; 802-644-5100; [www.bryangallery.org](http://www.bryangallery.org).

*After the Frost: Moments in Nature* is an exhibit of mixed media and fabric collage by Dianne Shullenberger running through April 29. The exhibit by Jericho resident Shullenberger will be joined by a collection of pastels by Marcia Hill, *The Spirited Landscape, in the Common Space Gallery*. River Arts of Morrisville, 74 Pleasant St., Morrisville, 888-1261.

River Arts in Morrisville has several drop-in sessions available. For adults and teens: Printmaking Drop-in, every Sunday, 1:00 – 3:00 PM, \$5 suggested donation; River Arts Photo Co-op, every third Thursday, 6:00 – 8:00 PM, \$5 suggested donation; Poetry Clinic, every first and third Tuesday, 6:00 – 8:00 PM, \$5 suggested donation; Open Studio Figure Drawing, every first and third Tuesday, 3:00 – 5:30 PM, \$10/session, punchcards available. For seniors: Over 60s Art Group, Drop-in every Thursday, 10:00 AM – 12:00 PM, free to adults 60 years and up. For kids: Open Gym Playgroup, drop-in every Monday, 9:30 – 11:00 AM, free; Music and Movement, drop-in every first and third Wednesday, 10:30 – 11:30 AM, free; BIG & Messy – ART SPACE, drop-in every Sunday, 10:00 AM – 12:00 PM, \$5 suggested donation. To register and for more information, <https://riverartsvt.org> or River Arts of Morrisville, 74 Pleasant St., Morrisville, 888-1261.

The Common Grounds Art Show Call to Artists from the Birds of Vermont Museum is in recognition of 100 years of the Migratory Bird Treaty Act. We seek bird-oriented artworks on themes of conservation, migration, habitat, protection, and/or coordination among peoples, species, places, and/or time. The show runs from May 1-October 31 in the Museum, with most art hung on the walls (some shelf and ceiling space). Any media; new or returning artists of any age; send up to three works – up to three .jpgs – to [museum@birdsofvermont.org](mailto:museum@birdsofvermont.org), with "Submission for Common Grounds art show" in the subject; or up to three prints to the Museum, attn: Common Grounds art show. Include contact info and a description of work (media, artwork size, when made, etc.). Entries due by Tuesday, March 27. Selections by April 5; museum staff will contact artists. The Museum asks for permission to reproduce images of the selected works in print and online as part of publicity for the exhibit. Artists showing work are invited to sell originals, prints, and/or cards through us on consignment; details available on request – contact Kir Talmage or Allison Gergely, 802-434-2167 or [museum@birdsofvermont.org](mailto:museum@birdsofvermont.org).

Visions of Vermont Art Galleries in Jeffersonville is open Tuesday-Sunday, 11:00 AM – 5:00 PM. Hosts Jane and Terry Shaw, 644-8183; Visions of Vermont, 100 Main St., Jeffersonville. For more information, visit [www.VisionsofVermont.com](http://www.VisionsofVermont.com).

Kids (of all ages) are welcome to come create at Webby's Art Studio, Shelburne Museum with specialized art activities for all ages inspired by temporary and permanent exhibitions at the Museum, Saturdays, 11:00 AM – 3:00 PM at the Pizzagalli Center for Arts and Education Classroom. March 17: *Encapsulated Creatures* – explore the new exhibit *In the Garden*, then build a mixed media insect and a terrarium to keep it in. March 24: *Once upon a time...* – design a fairy tale inspired finger puppet and put on a show in the Shelburne Museum puppet theater. Special time: 10:00 AM – 1:00 PM. March 31: *Trivet, Trivet, Trivet!* Learn about what a trivet is by looking at our collection and then turn natural wool fibers into a colorful felt ball trivet. April 7: *Beetle Jewels* – check out the insect photography displayed in the exhibit *In the Garden*, and use metallic paint to recreate those vibrant colors in your own work of art. April 14: *April Showers* – build a mixed media mobile inspired



by the weather. April 21: *Painting with Wool* – learn about different felting techniques and then create a floral composition inspired by the quilts in the exhibit *In the Garden*. April 28: *Make it Rain* – work with a variety of materials to create a musical rain stick.

At Helen Day Art Center in Stowe through April 14, the two-person exhibit *Ordinary Time* features the work of Maine-based painter Grace DeGennaro and the kinetic sculpture of Boston-based Anne Lilly. These artists elevate the ordinary into the extraordinary by working with engineering and geometry to create fluidity and beauty. Also through April 14 in the East Gallery: *The Infinite Shapes of Water*, an exhibit of large-scale digital photo prints by Philip Herbison. Helen Day Art Center, 90 Pond St., Stowe.

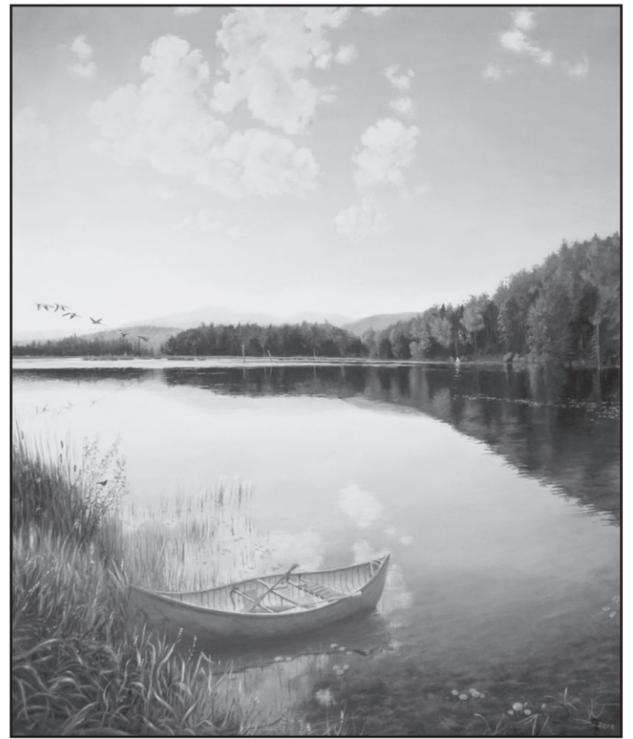
Essex Art League meets the first Thursday of the month, September-May, 9:00 – 11:00 AM at the Essex Junction Congregational Church on VT Rt. 15, Essex Junction. The agenda includes a business and social time and a guest speaker/artist presentation. More information including a calendar and online gallery is available at the League's website [www.essexartleague.com](http://www.essexartleague.com).

The Milton Artist Guild offers a number of fun and varied workshops. In March and early April these include: Live Model Life Drawing with instructor Kim Anetsberger on Mondays, March 19, 26; Easter Basket Weaving with instructor Tracie Quirion on Saturday, March 24; Landscape Tapestry Weaving with instructor Janice DeCooman on Saturday, April 7. Register for any workshop at the Art Center Wednesday-Saturday, 11:00 AM – 6:00 PM; Sunday, 11:00 AM – 3:00 PM, online at [miltonartistsguild.org](http://miltonartistsguild.org) or email [castlegarden\\_vt@yahoo.com](mailto:castlegarden_vt@yahoo.com). The next monthly meeting of the guild will be Thursday, April 19, 6:00 – 8:00 PM at the Guild Art Center, 199 U.S. Rt. 7S, Milton. For information, contact the Milton Artists' Guild, P.O. Box 369, Milton, VT 05468; [www.miltonartistsguild.org](http://www.miltonartistsguild.org).

MUSIC

The Hinesburg Artist Series' 22<sup>nd</sup> annual concert on Sunday, March 18, 4:30 PM at St. Jude's Church, Hinesburg will feature the South County Chorus and Hinesburg Artist Series Orchestra under the direction of Rufus C. Patrick. Several selections from Part II and III of Handel's *Messiah*, including the *Hallelujah Chorus* will be performed. The concert will also feature a composition by Dan Forrest, *Requiem For The Living*, a five-movement work forming a narrative of light, peace, rest, and comfort to the living who have experienced the loss of friends and family. An ensemble comprised of Jim Duncan (trumpet), Jane Kittredge (violin), Kim Hardy (cello), and Gary Moreau (bass) will perform *Jubilate Deo omnis terra* by Johann Valentin Meder. Tickets (\$20 adults; \$15 seniors and students) available at the Hinesburg Rec Department, Blue Cottage Gifts, Hinesburgh Public House, through *FlynnTix.org* (863-5966), and at the door.

The Burlington Chamber Orchestra's eleventh season performances this season will include a collaboration with *Bella Voce Chorus* Mozart's *Marriage of Figaro Overture*; Mel Bonis, *Suite en forme de valse pour orchestre*; and Gwyneth Walker's *Love is a Rain of Diamonds, I Will be Earth, Thank you God, The Tree*



*Security guards say people come just to see the paintings in Vermont Landscapes, an exhibit curated by Bryan Memorial Gallery, continues at the Lamoille County Courthouse through June 30. Featuring 38 paintings by 19 artists, all of whom paint in Vermont, the exhibit can be seen in the public spaces of the Courthouse on the first and second floors. Free, at the Lamoille County Courthouse, 154 Main St., Hyde Park, Monday-Friday, 8:00 AM – 4:30 PM (closed 12:00 – 12:30 PM.)*

PHOTOS CONTRIBUTED

of *Peace* and *How Can I Keep* on Saturday, May 12. The Concerto Competition winner will also perform at the May concert. General admission is \$30 adults and \$10 students (with identification). Season tickets are \$120 for adults and \$40 for students. For more information go to [www.bcovt.org](http://www.bcovt.org), or contact Sharon Radtke, 802-893-4082 or [bco@bcovt.org](mailto:bco@bcovt.org).

THEATER/FILM

The Brew HaHa is back at River Arts in Morrisville, transforming the gallery into a comedy club on the eve of St. Patrick's Day for the second annual event! The evening features emcee Justin Lander of Modern Times Theater, Vermont's funniest comics: Sky Sandoval and Jared Hall from the Vermont Comedy Club, a special appearance by the Johnson State College improv troupe, Morrisville comedian Mavis, and an entertaining pie auction with an assortment of sweet and savory pies to support River Arts. Pizza and local craft brews will be available. Friday, March 16, 6:00 – 7:30 PM; doors open at 5:30 PM; tickets are \$10, available in advance at <https://riverartsvt.org/events/?upcoming>. River Arts of Morrisville, 74 Pleasant St., Morrisville, 888-1261.

Burlington City Arts presents an *Architecture + Design Film Series*, a free screening once a month until April 2018. Come for a thoughtful discussion and light refreshments to a creative gathering aimed to broaden awareness, foster connections, spark new ideas, and ultimately build momentum towards positive action. Wednesday, March 21: *The Salt of the Earth* directed by Wim Wenders and Julian Ruberio Salgado. Wednesday, April 18: *Five*

Art / Music / Theater continued on page 6

**DOES YOUR CAT URINATE OUT OF ITS LITTER BOX?**

If you use a box with a hood try taking it off. Keep at least one more box in the house than you have cats. You could also try using a different type of litter, but if none of these work you need to check with your vet, it could be a medical problem.

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## PEOPLE IN THE NEWS

## COLLEGE HONORS

**Lillian M. Devereux** of Jericho, VT has been selected for membership into the St. Lawrence University (Canton, NY) chapter of Beta Beta Beta, the national biological honorary society. Devereux, who attended Mount Mansfield Union High School in Jericho, is a member of the class of 2019 and is majoring in biochemistry.

**Flynn Liam Genadio-Allen** of Jeffersonville, VT, a senior majoring in civil engineering at Clarkson University, Potsdam, NY, has received the Harold A. and Dorothy Putnam Endowed Scholarship and the William J. Rowley Endowed Scholarship for the 2017-2018 academic year.

**William Logan Harris** of Jeffersonville, VT, a junior majoring in mechanical engineering at Clarkson University, Potsdam, NY, has received the Clarkson University Parents Endowed Scholarship for the 2017-2018 academic year.

**Adele Julianelle** of Underhill, VT has been named to the fall 2017 Dean's List at Rochester Institute of Technology, Rochester, NY. Julianelle is in the biomedical engineering program.

**Espen Peterson** of Jericho, VT has been named to the fall 2017 Dean's List at Rochester Institute of Technology, Rochester, NY. Peterson is in the electrical engineering program.

**Grayden Patrick Shand** of Jericho, VT, a senior majoring in innovation & entrepreneurship at Clarkson University, Potsdam, NY, has received the Toole-O'Donnell Families and MWV Endowed Scholarship and the J.R. Weston Endowed Scholarship for the 2017-2018 academic year.

Protect Vermont's forests by buying and burning local firewood

## Julia Dunn on team honored as winner for Project in Armenia

Julia Dunn of Jericho, VT, a member of the class of 2019, was a participant on a team of undergraduates from Worcester Polytechnic Institute (WPI – Worcester, MA) that was recently honored as winners of the President's IQP Awards. Their project, completed in Armenia, was titled *Improving Eye Care Delivery Through Data Sharing Technology*. In their project summary, the students wrote, "The goal of this project was to develop recommendations for the implementation of an Electronic Medical Record (EMR) and a Teleconsultation System to be used throughout all of the AECIP's facilities."

Awarded annually, the President's IQP Award is given to student teams whose Interactive Qualifying Project (IQP) work is determined to be outstanding in its focus on science, technology, and society. Hundreds of IQPs are completed each year, and 50 are submitted for consideration for the annual award.

Of the five entries chosen as finalists, three were completed abroad in Australia, Namibia, and Armenia, and two were completed in Worcester as part of the Worcester Community Project Center and Massachusetts Water Resource Outreach Project Center.

This year there were two winners: the teams who completed their project work in Armenia and Namibia. The judges were impressed with the breadth of work the teams completed, their multidisciplinary solutions, and the way they connected their work to the sponsors' broader missions.

The February 2 ceremony marked the 40<sup>th</sup> anniversary of the award, something WPI President Laurie Leshin was proud to participate in, saying, "It's a thrill to be able to continue the tradition of presidents who have come before me."

## OBITUARY



**Roger A. Ferland**, 80, of Jeffersonville, VT passed away on Saturday, March 3, 2018 at the University of Vermont Medical Center in Burlington, VT. He was born in Morrisville, VT on March 21, 1937, son of the late Novat and Jeanne (Audet) Ferland. He married the former Cathleen Woodbury on October 8, 1972. Roger had been employed with Clark's Truck Center in Underhill, VT as a mechanic and parts man, doing deliveries for over 27 years. He was a member of the Lamoille River Swingers Square Dance Club and served on St. Mary's Parish council and stewardship committee.

Roger will be missed by all those who knew and loved him. Roger is survived by his loving wife of 45 years, Cathy Ferland; two "adopted" sons, Justin and Jordan Pratt; nine siblings: Pauline Knorr, Rene Ferland, Alice Wright, Gerard Ferland, Rosemary Hayden, Denise Ferland, Frances Audet, Bernard Ferland, Irene LaRose; many nieces, nephews, and cousins. He was also predeceased by his brother Paul Ferland in 1947 and two sisters, Laurette Ferland in 1995 and Madeline Ferland in 2017. Per Roger's wishes, there will be no services held at this time. Inurnment will be private and at the convenience of the family. Memorial contributions in Roger's memory may be made to the St. Mary's Church Renovation Fund, P.O. Box 129, Cambridge, VT 05444. The family invites you to share your memories and condolences by visiting [www.awrfh.com](http://www.awrfh.com).

## ONGOING EVENTS

## ADULT ACTIVITIES

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

**The Vermont Genealogy Library** in Fort Ethan Allen, Colchester has the resources to help you find those elusive ancestors. We are open every Tuesday from 3:00 – 9:30 PM. We continue to be open every Tuesday. Please see our website [www.vtgenlib.org](http://www.vtgenlib.org) for more information including directions and how to contact us if you are visiting the area.

**Toastmasters of Greater Burlington**, 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays, 7:00 PM, Holiday Inn, 1068 Williston Rd., S. Burlington. Do you want to develop your speaking and leadership skills? Ace an interview? Ignite your career? If so, Toastmasters of Greater Burlington is the place for you. You'll find a supportive learn-by-doing environment that helps you achieve your goals. For information, 802-782-4832.

**Eagles Auxiliary #3210** holds bingo at the club house, VT Rt. 109, Jeffersonville, Friday nights. Doors open at 5:30 PM. Bingo starts at 6:45 PM. For information, contact Sally, 644-5377.

**Handbellringers**, Tuesday evenings, United Church of Underhill. All are welcome at rehearsals. Two ensembles; opportunity for small groups/shorter time periods. We ring a variety of music in a variety of settings and look forward to new faces joining us. Beginners welcome. Call Amy, 899-2154, for information.

## Art / Music / Theater continued from page 5—

*Seasons: The Gardens of Piet Oudolf* directed by Thomas Piper. Sponsored by Burlington City Arts and the UVM Department of Art and Art History. Location: Contois Auditorium, 149 Church St., Burlington. All showings are at 6:00 PM.

The Chandler Center for the Arts in Randolph presents the winners in its 2017 competition for new plays on current social issues written by Vermont playwrights, as staged readings in the Upper Gallery. Each begins at 7:00 PM and will be followed by a talkback for actors and audiences to give feedback to the authors, who will attend. Sunday, March 25: Margot Lasher's *I Belong Somewhere*, about a small group of homeless people and animals gathered in a vacant lot, all affected by war and all protective of each other. Sunday, April 29: Maura Campbell's *Cross Talk*, in which a 19 year old just out of detox is compelled to go to a Narcotics Anonymous meeting, where he meets others trying to get through each day without picking up a drug. Tickets adults in advance \$10, day of show \$12; full-series adult passes \$25; students \$5 at all times: call the Chandler Box Office, 802-728-6464, 12:00 – 4:00 PM weekdays. Complimentary refreshments available.

Dorset Theatre Festival is proud to announce its 41<sup>st</sup> season, featuring Herb Gardner's *I'm Not Rappaport* starring Judd Hirsch (June 21-July 14); *Skeleton Crew* by Dominique Morisseau (July 19-August 4); *Pride and Prejudice* from the novel by Jane Austen adapted by Kate Hamill (August 9-25); Holland Taylor's *Ann* starring Jayne Atkinson (August 29-September 1); and *Pipeline Series: Four New Works in Process* (June 26, July 10, July 31, and August 12). In *I'm Not Rappaport*, lifelong radical and world-class kibitzer, retiree Nat Moyer, spends his afternoons spinning outrageous yarns that both intrigue and infuriate fellow octogenarian Midge Carter, the half-blind building superintendent with whom Nat shares his Central Park bench. Moyer is played by Judd Hirsch in the role that won him a Tony Award for Best Actor. In *Skeleton Crew*, a makeshift family of workers at the last exporting auto plant in the city navigate the possibility of foreclosure. Power dynamics shift, and they are pushed to the limits of survival. When the line between blue collar and white collar gets blurred, how far over the lines are they willing to step? In Kate Hamill's adaptation for the Jane Austen novel *Pride and Prejudice*, literature's greatest tale of manners, society and love pits outspoken Elizabeth Bennet against standoffish and aristocratic Mr. Darcy. *ANN*, by award-winning actress and writer Holland Taylor, is an inspiring and hilarious play that brings us face to face with the complex and colorful character bigger than the state from which she hailed. Performed by Emmy Award-winner Jayne Atkinson ("House of Cards," "Madam Secretary"), *ANN* takes a revealing look at the impassioned woman who enriched the lives of her followers, friends, and family. With its *PIPELINE SERIES: Four New Works in Process*, Dorset Theatre Festival builds upon its growing reputation as an incubator of new work with this cutting edge series of four presentations of works destined to become tomorrow's classics. Subscriptions for the 2018 summer season are on sale now; single tickets go on sale Sunday, April 1; to purchase or for more information, visit [www.dorsettheatrefestival.org](http://www.dorsettheatrefestival.org). All performances will take place at the Dorset Playhouse, 104 Cheney Rd, Dorset.

**Mount Mansfield Scale Modelers**, 3<sup>rd</sup> Thursday of the month, 6:30 – 8:30 PM. Meetings dates: March 22 (note fourth Thursday, April 19, and May 17. Modelers encompassing all categories of interest and skill levels are welcome. Brownell Library, Kolvoord Community Room, Lincoln St., Essex Junction.

The **Underhill Historical Society** meets at the Underhill Town Hall on the 2<sup>nd</sup> Monday of the month, 6:30 PM. Anyone welcome.

## HEALTH EVENTS &amp; GROUPS

**Healthier Living with Diabetes** – free six-week class at the Cambridge Health Center to learn self-management techniques to prevent low blood sugar, practice healthy eating, be more active, reduce stress, communicate effectively with your healthcare team, and more. Upcoming sessions will run Wednesdays, April 18-May 23, 2018, 2:00 – 4:30 PM. For information, contact Rorie, 644-5114.

**La Leche League** of Essex Junction – monthly breastfeeding support meetings, first Thursdays, 6:30 – 8:00 PM, Essex Free Library, 1 Browns River Rd., Essex Junction. Join us whether you are pregnant, nursing your first tiny baby, or weaning your last toddler. Free! We meet downstairs in the children's area.

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

**Alcoholics Anonymous meeting**, "Women's Big Book" group meets Thursdays 6:00 – 7:00 PM, United Methodist Church, VT Rt. 15, Essex Junction, across from Grange Hall.

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

**Alzheimer's support group**, monthly on the 3<sup>rd</sup> Wednesday, 9:30 – 11:30 AM, The Arbors, 687 Harbor Rd., Shelburne. Free education for individuals and families in the early stages of Alzheimer's disease and related dementias. For information and to register, contact Cathy Michaels, 985-8600.

**Brain Injury Support Group** – a place for survivors and family members, caregivers, friends, and the community to receive valuable resources and information about brain injury. The support group is a place to share experiences in a safe, secure, and confidential environment. Evening group: first Wednesday of every month 5:30 – 7:30 PM at Fanny Allen Campus, 790 College Parkway, Colchester, follow the signs; daytime group last Friday of every month at the Department of Labor, 63 Pearl St., Burlington, 12:00 – 1:00 PM conference room A. Call the BIAVT help line, 877-856-1772.

**Autism** – Vermont Healing Network, excellent autism resource 1-800-800-4005, [vermontfamilynetwork.org](http://vermontfamilynetwork.org).

**Foot Clinics** – Having trouble trimming your own toenails? Franklin County Home Health provides foot clinics around the county that can help. Call 802-527-7531 for an appointment and information. Cost: \$20.

**Champlain Valley Prostate Cancer Support Group**, 6:00 – 8:00 PM, 2<sup>nd</sup> Tuesdays, Hope Lodge, 237 East Ave., Burlington. Newly diagnosed? Prostate cancer recurrence? General discussion and sharing among survivors and those beginning or rejoining the battle. Information: Mary L. Guyette RN, MS, ACNS-BC, 802-274-4990.

**Lamoille Home Health & Hospice**: Hospice Volunteer Training. Health care professionals share their knowledge and passion for hospice. Please contact Charlene, 888-4651 or [ccamire@lhha.org](mailto:ccamire@lhha.org) for more information.

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

## KIDS

**Playgroups** free of charge and open to all children birth-5 years, and their caregivers. Stories, songs, crafts, free play, local events and information, and more – an opportunity to play with the children in your life, meet other playmates, and connect with other parents and caregivers. Playgroups follow the school calendar. Come to any or all groups that fit your schedule. For information on any playgroup, contact Heather Lebeis, 899-4415 or [underhillplaygroup@yahoo.com](mailto:underhillplaygroup@yahoo.com). Mondays: Good Shepherd Church, VT Rt. 15, Jericho, 9:30 – 11:00 AM; Wednesdays: Richmond Free Library, 8:45 – 10:15 AM; Fridays: Huntington Public Library, 10:00 AM – 11:30 PM.

**Early Literacy Storytime**, Thursdays, 11:00 AM, Westford Public Library. Stories and activities using early literacy concepts for ages birth-preschool. Drop-in; no registration needed. New families welcome. Information: Victoria, 878-5639 or [westford\\_pl@vals.state.vt.us](mailto:westford_pl@vals.state.vt.us), or visit [www.westford.lib.vt.us](http://www.westford.lib.vt.us) and click on Events @ Your Library.

## SENIORS/COMMUNITY MEALS

**Jeri-Hill XYZ Seniors** meet at the Catalyst Church on the Raceway, Underhill on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month. All seniors welcome. Dinner served at 11:30 AM. Information, Bette Workman, 899-4446, Loreen Teer, 899-1363, or Doug Keith, 899-2582.

**Johnson Community Meal** – 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month, 11:30 AM – 12:30 PM, United Church, Johnson. Come for a hot meal and get to know your neighbors. Meal followed by community gathering. Information: Ellen Hill, 635-1439, [ellen.hill@jsc.edu](mailto:ellen.hill@jsc.edu).

**Westford Senior Lunches** – Join Westford Seniors for lunch at the Red Brick Meeting House on the Common, monthly on the 2<sup>nd</sup> Monday. Lunch, 12:00 PM; short meeting or presentation after. Call Carol Howrigan 878-3090 for information or for a ride.

**Bolton Up and Downtown Club** meets the last Thursday of the month at the Bolton Fire Station. Meal at 5:00 PM. Open to adults 60+. Contact Doris Wheelock at 434-3769.

**Huntington senior meal site** – The Huntington senior meals are served monthly on the 3<sup>rd</sup> Tuesday, 12:00 PM at the Community Baptist Church, Huntington Center.

**St. Jude's Church senior meals**, Hinesburg, 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month. Free bingo games afterward. Everyone welcome, including caregivers. Suggested donation \$4 per person. Information: Ted Barrette, 453-3087.

**Starksboro First Baptist Church senior meals**, Starksboro, 4<sup>th</sup> Thursday of the month, 11:30 AM. Call Brenda Boutin, 802-453-6354 for more information. All ages are welcome!

**"Good Food for All" free dinners**, 2<sup>nd</sup> Thursday of the month, United Church of Underhill, VT Rt. 15, Underhill Flats, 5:00 – 7:00 PM; and on the last Thursday of each month at Calvary Episcopal Church, VT Rt. 15, Underhill Flats, 5:00 – 7:00 PM. Everyone in the communities is invited.

## TOWN GOVERNMENT &amp; ORGANIZATIONS

**Cambridge Area Rotary** meets on 1<sup>st</sup> four Thursdays of the month, upstairs at 158 Main restaurant, Jeffersonville, 7:00 – 8:00 AM. Information: Susan Lassiter, 644-6600 or [Slassiter@unionbankvt.com](mailto:Slassiter@unionbankvt.com).

**Westford Fire Department**, Mondays, 7:00 PM, at the fire station next to the town garage. Information: John Quinn, [jquinnvt@aol.com](mailto:jquinnvt@aol.com).

**Jericho Village Water District Board of Commissioners** meet on the 3<sup>rd</sup> Wednesday of the month, 7:00 PM, Old Red Mill, Jericho.

**Jericho-Underhill Water District** meets 1<sup>st</sup> Monday of the month, United Church of Underhill, Underhill Flats, 7:00 PM. Information: 899-4076 or 899-3810.

**Jericho Historical Society**, monthly on 2<sup>nd</sup> Thursdays, 7:30 PM, Old Red Mill, Jericho.

**Jericho Underhill Park District Board** meeting, 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays, 7:00 PM, Deborah Rawson Memorial Library project room, Jericho. Residents of Jericho and Underhill always welcome. Information: 899-2693.

**Jericho Energy Task Force** meets monthly, 3<sup>rd</sup> Mondays, 7:00 – 8:30 PM, Jericho Town Hall, VT Rt. 15, Jericho.

## THRIFT SHOPS &amp; FOOD SHELVES

**Essex/Jericho/Underhill Food Shelf**, open 3<sup>rd</sup> Saturday each month, 9:00 – 11:30 AM, Good Shepherd Lutheran Church, VT Rt. 15, Jericho. Meat, dairy, produce, pantry items, pet food, and some non-food items. All are welcome.

**Westford Food Shelf**, open monthly, 3<sup>rd</sup> Saturdays, 8:00 – 10:30 AM, United Church of Westford. All are welcome. Fresh produce, meat, and non-food items available.

The **Heavenly Cents Thrift Shop**, just east of Five Corners, Essex Junction, VT Rt. 15, 10:00 AM – 3:00 PM Tuesdays and Wednesdays; 4:00 – 8:00 PM Thursdays.

Send your news, births, engagements, weddings, obits,  
and events to [mtgazette@earthlink.net](mailto:mtgazette@earthlink.net)  
or call Brenda at 802-453-6354

HEALTH NEWS

# A doctor's testimony on new opioid prescription rules

*Testimony of Nicholas Antell, MD to the Vermont Senate Health and Welfare Committee Regarding Pain Management on February 28, 2018. Dr. Antell was invited as part of the Committee's request for feedback from providers on legislation that went into effect last year. The Vermont legislation limited prescribing and increased required education and communication in a statewide effort to address opioid addiction.*

Over the past several days I've talked to most of the prescribers in our practice, Mansfield Orthopaedics, including physicians, but more importantly our Physician Assistants (PAs) and Nurse Practitioners (NPs) who do most of the prescribing and fielding of patient phone calls. The overwhelming consensus is that we are able to control our patient's pain under these rules, and that we were likely prescribing more opioids than necessary prior to their implementation. My subspecialty training is in orthopaedic trauma, taking care of patients that have complex fractures. I started with Mansfield Orthopaedics in August of 2016, and the NP I work with and I adopted these rules well ahead of the go live date to see how it went. There were of course a few exceptions, but we were pleasantly surprised with how few patients were calling back requesting more pain medications. Now, I had the benefit of a developing practice, with a little more time to talk to our patients and manage expectations, which I feel was a huge benefit.

There are certainly times where I prescribe less, but most of my fracture patients are prescribed an amount of opioid that falls into the "severe" pain category in addition to recommending other medications such as Tylenol and Advil. My colleagues that perform joint replacement surgeries, such as total hip and total knee replacements, prescribe an amount of opioid that falls into the "extreme" category, and this was a significant cut from what they were used to. The PAs that work closely on that service tell me less than half of patients call back asking for more pain medications, but some still do. My colleagues that specialize in hand surgery, shoulder surgery, and foot and ankle surgery also feel they are able to control their patient's pain under the current rules.

A point that was brought up by many was that we can use these regulations to help us limit the amount of opioids given to patients we do not feel really need them, but are requesting them. In essence,

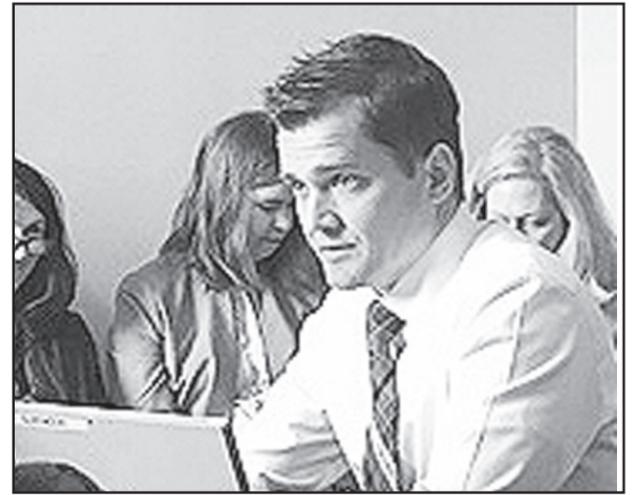
we can blame the rules and the burden does not fall on the provider.

There are concerns amongst physicians in my group about legislation directing medical practice. We must be allowed to use our clinical judgment when determining how many opioids are prescribed on an individual basis. We do not feel that it is up to lawmakers to decide if our patients fall into the minor, moderate, severe, or extreme pain categories. Although good as guidelines, we should be allowed to place our patients into which category we feel will adequately, and safely, control our patient's pain so they can successfully recover from their orthopaedic procedure.

The most common complaint I received from our practice was with the Vermont Prescription Monitoring System (VPMS). We all appreciate the need to know if other prescribers are providing our patients with regulated medications, but the prescribers and delegates that use it most find it cumbersome and time consuming to use. One provider suggested being provided with a reference number for each query that can be placed in the patient's chart to confirm on our end that a query had been done. Another has found the customer service hours inconvenient while trying to get a password reset. We have also talked about a requirement to check VPMS before the first prescription is given, but then the system notifies us, for example by email, when another provider prescribes a controlled substance to this patient outside of our practice. Then instead of having to spend time rechecking VPMS in the rare circumstance a patient needs a refill, we can either quickly provide a refill knowing we are the only provider prescribing for them, or be able to have a conversation with that patient about the other prescription we are aware has been filled under their name. Most of us think there is certainly room for improvement with VPMS.

The consent form does add time to our preoperative routine, but the majority of the providers in our group don't find it to be a nuisance, and with a few exceptions, we feel patients appreciate the discussion. A few patients have even taken this opportunity to tell us they don't want a narcotic prescription following their procedure.

In our group, we have decided to prescribe Narcan to all patients that receive a narcotic prescription. This saves the hassle of having to figure out who needs one and who doesn't. To save time we had a stamp made for our Narcan prescriptions that lives in our



perioperative area. However, we have noticed that the majority of our patients do not fill this Narcan prescription.

Initially, the morphine milligram equivalent requirement was confusing. We worked with our pharmacy department who put together a table to help guide how much of each specific narcotic medication could be prescribed to comply with these rules. This was extremely helpful in determining our new prescribing habits. I encourage the other providers here today to do the same if they haven't already.

In conclusion, I want to thank this committee on behalf of Mansfield Orthopaedics for being given the chance to testify today, and for your continued interest in making these rules as operational and functional as possible, while not inhibiting our ability to practice medicine in a thorough and efficient manner.

*Dr. Nicholas Antell of Mansfield Orthopaedics at Copley Hospital specializes in treating acute musculoskeletal injuries and total joint replacement.*



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## LIBRARIES

**DEBORAH RAWSON MEMORIAL LIBRARY**

Legislative Update, Thursday, March 15, 6:30 – 7:30 PM. George Till and Trevor Squirrel will provide legislative information and answers to your questions in this drop-in session.

Mah Jongg at DRML – We play Mah Jongg on the first and third Mondays (March 19; April 2 and 16) of each month. Please join us as we explore the ancient Chinese tile game of winds, dragons, and number tiles. If you like card games, you'll probably love Mah Jongg!

Story Hour, Wednesdays, March 14 and 21, and Thursdays, March 15 and 22, 10:30 – 11:30 AM. Drop in for stories, songs, projects, and a nutritious snack, and explore the themes "colors, counting, shapes, and Eric Carle." For children under six. No registration required.

Story Hour with Beth and David, Fridays, March 16, 23, and 30, 11:00 AM. Beth and David London, formerly of Poker Hill School,

share songs, stories, and a snack with preschool children and their families. No registration required.

Penny Batteries, Tuesday, March 20, 2:45 – 4:30 PM. You can light a light bulb with pennies! Drop in after school and learn how to make a battery using pennies. You'll make a battery and test it with a small light bulb, and you can take home what you make. Bring five pennies or use the library's. For ages 8-14. No registration required.

Meteorologist Roger Hill will present *Connecting the Dots between Daily Weather and Climate Change* Thursday, March 22, 7:00 PM. Join the Jericho Energy Task Force and weather forecaster Roger Hill, who has worked for the National Weather Service in Burlington as well as Los Angeles, Montana, and Cape Hatteras. He has been forecasting weather for Radio Vermont since 2000 and maintains the *Weathering Heights* website from his home in Worcester. Light refreshments will be served at this waste-free event

– please bring your own mugs and bowls. For more information, contact Phyl Newbeck, [phyl@together.net](mailto:phyl@together.net).

Movie and Popcorn Afternoon, Friday, March 23, 3:30 – 5:15 PM. *The LEGO Ninjago Movie* (PG). No registration required. For elementary/teens.

The DRML Board of Trustees will meet Thursday, March 15, 7:00 – 8:00 PM.

Adult Movie Night, Fridays, March 16 and 23, 7:00 – 9:00 PM. March 16: *Murder on the Orient Express*. March 23: *Wonder*.

Welcome Baby Social – Saturday, March 24, 3:00 – 4:30 PM. The 21<sup>st</sup> annual Underhill-Jericho Welcome Baby Social, co-sponsored by DRML and the Jericho Town Library with support from the Underhill Playgroup Coordinator Heather Lebeis. Come celebrate all babies born to or adopted into Jericho and Underhill families in 2017. Enjoy refreshments and live music, meet local parents and families, dedicate a book to your child, and receive take-home prizes from local businesses. Please RSVP by calling the library, 899-4962.

We are open on Sunday afternoons from 1:00 – 4:00 PM. Stop in for an afternoon of library enjoyment.

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. DRML is located at 8 River Rd., Jericho; [www.drml.org](http://www.drml.org).

**JERICHO TOWN LIBRARY****Youth Programs**

Guerrilla Gardening – Wednesday, March 14, 3:30 – 4:30 PM. Recommended ages: 4 and up. Come play in the dirt and help the pollinators in this hands-on kid's gardening workshop! Through the simple activity of making seed bombs, we learn about the importance of spreading native plants, composting, and how to protect native pollinators. Most importantly, we can gain a new perspective on how the smallest actions can have a great impact.

Story Time – second and fourth Wednesdays, March 14 and 28, 10:30 – 11:30 AM. Recommended ages: 0-5 years. Pop in for a casual hour of story time, smiles, songs, and laughter with Lisa!

Music & Movement for Little Ones – third Saturdays, March 17, 10:30 – 11:30 AM. Recommended ages: 2-4 years. Explore the world of singing, dancing, and playing instruments with your little one in this lively musical and motion-based group!

Circle Time – third Wednesdays, March 21. Recommended Ages: 0-5 years. Join storyteller and musician Katie Coons for this dynamic interactive hour of movement, song, play, rhyming games, craft, and snack.

**Adult Programs**

Jericho Writers' Circle – second and fourth Saturday, March 24, 10:00 – 11:00 AM. Are you a writer seeking community? Join JTL's new bi-monthly Writers' Circle! All genres welcome. Coffee, tea, and encouraging company provided.

Gardeners' Green Fix – Wednesday, March 21, 5:30 – 6:30 PM. Tired of coming in from weeding and taking forever to get your hands clean? This handy and incredible smelling soap is made from all natural ingredients and CPTG essential oils. Call 899-4686 or email [lisa@jerichotownlibraryvt.org](mailto:lisa@jerichotownlibraryvt.org) to register.

Let's Get Invasive: Learning About Vermont's Native Plants – Wednesday, March 28, 5:30 – 6:30 PM. Learn about native Vermont plant life and how best to incorporate it into your gardening and growing in the upcoming season!

JTL Board meetings are held the second Monday of every month at 5:30 PM. All are welcome to attend.

Jericho Town Library is open Mondays, Tuesdays, Thursday, and Fridays 2:00 – 5:00 PM; Wednesdays 10:00 AM – 12:00 PM and 2:00 – 7:00 PM; and Saturday 10:00 AM – 12:00 PM.

For more information on programs and library services, please visit our website at [www.jerichotownlibraryvt.org](http://www.jerichotownlibraryvt.org) or give us a call at 899-4686.

**VARNUM MEMORIAL LIBRARY  
JEFFERSONVILLE**

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

Thursday Story Hour, March 15, 10:00 – 11:00 AM. The library is a warm, cheery place for children to meet other children! Join us for stories read by people who enjoy sharing good books and a craft, too. Free.

Spanish Musical Kids, Saturdays, March 17, April 7, and May 5, 10:00 – 11:00 AM. Join Constancia Gomez, a native speaker from Buenos Aires, Argentina, to sing, dance, and share the Latin culture through music. Learn the basics of Spanish through Latin American songs and games especially designed for children ages 0-5. She reads in Spanish, sings, and plays games. For more information, <http://www.spanishmusicalkids.com>. Sponsored by the Cambridge Arts Council and the library. Free.

Adult Board Game Night, Wednesday, March 21, 7:00 – 9:00 PM. Bring a game or a friend – come hang out at the library for some tabletop gaming.

French Hour, Saturday, March 31, 10:00 – 11:00 AM. Monsier Loup and his cousin Louise, Bleu, Bonjour-Au Revoir, Bébé Chien, and Liz Le Serviget (leader of the pack) invite all children ages 5-8 and their parents to a French hour of language learning, dancing, art, and storytelling. Liz is a retired French teacher, founder and director of La Petite École Français in Woodstock, NY and NYC. Free and open to the public.

Open Mic at the Varnum – Wednesday, April 4, 7:00 – 9:00 PM. Enjoy music, stand-up, or whatever you want to share with the community. Hosted by Elizabeth Renaud. All ages are welcome. Sponsored by the Cambridge Arts Council and the Varnum Library.

Teens Teachin Technology (TTT) – Sundays, April 8 and May 13, 1:30 – 3:00 PM. "How do I work this thing?" Come to this free community tech talk to have your questions answered and to be introduced to the basics of your device. Bring fully charged devices. Sponsored by the Cambridge Arts Council.

Crescendo Club Library Association Meeting, Thursday, March 15, 7:00 – 8:00 PM. Do you have two hours a month to spare for a great opportunity? The Crescendo Club Library Association is seeking community members interested in helping the library anticipate and meet the needs of all we serve and to promote lifelong learning for everyone. Please let us know if you would like to be an active supporter and member of this organization that has worked to help the community for almost 120 years. Meets on the

# MOUNTAIN GAZETTE RATES – 2018

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

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third Thursday of the month.

The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville, 802-644-2117; [thevarnum@gmail.com](mailto:thevarnum@gmail.com); [www.varnumlibrary.org](http://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

St. Patrick's Day Story Time, Saturday, March 17, 10:30 – 11:00 AM. Come in for "lucky" story time – read stories, do a craft, sample some Irish goodies, and maybe even look for some gold left behind by a leprechaun. Plan to come for the whole time rather than drop in – especially if you want to find the gold!

Adult Book Group, Wednesday, March 21, 7:00 – 8:00 PM. Pick up your copy of *News of the World* by Paulette Jiles at the front desk. In the aftermath of the Civil War, an aging itinerant news reader agrees to transport a young captive of the Kiowa back to her people in this novel of historical fiction that explores the boundaries of family, responsibility, honor, and trust.

A Night of Poetry: The Haikus of Paul Paparella, Wednesday, March 28, 7:00 PM. Westford resident and published poet Paul Paparella will read from his latest book *Haiku: Seeking Essence in the Eye of a Fly*. Audience participation encouraged. Refreshments will be served.

Early Literacy Storytime, for ages birth to preschool, Thursdays, 11:00 AM. Several stories around a theme, and a theme-based craft. All ages and levels of attention are encouraged to come. Don't worry if they fidget – they are still getting a lot out of it! March 15: Green/Lucky. March 22: Eggs.

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

### RICHMOND LIBRARY

March Foyer Display: Ted Lyman's collection of motion picture and film cameras was randomly acquired. He was identified as "the photographer in the family" and became the recipient of much discarded equipment because of his assumed interest and his inability to say no. He became fascinated by what they said about their historical times and the advancement of photo technology. Equipment from 1930s-1960s will be on display.

March Art Show: Works by Grace Greene, who has been painting with pastels on and off for about 15 years. Recently retired from her job as the Vermont Department of Libraries Youth Librarian, she now has more time to devote to this passion, and has begun to paint more seriously.

*Song of the Vikings: The Making of Norse Myths*, presentation by Nancy Brown, Sunday, March 18, 3:00 PM. Like Greek mythology Norse myths are still with us, inspiring storytellers from Tolkien to Neil Gaiman, Michael Chabon, and A.S. Byatt. Surprisingly, most of what we know about Valhalla and the Valkyries, Odin and the Well of Wisdom, the Mighty Thor, and Ragnarok or the Twilight of the Gods was written by a 13<sup>th</sup> century Icelandic chieftain, Snorri Sturluson. Award-winning author Nancy Marie Brown brings the fascinating story of Sturluson's life into focus, drawing on newly available sources and illuminating the folklore and pagan legends of medieval Scandinavia. A Vermont Humanities Council program.

Free Tai Chi series. Andrea Bibeau will be leading an eight-week, fall-prevention Tai Chi program, open to all ages. Tai Chi supports better balance, coordination, mental focus, and muscle strength. If interested, please attend a preliminary information session on Monday, March 19 at 4:00 PM. If you are unable to attend the preliminary meeting, please contact Andrea at 8549-8861 or [bibeau@cathedralsquare.org](mailto:bibeau@cathedralsquare.org).

Tax Preparation Assistance with AARP volunteers: Every year, volunteers help seniors submit their tax returns. If you think you may be interested in meeting with a preparer, call us for an appointment on Monday mornings. Slots are filling up fast.

### Book Discussions

*The Winter Garden* by Kristen Hannah, Tuesday, March 13, 6:00 PM. From the author of the smash-hit bestseller *The Nightingale* comes a powerful, heartbreaking novel that illuminates the intricate mother-daughter bond and explores the enduring links between the present and the past.

*The Fallen Man* by Tony Hillerman, Thursday, March 15, 7:00 PM. Human bones lie on a ledge under the peak of Ship Rock Mountain, the remains of a murder victim undisturbed for more than a decade. Three hundred miles across the Navajo reservation, a harmless old canyon guide is felled by a sniper's bullet. Joe

Leaphorn, recently retired from the Navajo Tribal Police, believes the shooter and the skeleton are somehow connected and recalls a chilling puzzle he was previously unable to solve.

Richmond Reads: The Vermont Humanities Council is pleased to announce that the Vermont Reads book for 2018 is *Bread and Roses, Too* by Katherine Paterson, a novel of historical fiction that tells the story of the 1912 "Bread and Roses" strike in the Lawrence, MA textile mills through the eyes of an Italian-American girl and a runaway boy. The Library has free copies of the book to distribute and will host a discussion on Wednesday, April 18. Watch for details.

New Playaways: Thank you to the Friends of the Richmond Free Library for funding the purchase of eighteen new youth titles on Playaway. If you are not familiar with this device, it is an all-in-one audio player simple enough for small children to use. Our growing youth collection contains titles appropriate for a range of ages from six to sixteen. We also have Playaways for adults!

Saturday Storytime and Playgroup: This mud season, bring your little one to this fun Saturday morning gathering of friends new and old in our sunny, spacious community room. The morning will begin at 10:30 AM with stories with free play with loads of toys, games, puzzles, and activities until noon. Appropriate for children age 12 months to 5 years. Four-week session begins on Saturday, March 17 and ends on April 7.

Lego Club: We'll supply the Legos, kids supply the ideas, the ingenuity, and the dexterity. This four-week, after-school club is appropriate for kids age 4-12 and will run every Wednesday from 3:00 – 4:00 PM during the month of March. No registration is necessary.

### Weekly Children's Programs

No one ever regrets taking their child to storytime. We offer three weekly programs for young children. Choose the one that's right for your child and schedule. While the programs are planned with the ages listed in mind, older and younger children are always welcome. No registration is required.

Baby Laptime: This short storytime is for babies ages 0-24 months and their grownups. We will share the magic of stories, songs, rhymes, bounces, and fingerplays designed to introduce these youngest children to color, sounds, fine motor skills, and body movement. Join the fun on Mondays at 10:30 AM.

Storytime and Playgroup: For children age infant-5. Introduce your child to many new friends and to the wonderful world of books on Wednesdays. Music begins at 10:00 AM followed by stories and then free play until noon.

Early Bird Math Storytime: This storytime is for children ages 2-5. We will explore numbers, shapes, patterns, and sets through books, songs, rhymes, and games. This fun, interactive storytime happens in the community room. Join us on the first three Fridays of the month at 11:00 AM.

Yoga Storytime: Children ages 2-5 can join us for yoga storytime. We'll enjoy thoughtful books and engage our bodies with active movement. Join us on the fourth Friday of the month at 11:00 AM.

Snow Days and School Vacations: We do not offer our regularly scheduled youth programs when school is cancelled due to weather or during school vacations. The library is still open, however, so plan a visit during school breaks to stock up on books and play for a while in our bright, warm space. (If weather is very severe, call ahead – we might be closed, too.)

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.

Richmond Free Library, 201 Bridge St., P.O. Box 997, Richmond, VT 05477; 434-3036; 434-3223 (fax); [www.richmondfreelibraryvt.org](http://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.

Preschool Story Time: Tuesdays, 10:30 AM. Includes a simple craft activity. All ages. Preschool Music: Mondays, 11:00 AM, and Thursdays, 10:30 AM. Up to age 5 with a caregiver. No pre-registration. Limit: one session per week per family.

Thursday Playtime: Thursdays, 11:00 AM – 12:00 PM. Preschoolers and their caregivers are invited for an informal playtime following our Preschool Music program. For children birth to age 5.

Dorothy Alling Memorial Library, 21 Library Lane, Williston. 802-878-4918, [www.williston.lib.vt.us](http://www.williston.lib.vt.us).

### FAIRFAX COMMUNITY LIBRARY

#### Youth Events

Tuesdays, March 13, 20, 27, 9:30 – 10:30 AM: Preschool Story Hour: March 13: Bathtime and Bubbles; March 20: Farms and Tractors; March 27: Monsters Don't Scare Me. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for Story Hour.

Thursdays, March 15, 22, 29, 3:15 – 4:00 / 4:45 PM Chess Club continues for those registered.

Tuesdays, March 13, 20, 3:00 – 4:30 PM: Sewing Club: T-shirt Rehab. Youth age 8+ will bring new life to an old T-shirt. Students will meet in the library then go to room #457 to work. Must attend both sessions. Please bring a T-shirt to alter.

Wednesday, March 14, 3:00 – 4:00 PM: Lego Club. Kids ages 6+ enjoy themed Lego play after school. Please register.

Wednesdays, March 14, 28, 3:15 – 4:15 PM: READ to a DOG. Kids ages 5-10 can read a book of their choice to a fuzzy, friendly dog. Call to reserve a 15-minute slot.

Thursday, March 15, 6:30 – 7:30 PM: Family STEAM Night. Join us for this great family program, where each month parents and children visit stations with Science, Technology, Engineering, Art, and/or Math (STEAM) activities. This month our theme is *Rainbows*. Please register.

Saturday, March 17, 10:00 – 11:00 AM: *Leprechauns in the Library*. Celebrate St. Patrick's Day with some very special activities at the library. Hear some Irish lore and music, build a leprechaun trap, and hunt for hidden gold. For ages 5-12. Must register.

Monday, March 19, 3:00 – 4:00 PM: Crafternoon: Weaving. Kids ages 6+ will learn how to weave and make a beautiful wall-hanging. Must register.

Monday, March 26, 3:00 – 4:00 PM: Lab Girls. This club empowers young women to explore science and technology through hands-on experiments and activities. For grades 4-8. This month we will learn about circuits by creating e-textiles. These wearable items light up using mini LEDs. Must register.

Wednesday, March 28, 3:00 – 4:00 PM: STEM Club: Escapements. Kids age 6+ will learn about the mechanism called an escapement with local inventor Ralph Lemnah. Must register.

Saturday, March 31, 10:30 AM – 12:00 PM: Post-Egg Hunt Fun. Have your picture taken with the Easter Bunny, drink some cocoa, and make a spring craft after the Egg Hunt in the Rec Park.

#### Adult Events

Tuesday, March 20, 6:00 – 8:00 PM: Spring Wreath Making. Welcome spring by making a beautiful wreath for your home with elements like flowers, birds' nests, grape vines, and pussy willow. You can choose to make a table top or hanging wreath. Cost is \$20 for materials. Must register.

Thursday, March 22, 5:30 – 7:30 PM: *Escape from Azkaban*, an Escape Room Experience. This Harry Potter inspired Escape Room scenario will take a truly gifted set of witches and wizards to craft an escape before time runs out and the Dementors find you. Sign up for one of three sessions: 5:30 PM, 6:15 PM, or 7:00 PM. Recommended for teens and adults. Must register.

Saturday, March 24, 9:00 – 11:00 AM: Tech Help. Get help with individual tech questions. You can ask any technological question and/or bring in a device with which you need help. You will be able assisted by our techie, Josiah. Call to reserve a half hour time slot, or drop in.

Saturday, March 24, 10:00 AM – 12:00 PM: Board Game Café. Enjoy some free coffee or tea and muffins while spending the morning playing board games with old and new friends. Check out some of the library's collection of over 120 games, or bring a favorite from home to teach others.

Thursday, March 29, 6:00 – 8:00 PM: "Tree of Life" Pendant Making Class. Make a stunning bead and wire pendant in this step-by-step jewelry class suitable for beginners. Ages 16+. Cost is \$10 for materials. Must register. (And check out our new Jewelry Tools STEM Kit, available to borrow.)

All events are free unless noted. Pre-registration encouraged. [www.fairfaxvtlibrary.org](http://www.fairfaxvtlibrary.org), 802-849-2420. Call or email [libraryprograms@fvsu.org](mailto:libraryprograms@fvsu.org).

### BROWNELL LIBRARY, ESSEX JUNCTION

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

## Protect your pets – check your home for poisons!

By M. Kathleen Shaw DVM

### Vermont Veterinary Medical Association

March 18-24 is Animal Poison Prevention Week, and veterinarians are spreading the word about some common poisons for our animals large and small (including exotic animals). While many of us believe our homes are safe from toxins that animals would ingest, you might be surprised at what can cause serious illness.

Garden products such as fertilizers, herbicides, and fungicides are highly poisonous to our animals. Certain plants – both indoor and outdoor – can be dangerous, too. Take an inventory of your indoor and landscaping plants and go to the ASPCA Poison Control website (see below) to make sure they are not toxic to your animals. This includes in and around pastures, where horses and livestock can reach over and sample them. For instance, Japanese Yew, commonly used in landscaping, is extremely poisonous, resulting in rapid cardiac arrest and death if consumed. Bouquets of flowers and plants may contain lilies, which are highly toxic to cats in particular. Just sniffing the pollen or chewing on a leaf can cause kidney failure and death if not treated promptly.

It's not surprising that the products formulated to kill pests can be toxic to our domestic animals. Rodenticides (rat and mouse poison) and insecticides are highly toxic to dogs and cats and can lead to death if not detected early. Always read the label and follow the instructions. If your pet gets into rat poison or an insecticide, have the package or bottle with you when you call and take your pet to the vet. There are many types of these poisons, and the knowing the active ingredients in what your pet ate will help your veterinarian to determine the treatment to save your pet. Large animal owners should follow label precautions carefully when using insecticides around the animals and in pastures.

Many foods that people love are highly toxic to pets. The ASPCA

Poison Control Center receives on average 39 calls per day of dogs who have ingested chocolate! Brownies, candy bars, and especially dark chocolate are highly toxic to dogs. Healthy foods for people such as onions, garlic, grapes, and raisins can cause serious trouble in pets. Veterinarians are seeing more pets who become seriously ill from eating food or gum containing Xylitol, an artificial sweetener. Xylitol is used to sweeten certain brands of peanut butter: pet owners can unwittingly poison their dogs while trying to give medication hidden in it so check the label.

The top three poisons reported by Poison Control for small animals include veterinary products, over-the-counter human medications, and human prescription medications. We've all had the joy of trying to get a dog or cat to accept its pill: it often turns into a circus. In response, many veterinary joint supplements, pain medications, and medication for urinary incontinence are now flavored for ease of administration. The problem lies with the fact that these new flavored pills taste so good the dog wants to eat the entire bottle, leading to serious illness. Ibuprofen remains the number one over the counter pill ingested by dogs and human prescription medications of all types can cause illness in our pets.

Common sense precautions can prevent poisoning of our pets. Keep all human and animal medications in a cupboard up high and out of reach of pets. Simply pushing them back on the kitchen or bathroom counter is not good enough. You may think your pet can't or won't get up on the counters, but it happens all the time. Store garden products in a shed away from pets. Read the labels and follow precautions on insecticides, fertilizers, and rodenticides. Do your research on the plants you already have and before purchasing any new ones to make sure they are not toxic to your animals. If you think your pet got into something potentially toxic, call your veterinarian or Poison Control right away. Some poisons don't show signs for several days, but prompt treatment before so may

save your animal's life.

The ASPCA Animal Poison Control Center (<https://www.aspcapet-care/animal-poison-control> or 888-426-4435) is your best resource for animal poison-related emergencies 24/7. Last year they helped pet owners with over 180,000 cases. On their website, you can learn about poisonous plants (by name or picture), people foods to avoid, household products, and you can even download a mobile app for Poison Control. Keep the phone number handy, along with your veterinarian's, in case you ever need it.



## United Way of Northwest VT Volunteer Connection listings

By Sue Alenick

### United Way Volunteer Columnist

LEND A HAND. VOLUNTEER! 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 [www.unitedwaynwvt.galaxydigital.com](http://www.unitedwaynwvt.galaxydigital.com) or contact us at [volctr@unitedwaynwvt.org](mailto:volctr@unitedwaynwvt.org) or 860-1677.

INTERNSHIPS – ReSOURCE Burlington's Household Goods Store is offering volunteers interested in retail and social media marketing the opportunity to gain hands-on experience in a busy non-profit organization. Tasks for the Marketing and Social Media Intern include social media campaigns, marketing of store sales and events, assisting in planning and implementation of store events, outreach, and marketing to local colleges. Volunteers should have experience with multiple social media platforms, experience with Adobe Suite for graphics production, and be skilled in the use of a digital camera. Flexible scheduling, a minimum of eight hours a week. Other internships are available as well. Contact ReSOURCE Volunteer Coordinator, [volunteer@resourcevt.org](mailto:volunteer@resourcevt.org).

SUBSTITUTE COOKS NEEDED – Burlington and Winooski Dismas House is in need of volunteers to serve as Substitute Cooks when cancellations arise among regular volunteers. Volunteers may be individuals, families, or civic groups and will be asked to prepared dinner for up to ten residents, a staff member, and the volunteers themselves. Food may be brought already prepared or volunteers may bring groceries and cook in the houses' kitchens. In Burlington contact Zoe Bishop, 658-0381 or [zoe@dismasofvt.org](mailto:zoe@dismasofvt.org). In Winooski contact Sue Drollette, 655-0300 or [sue@dismasofvt.org](mailto:sue@dismasofvt.org).

CHILD PLAY – The Janet S. Munt Family Room in collaboration with the Lund Center is offering Strong Families, a multi-week program of parent education for those with children from infancy to five years old, with a concurrent children's program. They are seeking volunteers to support children's play along with their staff. Orientation and background check required. Contact Emily Merrill, 862-2121 or [emily@thefamilyroomvt.org](mailto:emily@thefamilyroomvt.org).

A NEW START – ANEW Place offers services for the homeless to provide the tools for lifelong change so that each person may start anew. They are looking for volunteers to provide a meal for up to 20 homeless guests. For information contact Katie Ballard, 862-9879, Ext. 1006, or [Katie@anewplacevt.org](mailto:Katie@anewplacevt.org).

## Heads up on infants with flat heads

Parents have been heading me off at the pass with questions about babies and flat heads. Let me come flat out and provide some information on this condition.

There is no better way to prevent sudden unexpected infant death than putting your baby on their back to sleep. But spending a lot of time on their back can make the back of a baby's head look flatter than usual.

Here's the good news: for the vast majority of babies, this condition is easily treated. Increase your baby's tummy time to reduce the amount of time your baby is on their back. More time on their tummies will reduce the amount of flattening due to pressure. It will also encourage muscle strength in the arms, legs, and neck.

If your baby appears to have trouble turning their head, it may be due to a tight neck muscle. Some physical therapy exercises may be in order to remedy the problem. These can be suggested by your baby's health care professional or, if needed, a physical therapist.

Another idea is to alternate your child's head position during sleep. This can reduce pressure on back of the head. One night, place the right side of the head on the mattress. Switch sides the next night.

The good news is that over the first year of life, the head usually remolds into a nice round shape. This happens gradually as your baby learns to roll and has less pressure applied to the back of the head.

What if your child is six months old and the back of their head still looks flat? Ask your baby's health care professional about it. In rare cases, that person may order a special type of helmet for your baby. The helmet can speed up the remolding process of the shape of their skull. A helmet is not often necessary, since remodeling usually happens naturally by a year or two of age.

Even if the back of their head is flat, your baby still needs to be on their back to sleep. This is important, as it reduces that risk of sudden unexpected infant death. It is also important to remember that this shape issue does not involve the brain at all. A flat head will not prevent proper brain growth and development, nor will it cause brain damage.

Hopefully tips like these will shape up any concerns you have about your baby's flat head shape.

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

## Age Well community senior meals

Age Well hosts Community Meals at over 70 locations. Programs vary from small rural gatherings, to senior centers, to an ever-growing array of restaurants. Menus are available on the 22<sup>nd</sup> of each month for the following month. Meals are on a first-come, first-serve, month-by-month basis; \$5 suggested donation. Call Age Well, 802-662-5200, after 10:00 AM for reservations for the following month on or after the 22<sup>nd</sup> of the month. If the 22<sup>nd</sup> falls on a weekend, reservations may be made the following Monday. Milk is served with all meals.

Tuesday, March 13 – Pizza Hut, Susie Wilson Rd., Essex Junction. Check-in 11:00 AM; lunch 11:30 AM. All you can eat buffet – salad and pizza.

Wednesday, March 14 – Mardi Gras Event, St. Michael's College, Colchester. Check-in 10:30 AM; lunch 11:00 AM. Buffet luncheon; entertainment: Bill Wicker & The Dixie Six. 50/50 raffle, Mardi Gras beads, trinkets, moon pies. Tickets required; contact Pat Long, Age Well, 802-662-5200, after 10:00 AM.

Thursday, March 15 – Dutch Mill, Shelburne. Check-in 10:30 AM; lunch 11:00 AM. Open-faced pork sandwich, mashed potatoes, mixed vegetable, strawberry shortcake.

Tuesday, March 20 – Ray's Seafood, Essex Junction. Check-in 10:30 AM; lunch 11:00 AM. Fish, potato, coleslaw, squash, roll, creemee.

Thursday, March 22 – Holiday Inn, S. Burlington. Check-in 10:30 AM; lunch 11:00 AM. Turkey buffet: salad, sliced turkey, stuffing, mashed potatoes, mixed vegetables, cranberry sauce, assorted desserts.

Tuesday, March 27 – Ray's Seafood, Essex Junction. Check-in 10:30 AM; lunch 11:00 AM. Fish, potato, coleslaw, squash, roll, creemee.

Wednesday, March 28 – JP's Diner & Deli, Essex Junction. Check-in 10:30 AM; lunch 11:00 AM. Meatloaf, mashed potatoes, mixed vegetables, dessert.

Thursday, March 29 – Pizza Hut, Susie Wilson Rd., Essex Junction. Check-in 11:00 AM; lunch 11:30 AM. All you can eat buffet – salad and pizza.

**Restaurant ticket program** – Age Well's restaurant tickets are available year round, and no longer need to be used the month they are purchased. Tickets are good for Age Well's fiscal year, October 1, 2017-September 30, 2018, but are nonreturnable and non-exchangeable. For tickets, connect with Pat Long, Community Meal Coordinator, at the meal sites or visit Age Well's office (76 Pearl St., Suite 201, Essex Junction, VT 05452, 865-0360). Tickets must be presented before ordering. Restaurants have the right to offer limited menus.

The Abbey Pub & Restaurant, Enosburg Falls, lunch and dinner Tuesday-Sunday, 11:30 AM – 5:00 PM.

Athens Diner, Milton, Monday-Saturday, 6:00 AM – 4:00 PM, Sundays 6:00 AM – 3:00 PM.

The Champlain Café at Burlington Tech Center, Fridays only; reservations required. Call 864-8426 x12121.

Dutch Mill, Shelburne, Monday-Sunday, 7:30 AM – 2:00 PM.

Halfway House Restaurant, Shoreham, Monday-Thursday, 5:00 AM – 8:00 PM.

Harpers at Holiday Inn, S. Burlington, Early Bird dinner, Monday-Sunday, 5:00 – 7:00 PM.

IHOP, S. Burlington, Monday-Sunday, 7:00 AM – 9:00 PM.

Mallets Bay Diner & Bakery, Colchester. Tuesday-Friday, 7:00 AM – 1:00 PM. Breakfast and lunch.

Mimmo's, Essex Junction, Mondays, 11:00 AM – 3:00 PM.

Pizza Putt, S. Burlington, lunch or dinner served seven days a week.

Professional Foods Café and Bakery (formerly Colonial Room), Essex. Call 879-5595 after 5:00 PM on Monday to listen to a recorded message with menu options and days the café will be open that week. Luncheon check-in is promptly at 11:00 AM. Always closed on Saturdays, Sundays, Mondays, and Tuesdays.

Rosie's Restaurant, Middlebury. Mondays-Wednesdays, 6:00 AM – 12:00 PM (breakfast); 11:00 AM – 3:00 PM (lunch).

Ray's Seafood, Essex Junction, Sundays – Wednesdays, 11:00 AM – 4:00 PM.

St. Michael's College, Colchester. Monday-Friday, dinner 5:00 – 6:00 PM; Saturday-Sunday brunch, 11:30 AM – 1:00 PM; dinner 5:00 – 6:00 PM.

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

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

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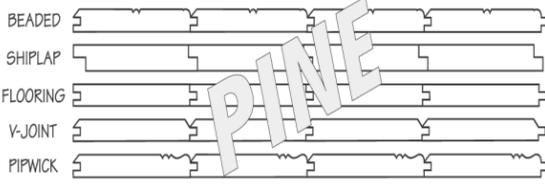
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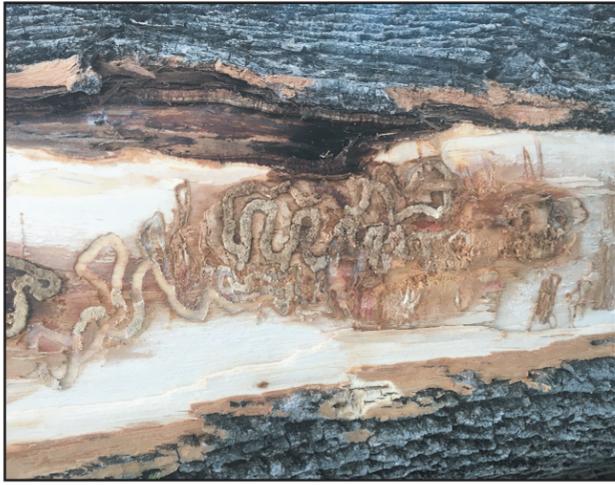
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# Emerald ash borer found in Vermont



This is what the damage made by an emerald ash borer looks like. PHOTO BY NATE SIEGERT, USFS

The Vermont Department of Forests, Parks & Recreation (VTFR) and the Vermont Agency of Agriculture, Food & Markets (VAAF) report that emerald ash borer (EAB), a destructive forest insect from Asia, has been detected in Vermont. Officials with the USDA Animal & Plant Health and Inspection Service (APHIS) have confirmed the identification of a beetle recently found in northern Orange County. The insect was reported through the <http://vtinvasives.org/> website.

EAB overwinter as larvae under the bark of ash trees, where they feed on the inner bark tissue. Once infested, ash trees rapidly decline and are killed in three to five years. This pest is known to be established in 32 states and three Canadian provinces, and is responsible for widespread decline and mortality of hundreds of millions of ash trees in North America.

Ash trees comprise approximately 5% of Vermont forests and are also a very common and important urban tree. EAB threatens white ash, green ash, and black ash in Vermont and could have significant ecological and economic impacts. There are no proven means to control EAB in forested areas, though individual trees can sometimes be effectively treated.

State and federal forest health officials have convened and are preparing to implement an emergency action plan in response to the recent EAB detection in Vermont. A multi-agency delineation survey effort, including personnel from VAAF, VTFR, APHIS, U.S. Forest Service, and the University of Vermont Extension, will be launched in the upcoming days to determine the extent of the EAB infestation. Results of the survey will inform subsequent management recommendations and quarantine decisions and will be released to the public.

Slowing the spread of EAB is very important. While adult EAB are capable of flying short distances, humans have accelerated the spread of the insect by moving infested material, particularly firewood, long distances. Residents and visitors are reminded to protect Vermont's forests by buying and burning local firewood.

Landowners with questions are encouraged to contact their county forester. You can find county foresters on this website: [http://fpr.vermont.gov/forest/your\\_woods/county\\_forest/who\\_where](http://fpr.vermont.gov/forest/your_woods/county_forest/who_where).

A public information meeting is being planned and details will be announced shortly.

# Maple Open House Weekend 2018: unique uses for maple

Maple Open House Weekend – Saturday-Sunday, March 24-25 – is Vermont's most anticipated spring event, bringing an estimated 30,000 visitors to tour the sugar houses and meet the sugar makers responsible for leading the nation in maple syrup production (nearly 1.8 million gallons averaged over the past three seasons). The weekend celebrates the current season's crop, and this year's event has expanded the offerings and activities for visitors – by partnering with local businesses that specialize in their own craft and support Vermont's maple industry by including maple in their ingredients and on their menus, and offering it for sale at their locations.

When visiting sugar houses visitors can expect warm welcomes from their sugar maker hosts, eager to educate and share with the public the process of making maple syrup from sap – an inside look at the hard work that goes into producing each jug of syrup. Traditional activities include sampling syrup, tours of the woods, pancake breakfasts, horse-drawn sleigh rides, sugar-on-snow parties, and plenty of maple products to taste including maple donuts, maple cotton candy, and maple creemees.

Visitors can also expect to be impressed by the diversity of maple as an ingredient as showcased by our partner businesses. Each partner capitalizes on the flavor qualities of maple as a key component of recipes and menu items appearing throughout the weekend. A few of the stops visitors shouldn't miss include Citizen Cider's Tasting Room, to try their new limited release Tree Tapper made with maple syrup; Shacksbury Cider's Tasting Room featuring a cider that is barrel aged in old WhistlePig Whiskey barrels and finished with a kiss of maple syrup; Saxton's River Distillery, featuring samples of their Sapling Maple Liqueur, Maple Bourbon, and Maple Rye, all made using local Vermont maple syrup; Switchback Brewing Co. featuring their signature Switchback Ale Maple Ice Cream Floats made with Lake Champlain Chocolate's vanilla ice cream and a maple syrup drizzle; and of course 14<sup>th</sup> Star Brewing where visitors can always enjoy craft brews made with maple, including their Maple Breakfast Stout. For a full menu of maple, visitors can dine at partner restaurants like Mary's at Baldwin Creek, which will be featuring special maple appetizers, entrees, and desserts alongside other local ingredients, as well as unique maple craft cocktails.

Travel the state to see how widely maple is produced and discover how maple has expanded its traditional uses as a breakfast topper to become the natural sweetener and flavor of choice as demonstrated by partnering businesses. To ensure visitors make the most of the weekend, the event web page also provides a listing of lodging options that are uniquely Vermont.

For more information about the weekend and to see the growing list of participating sugarhouses and partnering businesses, visit: [www.vermontmaple.org/mohw](http://www.vermontmaple.org/mohw).

## Vermont Maple Open House Weekend March 24 & 25



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3 bedroom + bonus rm/office home in Sherwood Forest neighborhood! Kitchen w/ new SS appliances, custom cherry cabinets, granite countertops & lg island! Master suite with walk-in closet. Finished lower level family & rec rm. Large private tree lined lot with sunny yard for gardening & playing!



Fairfax - \$299,000

3 bedroom, 2.5 bath home in sought after neighborhood! Lg kitchen w/ SS appliances & granite counters with cozy adjoining family rm! Master w/ WI closet, tray ceilings & great bath! 2 more bdrms w/ WI closets! Hrdwd flooring throughout! Upstairs rec room w/ views of common land! Lg yard & back deck!

CALL NANCY TODAY!

Nancy Jenkins Real Estate  
140 Kennedy Dr, Suite 102  
South Burlington, VT 05403  
802-846-4888 - 888-567-4049



## Save the Date!

March 20 – 7:00 -9:00 pm @ Town Hall



Presentation – What natural resources are in town? How do we know what is there? Why protect Jericho's natural resources? What has the TOWN been doing to protect open land?

Jens Hilke from the Vermont Department of Fish and Wildlife will help answer these questions as well as answer other questions you may have. The Planning & Conservation Commissions will also give a brief overview of a draft of a Natural Resources Overlay proposed for the Land Use Regulations.

April 3, 7:00-9:00 pm @ Town Hall

Workshop – The Planning & Conservation Commissions will hold an interactive workshop on the draft Natural Resources Overlay proposed for the Land Use Regulations. This is your time to come learn, offer feedback and help shape the overlay.

Contact the Town Planner, Katherine Sonnack at [ksonnick@jerichovt.gov](mailto:ksonnick@jerichovt.gov) with questions or see the Planning Commission page of the Town website for more details: [www.jerichovt.gov](http://www.jerichovt.gov)