

MMU's Colby Giroux earns state wrestling title



Mount Mansfield Union High School (MMU) senior Colby Giroux wrestled his way to become the Vermont State Wrestling Champion at 170 pounds. Colby has been on the MMU wrestling team for four years under the guidance of Coach Harley Brown and his sons Glenn and Jonny. Colby has participated in youth wrestling, which also practices at MMU, since he was four years old. After losing in the second round at the New England Wrestling Championships in Providence, RI on Friday, March 1, Colby was determined to place and won his next six tough matches, with three pins along the way. He took third place and was on the podium with MA 1, RI 1, and NH 1. Colby's goals this year were to win the state title, place at the New England, and win his last high school match at New England. He accomplished them all. Wrestling is a great sport, teaching self-discipline, fitness,

nutrition, sportsmanship, and the values of working hard. For information on how to join the teams, contact harleybrown@madriver.com. PHOTO CONTRIBUTED

Cambridge Select Board expands by two members

By Phyl Newbeck

Special to the Mountain Gazette

This year, the town of Cambridge decided to add two people to the Select Board to make it a five-person body. Incumbent Dana Sweet was reelected and two newcomers, Courtney Leitz and Cody Marsh, filled out the remaining two slots. Both members bring some diversity to the board. Leitz is almost certainly the first woman to ever serve and the 30-year-old Marsh is one of the youngest to have taken a seat.

Leitz is a Cambridge native who attended Cambridge Elementary School and Lamoille Middle and Junior High Schools. Moving back to Vermont four years ago, she purchased her childhood home from her parents. Although the property is no longer a working farm, Leitz raises laying hens, meat chickens, pigs, sheep, and goats. She serves as the Assistant Director of the Smugglers' Notch Ski and Snowboard Club and recently started a tutorial program called the Smugglers' Notch Academy for the students in grades 7-12 who are part of club.

Leitz attended her first Select Board meeting last April after Select Board member George Putnam sent out an invitation to residents on Front Porch Forum. "It was a little bit in reaction to what was happening on the national stage politically," she said. "I felt norms eroding and thought that a good response was to engage in local political institutions to protect them." Leitz didn't expect the experience to be enjoyable. "It started as a sense of responsibility," she said, "but I found it really interesting and I kept going to meetings." Having lived in other states and countries, Leitz was impressed with the level of engagement in Cambridge.

With a master's degree in social science and a certificate in social justice, peace, and reconciliation, Leitz believes her teaching background will help her on the board by providing communication skills and a history of working with a variety of people from different socio-economic backgrounds. At 41, with four- and five-year-old sons, she also believes that she brings the perspective of younger families to the table.

Leitz is deeply concerned with civic infrastructure, as well as Cambridge's strong agricultural history. She wants to explore how to support local farms and find ways to keep land open without a loss of tax revenue to the town.

Cody Marsh became intrigued with the idea of running for Select Board when he learned about the expansion to five people. "I didn't want to run against a sitting member," he said. During last fall's election, he saw the excitement generated by the two young candidates, Lucy Rogers and

Zac Mayo, in their race for the Statehouse. "A lot of people were happy we had two great young people running," he said. After Leitz announced her candidacy on Front Porch Forum, Marsh did the same. "People seemed to like the idea of having younger people involved," he said.

The Marsh family has a long history in Cambridge. Cody's great-great-grandfather was Town Moderator, and his grandmother, Roberta, was deeply involved in the town's Historical Society. Cody grew up in Waterville and graduated from Lamoille Union High School. He got his degree in civil engineering at the University of Maine and worked briefly in New York City before returning home. A summer internship at G.W. Tatro made him realize that working with dirt and excavators and seeing a project through to completion was more appealing than the traditional work of a civil engineer, sitting at a desk and making drawings. He currently works as an estimator for Tatro. He believes his civil engineering background can be an asset to the board since he is familiar with the building of bridges, roads, and culverts. "We only have a fixed amount of money," he said. "We have to be efficient."

Like Leitz, Marsh began attending Select Board meetings before the election and was impressed with the way the board functioned. "I can see what they go through to keep the budget as low as possible," he said. "I want to continue with that mentality and not ask people to pay more than what is necessary to keep the streets maintained and the roads plowed."



Cody Marsh



Courtney Leitz

BMRS Math Club Mathlete Nathan Ellison to compete in State Competition



The Browns River Middle School Math Club sent five Mathletes to the Northwest Chapter competition on Saturday, February 16. Charlotte Allen, Nathan Ellison, Cameron Brinegar, Finian Towle, and Lauren Ritter solved math problems individually and with teammates for approximately two hours. They competed against 75 other mathletes from 12 different middle schools. Nathan Ellison advanced to the very exciting Countdown round, where the 12 top-scoring students compete in a head-to-head, buzzer-beating, best-of-three questions to win in front of a packed audience. Nathan Ellison was also invited to compete in the State Competition. The BRMS Math Club would like to thank Willie Lee for designing and printing our very original team shirts. PHOTO CONTRIBUTED

Mansfield Nordic Club wins NE Club Relay Championship

Fifty-seven four-person relay teams braved blowing snow and gusty winds to compete in the third annual New England Club Relay Championship at the Craftsbury Outdoor Center on Sunday, March 10. Any New England nordic ski clubs could enter all male teams, all female teams, mixed teams with at least two women, and BKL teams. Each team had the option to enter in one of two categories, including combined age of less than 200 years or combined ages of greater than 199 years. The goal is for each club to field as many teams as possible by utilizing as many club members as possible in the make-up of their teams. The race field was diverse in ability levels and ranged with everyone from a few former Olympians to many first time racers. To add a bit of flair to the event, some racers devised their own costumes, which included capes as super heroes and tutus as ballerinas.

As the heavy falling snow was piling up prior to the event, the Craftsbury Outdoor Center grooming crew did a last minute Piston Bully touchup on the entire course to make for perfect tracks and skate lane. After brief race

instructions by Race Director Jim Fredericks, the first leg teams were off to ski two loops on the 2.5 kilometer course. The individual team categories were quite competitive, with several changes in lead teams throughout the four legs.

When the team scores were tabulated, it was Mansfield Nordic Club easily becoming the Champions as the top club in New England with 920 points, followed by Craftsbury with 495 points, and 2018 champions Ford Sayre with 330 points. Overall, nine NE clubs competed in the event entering 57 individual teams. For more details on individual team results, go to: <http://www.mansfieldnordic.org/ne-relay-championship/>.

This fun and spirited event was organized by Mansfield Nordic Club as a fundraiser to help aspiring young nordic skiers. Thanks to Toko.com as the title sponsor and also to the many dedicated volunteers from the Mansfield Nordic Club for hosting this fun and inspiring event.

For more information contact Jim Fredericks, Jimfredericks2@gmail.com.

Lamoille Chamber of Commerce news

The Lamoille Chamber of Commerce welcomes its newest member, Good Dog! Grooming, to the Chamber. A full service dog grooming salon located at 52 Portland St., Morrisville, their website is <https://gooddogvermont.com>.

The regular monthly Legislative Breakfast will be held on Monday, March 25, 7:30 - 9:00 AM at Sterling Ridge Log Cabin Resort, Jeffersonville, the host for this event. Geoff Lindemer of L2 Training and Consulting, the Chamber's Legislative Liaison, will help facilitate an informative meeting. Breakfast is free for

Chamber members, with a requested \$5 donation at the door from non-members. Seating is limited - sign up at <https://conta.cc/2UTbJBo>.

There will be a Vermont Chamber ServSafe® Certification Class + Exam offered on Monday, April 29, 8:30 AM - 5:00 PM at Lamoille County Civic Center, Morrisville. Deadline to register and pay is April 22 to ensure timely delivery of the textbook and allow study time prior to the class. For information and to register contact Karen Foote, kfoote@vtchamber.com or 802-262-2119.

All Breed Rescue seeks board members

All Breed Rescue (ABR) is looking for ethically-minded individuals to join our Board of Directors. The organization is a compassionate, non-profit rescue dedicated to saving highly adoptable dogs from high kill shelters and placing them in loving homes in the Northeast.

Board members are key to ensuring the future success of the organization. Our organization has been rescuing dogs and educating the community about adoption since 1996. We seek people with a passion for animal welfare and a willingness to help us connect throughout the community.

Members of our Board of Directors have the following responsibilities:

- attending Board Meetings, scheduled on the third Tuesday of the month at 6:00 PM;
- attending major ABR fundraisers and events, including selling tickets to their personal and

professional networks;

- advocating for the organization and being eager to talk to their friends, families, and communities about the work All Breed Rescue does.

Board members should plan for an average monthly commitment of about two to four hours preparing for Board meetings, reviewing minutes, and participating in events.

For more information, contact carolyn@allbreedrescuevt.com.



COMING EVENTS

Wednesday, March 20

Book talk on Mini Meadows, 6:30 PM, Phoenix Books Essex, 2 Carmichael St., Essex. Join Mike Lizotte for a discussion on how to create low-cost, low-maintenance flower-filled plots around the yard that provide habitat for pollinators, reduce mowing, and address problem areas with special plantings for shady, damp, erosion-prone, or deer-susceptible spots. Attendees receive a free packet of Mini Meadow Mix. Lizotte lives in Essex Junction with his wife and daughter. Free and open to all. For more information: www.phoenixbooks.biz.

Thursday, March 21

Bobcats: Wild Yet Wonderfully Near Us, 6:30 PM, Smilie Memorial School, U.S. Rt. 2, Bolton. The Conservation Commissions of Bolton and Richmond sponsor forester and wildlife ecologist Susan Morse's power point presentation focusing on bobcat and lynx, illustrated with her stunning, award-winning photography, followed by a Q&A session. Morse is the founder of *Keeping Track*. Free and open to the public. For more information, contact Virginia Haviland, 434-5801.

RESCHEDULED Comfort Food and Careers Job Fair, 5:00 – 9:00 PM, Green Mountain Technology and Career Center, Hyde Park. The Lamoille Valley Young Professionals, a subgroup of the Lamoille Chamber of Commerce, will host a speed-dating-style job fair. Free for job hunters; for employers looking to hire, \$30 per interviewer for a Chamber Member, \$60 for non-Chamber members. Openings for both employers and job hunters are limited – call the LHP office, 802-888-5714 for more information.

Mansfield Scale Modelers, 6:30 – 8:30 PM, Brownell Library Kolvoord Community Room, Essex Junction. Model builders encompassing all areas of interest and all skill levels are welcome.

Saturday, March 23

Community Potluck Supper, 6:00 PM, Jericho Community Center, Browns Trace, Jericho Center. Come join your neighbors for a delicious meal.

Scottish Genealogy Research, 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester.

You don't have to travel abroad to find valuable documents and records for your Scottish ancestors. Sheila Morris will show how to trace those elusive ancestors, what their occupations were, names that are important, and how to find original Scottish census records. Sheila will share maps of Scotland showing the counties before 1855 and after. Sheila will show you how to use *ScotlandsPeople.com* and describe how to organize your research. For more details: 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.

Monday, March 25

Winooski Watershed, 5:30 – 7:00 PM, Jericho Community Center, Browns Trace, Jericho Center. Michele W. Braun of *Friends of the Winooski River* will give a presentation on the river's watershed. How does Jericho contribute to the health of this waterway? A general overview of the watershed and its challenges, some specifics about Jericho's situation in the watershed, and what you can do. Hosted by Transition Town Jericho. Free; refreshments provided. More information available at transitiontownjericho.net.

March Legislative Breakfast, 7:30 – 9:00 AM, Sterling Ridge Log Cabin Resort, Jeffersonville. This Lamoille Chamber of Commerce event features Geoff Lindemer of L2 Training and Consulting as facilitator. Lindemer is the Chamber's Legislative liaison. Breakfast, hosted by Sterling Ridge, is free for Chamber members; requested \$5 donation at the door for non-members. Seating is limited; sign up at <https://conta.cc/2UTbJbo>.

Thursday, March 28

A Will for the Woods, 7:00 PM, Deborah Rawson Memorial Library, Jericho. The Jericho Energy Task Force presents this award-winning documentary, which follows musician and psychiatrist Clark Wang as he tries to ensure that his last act will be a gift to the planet. Battling lymphoma, Clark and his partner plan for a spiritually meaningful funeral and a green burial to save his beloved North Carolina woods from being clear-cut for a cemetery. After the film, Michelle Acciavatti, and end-of-life specialist known as an end-of-life doula, will talk about green burial options in Vermont. Light refreshments will be served; please bring your own bowls and mugs to this waste-free event.

Book launch: To Have and To Hold, 6:30 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Molly Millwood to celebrate the launch of her new book *To Have and To Hold: Motherhood, Marriage, and the Modern Dilemma*, an exploration of the complexities of early motherhood including its impact on a marriage in a book that offers comfort, camaraderie, and practical guidance to new mothers. Dr. Molly Millwood holds a Ph.D. in clinical psychology with advanced specialized training in marital therapy and intimate relationships. 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 the evening of the event. Information: www.phoenixbooks.biz or 448-3350.

Saturday, March 30

Finding Ancestors Using DNA Networks, 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen,

Colchester. After we get our test results, which matches should we focus on and how can we determine people's connections to each other and to us? Ed McGuire will describe tools and methodology that organizes all of this data. The resources used include known family relationships, spreadsheets, public and private family trees, shared DNA, and a simple segment visualization tool like *DNA Painter*. Class includes demonstrations using actual data and a detailed handout with links to additional free online resources. For more details: 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.

Thursday, April 4

Free Community Soup and Bread Supper, 4:30 – 6:30 PM, Covenant Community Church, 1 Whitcomb Meadows Lane, Essex. Serving a variety of hearty soups and breads plus a sweet dessert. Stay at the church to enjoy your meal with friends and family, or pick up to take home. Donations welcome but not expected. (Off VT Rt. 15, across from John Leo's, near Jericho-Essex town line.) For more information call Pastor Jeannette Conner, 879-4313.

Saturday, April 6

Orphan Train Riders, 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. What was an Orphan Train? Who rode them? Why were they used? When did it all start and when did it end? Dan Bean will answer these questions and others as he reviews how he became a Vermonter because of one such train. Discussion will also cover other OTR descendants and their fates. If you've ever read a novel or book on Orphan Train Riders and wanted more information, this is your opportunity – or come learn for the first time about a fascinating bit of our past. For more details: 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, April 13

Lamoille Housing Partnership Benefit, 7:00 – 11:00 PM, Rusty Nail, 1190 Mountain Rd., Suite 2, Stowe. Join Lamoille Housing Partnership, the Rusty Nail, and the Alchemist to benefit affordable housing. Live music from *The Fleetwood Mac Experience*; silent auction; food and drinks from Tres Amigos. \$25/person includes food, beverage, and ticket to the music. 100% of ticket sale and silent auction proceeds benefit Lamoille Housing Partnership. To be a sponsor or to donate an item to the silent auction – or for more information – contact Kerrie Lohr, kerrie@lamoillehousing.org or 802-888-5714; <https://www.facebook.com/events/348221029115984/>

Thursday, April 18

Mansfield Scale Modelers, 6:30 – 8:30 PM, Brownell Library Kolvoord Community Room, Essex Junction. Model builders encompassing all areas of interest and all skill levels are welcome.

Saturday, May 4

Green Up Day Breakfast, 10:30 – 10:00 AM, Jericho Community Center, Browns Trace, Jericho Center. Get a rousing start to your clean-up of the roads.

COMMUNITY COLUMNS

Joyce Goggins

By Doug Boardman
Special to the Mountain Gazette

Previously, I wrote about dogs and other pets throughout the years. It is very hard to lose pets and for some of us we can't bear to take our pet to the vet to get shots etc. and especially when the vet gives them a shot to put them down. My wife, Sandy, always took our dogs to the vet. I drove them to the vet but didn't get out of the car. It is ironic that friends and relatives have asked me to go with them and their pet to the vet's and I have begged them to get somebody else but I have gone to comfort them. It is so heart wrenching to see them holding and cuddling their pet and talking to it while the vet is giving them a shot to put them down. I really don't think I am giving them that much support because I end up crying more than they do.

In 1985, we moved to Underhill Center and one of my first plumbing customers was Joyce Goggins who lived about half a mile down the road. She was a retired teacher who lived alone with two golden retrievers. She was a very private person and hardly left her house, which needed a lot of work. I fixed various plumbing and heating problems. My son and I also rebuilt a second floor deck coming out of her second floor bedroom and a small deck leading into her front door. When one of her golden retrievers died, she called me to help her bury the dog. It was in the middle of the winter so I had to take my pick and break up the frozen dirt and dig a roughly two foot by five foot hole and three feet deep. We carried the dog in its favorite blanket down to the grave under a tree on her front lawn. We said a little prayer and I covered the grave back up. She was overcome with grief and shaking so I had to hold things together and wishing the whole time that I was somewhere else. It is very hard for me to deal with anything that is dying except a chicken who has stopped laying eggs. About a month later after one of her goldens died, the other one passed away and I had to dig a hole beside the other grave. Both dogs were large dogs, but it wasn't as hard digging this time. It was a very sad time though and I hoped that was the last time I would have to go through digging a grave

Antibiotics are not effective against the common cold

Parents cannot resist asking me if their child would benefit from an antibiotic when they are sick. So let me prescribe some advice about why we do and do not like to use antibiotics.

Just over 40% of outpatient prescriptions are for antibiotics and yet half of these turn out to be unnecessary.

Why? Antibiotics were designed to effectively treat bacterial germs that get into the body. But the majority of childhood illnesses – or "colds" – are not due to bacterial germs but to viral germs, or viruses. These viruses don't respond to antibiotics. They often go away in a few days with supportive care such as acetaminophen and good hydration. This is why antibiotics cannot help children recover from the common cold.

Using antibiotics when we strongly suspect a child has a virus can lead to a big problem, called *antibiotic resistance*. This happens when antibiotics are used so often that bacterial germs develop resistance to these common, and very effective, medicines. That antibiotic resistance could make it very difficult to treat these bacteria in the future.

So what do I recommend?

Don't insist on an antibiotic every time your child is ill. Colds,

again. She did get another dog, a chocolate Lab, who was too much for her to control. She would try to walk the dog but it would drag her all around, so she ended up hooking it to a chain. I had to put plywood in between the back stair treads because the dog wouldn't go down them with them being open.

Joyce was getting pretty frail and on one occasion she walked up to my house and knocked on the door and upon opening the door she was crying and all bandaged up on her right arm. She had burned herself real bad on her stove and in the midst of this she accidentally locked herself out of her house. I went down to her house and she wanted me to bust her front door in, but I wasn't about to do that because it was an outside insulated door and very expensive so I opted to break a small window in her bathroom single pane and crawled through and around to her front door and unlocked it. These were just a couple of incidents that happened; there are too many to list but she needed lots of help. One day she asked me if I would do her a favor and I said of course. She said would you come to my funeral and put your suit and tie on because I have never seen you dressed up, you were always in your work clothes with your navy cap on. I said it would be an honor and I would always be there for her. I didn't realize at the time that she was dying because she never discussed her ailments. A few months later I heard she was in hospice so I put on a suit and tie and went down to see her... She had tubes and a big one down her throat but still was able to whisper that I looked really handsome like she had imagined and that I lived up to my promises to her. She was crying and said thank you for taking care of her for all the years. Joyce was a very private person and quiet but very nice when you got to know her. She had said before she died that she wanted her three year old chocolate lab to be put down after she died but her family, friends, and I all said we couldn't do that so they found a home for the young dog.

Grief can be never-ending and "drive" a person to do or say things that they might regret later. I am sorry, Joyce, that we couldn't follow through on all your wishes but ultimately, we did what we thought you would want done. Rest in peace – it was nice to know you!

sore throats, stomach aches, flu symptoms, and even ear infections, are usually due to viruses – not bacteria. If you are concerned about your child being sick, have them seen by your child's health care professional. They can best determine if an antibiotic is warranted. If not, they will give you suggestions to make your child comfortable until a virus passes.

Use antibiotics as prescribed for your child and only for as long as prescribed. If you have some left at the end of a course, do not save them for the next time your child is sick. That can contribute to antibiotic resistance.

Never use someone else's prescription.

Taking antibiotics is not the best way to prevent getting an infection. Practice good hand washing, be sure your child stays up to date on immunizations, and keep your child out of school when sick. That way, viral or bacterial germs cannot spread.

Hopefully tips like these will be ones you cannot resist when knowing about why and why not to use antibiotics.

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

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COMMUNITY COLUMNS



Her First Bird

By Bernie Paquette

Lily awoke to a dim, overcast, light starved day. Her bedroom walls screamed of silent musicians, ballerinas that froze dance with their toes forever locked in place, while the ceiling tried but failed to grant wishes with green luminescent stars. However, nothing inside her room awakened her spirit enough to lift the bedspread cover – though the unicorn surrounded by a rainbow seemed poised to lift off into the sky. The quiet was the only thing that could draw her out of bed now that she was awake. Lily could not stand the quiet, alone in her own head was too much solitude. “Compee, (her pet name for her voice activated computer) what time is it?” she queried, slightly curious why no light entered her window and no sound livened her room.

“It is five AM,” responded the lifeless stoic machine.

“Why did you wake me up so early?” Lily berated her mechanical companion. “I must be the only living thing awake at this hour,” she continued.

“Ms Lily,” the computer formally responded, “There are multitudes of living animals awake and about at this time – why not you? Might I list some of them for you?”

Without waiting for an answer, digital nature spewed out. “Birds for instance, in your very backyard, including perhaps Northern Cardinals as red as cherries, tuxedoed woodpeckers, Chickadees first to the breakfast table, nuthatches racing down trees, juncos, Mourning Doves, blue jays, and...” Before the listing could finish, Lily cut short the nature lesson requesting music to lift her up out of bed. The computer speakers remained silent. Before Lily could reprimand the machine, her ears caught an unfamiliar sound. Was someone whistling to her at this early hour?

Dreamily Lily put one foot to the floor, then two. Walking felt like floating as she moved toward the sound at her bedroom window facing her backyard. Now she heard a tapping sound like tiny hail hitting the window. The floor creaked as she moved. Funny she never noticed the floor creaking before. Even the curtains whispered – what – a warning, or good morning.

Slowly, cautiously with two nimble fingers, and one leg outstretched in the opposite direction in preparation to run away from the window, she opened the curtain just enough to see a sliver of red. “Horror of horrors,” she screamed and darted back to her bed and covered herself, including her head, in the billowing puffy bedspread. Even the unicorn quivered and shivered in fright.

After a few minutes of quiet, Lily decided her eyes must have deceived her. Perhaps a piece of red plastic, whipped up by wind, splattered against the windowpane. “Computer, what is on my window?” she nervously asked. No response came from the box of silicon chips. With mounting courage, Lily thought, “Darned computer. I will just have to look again for myself.” Once again, one foot touched the floor, then another. Once again the floor squeaked. Once again, the curtain whispered. Again, the ticking, tapping, now drumming sound came from the window. Summoning up the bravado of her cartoon superheroes, she whipped the curtain open – a flash of red cape streaked away and upward towards the leafless oak tree a few feet from her window.

Now more curious than fearful, Lily stopped, looked, and listened. She of course was not unaware of cardinals, but never had she been so upfront and personal with one. She wondered why it had nearly entered her bedroom, her domain. The cardinal raised a tuft atop his head, stretched his neck and beak upward and released a loud string of clear down-slurred and two-parted whistles, often speeding up and ending in a slow trill. The song lasted two to three seconds, with a brief pause then resumed. Lily thought, “He sounds like he is singing, cheer, cheer, cheer, or birdie, birdie, birdie.” Suddenly a flash of black and white landed close to the cardinal, which responded with a loud metallic chipping to warn off the unwanted guest from his territory. “Well,” thought Lily, “Compee was right, there are other creatures awake and about. I wonder what other nature neighbors are nearby,” she mused.

As the wind rustled up freshly fallen snow, a Carolina Wren, bearing the cold, patronizing the seed, suet, peanuts, and peanut-butter restaurant in Lily’s backyard, voiced a loud three-part phrase sounding like “tea-kettle, tea-kettle, tea-kettle.” As though announcing, “spring will come.” This gave Lily a warm feeling and she even imagined the smell of a wisp of peppermint and rose hips in the air.

Another reminder of breakfast landed on a feeder perch, a male Purple Finch with a raspberry pink-red head, mixing with brown on the back, and cloudy white on the belly. This bird had a powerful conical beak and a notched tail. It seemed to be singing hear-me?-see-me?-here-I-am. Lily imagined the bird reached into her neighbor Gaye’s fresh homemade raspberry jam, and fell in headfirst.

Throughout each new bird’s visit, chickadees darted in and out, weighing each seed carefully then darting off to a nearby branch to remove the shell and devour the sunflower seed. Lily never witnessed such an eating frenzy except when dad tackles a lobster. Lily thought, “That little bird must expend almost as much energy getting the seed as it obtains in calories from eating the seed. They sure do look trim, fit, and full of energy.” To which the Chickadee replied a simple pure two- or three-note, whistled hey, sweetie and then, chickadee dee dee dee in alarm when a Goldfinch landed nearby.

Goldfinches looping in flight dropped down onto the oak as

though they were falling en masse from the sky then rising as though on a volcanic upthrust. Their worn faded yellow feathers had begun to rejuvenate into golden yellow. Lily thought, “Goldfinches remind me though the sun may fade, or fail to shine some days, time will restore the warm gold rays.” As they later flew away, they expressed their contact call, sounding like po-ta-to-chip.

Deep in thought, Lily began to ponder, “Why have I not heard such songs before? What might a woodpecker song sound like?” As if on cue a medium size woodpecker (Hairy Woodpecker) with a square head, a long straight, chisel-like bill, and stiff, long tail feathers used to lean against on tree trunks – began to tap against the oak tree with a bill nearly the same length as its head. The rapid and even pace drumming consisted of about 26 beats in one second. This, being a form of communication and not an attempt to drill into the tree for insects, was in response to the cardinal. Both viewed each other as intruders. Lily asked aloud, “Should I too sing or tap on my window to defend my territory?” She giggled at the thought, but the birds paid scant attention to her.

As Lily’s attention turned to what she might wear today, she looked to the birds for fashionable ideas. She noted that the woodpecker wore contrasting black and white. Black wings checkered with white; the head with two white stripes. Being a male, it had a flash of red toward the back of the head. A large white patch ran down the center of its black back. “So Goth,” thought Lily in appreciation of the uniqueness of this formidable looking bird. “But mom would definitely not approve of such an attire on me,” she laughed.

Meanwhile another flying animal planed down to the oak tree. As the cardinal speaks of heart-red, the Blue Jay heralds its name. The large crested songbird with a broad rounded tail landed like an Air Force fighter plane. White to light gray underneath with various shades of blue, black, and white above. It announced the Air Force had arrived. The Blue Jay immediately called out a loud jeer, followed by clear whistled notes and gurgling sounds that made Lily laugh with delight. Seeing the other two birds nearby, the Jay snapped its bill in intense aggressive displays.

Once each bird adjusted to the others nearby, the Blue Jay began its song, of sorts – a whisper song – a soft quiet conglomeration of clicks, chucks, whirrs, whines, liquid notes, and other calls, lasting longer than two minutes. Remembering when she was a wee little lass, full of health and joy, Lily recalled listening with her grandfather, to Peter, Paul, and Mary. They sang *The Marvelous Toy* with many colors bright, that went *zip when it moved, bop when it stopped, brrrrrr when it stood still*. The Blue Jay’s song stood in good measure with *The Marvelous Toy* song. Lily decided to name her marvelous new blue friend, “Grandpa J.”

A knock sounded on Lily’s bedroom door. “Are you up already?” her mom asked. “I heard you moving about, but did not hear that loud blasting you call music, nor did I hear you typing on your computer, or talking on your cell phone. Is everything all right?”

“I’m fine mom. I am enjoying some quiet; I think they call it solitude. I was kind of lost in my own thoughts,” Lily responded.

“Is your computer not working?” her mom asked.

“Compee is working better than ever, mom. I asked her for uplifting music. She led me to delightful and cheery spring music. The band is right outside my window. The band members are Northern Cardinals as red as cherries, tuxedoed woodpeckers, chickadees first to the breakfast table, nuthatches racing down trees, juncos, Mourning Doves, Grandpa J, and...”

“Ok dear,” her mother replied. “Perhaps you had better get a little more sleep. Besides it is a dull dreary late winter day outside – not much to do.”

“Ah, but mom, on the contrary spring is announcing itself, my outdoor friends are singing, and showing off their new outfits, ground critters are dancing on their toes, and Granpa J is happily blue as ever.”

Lily’s mother started to wonder what happened to her daughter overnight. Before she could query Lily further, the bedroom door opened. Lily, dressed in a multitude of bright colors, wearing a beaming smile, and whistling a new tune, chirped to her mom “Mom, can I stay up late tonight to watch the ‘real stars?’”

Her mom replied, “Well, I guess so, given you managed to get yourself up so early this morning. Why the sudden interest in the outdoors?”

Lily paused, and then responded, “I want to see if the real outdoor stars twinkle and shine brightly, and shoot across the sky. I will wish upon my star, to meet more avian musicians and natural clothes designers and other outdoor nature wonders.”

Walking away a bit bewildered, Lily’s mother thought, “Well this is a first for Lily, she looks like she is radiating with sunlight. But who the heck is Granpa J?”

(This story was written in honor of a special Lily – may she view the world through nature and come away radiating with sunlight. Get outdoors – a good way to develop hyper-awareness, and self-confidence. Nature informs all the senses. – Bernie Paquette, Jericho)

“Stress reduction, greater physical health, a deeper sense of spirit, more creativity, a sense of play, even a safer life - these are the rewards that await a family when it invites more nature into children’s lives.”

– The Last Woods, by Richard Louv

The Mountain Gazette

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Copper: the poor man’s gold

By Sue Kusserow

Special to the Mountain Gazette

I first encountered copper when I was a new bride. One of my gifts was a set of Revere Ware pots and pans. I used to polish each piece and hang it lovingly in a shadowy place where it would shine a pretty gleam. As three children came along, I stuffed it into shelves after use, along with the plebian iron frying pans. But the interest in copper had been ignited and, 65 years later, is still burning brightly. I began haunting second-hand shops, so-called “antique” places, and anything misspelled “Collectables.” (I think I had the misguided enthusiasm of a new college graduate, that led me to think their copper might be lower-priced as an accompaniment to their poor spelling. I have since learned that this is an excellent ploy!) Over the years, I have become quite skilled in scanning piles of sheets, tablecloths, overalls still stained from the field, loosely-clustered piles of tarnished forks, and Readers Digest books. I can usually spot copper hiding behind its camouflage. I now have a collection that spans years and houses and trips across the world.

Examples: I was in China, on a government-sanctioned bus trip, where deliberate shopping destinations were laid out for tourists. Even here, 4000 miles from home, my instincts served me well. I screamed STOP! to the driver, since I had spotted a pile of dull gleams spilling onto the road. They turned out to be copper woks. I was given two minutes to bargain and get back on the bus; I am sure the seller knew this routine well. In South Africa, I was walking through an old estate, and there was a small sale... and a beautiful mold on display... which I bid on and won, although I didn’t know the coin of the realm. No matter; it is a beautiful piece and holds a polish well.

A digression here: not all copper is the same: some will polish nicely, some will not. French and Dutch copper are often thicker and sturdier (large round mixing bowls; comfiture pans). Scandinavia seems to go for the simplicity of cooking pots (with a rim to fit into a wood stove). And Turkey for fancy, often flimsy designs, which often don’t hold a polish. Mexican copper, also, doesn’t gleam, unless it is lacquered, which sadly, over time, allows the copper underneath to fade out.

My stay in Zimbabwe was copper-scarce, but a trip to Kenya revived my spirits with a few small pieces. I also have a bed warmer from Denmark, a large milk bucket from North Carolina, and some sparkling large pans from my friend Pieta in Holland. And a round-bottomed pan from a decorative position on a wall in a café in Sicily. I never could figure out how its rotund bottom could stay on a stove. But it polishes beautifully! The local person in Underhill used to be David Gallup, the owner of a hardware store on Park Street. He worked mainly in tin until I nagged him into trying copper. His small measuring cans, buckets, and dippers are prizes. He made me a set of canisters, the largest for flour, measured 9” tall by 8” wide.

The best bargain I ever found? Right here in the U.S. on a dusty top shelf of Gramma’s Collectables in Idaho: six gleaming, heavy old mugs, tin-lined, for \$20.

I have an artisanal acquaintance who makes wonderful red and sugar maple leaves out of sheets of copper, cut by hand to get the right dips and valleys. I challenged him to try a Norway maple, with a broad span of seven inches, and a silver maple, the most intricate of the serrated edges of the maple family. They are beautiful... hand-burned on the edges as the end of fall would portray them, using various degrees of heat to create different tones of orange.

I don’t collect as much anymore. Copper is expensive now, and melted down into water pipes where, as a building goes up, it needs to be guarded so that illegal “entrepreneurs” can’t get in and hack it out. But what fun it is to have so many pieces, which tell stories and help me to travel again. Keep me posted on any bargains you find. Just grab it and I’ll pay you back, with the recipe for a wonderful polishing cream!

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 Conner

email: cccpastorjeannette@gmail.com

Phone: (802) 879-4313

facebook: <https://www.facebook.com/Covenant-Community-Church-12534508030320>

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

JERICHO 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 8:00 AM & 11:00 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; www.jccvt.org

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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, Website: www.stthomasvt.com

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UNITED CHURCH OF UNDERHILL

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www.unitedchurchofunderhill.com

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HEALTH PROGRAMS AND CLASSES AT NORTHWESTERN MEDICAL CENTER

MARCH and APRIL 2019

Sports Medicine In Action: an interactive event with NMC's Athletic Trainers, Saturday, March 23, 9:00 – 12:00 PM, Northwestern Medical Center, Cobblestone Building Rehab Gym. For more information or to RSVP, contact 524-1232. Free. Whether you're a weekend warrior, youth athlete, coach, or parent, join us to learn more about wellness and injury prevention. Learn from our top-notch team of Certified Athletic Trainers about how to prevent injuries, fuel your fun with nutritional tips, and optimize your performance – for competitive sports or just for fun.

Tai Chi Classes, Mondays through March 25, 4:00 – 5:00 PM (first class), 5:15 – 6:15 PM (second class), Northwestern Medical Center Wellness and Fitness Room (Conference Center). Pre-registration required; for more information or to sign up contact 524-8485. Fee: \$40 monthly. Tai Chi is a form of gentle, guided movement that is sometimes referred to as "meditation in motion" and can aid in reducing stress and anxiety. It has also been found to improve balance and promote a sense of wellbeing. This program is open to all ages but class size is limited to 12.

Therapeutic Yoga, Tuesdays through April 30, 5:15 PM – 6:15 PM, NMC Exercise Room. Fee: \$40 monthly; pay in full online at <https://www.northwesternmedicalcenter.org/event/9101/2019-01-09/> or at first class to reserve your spot. Class limited to 12 people. Certified yoga instructor and physical therapist Katherine Lowe will lead you through a monthly series of yoga postures, poses, and breathing techniques designed to ease the stress, anxiety and discomfort associated with pain. Yoga can assist in enhancing our mind-body connection. No previous yoga experience is necessary.

Parkinson's Support Group, Tuesday, April 9, 10:00 – 11:30 AM, Pillsbury Senior Community, conference room next to first floor library, 3 Harborview Dr., St. Albans. Open to those with the disease, their caregivers including family and loved ones, as well as those wanting to learn about this disease. The fall, winter, and summer monthly meetings can provide an open forum to share experiences with others who are coping with the illness, gain education and support, as well as provide recommendations for dealing with the day-to-day care. Participants can learn from each other, meet new people, have discussions, and listen to presentations. Wheelchair accessible.

Diabetes and You, Thursdays through April 11, 1:00 – 3:00 PM, Richford Rural Health Center, fourth floor CR. Pre-registration required, contact Deborah Robertson, 524-1031. NMC will bill your insurance for the course fee. Scholarships available. No one will be turned away for lack of ability to pay. Join us at this self-management educational series for people with diabetes and their families, proven to help people improve control of this disease. Learn how to keep diabetes from controlling your life and improve your blood sugar control to feel better and delay or prevent complications.

Diabetes and You, Tuesdays, April 16-May 14, 1:00 – 3:00 PM, NMC Grand Isle Room. Join this self-management educational series for people with diabetes and their families, proven to help people improve control of this disease. Learn how to keep diabetes from controlling your life and improve your blood sugar control to feel better and delay or prevent complications. NMC will bill your insurance for the course fee. Scholarships available. No one will

be turned away for lack of ability to pay. Pre-registration required; contact Deborah Robertson, 524-1031.

Movement for Parkinson's, Friday, April 19, 10:00 – 11:00 AM, Homestead at Pillsbury Manor. For people with Parkinson's (wheelchair bound as well as able to stand), their care partners, and/or others interested in participating. 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 fees charged but a donation is always appreciated to cover transportation costs for the instructor. Registration/information: 802-0881-9673 or saramcm28@gmail.com (Sarah) or patricia_rugg18@comcast.net (Patricia Rugg). Free.

AARP Smart Driver Course, Friday, April 26, 1:00 – 5:00 PM, Green Mountain Room, Northwestern Medical Center. This four-hour refresher course is open to all drivers 50 years and older. The curriculum addresses the normal physical changes brought on by the aging process, how these changes can affect driving ability, and then offers ways to compensate for those changes. The course addresses changes in vehicles, regulations, and roads. Participants will also learn how to interact with other road users, including truckers, bikers, pedestrians, and distracted drivers. Pre-registration required: call Doug, 802-644-8310; \$15 for AARP members, \$20 for non-members.

ONGOING

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

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

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

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

Healing Circle Women's Cancer Support Group: first Tuesday of every month, 4:30 PM socialize, 5:00 – 6:30 PM meeting, Northwestern Medical Center Conference Franklin Room. Pre-registration not required; free. A self-help cancer support group for women of all ages and lifestyles who have cancer. At our monthly meetings, we share information, offer each other support and comfort, and learn new things from speakers. We extend an invitation to any woman who has cancer, whether you are newly diagnosed or a long term survivor. Please call 802-524-8479 with any questions or to RSVP (not required).

to others share what they are going through and how they are coping or you can share your own story. The choice is always yours to do what feels best to you. For more information on dates, times, and location or to answer any questions you may have call Tony, 802-393-6503.

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

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

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

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

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

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

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

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

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

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

Diverticulitis

Diverticulosis is a condition where small sacs develop in the intestinal tract. Diverticulosis is not symptomatic. Diverticulitis is a painful condition that occurs when these sacs become inflamed. Symptoms of diverticulitis include cramping, abdominal pain, and alternating diarrhea and constipation. Diverticulitis can cause infection, which can spread throughout the abdomen. In severe cases, an abdominal perforation can occur, requiring surgery.

These conditions may be genetic or due to the aging process because the muscles weaken with age, but the most common cause is a low fiber diet. Consequently the best prevention is to eat a high fiber diet regularly – rich in fruits, vegetables, legumes and whole grains. In fact, it is estimated that fiber can decrease the need for surgery by 90%. Drink a minimum of eight, eight-ounce glasses of water daily. Avoid refined carbohydrates. Probiotics, found in fermented foods such as yogurt and kefir and/or supplements, are beneficial. Omega 3 oils (fish/flax) help reduce inflammation. Grinding 15 grams of flaxseed per day can be beneficial because it supplies omega 3 and helps alleviate constipation. (Constipation may be the cause for diverticulitis development because straining puts increased pressure on the intestinal tract, leading to the formation of sacs.)

Green drinks such as aloe vera and bitters contain chlorophyll and soothe the intestines. The herb Pau D'Arco has antibacterial and cleansing qualities. Peppermint and chamomile teas are soothing to the gastrointestinal tract. (Avoid chamomile if allergic to ragweed). Licorice, a.k.a. DGL, can be beneficial but avoid it if cardiac problems exist. Wild yam also has been used to treat diverticulitis but must be avoided if there is a hormonal imbalance or breast cancer history. Cat claw and slippery elm have been used to treat diverticulitis. Ginger tea has anti-inflammatory properties. B vitamins help improve gastrointestinal

Diverticulitis continued on page 5

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Have You Lost a Loved One to Suicide? Second Thursday of every month, 6:00 – 7:30 PM, Northwestern Medical Center's Grand Isle Room. Pre-registration not required; free. If the answer to "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

LIBRARY NEWS

DEBORAH RAWSON MEMORIAL LIBRARY

Unless otherwise noted, programs do not require registration and are free and open to all.

Adult Programs

Laughter Yoga – Mondays in March, 10:00 AM. No mats! No special clothing or moves! Just playfulness, breathing, and laughing! Please register, 899-4962.

Knitting with Neighbors – Thursday, March 21, 6:00 PM. New to knitting and looking for support to get past the first row or remember how to cast on? This is the group for you. Experienced knitter just looking for inspiration to try something new or share your knitting wisdom? This is the group for you. Not new to knitting, but new to Jericho or Underhill? You will find some friendly faces here. If you would like help picking a first time project, please feel free to contact Julie Hehir, juliehhehir@comcast.net.

Oscar Movie Night – Friday, March 22, 7:00 PM. See the 91st Academy Awards Best Picture winner on the big screen! Best Supporting Actor Mahershala Ali and Best Actor nominee Viggo Mortensen star as jazz pianist Don Shirley and his driver and bodyguard Tony Vallelonga in a film inspired by the true story of a tour of the Deep South. (PG-13; 2 hours 10 minutes)

Chess Club – Saturday, March 23, 12:00 PM. Enjoy the ancient game of feudal conquest with fellow tacticians. Whether you're a grandmaster or a total novice, you'll enjoy putting your skills to the test at our monthly chess club. Participants are encouraged to bring their own boards and chess sets.

Wine and Dessert Night! – Saturday, March 23, 7:00 – 9:00 PM. Please join us for this delicious fundraising event. Come enjoy local wines by Snipe Island wines and a selection of decadent desserts. Tickets can be purchased in advance at the library or at the door the night of the event. Admission: \$10 per person for one glass of wine and as many desserts as you desire, or \$15 per person for two glasses of wine and as many desserts as you desire. All proceeds from this event will go directly to the library.

Cook the Book – Monday, March 25, 12:15 – 2:45 PM. We're trying something new – a chance to select a recipe from the library collection and share it with like-minded friends. This month our selected cookbook is *Everyday Food: Fresh Flavor Fast*. The book will remain at the front desk where you may use it at the library to photocopy a recipe of your choice: appetizer, main dish, side dish, or dessert. Then, bring your prepared dish and a serving utensil to the program room on Monday, March 25, where you and other participants will have the opportunity to sample each other's creation. The library staff will assist you in signing up for the event and provide you with a form to avoid two people preparing the same food. Advance registration requested, please call the library to register – 899-4962.

Mystery Book Group: Telling Tales – Tuesday, March 26, 7:00 PM. Join us for a discussion of *Telling Tales* by Ann Cleeves. Vera Stanhope is on a case that has been reopened after fresh evidence exonerates Jeanie Long of the murder of a fifteen-year-old girl. As Vera starts to make inquiries, the villagers of the East Yorkshire village of Elvet become evasive. But are they afraid of the killer still at large, or of their own guilty memories?

Scrabble – Thursday, March 28, 11:00 AM. Exercise your mind and improve your vocabulary (especially of two- and three-letter words). Bring a friend!

Jericho Energy Task Force presents *A Will for the Woods*, Thursday, March 28, 7:00 PM. This award-winning documentary follows musician and psychiatrist Clark Wang as he tries to ensure that his last act will be a gift to the planet. While battling lymphoma, Clark and his partner plan for a spiritually meaningful funeral and a green burial to save his beloved North Carolina woods from being clear-cut for a cemetery. After the film Michelle Acciavatti, an end-of-life specialist known as an end-of-life doula, will talk about green burial options in Vermont. Light refreshments will be served but this is a waste-free event so please bring your own bowls and mugs.

French Conversation Group – Thursday, March 28, 6:30 PM. Join in the conversation! Practice your French in a relaxed setting with the French Conversation Group. Whether you're a first-timer or fluent, you'll always find something to talk about!

Community Storytelling – Friday, March 29, 6:30 PM. Inspired by public radio's MOTH Radio Hour, we will be presenting this new community storytelling program. Come prepared to share a five-minute story, or simply enjoy your neighbors' tales. This month's stories will be on the theme of Family.

Exploring the Bible: The Dickenson Series is a series of three six-week courses about the Bible and its contents. Designed to teach, not preach, these courses focus on the Christian Bible and the stories that have shaped so much of the culture in which we live. The second six-week course in this series, *Introducing the Old Testament*, will be offered beginning in April and ending in June at the Deborah Rawson Memorial Library meeting room. The cost of the course is free except for the price of the student manual (\$10). Dates are all Mondays: April 15, 29, May 6, 20, and June 3, 17, 6:45 – 8:15 PM. For information, contact Bob Sargent, srgntrbt@netscape.net or 899-3093. It is not necessary to have taken the first course to learn a lot from this course. To find out more: exploringthebible.org/faq.

Programs for Young Children

Story Hour with Beth and David London – Fridays, March 22, 29, 10:30 AM. Beth and David London, formerly of Poker Hill School, share songs and stories

with young children and their families! Snack will follow.

22nd Annual Underhill-Jericho Welcome Baby Social! Saturday, March 23, 3:00 – 4:30 PM. If your baby was born in 2018, your family is invited to the Underhill-Jericho Welcome Baby Social! Join us to honor your child's birth. There will be food, music, and door prizes. Please RSVP at 899-4962.

After School Programs
Time for LEGOs – Thursday, March 21, 2:45 – 4:30 PM. Join us after school at DRML for LEGO construction time. You'll have the opportunity to create, construct, and share your works with other LEGO builders. All ages welcome. Children under age 8 must be accompanied by an adult caregiver.

Movie and Popcorn Afternoon! Thursday, March 28, 3:30 – 5:30 PM. Join us for the March after school movie! Based on the classic children's book by Madeleine L'Engle, a young girl must set off on a quest to find her missing father. We will provide lemonade just after the movie starts, and Essex Cinemas generously donates popcorn for our movies. (PG; 1 hour 49 minutes)

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.

JERICHO TOWN LIBRARY

Story Time – Wednesdays, March 20, 27, 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!

Writers' Circle, Saturday, March 23, 10:00 – 11:00 AM. If you are a writer seeking community, join this bi-monthly group. All genres welcome. Coffee, tea, and encouraging company provided.

Tales and Tails – Tuesday, March 26, 10:30 – 11:30 AM. Read to our favorite furry friend, CadyDog! CadyDog, a certified therapy dog through Therapy Dogs of Vermont, will be visiting JTL monthly for an hour of petting, snuggles, and stories. What better way to practice your reading or celebrate the end of a long school day than with a sweet pup!

JTL Board meetings are held the second Monday of every month (April 8) at 5:30 PM. All are welcome to attend.

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

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

VARNUM MEMORIAL LIBRARY
JEFFERSONVILLE

Baby Got Books – a new story time for the littlest library visitors. Join Amber for nursery rhymes, movement activities, songs, stories, and finger plays proven to promote early literacy, language, and communication skills. For ages birth-18 months with an adult, Wednesdays, 9:30 – 10:30 AM.

Children's Story Time and Crafts with LN, Thursdays, 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. Free and the public is invited! For more information, call the library at 644-2117.

AARP Tax Prep Services are back for 2019 – four trained and IRS-certified AARP Tax-Aide volunteers are available for free tax assistance to Americans age 50 and over. Appointments are available 9:00 AM – 1:00 PM on Friday, March 22. Taxpayers must bring a picture ID, last year's return, income documents, a bank check or account information, and all other relevant documents.

Crescendo Club Library Association – 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 third Thursday of the month (March 21), 7:00 – 8:00 PM.

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

WESTFORD PUBLIC LIBRARY

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!

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; email westfordpubliclibrary@gmail.com. Like us on Facebook. 878-5639, Bree Drapa, Librarian.

RICHMOND LIBRARY

AARP Tax Help – Every year, AARP volunteers help seniors prepare and submit their tax returns. If you are interested in meeting with a preparer at the library, let

medical practitioner if stools appear black and tarry (this may indicate bleeding), a fever of 100 degrees or greater occurs, dehydration, or pain in the abdominal or rectal area. Chiropractic care is indicated in the management of diverticulitis and diverticulosis because the nerve supply to the gastrointestinal tract may be functioning suboptimally.

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

us know and we'll schedule you for a session. Sessions will be on Monday mornings through April 8. Contact 434-3036 or rfl@gmavt.net to schedule.

2019 Vermont Reads – Every year the Vermont Humanities Council selects a book and then makes copies of that book available within Vermont communities that wish to participate. For the fourth year in a row, Richmond is in! This year's selection is the graphic novel *March*, which is the first in a trilogy by John Lewis in collaboration with co-writer Andrew Ayden and graphic artist Nate Powell. It tells the story of Lewis's coming of age in rural Alabama and early life of civic activism. Lewis, who was greatly inspired and influenced by Martin Luther King Jr., is considered one of the big six leaders of the civil rights movement and an early adopter of the nonviolent protest tactics that were instrumental in the desegregation of the South. Lewis has served in the U.S. Congress since 1987. We are thrilled to be working with the Peace and Justice Center to bring three dynamic programs to the Richmond community, each of them designed to explore the themes in *March* and increase participants' working knowledge of nonviolent activism.

Weekly children's programs at the Library run from September through May and follow the CESU school district schedule for vacation days and weather closure days.

Baby Laptime: This 30-minute program is for our youngest visitors. Adults interact with their little person through simple stories, songs, rhymes, bounces, and wiggles that are sure to bring out the smiles and giggles. Baby Laptime is designed for infants through age two. Join us on Mondays at 10:30 AM.

Playgroup with Stories and Music: These Wednesday mornings begin at 10:00 AM with songs, stories, and a simple snack (bring your own) on the alphabet rug. Around 10:30 AM we'll get out the toys for free play with friends in the library's sunny and spacious Community Room. We have gross motor and fine motor toys, puzzles, and activities for infants through preschool age children.

Movers and Shakers Storytime: Frequent exposure to picture books not only entertains and delights children but also strengthens their vocabulary and their ability to make sense of the world. We'll share fantastic new and classic picture books and work some early literacy magic into a child's day. We'll couple stories with simple songs and activities for some interactive moving and shaking. Toddlers and preschoolers and their caregivers are welcome on Fridays at 10:30 AM.

Knit Night: Want some company while you knit? Knitters of all abilities welcome. Join us on Wednesdays from 6:30 – 8:00 PM in the third floor lounge.

Free Coffee and Tea: Warm yourself with a hot cup of coffee or tea during the cold winter season. The beverage table is to the left of the circulation desk on the ground floor. Help yourself and sip while you browse, read, work or gather with friends.

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.

DOROTHY ALLING MEMORIAL LIBRARY,
WILLISTON

All events free. Children 8 and younger must be accompanied by an adult while at the library.

Read to a Dog: Thursday, March 28. Read to one of our registered Therapy Dogs of VT. Pre-register for individual sessions. All ages.

Preschool Story Time: Tuesdays, 10:30 AM. Includes a simple craft activity. March 19: *Big & Little*. March 26: *In the Forest*. All ages.

Homeschool Writing Workshop: *What a Character!* Wednesday, March 20, 1:00 – 3:00 PM. What inspires you? What makes you laugh? Create your own characters so they can star in a comic, story, or graphic novel, all created by you! Students will use a variety of art media to bring their characters and stories to life. Age 7 and up. Presented by Kristen Littlefield, elementary educator, writer, and artist.

Read to a Cat: Thursday, March 21, 3:30 – 4:30 PM. Bring a book and read to Edgar, a certified therapy cat with *Love on a Leash* Foundation. Pre-register for a one-on-one reading session, or stop by to say hello. All ages welcome

Count Me In! Exploring Math with Your Preschooler: Monday, March 25, 6:00 – 7:00 PM. Introduction to hands-on activities that families can use in everyday life. Learn how these activities can foster a love of learning and understanding of mathematics. Open to any parent or caregiver and their preschool child. Pre-register. Co-sponsored with Williston School District.

Cartooning and Drawing Club: Tuesday, March 26, 2:00 PM. 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 play time 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.

FAIRFAX COMMUNITY
LIBRARY

All events are free unless noted. Pre-registration encouraged. www.fairfaxvtlibrary.org, 802-849-2420. Call or email libraryprograms@fwsu.org. Youth events

Tuesdays, March 19, 26, 9:30 – 10:30 AM: Preschool Story Hour. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary. March 19: Beach Stories: bring a beach towel! March 26: Farms, with special guest Virginia Holiman.

Wednesday, March 20, 3:00 – 4:00 PM: Crafternoon: Sun Catchers. Kids ages 6+ will make sun catchers to welcome Spring. Please register.

Thursday, March 21, 3:15 – 4:15pm: 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 21, 6:30 – 7:30 PM: Family STEAM Night: Mag-Lev Vehicles. Join us for this great family program, where each month parents and children visit hands-on stations with Science, Technology, Engineering, Art, and/or Math (STEAM) activities. This month we will learn all about magnetic levitation and design vehicles to travel down a magnetic track. Please register.

Wednesday, March 27, 3:00 – 4:00 PM: STEM Club. Kids age 6+ will build stem kits with local inventor Ralph Lemmah. Must register.

Saturday, March 30, 10:00 – 11:45 AM: Welcome Infant Social and Baby Book Dedication in the Library. Come enjoy refreshments and the company of other families with new babies. If you returned your book dedication form to the Fairfax Community Library, you will have the opportunity to choose a book to dedicate to your child. Your librarian will be available to assist families. Cosponsored by Success by Six/Building Bright Futures.

Adult events
Tuesday, March 26, 6:30 – 8:00 PM: Stories of Civil Rights: Yesterday and Today. A community storytelling event. As part of our participation in Vermont Reads 2019, we will hold a storytelling session inspired by the graphic novel *March: Book One*. All community members are welcome to tell and/or listen to stories about the Civil Rights Movement of the 1950-60s, as well as stories of the continued struggles and successes of today. Refreshments will be provided.

Thursday, March 28, 5:30 – 8:00 PM: Family Institute. The Fairfax Community Library is participating in the Family Institute, an evening event at BFA-Fairfax to get families resources and information, bringing the community together for learning, and conversation on issues related to children and families. The library will be giving tours of our facilities and can help you sign up for a library card if you don't have one yet.

All March Long: Community Art Project for Peace and Justice. Pick up a 6"x6" canvas at the library and decorate it in any medium in a way that shows what "peace" and/or "justice" means to you. The deadline for finished pieces is Saturday, March 30. Reception to follow in April. Open to all ages and skill levels.

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

BROWNELL LIBRARY, ESSEX JUNCTION

POEM VILLAGE: Celebrate National Poetry Month with Brownell Library! Submit your poems to the youth

circulation desk during the month of March, and we will display selections around the Village in April.

Tuesday, March 19, Thursdays, March 21, 28, and Monday, March 25, 9:15, 10:15, 11:15 AM and 12:15 PM – Free tax help for low and middle income taxpayers (annual gross income less than \$60,000), with special attention

Library News continued on page 6



Mountain High
Pizza Pie

Monday 4:00 - 8:30 PM
Tuesday - Thursday
11:00 AM - 8:30 PM
Friday - 11:00 AM - 9:00 PM
Saturday
11:00 AM - 8:30 PM
Sunday
4:00 - 8:30 PM

899-3718

Route 15, Jeri-Hill Plaza
Jericho

Vermont Maple
Open House Weekend
March 23 & 24

Palmer Lane Maple is welcoming visitors to their store and sugar house. Come experience magic of maple in a variety of ways!

Enjoy a variety of maple treats!

- Maple Syrup • Sugar on Snow
- Donuts • Cotton Candy
- Hot Dogs • Creemees

Contribute two items to our food drive and receive a FREE Cotton Candy.

Enjoy sample of some of our many maple products.



19 Old Pump Rd.
Jericho • 899-8199

Hours: Open Every Day,
9:30 AM - 5:30 PM

www.palmerlanemaple.com

Diverticulitis continued from page 4

function. Garlic has antimicrobial functions to help reduce infection.

Be sure to exercise regularly. This keeps the gastrointestinal tract moving. Massaging the abdomen each morning, followed by standing and stretching, also facilitates gastrointestinal function.

To prevent diverticulosis and diverticulitis, a high fiber diet is advised. If an acute flare-up occurs, however, a low fiber diet is recommended. Call a

Libraries continued from page 5

to those 60 or over. However, if a patron's tax return is relatively complex he/she will be advised to seek professional tax assistance. Volunteer AARP foundation certified tax preparers Tak and Dorothy Ng will help. Qualified patrons who wish to avail themselves of the Ngs' expertise will need to call (878-6955) or visit the library to make a one-hour appointment with one of them. Please come in 10 minutes before your appointment to fill out a required intake and interview form. If married, both spouses should (but do not have to) be present during an income tax counseling session. Taxpayers must have available during their meeting with the Tax-Aide counselor all information and documents that have been received that apply to their 2016 income taxes. Appointments available until Thursday, April 4. Reserve your place for tax-preparation.

Tuesdays, March 19, 26, and Wednesdays, March 20, 27, 10:00 – 10:45 AM: Story Time. Picture books, sign language, songs, rhymes, flannel stories, and early math activities.

Wednesdays, March 6, 13, 20, 27, 12:00 and 1:00 PM: Tech Help with Clif. Offering one-on-one technology help. Reservation required. Please call 878-6955 at least 24 hours in advance.

Wednesday, March 20, 1:00 – 2:00 PM: Minecraft Club. Come play Minecraft creatively with other homeschoolers. Bring your own device with Minecraft pocket edition downloaded on it. For ages 7-12.

Wednesdays, March 20, 27, 3:15 – 4:15 PM: Read with Daisy. Daisy loves to listen to kids read. She is certified by Therapy Dogs of Vermont. Daisy's owner is Maddie Nash, retired school counselor. For all ages.

Friday, March 22, 9:30 – 10:15 AM: Music with Raph. Come sing and dance with Raph. All ages.

Friday, March 22, 29, 3:30 – 4:30 PM: Steam Fridays. Create and explore with Science, Technology, Engineering, Art, and Math. March 22: Let's

Go Fly a Kite. Make and decorate a kite or boomerang and test it outside, weather permitting. March 29: Make Marionettes.

Friday, March 22, 5:30 – 8:30 PM: Dungeons & Dragons. Embark upon imaginary adventures. A Dungeon Master serves as this role-playing game's referee and storyteller. Game starts at 6:30 PM; come early for help with character design.

Monday, March 24, 12:00 and 1:00 PM: Tech Help with Clif. Offering one-on-one technology help. Bring in your new gadget or gizmo and Clif will sit with you to help you learn its ways! Reservation required. Please call 878-6955 at least 24 hours in advance.

Monday, March 25, 3:15 – 4:15 PM: Read with Pugsley. Practice reading with our new therapy dog and friend, Pugsley.

Tuesday, March 19, 2:45 – 4:30 PM: Tuesday Movie! Free popcorn and drinks!

Tuesday, March 19, 7:00 – 9:00 PM: Brownell Library Trustees Meeting.

Wednesday, March 20, 7:00 – 8:30 PM: TEDxBrownellLibrary: *Getting Duped*. Ted Talk videos around this theme will be viewed and reflected upon. This is a great opportunity to connect with others!

Thursdays, March 21, 28, 3:30 – 4:30 PM: Chess Club. Come play chess for an hour! We provide chess sets and you provide the strategy. All ages and skill levels are welcome. Chess sets funded by the Brownell Library Foundation.

Monday, March 25, 3:00 – 4:30 PM: Lego Fun. Come build creatively with Legos and see what others build. Children under 8 years old must bring a responsible caregiver.

Monday, March 25, 7:00 – 8:30 PM: Red Scare in the Green Mountains. Historian and author Rick Winston discusses his recently published book Red Scare in the Green Mountains: The McCarthy Era in Vermont, 1946-

1960. Join us for a fascinating look at this era of forgotten hysteria with Rick Winston, also founder of the Savor Theater and Green Mountain Film Festival in Montpelier.

Tuesday, March 26, 2:30 – 4:00 PM: Wii Fun! Play Wii Games together, like *Mario Kart* and *Wii Sports*.

Wednesday, March 27, 7:00 – 9:00 PM: Great Decisions, an eight-part discussion series on world affairs. *The Rise of Populism in Europe*: Mass migration, and the problems associated with it, have directly abetted the rise of populist parties in Europe. Opposition to immigration was the prime driver of support for Brexit; it brought a far-right party to the German Bundestag for the first time since the 1950s, and propelled Marine Le Pen to win a third of the vote in the French presidential election. In addition to calling for stronger borders, however, these parties are invariably illiberal, anti-American, anti-NATO and pro-Kremlin, making their rise a matter of serious concern for the national security interests of the United States. Copies of the discussion books and the program DVD are available for check out. Ideally participants will have read the corresponding chapter and watched the DVD segment before each discussion.

Saturday, March 30, 1:00 – 4:30 PM: Doc & Talk: *The Hate U Give*. Interested in community conversations? Looking to start a conversation with your family or friends? Join us for a showing of *The Hate U Give* (movie starts at 1:00 PM) and stay for a community conversation about the movie (starts at 3:30 PM, after a short break).

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.

ART / MUSIC / THEATER

ART/PHOTOGRAPHY

Call to Artists for Spring Open Studio – Artists wishing to participate in the Jericho Underhill Open Studio Tour held on Memorial Day Weekend, May 25-26, are invited to contact Dianne Shullenberger (vidianne@hotmail.com or 899-4993) or Emilie Alexander (ealexander22@yahoo.com or 899-3211). The Tour is part of the Vermont Crafts Council annual Open Studio Weekend, which provides a venue for the public to meet artists all over the state primarily in their places of work. The \$20 participation fee covers advertising materials. The Jericho Underhill Tour provides additional promotion for the artist in this area, with the Emile A Gruppe, Barber Farm Rd., Jericho Center serving as headquarters for the public to get maps for both the state and local participants. Deadline to sign up is Saturday, March 23.

The Art of Food. Want something more satisfying than Instagrams of meals? *The Art of Food* is an exhibit scheduled through April in the Jericho Town Hall. The exhibit is one of an ongoing series of shows that are part of a collaborative project between the Town of Jericho and a committee of volunteers involved in the arts. The members are Jericho SelectBoard member Catherine McMains, gallery owner Emilie Alexander, and artists Dianne Shullenberger and Carla Hochschild.

Bryan Memorial Gallery begins the observation of its 35th year with an exhibition of coastal themed paintings, through March 31, by its founder, Alden Bryan (1913-2001) and his spouse, the painter Mary Bryan (1907-1978) in whose memory the gallery was founded. This is the first of four themed exhibitions of paintings by the Bryans, which will be installed in the gallery's Middle Room throughout most of 2019. When not in Vermont, the Bryans resided in Gloucester, MA, from which they sailed extensively. They built a large repertoire of coastal vistas that vary from recognizable New England harbor scenes to exotic beach scenes of many ports of call. In the exhibit, Mary Bryan's works are largely in watercolor in a loose impressionistic style, and Alden's complex renderings, primarily oil paintings. A preview of the exhibit is available on the Gallery's website. Bryan Memorial Gallery, 180 Main St., Jeffersonville; 802-644-5100; www.bryangallery.org. Gallery hours: Thursday-Sunday, 11:00 AM – 4:00 PM, and by appointment.

Save the date – Saturday, April 6, 5:00 PM at the Lodge at Spruce Peak – when Helen Day Art Center in Stowe will present its 30th annual Benefit Gala, a black-tie (optional) benefit with both live and silent auction. Tickets, \$135, include a full dinner, dancing, complimentary beer and wine, a signature cocktail, coffee and dessert bar, and late-night snacks. For more information, <https://helendayartcenter.schoolauction.net/gala2019/homepages/show> or see the *Events* tab of the Center's web page. Helen Day Art Center, 90 Pond St., Stowe; www.helenday.com; 802-253-8358. The gallery is open Tuesday-Saturday, 10:00 AM – 5:00 PM and by appointment.

At the Shelburne Museum and running through Sunday, June 2 is the exhibition *Johnny Swing: Design Sense*, which gives a fascinating glimpse into the various phases of the internationally renowned furniture and lighting designer's philosophy and practice. From the early conceptual stages of sketching and model making, to fabricating molds and engineering the structural elements, to the realization of sophisticated works that blur the lines between art and design, Swing's work is dramatic and inviting. Running

Saturday, March 23-Sunday, August 25 at the Shelburne Museum's Colgate Gallery, Pizzagalli Center for Art and Education, *Harold Weston: Freedom in the Wilds* presents American 20th century painter Harold Weston's early Adirondack views and selections from the *Stone Series*, alongside diaries, letters, photographs, and related ephemera that make a case for the connections between spirit, nature, and Weston's art. Weston (1894-1972), an American modernist painter and social activist, was called "the Thoreau of the Adirondacks." This is the first exhibition to pointedly illuminate the links between the artist's written words – much in his distinctive, lyrical handwriting – with Weston's prodigious body of work. Beginning Wednesday, May 1 and running through October 31 is *In Their Element: Jonathan D. Ebinger, Rodrigo Nava, Dan Snow* – an outdoor installation featuring sculptures that complement and amplify one another through their shared engagement with fire, wind, and earth, pushing the boundaries of their respective materials and processes. From June 22 through October 20 at the Pizzagalli Center for Arts and Education's Murphy Gallery, the Museum presents *William Wegman: Outside In*, a comprehensive exhibition exploring over four decades of the renowned artist's ongoing fascination with the natural world showcasing over 60 works of art from his collection in a variety of media. For information, 802-985-3346 or www.shelburnemuseum.org.

At River Arts, Morrisville: *Ascent (Part One: Eulogy)*, a collection of 2D and 3D collages by Ryan Geary, will be on display in the Copley Common Room through Thursday, March 28. Through images of our past and present, historical and symbolic, *Ascent* deconstructs and scrubs through the whitewash of the America we have been taught to know. Geary is owner and curator of *The Hive Gallery and Gifts*, and lives in Waterbury. Programs: Kinder Arts Winter Series, Tuesday mornings, 9:00 – 10:00 AM, March 26, April 9 and 23. This exploratory arts program is for ages 3-5; free. For adults and teens, on third Thursdays, 6:00 – 8:00 PM, the River Arts Photo Co-op drop-in; \$5 suggested donation. Open Studio Figure Drawing, first and third Tuesdays from 3:00 – 5:30 PM, \$10/session, punch cards available. Youth Drop-In: Big & Messy Art Space, every first and third Sunday of the month, 10:00 AM – 12:00 PM, \$5 suggested donation. Music & Movement, first Friday of the month, 11:00 AM – 12:00 PM, free. Poetry Clinic, every first and third Tuesday, 6:00 – 8:00 PM, \$5 suggested donation. River Arts is offering classes on arts ranging from pottery to paints to bookbinding to writing, and more. See the website for details. River Arts of Morrisville Inc., 74 Pleasant St., Morrisville; 802-888-1261, <http://www.riverartsvt.org>.

Ice Shanties: Fishing, People & Culture is an exhibition about the structures, people and culture of ice fishing seen through the lens of Vermont-based Colombian photographer Federico Pardo, whose large-format color photographs of ice shanties at The Meadows in Brattleboro are paired with audio reflections from the shanty owners drawn from interviews conducted by the Vermont Folklife Center. In these conversations the fishers speak of their shanties as structures, remark on the amenities and people they house, detail the practice of ice fishing, and, directly and indirectly, reflect the relationships, connections and community they reinvent each year at the Meadows. The Vision & Voice Gallery is free and open to the public Monday-Friday, 10:00 AM – 5:00 PM. The Gallery is ADA accessible on

the first floor (rear entrance) of the Folklife Center headquarters, 88 Main St., Middlebury. For information, 802-388-4964.

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.

Burlington City Art Center – BCA Center, 135 Church St., Burlington; 802-865-7166 or www.burlingtoncityarts.org.

For upcoming events and workshops at the Milton Artists' Guild, please visit <https://www.miltonartistsguild.org/workshops>. Milton Artists' Guild Art Center & Gallery, 199 U.S. Rt. 7 South, Milton.

MUSIC

Cabin Fever Café – Winter in Vermont is long, so get out and enjoy some live music from local bands in this wintertime music series, on the second Saturday of the month, 10:00 AM – 12:00 PM, through April at the Fairfax Community Library, Fairfax. Free; coffee and refreshments available by donation. April 13: Jake & Robin.

Chandler Center for the Arts, 71-73 Main St., Randolph, has announced auditions for the 11th annual *Next Generation* performance on Sunday, April 7, beginning mid-morning. Auditions are open to area high school age students age thirteen and up who are seriously studying classical music of all genres – instrumental, ensemble, or vocal, as soloists or in groups. The concert will be presented on Friday, May 17 at 7:30 PM at Chandler Music Hall in Randolph. Inspired by 2007 performance at Chandler of National Public Radio's youth showcase, *From the Top*, presenters at Chandler created a look-alike program called *The Next Generation*. Dozens of talented teenagers from the Champlain Valley, central Vermont, and the Upper Valley have performed at the classical music event as pianists, vocalists, instrumental soloists, and in chamber ensembles. Students should come prepared to audition the piece they would perform on May 17. In the interest of providing a performance opportunity for as many qualified students as possible, works should not exceed 5-6 minutes in duration. Instrumentalists and vocal soloists need to provide their own accompanist and page-turner. The Steinway concert grand is available, and the auditions and performance will take place on Chandler's main stage. A modest production fee will be charged for those students chosen to perform. The deadline for audition application is Monday, April 1. Please contact board member Janet Watton for more information about this performance or to schedule an audition: janet@chandler-arts.org or 802-728-9402.

At the Spruce Peak Performing Arts Center: Friday, March 22, 7:00 PM and Saturday, March 23, 3:00 PM: TRIP Fundraiser 2019; Thursday, March 28, 7:00 PM *Le Cirque Esprit: Spirit of the Machine*; Friday, April 5, 7:00 PM: The Allman Betts Band; Wednesday, April 10, 1:00 PM: The Met Opera: Live in HD *Die Walküre* (Wagner), AARP 20% discount; Saturday, April 13, 7:00 PM: Under The Street Lamp, family 4-pack (save 25% on four or more tickets); Wednesday, May 8, 1:00 PM, The Met Opera: Live in HD *Aida* (Verdi), AARP 20% discount; Friday, May 17, 1:00 PM: ArtSmart – Investigation and insight into works by master composers – Bach, Beethoven, Brahms, Bartok, and Bridge; Saturday, May 18, 7:00 PM: Spruce Peak Chamber Music Society presents Family, Fun, Five "B's"; Thursday, June 13, 1:00 PM: The Bolshoi Ballet in HD, *Carmen Suite / Petrushka*, AARP 20% discount; Wednesday, June 26, 1:00 PM: The Met Opera: Live in HD *Dialogues Des Carmélites* (Poulenc), AARP 20% discount. Spruce Peak Performing Arts Center, 122 Hourglass Dr., Stowe. For more information: 802-760-4634 or www.SprucePeakArts.org.

The Cathedral Church of St. Paul in Burlington presents a series of free (donations appreciated) *Tuesday noon series* concerts. Bring a bag lunch; coffee and tea are provided. The Cathedral Church of St. Paul, 2 Cherry

Art / Music / Theater continued on page 7

TOWN OF JERICHO- DEVELOPMENT REVIEW BOARD

NOTICE OF PUBLIC HEARING

The Jericho Development Review Board will hold a public hearing at 7:00 pm on WEDNESDAY April 10, 2019 at the Jericho Town Hall to consider the following

- A request to the DRB by Brande Smith for a site plan review for a 12'x14' addition to a non-conforming structure. This property is located at 54 VT Route 15 which is in the Village Center Zoning District.
- A request to the DRB by Edward & Shirley Davis for a Preliminary and Final plat review for a 2 lot minor subdivision. This property is located at 47 Orr Road which is in the Low Density Residential.

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

Chris Flinn
Zoning Administrator
cflinn@jerichovt.gov

WARNING

Voters of Westford Fire District No. 1

Notice of Annual Meeting

Voters of Westford Fire District No. 1 are hereby notified that the Annual Meeting will be held:

Wednesday, March 27, 2019, 7:00 PM
at the Westford Library

The following matters of business will be considered and acted upon:

Article 1 - Election of Officers:

Clerk

Treasurer

Collector of Taxes

Prudential Committee

Article 2 - Officers' Reports

Article 3 - Approval of Budget

By Order of WFD#1 Executive Board

PEOPLE IN THE NEWS - OBITUARIES

Lorraine Tinsman, 83, of Jericho, VT passed away surrounded by the love of her family on Saturday, March 9, 2019 at the McClure Miller Respite House, Colchester, VT. She had been battling the effects of Alzheimer's disease for several years until a sudden stroke suffered just six days earlier took her from us. Born Mildred Lorraine Fulmer in Easton, PA in 1935, she was the daughter of the late Harley Fulmer and Helen Porter. She was the second of four children, close in age to her older sister Betty whom she looked up to and often referred to her as her protector. Lorraine spoke fondly about the simple fun days of her teenage years ice skating, working at her father's sweet shop, and the lifelong friendships formed at Wilson High School. It was during this time that she took a real shine to a handsome army soldier, William Tinsman, who always managed to receive an extra scoop of ice cream from Lorraine. A lovely courtship was born, which included much letter writing during Bill's time in the Army and resulted in their marriage shortly after he fulfilled his duty during the Korean War. Together they had three children – David, Sharon, and Steven. They would often get together and spend time with her sister Betty and her family when the kids were young. Their life together was not always easy; they had to work hard but took great satisfaction in the wonderful memories built on simple pleasures with family and close friends. When her children were older she began a career in retail, working at a couple of different gift shops and a jewelry store where she made many new friends that she enjoyed for the remainder of her life. Although she received much pleasure in her dealings with people through her jobs outside the house, she was a homemaker at heart, lining the house with her very own special touches and creating wonderful meals which had been handed down to her by those she admired. She tragically and suddenly lost "the only man for her," she would say, in 1999. Her life would never be the same and she fell back on the love of her children to help her navigate this difficult time. Her youngest son, daughter, son-in-law, and only grandchild as well as her younger sister and family were already residing in Vermont at that time. The love for family and her need to have them close caused Lorraine to make the tough decision to take her oldest son David and leave her hometown of 66 years to reunite her family in the green mountains of Vermont. Her youngest son Steven helped fill the man-of-the-house role, watching after his mom and David in their new Vermont home. She would often root for his favorite sports teams right alongside him, knowing how much it meant to him when they did well. Her breakfast buddy stood by his mother to the end, keeping her safe at night, especially

when her disease was getting the better of her. Her oldest child David, diagnosed with special needs as a young child, was always first and foremost on her mind and often in her prayers. David's mom was tenacious in her support of her disabled first born, always coming to his defense when he was unable to do so himself. She was so grateful that the move to Vermont came with the assistance of Howard Health Services, who helped give David a much fuller and enjoyable life outside the home. Her only daughter Sharon, whom she referred to as her rock, dedicated herself to the care of her mom by deciding to leave her job as her Alzheimer's began to worsen. Bringing her to the many medical appointments often coupled with fun shopping stops and lunch out were routine, even when mobility for her mom became a real problem. Continually engaging her mom with games of Yahtzee and word puzzles to keep her mind from declining, along with repeated conversations about the good old days, created a special bond that will never be diminished. Spending every moment she could with her mom once hospitalized knowing their time together was limited. The youngest member of Lorraine's core family was her granddaughter Kellie, her shining star whom she adored. She would brag forever about how wonderful, creative, and beautiful she was to anyone who would listen. In return Kellie bonded closely with her grandmother at an early age, helping her at the jewelry store where her grandmother worked while visiting her in Pennsylvania, learning many of her baking secrets and painting her nails when she could no longer do for herself. Lastly, her pets meant the world to her and no more so than in her declining years when they gave her much comfort. Heidi, Gizmo, Sweetie, and Mollie all hold a very special place in her heart. Lorraine is survived by her older sister Betty and younger brother Paul, both who still reside in Easton, PA; her younger sister Fay of Williston, VT, who willingly helped by providing sister-to-sister companionship when called on; as well as many nephews, nieces, and in-laws in Vermont and Pennsylvania; her core family including sons Steven and David of Jericho, Sharon & John Carpenter of Williston, VT, and granddaughter Kellie and Maxwell Nerbak of Essex Junction, VT. Lorraine's determination and strength got her through many health issues in her final years. She would often be heard saying that she loved her family, her God, and her country. A never-ending supply of pride in her family, regular and lengthy conversations with God before going to sleep, and patriotic to the red, white, and blue were a big part of the person she was. Devotion, kindness, and generosity were also traits that she displayed that helped create many lifelong friendships that she cherished. Her loss to her family and friends will

be felt deeply and she will forever be missed. Special thanks to the Respite House and all who work there. Their very special brand of care is so respectful of the individual, the special conditions they are dealing with, and the difficulties their loved ones are experiencing, that it is inspiring to witness – especially Betsy, Lorraine's nurse on the day she passed. Her handling of such a dramatic important moment was dignified, informative, and incredibly compassionate. At Lorraine's request, a small private ceremony is to be held at the Ready Funeral Home, with her final resting place at Memorial Shrine in Easton, PA alongside her husband Bill. Donations in Lorraine's name can be made to the Alzheimer's Association, 300 Cornerstone Dr., Williston, VT 05495 (www.alz.org/vermont) to help combat this truly cruel disease, or due to her love of animals to the Chittenden County Humane Society, 142 Kindness Court, S. Burlington, VT 05403 (www.chittendenuhmane.org).

Raymond "Ray" Albert McLaughlin, 82, of Virginia Beach, VA passed away on Sunday, February 17, 2019. He was born in Moretown, VT. He served in the U.S. Navy, Virginia Beach Auxiliary Police, and retired from the U.S. Postal Service. He volunteered at the Virginia Beach Military Aviation Museum. Ray is survived by his wife Betty; children Peggy Urley (Richard), Patty Ansell, Tess Gregory (Terry), Thomas McLaughlin, Jonathan McLaughlin; stepchildren Debbie Buckner, and Cathy Guranus; brothers Edwin McLaughlin (Marlene), Roger McLaughlin (Edith), Floyd McLaughlin (Vesta), and sister Dorothy Blodgett; loved by six grandchildren and six great-grandchildren. He was predeceased by stepson Greg McLaughlin. No services are scheduled. Donations may be made to the Cancer Society. Notes of condolences may be sent to McLaughlin children at Peggy McLaughlin Urley, 3721 Chairty Neck Road, Virginia Beach, VA 23456.



Caroline Marie (Varenkamp) Lambertz, 99, of Jeffersonville, VT passed away peacefully on Tuesday, March 12, 2019 at Genesis Burlington Health and Rehab in Burlington, VT. In 1941 she married Herman Lambertz. They spent 70 wonderful years together until his passing in 2011. She was born in East Stroudsburg, PA on September 27, 1919, daughter of the late William and Mabel Varenkamp. In her younger years she was a synchronized swimmer with the Ridgewood Acquacons Synchronized

Swimming team in Ridgewood, NJ. She took pride in being a Girl Scout leader in Milton, NJ and a volunteer with Rescue Squad in of Pequannock, NJ, and also Milton First Aid Squad in Milton, NJ. She had been a member of Smuggler's Notch 55+ club. She is survived by her sons Glenn Lambertz and wife Kim of Prattsburgh, NY, and Peter Hospodar and Moni of Cambridge, VT; five grandchildren: Elissa Keller, Carey Anne Tanis, Amy Fidelis, David Lambertz, and Holly Lewis; and eleven great-grandchildren. Visiting hours were held on Monday March 18, 2019 at A. W. Rich Funeral Home, Fairfax Chapel, Fairfax, VT. Burial will be in the spring at the convenience of the family. Memorial contributions in Caroline's memory may be made to Lamoille Home Health & Hospice, 54 Farr Ave., Morrisville, VT 05661, or Cambridge Rescue, P.O. Box 431, Jeffersonville, VT 05464. The family also invites you to share your memories and condolences by visiting www.awrfh.com.

MMU Project Graduation 2019

The Mount Mansfield Union High School (MMU) Project Graduation Committee, a group of MMU parents, is preparing to host a 12-hour long post-graduation party for the MMU class of 2019. This substance-free event is open to all MMU seniors regardless of ability to pay. It will begin on the evening of MMU graduation on Saturday, June 15, 2019, and run through Sunday morning, June 16.

Originally started in 1980 by parents in Maine seeking to avoid post-graduation drug- and alcohol-related student deaths, Project Graduation has been embraced by high school communities nationwide. For over 25 years MMU Project Grad has provided its seniors an opportunity to celebrate high school graduation as a whole class, in a safe, drug- and alcohol-free environment. This year's schedule includes bowling, laser tag, late night dinner and comedy show, raffle, games, outdoor movie, bonfire, a hypnotist show, and breakfast to go. If you are an MMU parent of a senior, please urge your student to attend Project Grad and consider volunteering at one of the venues.

MMU Project Graduation welcomes community support! Project Grad is funded by contributions from MMU senior class families and donations from the community. Please consider making a donation to Project Grad to offset the cost of this year's activities.

MMU Project Grad is also seeking in-kind donations for the raffle that will be held for the students during the event.

For more information, please contact MMU Project Grad Committee chair Laura Zambrano, matlauraz@comcast.net.

MMU grad chosen for Greg Siple Award

The Adventure Cycling Association has chosen Suraj Kushwaha, 22, currently of Princeton, NJ, a graduate of Mount Mansfield Union High School, Jericho, to receive the 2019 Greg Siple Award for Young Adult Bicycle Travel and the Intro to Bike Travel Award.

The Greg Siple Award covers the cost of attending an Adventure Cycling education course and provides the winners with bike touring gear. In return, each recipient will perform an outreach project in their community to promote bicycle touring. Applicants proposed their projects in written applications, and ten finalists in each award category were asked to make short videos about their projects.

Now in its sixth year, the Greg Siple Award was developed to introduce more young people to bicycle travel. The award is named in honor of Adventure Cycling's cofounder and longtime art director Greg Siple, who discovered bike touring as a young adult and inspired generations of people to travel by bike.

Kushwaha was chosen from 60 applicants for the Intro to Bike Travel award. He will learn more about the logistics of bike travel by taking one of Adventure Cycling's Intro to Road Touring courses. Kushwaha will be outfitted with new REI touring bicycles and other gear courtesy of Big Agnes, Arkel, and Bedrock Sandals.

After taking an Intro to Road Touring course, Kushwaha will lead a five-day bike tour for youth at MMUHS, where he went to high school. "I strongly believe in the power of adventure to change lives for the better," Kushwaha wrote.

Art / Music / Theater continued from page 6

St., Burlington is at the corner of Battery and Cheery Streets, with entry on Cherry St. Parking, \$4 per hour in the Cathedral lot (free with handicap plates or tags), or two hours free in the Lakeview City Garage across Cherry St. (enter next to Hotel Vermont). Tickets are sold at the door. April 30: *Gotta Play Schubert – Again!* Last spring we hosted a performance of Schubert's *Octet* for a mixed ensemble of woodwinds and strings made up of players from the Craftsbury Chamber Players, Scrag Mountain Music, TurnMusic, and the Vermont Symphony. Because we all had such a good time, they're gleefully going to do it again. May 28: Mount Mansfield Union High School Chorus, Caleb Pillsbury, director. This fine chorus of young singers shares highlights of their spring program. June 11: *Syrinx*, Glenn Sproul, Director. Since 2001, *Syrinx* has offered quality choral music from various traditions to the community, especially to those in senior living communities. From Bach to Broadway, by way of spirituals and other genres, they embody the pleasure that the gift of music can offer.

THEATER/FILM

On Sunday, March 31, 4:00 PM, Vermont International Film Festival, in collaboration with the Vermont Archive Movie Project, Shelburne Museum presents two films: *Mount Philo Commune* (1973; 23 minutes) by Robert Machover and Michael Singer; and *Peace Train to Beijing* (1995; 30 minutes) by Robin Lloyd. The first is a documentary film portrait of the Mt. Philo, VT commune, followed by a Q&A with Bridget Meyer and other commune members. The second is about the Women's International League for Peace and Freedom journey through Asia on their way to the Beijing conference, followed by Q&A with Robin Lloyd. Tickets \$15 general public; \$12 museum members and seniors; \$5 students with valid I.D. Tickets may be purchased at vtiff.org/events/Mt-phil (Museum members use promo code SMVAMP19) or at the door.

The Vermont Dance Alliance presents its annual Live Auction and Variety Show fundraiser at the Light Club Lamp Shop, Burlington, on Saturday, March 30, 7:00 – 10:30 PM. Come and bid on a plethora of art, gift certificates, and experiences! The evening will be called by Phinn Sonin, and will be peppered with a musical performance by live-looping artist Emma Back, as well as dance performances by VDA dance artists. Auction paddles provided. Donations gratefully accepted at the door. On Monday, March 25 Toby MacNutt shares insights on the grant writing and application process, followed by informal discussion and light refreshments in a Meet Up at the Fletcher Free Library, Community Room, in Burlington. The event is free; please RSVP to joymadden@yahoo.com. For more information, <http://vermontdance.org>.

At the Flynn Center in Burlington, Thursday-Saturday, March 28-30, Actors from the London Stage return to the Flynn following brilliant 2016 performances of *A Midsummer Night's Dream*. Five actors take on

multiple roles in *King Lear*, a tragedy of a long-serving monarch preparing to divide his kingdom between his three daughters, with one caveat: each must proclaim her love for him in glowing terms. Confronting the role of the monarch in the balance between authority and chaos, *King Lear* reveals the descent of civilization into brutishness when selfish greed runs amuck. On Sunday, March 31, *Les Ballets Trockadero de Monte Carlo*: For decades, *Les Ballets Trockadero de Monte Carlo*'s inspired blend of dance and comedy has shown that men can indeed dance *en pointe* without falling flat on their faces. A group of ballet gendernauts founded "the Trocks" in 1974 to present a playful, entertaining view of traditional, classical ballet in parody form and *en travesti*. For information and tickets, 802-863-5966 or www.flynntix.org.

Lyric Theatre Company is proud to present *Mamma Mia!* on the Flynn MainStage, Thursday-Sunday, April 11-14. Woven around the music of ABBA, and including such hits as *Dancing Queen*, *Super Trouper*, and *The Winner Takes it All*, *Mamma Mia!* tells the hilarious and touching story of a young woman's quest to identify her birth father from three possible candidates from her mother's past. Set against the backdrop of a Greek Island paradise, she invites them all to her wedding on the island they last came to twenty years ago. With music and lyrics by Benny Anderson and Bjorn Ulvaeus and book by Catherine Johnson, *Mamma Mia!* opened in 1999 in the West End and then transferred to Broadway in 2001, where it ran for 14 years and 5758 performances. The 46-member cast of this local production come from fourteen Vermont communities. Tickets are on sale through the Flynn Center Regional Box Office in Burlington; by telephone: 802/86FLYNN; or online: www.flynntix.org. Tickets are \$24-42 with student, senior, and group discounts available. The six performances include matinees at 1:00 PM on Saturday and Sunday. Curtain time is 7:30 PM Thursday-Saturday, and 6:00 PM Sunday. The matinee performance on Saturday, April 13, will be audio-described for the blind/visually impaired.

Dorset Theatre Festival has announced its 2019 Main Stage Summer Season: June 20-July 6 – Noël Coward's *Private Lives*, directed by Evan Yionoulis; July 11-27 – *Dig*, a world premiere written and directed by Theresa Rebeck; August 1-17 – *Mrs. Christie*, a world premiere by Heidi Armbruster and directed by Giovanna Sardelli; and August 22-31 – *Slow Food* by Wendy MacLeod and directed by Jackson Gay; and the *Pipeline Series: Three New Works in Process* on July 2, July 23, and August 13. All performances will take place at the Dorset Playhouse, 104 Cheney Rd., Dorset. Subscriptions for the 2019 Summer Season went on sale March 1. Single tickets go on sale April 1. From March-June, the box office may be reached by calling 802-867-2223 ext. 101, Tuesday-Friday, 12:00 – 4:00 PM. For more information or to purchase subscriptions and tickets online: www.dorsettheatrefestival.org.

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Lewis Grove focuses on policy work to advance bird conservation

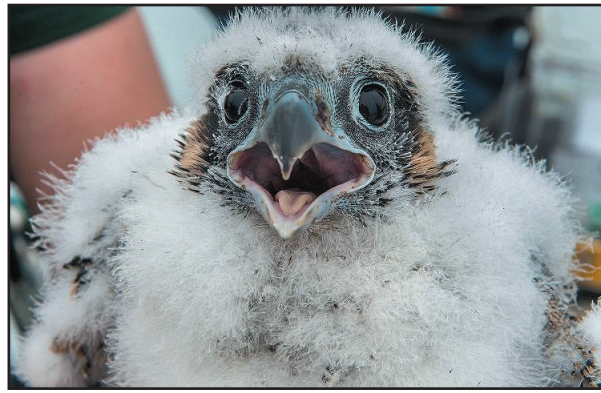


PHOTO CONTRIBUTED

Lewis Grove is a second-year law student at VT Law School. He is spending his spring semester working as a Law and Policy Extern for Audubon Vermont, focusing on policy work to advance bird conservation priorities in the state of Vermont. Pictured is a peregrine falcon chick. Grove says, "The three big issues that we are addressing in the Vermont Statehouse right now are (1) providing state-level bird protections following changes to federal enforcement guidance; (2) increasing protections for wildlife and ecosystem health within Act 250 as this statute is overhauled; and (3) reducing and mitigating the impacts of climate change upon our wildlife." For more information, contact Grove at vtpolicyintern@audubon.org.

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Funding available for Vermont artists and arts organizations

Funding is now available for Vermont artists and arts organizations through the Vermont Arts Endowment Fund at the Vermont Community Foundation. The fund awards grants up to \$5000 to support the creation and presentation of new work by Vermont artists and arts organizations. Grants are typically made in the fields of dance, theater, music composition and performance, creative writing (including poetry, short stories, novels, and plays), sculpture, painting, photography, and film; work in other media may also be eligible. Individual artists are eligible to apply. Applications will be accepted through 5:00 PM on Friday, April 12, 2019. For information, please visit vermontcf.org/availablegrants.

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