

# MOUNTAIN GAZETTE

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Image from Folia game

## Local students win game design competition

By Zoe Bernstein  
 Special to the Mountain Gazette

Elijah Adams and Asa Fasching have been playing video games since they were children, like the vast majority of students today. Unlike the general population, when these two tech prodigies hit high school, they took a break from playing games and started writing, designing, programming, and animating their own. Their hard work paid off, because this duo just won first place in the Vermont Interactive Application and Video Game Development competition, and head to Georgia to compete nationally in June.

The competition is hosted by *SkillsUSA*, and is open to any high school junior or senior in a technical school. It challenges students to create an entire video game, from coding to sound design, without any adult help. Submissions are anonymous, with students not even using their own names, and the competition is judged by Curtis Aube, the founder of *Shiny Snail Games*. Both Adams and Fasching had been taking the Computer Animation and Web Design class at The Center for Technology in Essex, and their teacher Mr. Cronin had noticed their interest in video game design. The two started working together in October, giving them six months to perfect the game, but it wasn't always smooth sailing. They decided on virtual reality, an all-encompassing genre in games where the player wears a headset and is immersed in a fictional world. They attempted a game world set in zero-gravity, but according to Fasching, "This was our first foray into VR game development so it was definitely a little rough, we had a lot of issues and after a few months we hadn't really gotten much done." That's when *Folia* was created.

In *Folia*, the Latin word for foliage, players are dropped into a stunning virtual-reality forest, and have to find clues and solve puzzles to figure out why they're there. The team was inspired by the fantasy game series *The Legend of Zelda*, and wanted their forest to be magical and inviting. "We wanted it to look beautiful, adding animated grass, blowing foliage and groves of trees filled with flowers and rocks," says Adams, adding that it should be mysterious,

but not scary. The modeling and environmental art was Fasching's job, as well as writing an ambient music track that plays in the background of the game. Adams was the designer and programmer, who placed the 3-D objects, designed the puzzles, and programmed the interactive parts. The two used programs

called *Blender* and *Substance Painter* to bring their game to life. For a beginner, this would be very difficult, but the duo have both been doing this for a long time. Fasching built his own PC microcomputer a few years ago, and started learning how to program in elementary school through a free website called *Scratch*. He only progressed from there, teaching himself the coding script Python in middle school to go in and alter the world in the wildly popular game *Minecraft*. He says, "In my freshman year at MMU I started messing around with actual game engines and not just programming languages." Fasching learned about the tech center in sophomore year, and started in August of 2021. Adams says he's been playing video games since he was five years old, and got to the point where "I thought about my future and it was almost a no-brainer to choose something I was happy and passionate about."

Though both students are very talented, they insist that anyone can excel at video game design. When asked what it takes to be good at this sort of thing, Fasching replies with, "a willingness to learn, that's about it." According to him, all types of people can enjoy designing games — the artistic, the mathematical, people who like writing, and musicians. He adds that being good with others is "a major plus," and from the outside, the community seems very friendly and kind. Adams agrees, saying that "to excel at this type of thing it's extremely important to be creative, the ability to create a mental image of what you want and put that to paper is a crucial skill." He also thinks that it's important to be mentally flexible, because tunnel vision is extremely easy to get in such a technical field. Both boys enjoy it, though, and for the next month and a half, they'll be working constantly to improve the game and fix any bugs and glitches. Then it's off to Atlanta, where they'll face off against 49 other first place teams and attempt to win.

No matter the outcome, both plan to continue a career in video game development, and both hope to be admitted to Champlain College for a design-related major. Adams hopes one day to start his own independent studio, and Fasching wants to work at a larger game studio, like *Bungee* or *Ubisoft*.

Judging from *Folia*, they both clearly have what it takes.



MMUHS junior Asa Fasching  
 PHOTOS CONTRIBUTED

## Akshata Nayak: a serial entrepreneur's newest venture

By Phyl Newbeck  
 Special to the Mountain Gazette

"I'm not fully sure how I found myself here," Akshata Nayak of Jericho confesses. "It's been quite the journey." A native of India, Nayak holds two master's degrees in biochemistry and applied clinical nutrition, but these days she's the force behind Little Patakha, a fledgling business producing children's books, puzzles, and cards.

Nayak's husband Greg Giasson is a chiropractor who holds the same two master's degrees. "Clearly we were in college too long," Nayak joked. While looking for a place to put down roots, the couple drove around New England. "One drive into the Burlington area was all it took," Nayak said. "We fell in love with Vermont."

Nayak's first business venture was a vegan skin care line infused with Indian spices called Orange Owl, which she ran while assisting her husband in his Alternative Roots Wellness Center in Essex. "We stumbled through the initial years," Nayak said, "because running a business was completely out of our comfort zone." Nevertheless, Orange Owl grew steadily, starting with sales at Sweet Clover Market and Healthy Living and eventually extending to almost 60 stores across the northeast.

A difficult pregnancy and delivery followed by shoulder issues, and the onset of the pandemic, led Nayak to reluctantly close Orange Owl in 2019. "Closing was one of the most difficult decisions I made because the business was my Vermont identity," Nayak said. "People knew me as the Owl Lady."

At home with her daughter Ava, Nayak soon realized that although Ava understood the things she said in Konkani, her native language, her response was always in English. "I think that's true of most bilingual households," Nayak said. Konkani only recently developed a native script, so Nayak put together a short book to teach Ava the language using Roman script. She showed the book to her husband, who did not know any Indian languages, and he pronounced every word incorrectly. Heading back to the drawing board, Nayak rewrote the book using phonetics. "There are no Konkani books anywhere," Nayak said. "I worried that I was creating a book for a very small number of Konkani speakers but then I realized that most Indian languages don't have these kinds of resources, so I added audio files. This way, anyone can learn a new language."

Nayak's new business, Little Patakha (which means "firecracker" in Hindi) started with two books: one teaching Konkani and one teaching the more commonly used Hindi. "It was a steep learning curve," Nayak said. "Publishing has a whole different language with book launches,

Jericho resident Akshata Nayak's small publishing business, Little Patakha (which means "firecracker" in Hindi) started with two books: one teaching Konkani and one teaching the more commonly used Hindi. Moved by the protests over the murder of George Floyd, she began looking to create some toys which would help promote her books' message of inclusivity, beginning with the



affirmation cards and (above) jigsaw puzzles. "The idea is to create this consistent image and brand, promoting diverse imagery, increasing inclusion, and addressing stereotypes," she said.

PHOTOS BY PHYL NEWBECK

signings, and tours. It was overwhelming to have all this information." Nayak credits the owners of Phoenix Books in Essex for helping her and introducing her to people in the field. She funded the publication of the two books with the help of a Kickstarter campaign, which raised over \$16,000.

The protests over the murder of George Floyd led Nayak to think about other ways to enhance diversity and multicultural understanding. "There is so much power in the racial justice movement," she said. Nayak used her scientific background to research children's media. "I found some numbers that stunned me," she said. "There are more books with animals as main characters than there are of all minorities combined. Boys are twice as likely to be a book's protagonist and girls are twice as likely to use magic to resolve problems. That was not what I expected, and those numbers told me that there are so many things that need to be done."

Looking to create some toys which would help promote her books' message of inclusivity, Nayak entered a national pitch competition and won. A new Kickstarter campaign launched last month netted over \$16,000 in the first two weeks, with the goal of creating affirmation cards and jigsaw puzzles. "The idea is to create this consistent image and brand, promoting diverse imagery, increasing inclusion, and addressing stereotypes," she said.

Nayak has been impressed by how many small Vermont businesses have responded to her request for support. "Over 20 businesses

Akshata Nayak continued on page 2

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## NEWS BRIEFS



### Nick Atherton is Underhill's new Planning & Zoning Administrator

We are pleased to announce that Nick Atherton has joined us as the Planning & Zoning Administrator for the Town of Underhill. Nick started his adventure with the Town of Underhill on Monday, April 25, 2022.

Nick Atherton comes to Underhill after several years working for state and local governments in Vermont, Minnesota, and New Mexico. Most recently, he drafted maps for the Vermont General Assembly during its 2022 reapportionment process. Born and raised in Addison County, Nick is a longtime student of land use and conservation, and is excited to help Underhill foster economic and environmental resiliency in a rapidly changing world. He holds degrees in political science and public policy from Bennington College and the University of Minnesota. In his free time, Nick can be found pedaling on his bike, perched in a tree stand, or most likely, crafting something in his kitchen.

As Planning and Zoning Administrator, Nick will manage the permitting process, assist applicants in navigating applicable regulations, review site plans, work with the DRB, and issue building permits, inspections, and certificates of occupancy. Nick will also respond to zoning related issues, enforce regulations, and maintain the web page related to maps and zoning related files.

Join me in welcoming Nick to our team, and drop by and introduce yourself. Nick is in the office Monday-Friday 8:00AM – 4:00PM.

Reach Nick Atherton at: Town of Underhill, Planning & Zoning Administrator, 802-899-4434 EXT. 5, [natherton@underhillvt.gov](mailto:natherton@underhillvt.gov).

Akshata Nayak continued from page 1

have jumped right in," she said. "I've gotten better about asking for assistance and have developed some confidence, but it's taken me a decade to get there. It's been amazing to see small businesses supporting each other."

Nayak realizes that her Little Patakha books and products won't solve all of this country's racial issues, but she hopes they can move things in the right direction. She notes that Vermont is the second whitest state in the country. "If my business can find deep roots in Vermont," she said, "that's a strong story."

### Republican U.S. House, Senate candidates' forum May 14

The Chittenden County Republican Committee is sponsoring a Republican Congressional Candidate Forum at the Milton Grange, 135 River St. (U.S. Rt. 7), Milton on Saturday, May 14 at 8:30 AM. The event is free and open to the public. Guy Page, editor/publisher of the *Vermont Daily Chronicle*, will moderate.

The forum will feature U.S. Senate candidates Gerald Malloy and Christina Nolan, and U.S. House candidates Ericka Redic and Anya Tynio.

Gerald Malloy is a West Point graduate and enjoyed an extensive career as a leader in the U.S. Army.

Christina Nolan is the former U.S. Attorney for Vermont, focusing her efforts on prosecuting criminal cases involving child exploitation, violent crime, and the trafficking of opioids and other deadly drugs.

Ericka Redic is a small business owner and local influencer with a podcast, *Generally Irritable*, which covers Vermont political and social issues and who works with women in recovery from substance abuse.

Anya Tynio is a business and marketing professional who ran for Congress in 2018 and serves as the Orleans County Committeewoman and as a member of the 2022 GOP Platform Committee.

The Milton Republicans together with the County GOP are hosting the event as a public service for the Chittenden County area. "A major Vermont media organization has promoted and conducted a debate for Democratic congressional primary candidates, but not for Republican candidates. Grassroots events like this are important in the absence of equity in coverage and a real reason for Vermonters to attend," according to Milton Republican Chair Wendy Wilton, the organizer.

Chittenden County Republican Chair Janet Metz praised the slate of candidates who are competing for the nomination in the August 9 primary election "All four Republican congressional candidates are leaders who are committed to serving the people of Vermont and not the politics of Washington D.C. A vibrant democracy depends on citizens being fully informed of their choices at the ballot box. The Chittenden County Republican Committee will continue to strive to bring our message and candidates to the public's attention in the absence of interest by the mainstream media."

For more information, contact Milton GOP Chair Wendy Wilton, [miltonrepublicans@gmail.com](mailto:miltonrepublicans@gmail.com).

### Underhill Community Food Sharing Shed opening soon

Underhill's Community Food Sharing Shed will be happening again this season, with the addition of an herb garden to offer fresh herbs to go with the other offerings usually available — like produce or canned goods. The Food Shed is located across from Underhill Town Hall in Moore Park, in Underhill Center.

There is also going to be a coffee giveaway one morning of the week, starting early June.

If there are any plants/seedlings people would like to contribute to the Food Shed as a plant or an addition to the herb garden, we are open to extras as our growing season unfolds...

As an aside, we would also like to notify the community about the existence of another community food sharing shed across from Jericho Country Store in Jericho Center. This sister food shed is an exciting additional asset to the community!

### Westford Selectboard meeting draft minutes

By Nanette Rogers, Westford Town Administrator

Interested in knowing what was discussed at the April 14, 2022 Westford Selectboard Meeting? The draft minutes of the meeting can be viewed at <https://westfordvt.us/wp-content/uploads/2022/04/2022-04-14-Draft-Minutes.pdf>.

### Forum for U.S. House Democratic primary candidates May 19

Burlington Young Professionals (BYP), a program of the Lake Champlain Chamber, will host a "YP Congressional Forum" on Thursday, May 19, 6:00 – 8:00 PM at Main Street Landing with the four leading Democratic primary candidates — Becca Balint, Sianay Chase Clifford, Molly Gray, and Kesha Ram Hinsdale. This highly contested race for the state's lone congressional seat will be a historic moment for Vermont.

"This is a real opportunity for young professionals to engage with state-level issues and ask these candidates how they might address some of our most pressing challenges — affordability, retention, housing, climate change, among others," said Alex Bunten, BYP director.

The event will be hybrid to ensure broad participation opportunities for young professionals across the state. Channel 17/Town Meeting TV will stream the event live and there will be an opportunity to submit questions in advance of the forum.

In-person registration will be limited to 60 people. The in-person event will host a reception from 6:00 – 7:00 PM and the candidate forum will take place from 7:00 – 8:00 PM. Registration will close on Tuesday, May 17.

This event is sponsored by Main Street Landing.

Registration is open for both in-person and remote participation here: [bit.ly/ypcongressforum2022](http://bit.ly/ypcongressforum2022).

Contact BYP Director Alex Bunten with questions at [byp@vermont.org](mailto:byp@vermont.org).

### Jericho U.S. Post Office update

By Lisa Laughlin, Postmaster, Jericho Post Office

Firstly, we would like to thank the residents of Jericho for being so patient and sticking with us while we work through our challenges!

The Jericho Post Office currently has three vacant routes for the next couple of weeks due to long term absences and a much needed carrier vacation. We only have one sub, with myself and a couple of others to assist when/if available. We are working our absolute hardest to get your mail and packages delivered to you!

With that being said, you can expect a couple of hiccups and slight inconveniences along the way, one being we will be closed some afternoons to sort and distribute mail. We are "all hands on deck" (even if those hands are short staffed!) and doing our best to keep things moving as efficiently as possible!

Additionally, should you receive mis-delivered mail, please put it back in your mailbox with the flag up and we will grab it! With so many cooks in the kitchen there's bound to be a couple of mix-ups!

Thank you again for all of patience and understanding. We hope to be back on a regular schedule one day soon!

### 4-H NEWS

#### 4-H Summer of Science workshops — and more

4-H has announced its Summer of Science line up of workshops for youth — learn more at <https://www.uvm.edu/extension/youth/announcements>. Workshops are FREE (except for NRMA) but registration is required. Please read the workshop descriptions for grade requirement, location & time and registration deadline and then register. Click here. Space is limited; first-come, first-served.

Please do not register until you know 100% that you can attend. (Do not take a spot away from someone who really wants to come!)

If a program is full, please contact [Lauren.Traister@uvm.edu](mailto:Lauren.Traister@uvm.edu) to be placed on a waiting list.

- Thursday, July 7: Stream Monitoring and Aquatic Ecology
- Friday-Sunday, July 15-17: Natural Resources Management Academy
- Tuesday, July 19: Pet First Aid
- Monday-Friday, July 25-29: Science Exploration Camp
- Monday, August 1: Floating Classroom and Fisheries Program

Coming up: The Youth Environmental Summit (YES) is an annual event for students in grades 6-12 who want to learn about environmental issues and find ways to take action. This year's Summit will take place at the Barre Civic Center on Friday, October 28 — save the date!

We are looking for workshop presenters on a variety of topics and ideas! Learn more here and submit a workshop proposal by June 1. Youth presenters are strongly encouraged to submit.

We are also looking for students who will be entering grades



Join us on Saturday, May 14 for a teen science café at UVM! The topic is Mission to the Moon. Presenter<sup>(LRE)</sup> Samantha Graham is a rocket propulsion engineer and propellant chemist at Benchmark Space Systems. She spends most of her time doing research and development of novel space propulsion technologies and rocket propellants. Sometimes she can be found testing satellites at space launch sites such as Kennedy Space Center, and Centre Spatial Guyanais, French Guyana.<sup>(PDF)</sup> The program is free but registration is required, at [www.uvm.edu/extension/youth/announcements](http://www.uvm.edu/extension/youth/announcements). More information can be found at [https://www.uvm.edu/sites/default/files/4-H-and-Youth/events/2021-2022-event-results/May\\_14\\_2022\\_cafe\\_flyer.pdf](https://www.uvm.edu/sites/default/files/4-H-and-Youth/events/2021-2022-event-results/May_14_2022_cafe_flyer.pdf). PHOTO CONTRIBUTED

9-12 in the Fall to step up to serve as YES Teen Leaders. Learn more and apply by June 1: <https://www.uvm.edu/extension/youth/announcements>.



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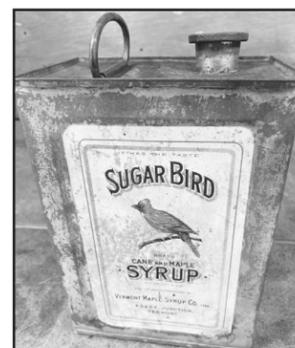
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### Sugar Bird Syrup Company presentation Tuesday, May 17

The Sugar Bird Syrup Company will be described in a presentation by Dr. Matthew M. Thomas on Tuesday, May 17, 6:00 PM, at Shelburne Sugarworks, 746 Shelburne-Hinesburg Rd., Shelburne. There is a choice of desserts! (Sugar-On-Snow, Maple Strawberry Shortcake, or choice of maple ice creams) RSVP your choices and the number in your party (attendance limited to 50) to 802-985-3581 or [sarah.morganhouse@comcast.net](mailto:sarah.morganhouse@comcast.net). PHOTO CONTRIBUTED

## COMING EVENTS

## Ethan Allen Homestead now open for the season

May 1 was opening day at the Ethan Allen Homestead in Burlington. Come in for a guided tour of Ethan's house and the grounds. Learn about life in Vermont in the late 18th century and the events that led to Vermont's establishment as a state.

The Homestead is open 10:00 AM – 4:00 PM every day from May 1-October 31. For more information, go online to <https://ethanallenhomestead.org/visit-us/>.

### Wednesday, May 4

**Lions Club Blood Drive**, 1:00 – 6:00 PM, Covenant Community Church, 1 Whitcomb Meadows Lane, Essex Junction. The Red Cross is still experiencing a severe shortage of blood, so please consider donating. You can schedule an appointment at <https://www.redcrossblood.org/> entering COVENANT in the search bar. For a limited time, the Red Cross will be testing all donations for COVID-19 antibodies. More information about this testing can be found at the Red Cross website. Please note, the Red Cross is still requiring face masks at all of their blood drives. If you are unable to attend this drive but would still like to donate, please go to the above website and search for a drive that is more convenient to your schedule.

**Craft Group**, 6:00 – 8:00 PM, Underhill Town Hall (upstairs), Underhill Center. Gather your current craft project and join us for a couple of hours of socializing, and productivity of course! The group meets every two weeks. All are welcome. For questions or more information contact Amy Tower, 802-355-9671 or [atowerinvt@gmail.com](mailto:atowerinvt@gmail.com).

### Thursday, May 5

**Sail Beyond Cancer volunteer kickoff event**, 5:30 – 7:30 PM, Pizza44/Queen City Brewery, 703 Pine St., Burlington. You are invited to a free, fun, lively informative evening to learn how you can make a difference One Sail at a Time this summer! Join our annual Sail Beyond Cancer VT Volunteer Kickoff event and meet captains, crew, patients, and other volunteers. Bring a friend and enjoy great pizza, salad, and dessert. There will be a cash bar for beer and wine. Come hear about where we are now and how anyone can get involved in making a difference for those being challenged by cancer in our community. Please register to secure your spot, as there will be a limited number of people for the space. <http://SailBeyondCancer.org>

### Saturday, May 7

**Pleasant Valley Pony Club manure sale**, 10:00 AM – 4:00 PM, 265 VT Rt. 15, Jericho, near Dollar General/Kate's Food Truck. Using composted horse manure, recycled grain bags, and a whole lot of arm power, the members of our local Pony Club raise the money needed to provide instruction for the kids all summer long. \$5 per bag, or 25 bags for \$100. Delivery or curbside pick up of pre-bagged manure; minimum order 5 bags delivery charge \$10, or free delivery for 15 bags or more. Order online for delivery (<https://forms.gle/hrasDCqXwzfYaEeK7>) within a 10-mile radius. Filled bags are approximately 50 pounds. To learn more about PVPC, go to <https://pleasantvalleyponyclub.org>. Please consider helping both your garden and the local Pony Club!

**Free chicken dinner with statewide Republican candidates Meet-and-Greet**, 6:00 PM, Teen Challenge, 1296 Collins Hill Rd., Johnson. Please join the Lamoille County Republicans in partnership with Teen Challenge for a lively evening with delicious food and a meet-and-greet with statewide Republican candidates: Christina Nolan (U.S. Senate), Ericka Redic (U.S. House), Anya Tynio (U.S. House), Gregory Thayer (VT Lt. Governor), Joe Benning (VT Lt. Governor). After their individual presentations, they will hold a Q&A in panel format so you can ask your questions. The dinner is free; donations are appreciated. Please RSVP ASAP to [shannara.johnson@gmail.com](mailto:shannara.johnson@gmail.com) to reserve your seat.

**North Underhill Cemetery Association Annual Meeting**, 9:00 AM, Allegiance Trucks (formerly Clark's Truck Center), Jericho. Members will meet to hear and act on reports of its officers, consider old and new business, and elect officers for the coming year.

### Sunday, May 8

**Mother's Day Brunch**, 8:30 – 11:00 AM, Morrisville VFW, Morrisville. Menu: scrambled eggs, bacon, ham, sausage gravy with biscuits, macaroni and cheese, hash, juices, coffee, dessert. Adults, \$12; kids under 10, \$6. Proceeds benefit the Lamoille County VFW Post 9653 and Auxiliary.

### Thursday, May 12

**Celebrate Cancer Patient Support Foundation**, 5:00 – 9:00 PM, Lang Barn, Essex Junction. Please join us for the 20th Anniversary Celebration and fundraiser, an evening of cocktails and delicious bites from Chef Shawn Calley, Chef Michael Clauss, Chef Christian Kruse, and Chef Adam Monette. This cocktail event will benefit the Cancer Patient Support Foundation and will feature amazing food, music, live auction, and an exciting door prize. Do not miss an opportunity to honor the over 10,000 Vermont cancer patients and their families who have been supported by CPSF over the last 20 years. Get your tickets at <http://www.CPSFVT.org>.

## Ask a UVM Extension Master Gardener gardening questions

Wondering when to plant your tomatoes? Confused about composting? Or maybe you need some advice on caring for your lawn. UVM Extension Master Gardeners are available to answer questions from Vermont gardeners on a broad range of home horticulture topics including soil bed preparation and planting, vegetable and fruit gardening, annuals and perennials, backyard composting, sustainable lawn care, plant diseases, and integrated pest management, among others.

You can call the Extension Master Gardener Helpline at 802-656-5421, 9:00 AM – 12:00 PM on Thursdays through October 27. For your convenience, you can also submit your question online at <https://go.uvm.edu/gardenquestion>. The online form invites you to provide photos of plant damage, insects, etc.

For home garden soil tests, visit: [https://pss.uvm.edu/ag\\_testing](https://pss.uvm.edu/ag_testing).

Happy gardening!

### Saturday, May 14

**Pump It Up 5-Miler**, 9:00 – 10:00 AM, Jericho Elementary School, VT Rt. 15, Jericho. Come join this rolling 5-mile run on Old Pump Road in Jericho. There are prizes from several local vendors such as Poor House Pies, Palmer Lane Maple, and many more. A certified (VT13009JK) gently rolling 5-miler course, out-and-back on a dirt road that crosses over the Browns River and then arcs along a couple of fields and along the tree line. It's a great tune-up race if you're training for the Vermont City Marathon or another late spring race. To register and for more information, go online to <https://gmaa.run/schedule/pump-it-up-5-miler/>. For questions, contact Race Directors Cari Causey and Liz Hollenbach at [pumpitup@gmaa.run](mailto:pumpitup@gmaa.run).

**Underhill Benefit Game Supper**, 4:00 – 9:00 PM, Underhill Town Hall, Underhill Center. Local pay-sourced game, professionally prepared, buffet style at Underhill's own swanky Town Hall. Expect all your favorite dishes as well as *The Blue Rock Boys* band to round out your delights. Tickets are on sale Friday at the Town Hall, \$15 per person (or \$20 at the door); see Town Clerk Sherri Morin. As most are still distancing, a catering tent with heat will be offered if necessary adjacent to parking lot. This will provide outdoor seating and a means for families to drive up and take out. This year's dinner benefits a local person dear to us fighting an illness, so anything you do or donate will be greatly appreciated. Looking for volunteer helpers, servers, silent auctioneers, audio-visual enthusiasts, and cleanup crew; contact Mike, [fullem64@gmail.com](mailto:fullem64@gmail.com).

### Sunday, May 15

**JES 5K and Fun Run**, 10:30 AM – 12:30 PM, Jericho Elementary School Garden and Wellness Path, Jericho. Join us to get active and support JES Farm to School and Garden! Adults, students, and community members are all welcome to take part in the JES 5K and Fun Run. All ability levels can to walk the JES Wellness Path, to run or walk a one-mile Fun Run, or to run or walk a 5K route — also fun! Meet at the JES Garden area and wellness path. The Wellness Path Walk and One-Mile Fun Run will be at 11:00 AM; the 5K Fun Run will begin around 11:15 AM. Race bibs and T-shirts will be available for pick up starting at 10:30 AM on the day of the race. Entry /registration fee \$15 per participant, with maximum payment of \$50 per family (four or more registrants from same family). Please register online at <https://forms.gle/QaoVwfd6JQ5JRnYA>.

**Trolley Wires to Rubber Tires: Burlington, Winooski, Essex Junction, VT 1885-present**, 1:00 – 2:30 PM, Senior Center, 123 Barlow St., Winooski. A history of public transit and book talk by James R. Jones.

### Tuesday, May 17

**The Essex Junction Syrup Plant: Weaving Together 75 Years of Vermont Maple Syrup**, 6:00 PM, Shelburne Sugarworks, 746 Shelburne-Hinesburg Rd., Shelburne (there are two sugar houses near together; this is the more easterly one). This is a PowerPoint talk by Dr. Matthew M. Thomas ([www.maplesyruphistory.com](http://www.maplesyruphistory.com)). Dessert choices: Sugar-On-Snow, or Maple Strawberry Shortcake, or choice of maple ice creams. Please RSVP your choices and the number in your party (attendance limited to 50) to 802-985-3581 or [sarah.morganhouse@comcast.net](mailto:sarah.morganhouse@comcast.net).

### Wednesday, May 18

**People of Chinese Descent in America**, 7:00 PM, on Zoom. How far have we come as Americans in confronting racism? This topic remains so intimidating and painful that we prefer not to talk about it in public for fear of what we might say or reveal, or how others might see or treat us. This forum will focus on both Vermont and the nation with the intent of providing a model for each state to address its own history pertaining to racism and bigotry. Karen Lew Biney-Amisshah, former Director of Education at the Museum of Chinese in America (MOCA), New York City, will share the joys and challenges people of Chinese descent have encountered and continue to experience in the United States. Recommended Reading: *The Chinese in America* by Iris Chang. Moderated by the Reverend Dr. Arnold Isidore Thomas, Pastor, Good Shepherd Lutheran Church, Jericho. Registration link: [https://us02web.zoom.us/join/register/WN\\_zJhR3T6TT5mCze-276X-mA](https://us02web.zoom.us/join/register/WN_zJhR3T6TT5mCze-276X-mA). Sponsored by the Vermont Racial Justice Alliance, Mount Mansfield Community Television, and Good Shepherd Lutheran Church; financially supported by the VT Humanities Council, the VT Community Foundation, and viewers.

**Craft Group**, 6:00 – 8:00 PM, Underhill Town Hall (upstairs), Underhill Center. Gather your current craft project and join us for a couple of hours of socializing, and productivity of course! The group meets every two weeks. All are welcome. For questions or more information contact Amy Tower, 802-355-9671 or [atowerinvt@gmail.com](mailto:atowerinvt@gmail.com).

## Houses for haunting

By Zoe Bernstein

Something is living in houses for haunting  
No one knows if it is ghosts or it is vampires or it is memories or it is time

Stopping to dance with the dust for a moment  
Something is dying in houses for haunting  
It may be hope, or foolishness, or innocence, or boredom, or squirrels, or maybe me

Something is singing in houses for haunting  
And the songs are deep and rich and echo throughout the hallowed hollow hallways

A grand piano creaks along to meandering music and someone is operetting a world away

In between tiles grow saplings and spruce  
Up on the rooftop a dove makes a nest of straw and hair and baby teeth and flowers

There is restlessness in the walls and dreams in the attic  
And though the Bills and Katherines and Marjories who owned the house have long since disappeared  
Something is living in houses for haunting



**GREEN UP DAY AT THE PARK!**  
May 7th 2022  
9:00 a.m. to 12 noon

**JOBS & TOOLS**  
Shovels for trail work & Japanese knotweed removal  
Loppers for cutting back honeysuckle  
Spades for planting  
Green bags for litter  
Rakes for landscaping  
Picking up branches  
Filling in holes dug by dogs  
Washing signs with soap

Mills Riverside Park depends on your help!  
Come join us as we beautify the park! Please meet in the pavilion ready to go with sturdy shoes, work gloves and tools for the job you wish to tackle. Refreshments in the pavilion!

For questions email [jupdistrict@gmail.com](mailto:jupdistrict@gmail.com) or call 802-899-2693

### Saturday May 21

**CES PTA's Kids Clothing Swap**, 9:00 – 11:30 AM, in the Cambridge Elementary School (CES) cafeteria. The Cambridge Elementary School PTA is having our first kids' clothing swap! Have your kiddos outgrown last year's summer clothes? Of course they have! There is \$10/family suggested donation to participate. All proceeds from this event will go toward new playground equipment for the Cambridge Elementary School. For information on how to participate, please see our Facebook event page, <https://www.facebook.com/events/1423106081476228>. Start gathering items to swap and join us!

**Saxon Hill School 5K Run/Walk and Kids Fun Run**, 8:30 AM – 1:00 PM. Saxon Hill School, Jericho. Organized by parents of Saxon Hill School (SHS) children as a fundraiser to support SHS and to connect with our local community. 5K Run/Walk begins at 9:00 AM (check in 8:30 AM); the Kids Fun Run starts at 10:30 AM. All participants will receive a post-race prize and one entry into a raffle for local goods! There will be family activities, and refreshments will be available. For more information and to register, please visit <https://runsignup.com/Race/VT/Jericho/SaxonHillSchool5KFunRun>.



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## HEALTH NEWS

## Mental health first aid for youth

In response to our local (and national) mental health crisis, the Richmond Congregational Church UCC, in conjunction with The Howard Center, will host Mental Health First Aid for Youth Training for any adult interested in learning how to support youth in our community. This groundbreaking, skills-based course gives people the tools to identify, understand, and respond to youth who might be struggling with a mental health or substance use challenge, and to connect them with appropriate support and resources.

Mental Health First Aid for Youth is a *free* training for adults interested in learning how to support youth in our community, to be held on Saturday, May 21, 8:30 AM – 4:30 PM (lunch provided) at Richmond Congregational Church Fellowship Hall, 20 Church St., Richmond. To register, please go to <https://forms.gle/KYdmNqxZ7RJ7ec3f7>, or contact the church directly at 802-434-2053 or [church@rccucc.org](mailto:church@rccucc.org).

Parking is available at the Town Center parking lot across the street.

## What you eat: how and what to supplement

By Mary Kintner

One of my mentors asked, “How do you supplement a lousy diet? The answer is you don’t (because it is too expensive) or can’t (because it is impossible to supplement all your nutritional needs).

Supplements are exactly that — supplements to a healthy diet. So what is a healthy diet? The three macro nutrients are proteins, fats, and carbohydrates. Quality proteins include animal products, nuts, legumes, for example. Quality fats are not trans/hydrogenated, which are commonly found in processed foods like margarine, pastries, fast foods (think “junk food”). Limit vegetable oils which are high in inflammatory linoleic acid. I personally use grass-fed butter, organic expeller-pressed extra virgin olive oil, and coconut oil. Quality carbohydrates are found in vegetables and fruit. It is recommended to eat three times more vegetables than fruit due to the high fructose content of fruit. Grains are high in carbohydrates but grains are often genetically modified, grown with glyphosate, and can spike blood sugar, so I recommend meeting most of your carbohydrate needs with vegetables and fruits. Also, a good diet has minimum processed foods; in other words, eat food that is close to its original state.

Therefore, the first thing to do to meet your nutritional needs is to eat well.

However, food today is vastly different from food grown before the 1900s when food was grown locally on small farms, crops were rotated to avoid nutrient deficiencies in the soil and were fertilized with manure and other natural products. Food today comes primarily from what is known as agribusiness. These are huge farms that typically grow one crop, on the same soil, over and over again. This practice depletes the soil’s nutrients. To “successfully” grow plants, non-organic fertilizers are used. These products typically replace nitrogen, phosphorous, and potassium only — no other trace minerals such as selenium, chromium, and calcium, which are essential. Consequently agribusiness’ plants are nutritionally deficient and possibly toxic. (And toxicity can deplete even more of the body’s nutrients!)

So what to supplement? First, use a quality supplement brand. There is limited regulation on supplements so I use a company that maintains credentialing from the FDA, verifying they have in them what the bottle claims and harmful fillers and contaminants are not present.

If I could only take one supplement, it would be Omega 3 — fish oil. Why? Because they make every single cell wall in the body. These cell walls affect how easily they are injured as well as how easily they intercommunicate with other cells. Omega 3 helps control chronic inflammation.

Inflammation gets a bad rap. The first phase of healing is inflammation, also known as acute inflammation. But inflammation should not be “on” 24/7, i.e., chronic. Chronic inflammation is the basis of all our chronic diseases, including cardiovascular, cancer, diabetes, and osteoporosis.

My mentor also used to say it is hard to create a diet deficient in just one mineral, e.g. calcium. Consequently a quality multivitamin/mineral product can help fill in the gaps.

Vitamin D3 is actually a hormone. Historically it was believed only to be important in bone metabolism. Now D3 is known to be important for mood and immunity. A couple of important points about D3 need to be made. One, D3 is fat-soluble so high doses for long periods of time can be toxic. The best way to know your levels is to get a blood test. Ideally your values should be between 60-80 ng/ml. Second, for D3 to do its job getting calcium absorbed by the bones and not calcifying your arteries and joints, K2 needs to be included in your supplement. (K1, found in kale and made in your intestines, is not the same as K2. K1’s function is in blood clotting.)

Probiotics are another important supplement to consider. Our gastrointestinal (GI) tracts are also called “the second brain.”

The GI tract makes all the neurotransmitters made in the central nervous system! The intestines also make B vitamins and vitamin K. The intestines contain the highest density of immune tissue. The GI tract is basically the outside world located inside your body, so a good defense is essential. Eating fermented foods such as yogurt (not fruited/ commercial), kefir, kimchi, and sauerkraut help re-colonize the “good” bacteria in the gut. Antibiotics, found in commercially raised meat and dairy as well as those prescribed, can kill the probiotics as well as the “bad” bugs. Probiotic supplements can help assure your GI tract is optimized.

We are all different and our unique individual needs vary. These are some of the supplements almost everyone would benefit using. To determine your special needs, work with a professional.

And eat a healthy diet!

Mary Kintner is an RN and chiropractic practitioner in Jericho.

## Help Vermont be an age-friendly state

From Vermont Department of Health

We’re all getting older. But what will we need and want as we age?

If you are 45 or older, take this survey to share what’s important to you as you get older and let us know how well our communities are supporting older Vermonters right now. Your answers will help inform EnVision Vermont: A 10-Year Action Plan for Aging Well. The survey is open through Friday, May 20: <https://survey.cmix.com/796DACEC/G10DF6LT/en-US>.

If you have questions or need a hard copy of the survey, call 800-642-5119 or visit <https://dail.vermont.gov/resources/legislative/older-vermonters-act>.

## Classes offered for postpartum support

Did you know that with a properly supported postpartum period you can become healthier than you were prior to becoming pregnant? At this time, however, we are collectively accustomed to experiencing and witnessing unsupported postpartum periods, which manifest as degenerating health. Postpartum issues are now expected as the norm, but with knowledge, planning, community, and proper support, this can be a time not simply to survive, but to thrive.

A course titled INNATE Postpartum Care: Planning for the Fourth Trimester will be held on Mondays, on Mondays, May 16, 23, and June 6, and 13, 6:00 – 8:00 PM (final class to be scheduled after the babies are born). This course is for those who are pregnant and their family members/supporters to learn how to create a postpartum plan that is tailored to their needs. The instructor is a physical therapist, yoga instructor, pelvic health specialist, and INNATE Postpartum Care Practitioner at Potent

Moon Rising at the GROW Wellness Center, Essex Junction.

To learn more or to register please visit <http://www.potentmoonrising.com/events-1>.

## Six tips to help teens get the sleep they need

Parents have been wide awake with lots of questions about how they can help make sure their teenagers get adequate and healthy sleep. Well, I don’t want anyone dozing off on this topic so let me provide some information.

Teens need eight to ten hours of sleep nightly to improve their performance at school and on the playing field. Not getting adequate sleep can result in depressive moods, high blood pressure, weight gain, and behavioral difficulties, including higher rates of risk-taking behaviors. Getting adequate sleep results in a stronger immune system, better memory, and improves one’s mental health. Yet getting that many hours of sleep is more easily said than done.

So, if you want your teen to sleep better, here are some suggestions:

- Help your teen maintain a regular sleep schedule weekdays and weekends — oversleeping on weekends makes it tougher to be back on the weekday schedule Sunday nights.

- Encourage your teen to do daily exercise (which parents should be doing as well). This supports a healthier sleep-wake cycle, but try to avoid having your teen practice or exercise too late in the evening so they have ample time to unwind and relax before bed.

- Avoid overscheduling your teen since overscheduling often means they won’t finish homework until late at night, which stresses them rather than relaxes them and may prevent them from sleeping soundly.

- Reduce screen time before bed. The blue light from phones and computers can trick the brain into thinking it’s daytime and disrupt the production of melatonin, a substance the brain makes that tells us we are sleepy. Putting screens away an hour before bed and charging them in another room encourages sounder and better sleep.

- Reduce your teen’s caffeine intake, which can prevent them from getting sleepy, at least several hours before bed. Build some relaxing activities into the hour before bed — a warm bath, yoga, reading or journaling will help a healthier sleep cycle.

- Encourage your teenagers not to use the bed for homework or other daily activities so the brain can associate the bed only for sleep and not also for work or fun conversations with friends via the phone or social media.

If despite these suggestions, your teen is still having trouble getting the sleep they need, have them talk to their health care professional for additional suggestions.

Lewis First, MD, is Chief of Pediatrics at UVM Children’s Hospital and Chair of the Department of Pediatrics at the UVM’s Larner College of Medicine.

## GREEN UP DAY INFORMATION

## Green Up Day is Saturday, May 7: information from the State

From general information, green-up gear, a Green Up app, to the 2022 Green Up Day Poster winners, and more, go online to <https://greenupvermont.org>.

## Please help Green Up Jeffersonville Cemetery

Please join us for a Green Up of the Jeffersonville Cemetery on Saturday, May 7, 9:00 – 10:00 AM. We have lots of sticks down, wreaths that need to be picked up, and flags that need to be replaced. Many hands make light work! Thanks for spending a little time with us to spruce it up before Mother’s Day!

Questions? Please call Angela, 802-999-7945.

## Details for Green Up Day in Cambridge

Pick up Green Up bags at Town Clerk’s office, King’s Market, The Farm Store, Aubuchon’s, The Village Sampler prior to Green Up Day, and at the Cambridge Area Rotary’s *Pie for Breakfast* event at Cambridge Elementary School at 9:00 AM on the day!

Leave full bags at closest intersection town road to be picked up by the Cambridge Road Crew.

## Green Up Day bags available in Bolton

By Amy Grover, Bolton Town Clerk and Treasurer

2022 Green Up Day bags are now available at the Bolton Town Office, 24/7, in a plastic bin on the front porch!

If you head out early to start greening up and fill some bags, please hold on to them, and then bring them to the Town Garage for disposal on Green Up Day, Saturday, May 7!

## Jericho’s Green Up Day breakfast is back

Drop in to the Jericho Community Center, 329 Browns Trace, Jericho Center, between 8:30 – 10:00 AM on Green Up Day — Saturday, May 7 — to share breakfast with your neighbors before heading out to green up. Bring a dish to share! Coffee, tea, and cold drinks will be provided.

You can sign up for a road segment at <https://jerichovt.org/green-up-day/> but you don’t need to sign up to green up!

Green Up Day bags are available at Jericho Town Hall, Jericho Town Library, the Deborah Rawson Memorial Library, and at the Community Center on Green Up Day.

On Green Up Day, the Town Garage (510 Browns Trace) will

be open 10:00 AM – 2:00 PM to collect Green Up Day trash, trash, scrap metal, and tires that are found along the roadside. Do not bring propane tanks; leave them where they are and let the Town know about the location either by calling 802-899-4936 x1 or finding the link to the *Green Up Spots* mapping tool (link at <https://jerichovt.org/green-up-day/>) and using it to “pin” the location. GreenUp Day trash will only be accepted from municipal trucks at CSWD, so bring your trash to the Town Garage by 2:00 PM on Saturday.

Also at <https://jerichovt.org/green-up-day/> There is a *Your Green Up Photos* tool where you can upload your Green Up photos to share with the Town.

## Saturday, May 7: Green Up Day in Underhill

By Brad Holden, Underhill Town Administrator

This year Green Up Day is Saturday, May 7. Bags for Underhill residents are now available at Wells Corner Market, Jacobs Family Market, and at the Underhill Town Hall. Volunteers are welcome to start cleanup early and bring their bags to the Underhill Town Garage, 75 New Road, on Saturday, May 7, 9:00 AM – 2:00 PM. We will accept all trash collected from the edges of Town Highways.

The Underhill Conservation Commission will be on hand offering information and pamphlets about ticks, invasive species, bears, the Crane Brook Conservation District, and forests. There will be an open house at the Town Garage complete with hamburgers and hot dogs and light refreshments to enjoy after a hard day of work cleaning up our roadsides.

Please be safe out there and take a moment to review the State of Vermont’s guidance at <https://greenupvermont.org/>.

Please feel free to reach out to Brad Holden, 802-899-4434 Ext 7 or [bholden@underhillvt.gov](mailto:bholden@underhillvt.gov) if you have questions.

## How to Green Up in Westford

Please remember that Saturday, May 7 is Green Up Day! You can find the green bags at the library or in the bin outside the Town Office.

On the morning of Green Up Day we will have water, coffee, fruit, and granola bars available for the volunteers at the library.

After you pick up the roadside trash, you will have to bring the bags to the designated dumpster at the firehouse.

The Elementary School students will no longer be covering the dirt roads, so feel free to pick up trash on any road you like. I have created a team on the Green Up Day smart phone App called “Westford.” Feel free to download it and join the team. This is new to me but we may be able to share information about which roads we covered, etc.

Contact Mark Peloquin if you have any questions, 802-233-6417 or [mark\\_peloquin@yahoo.com](mailto:mark_peloquin@yahoo.com).

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## COMMUNITY COLUMNS

## Are trees individuals?

By Ethan Tapper  
Chittenden County Forester

Are trees individuals? I started to think about this question after hearing a researcher say that trees are “colonial organisms” — more like colonies of autonomous branches than individuals. As I struggled to find answers, I found that this topic is as nuanced and as complex as our forests.

While humans and other animals are unitary organisms — with a single body — plants and trees are modular organisms, comprised of repeating “modules.” Unlike unitary organisms, modular organisms like trees are unconstrained by the determinate growth of a human or animal body. Instead, they have an indeterminate growth pattern, able to repeat themselves over and over again by creating new roots, branches, buds, and sometimes trunks.

While branches are connected to a common trunk and root system, they may also behave autonomously; competing with each other for light and satisfying their own energetic needs before exporting resources to the rest of the tree. When they are shaded (or otherwise consume more than they produce), they die.

Through they have some autonomy, a branch is also part of a tree; an organism which must maintain its overall shape and growth pattern to survive. Trees regulate their overall growth largely through processes known as apical dominance and apical control, using hormones to suppress the growth of certain buds and branches. Trees with high apical dominance and apical control — like conifers — are excurrent, resulting in a relatively symmetrical shape. Shrubs are decurrent, with low apical dominance and low apical control creating an asymmetrical growth pattern of many competing stems. Deciduous trees fall in between these extremes, with a more-or-less symmetrical (excurrent) overall growth pattern, within which each branch is somewhat decurrent.

With some species of trees, such as eastern white cedar, branch autonomy is especially pronounced. Cedars form stem strips: sections of bark that connect groups of branches directly to groups of roots. When exposed to drought or other stressors a single stem strip, and its associated roots and branches, may die while the rest of the tree is relatively unaffected.

Some tree species produce clones — sprouting groups of

genetically-identical trees from their root system. Covering over 100 acres in Utah, an aspen clone called Pando is the most massive and perhaps the oldest organism (some would say clonal organism) on Earth, weighing an estimated 13 million pounds and thought to be between 14,000 and 80,000 years old. While Pando looks like a forest of young aspen trees, each tree is a ramet — genetically-identical and connected, at least initially, to the same root system. To think of these ramets as individuals is both right and wrong: they compete with each other for light and even for resources within their common root system, but are also indisputably part of a larger entity.

Many of us have been captivated by the idea of the “Wood Wide Web,” the underground networks of mycorrhizal fungi that can connect trees together, even facilitating communication and resource-sharing between trees. While some have taken this research to mean that forests are unified entities, or that they are entirely cooperative and altruistic, the truth is more complicated: while they cooperate at times, trees also compete with each other — often to the death.

Like a branch on a tree, a tree in a forest is both autonomous and dependent on a larger system. Even a small forest is comprised of billions or trillions of organisms, each living an autonomous, complex life. Trees rely on other organisms to build soils, to regulate populations of pests, for pollination and seed dispersal — and much more. Together, these countless independent organisms, their environment and natural processes, form a natural community: an entity with behavior and properties of its own. As the fate of a branch is linked to the fate of the tree to which it is attached, the fate of a tree is inextricably linked to the fate of this natural community.

Like us, a branch on a tree or a tree in a forest is an individual but also part of something greater. As we exercise our autonomy as forest stewards, it’s up to us to recognize our part in the bigger picture; to learn how to sustain ourselves while also sustaining the trees, the forests, and the living landscape to which we are connected.

*Ethan Tapper is the Chittenden County Forester for the Vermont Dept. of Forests, Parks and Recreation. See what he’s been up to, check out his YouTube channel, sign up for his eNews and read articles he’s written at <https://linktr.ee/ChittendenCountyForester>.*



*A stem of invasive honeysuckle. The hollow pith confirms this is invasive honeysuckle and not the native honeysuckle species.*

PHOTO BY  
BERNIE PAQUETTE

Now is the best time to cut down  
invasive honeysuckle

By Bernie Paquette

Invasive honeysuckle bushes are leafing out in Jericho. Maeve and I joined a resident of the Tillotson Drive community for three hours on Monday, April 18 to cut down invasive honeysuckle in the field area near the pond. I noted numerous young native trees that were resprouting after beaver chews. They were being shaded out by the overbearing honeysuckle. See photos at my blog, <https://jerichovermont.blogspot.com/2022/04/invasive-honeysuckle-removal-jericho-vt.html>.

Need help identifying these invasive honeysuckle bushes on your property? View my blog posting and the VT invasive web page for more information, or give me a shout and I will come by to look at them on your Jericho property to help ID them.

Invasive plants are filling in, displacing, and replacing Vermont’s historic habitat while upsetting the ecosystems we are all reliant upon. Some (like knotweed) are extremely difficult to manage. Honeysuckle at least gives us a fighting chance. We can at least diminish its chance to spread by cutting it down and preventing it from going to seed.

Sean Beckett, Director of Natural History Programming at North Branch Nature Center, reminds us “It’s imperative that we protect our biodiversity. Ecologically, we are indeed waging a war to remove plants that are devastating our local ecology.”

Our sense of place, as well as our health and well-being and that of nature, are in danger of disintegrating. Help protect the natural areas of Jericho. ID and cut down invasive honeysuckle before it blooms in June!

## Homage aux Soeurs

By Bill Schubart

With the recent death of Sister Janice Ryan, I was inundated with memories of an earlier Vermont, my own Catholic upbringing, and the extraordinary impact of nuns on me and on all VermonTERS.

Jeanne Mance School of Nursing, Fanny Allen Hospital, Bishop DeGoesbriand Hospital, Trinity College, the cloistered Carmelite convent in Williston, Mater Christi School where my older children went, Rice High School, Christ the King, Sacre Coeur in Newport where my stepfather attended school, and countless other reminders of the benevolence and good works of Vermont’s large population of Sisters. These institutions and more were started and managed by the various orders whose sole mission was charitable works. Others were started by priests, but often staffed largely by nuns.

There was in all this a commitment to good works and community, seemingly subsumed now in today’s culture of self-obsession, entertainment, and consumerism. Young women facing poor prospects for marriage or, worse, the fear of an abusive one filled with hard work and endless child-bearing, often sought refuge in a convent where they might experience the safety of a sisterhood, but would also have a life filled with good and needful work.

Vermonters of all faiths owe a great deal to the many orders of nuns who have been an important part of the fabric of our state, the Benedictines, the Ursulines, Sisters of Mercy, Sisters of the Sacred Heart, Sisters of Providence, Atonement Sisters, Carmelites, Daughters of the Holy Spirit, Sisters of St. Joseph, and The Hospitallers of St. Joseph.

While the male hierarchy of the Church struggles with their own misdeeds, a steep decline in their own numbers, and the rise in orthodoxy that puts them at odds with many in their own flock, we can all be grateful for their female counterparts and for their simple, direct works of faith.

So often in life, it is what we do rather than what we say that makes all the difference. Our children become who we are, not who we tell them to be. The exemplary life stands in stark contrast to fire and brimstone preaching, Solomonic judgment, canon law, and rigid orthodoxies.

Throughout the volatile history of the Catholic Church, nuns from many religious communities, while suffering the edicts, politics, and even retribution of the Church’s male hierarchy, were able to gain spiritual sustenance from helping others in need: raising orphan children, helping young men and woman in trouble find their way back into society, teaching, nursing and caring for the ill or infirm, tending the dying, supporting those in prison, feeding and caring for the poor — in essence, following the words and example of Christ.

There have been many among the sisters who have served VermonTERS in government leadership positions, as college heads, or as hospital managers. The Bishop DeGoesbriand and Fanny Allen hospitals were staffed largely by the Hospitallers of St. Joseph. Trinity College, whose early mission was to help young woman off the farm or from factory families become educated and have an economic choice beyond their first proposal of marriage, was staffed largely by the Sisters of Mercy. And always behind these leaders there were countless nuns whose only residual image might be a gentle smile, the beautiful habits of their particular order, and the countless good works of their sisterhoods of faith.

In the temptation in the desert, Christ rejects the devil’s gifts of mystery, power, and authority in favor of the exemplary life

and free will — a lesson not lost on the extraordinary nuns who have woven so much into the fabric of Vermont for 200 years. To simply care for someone without judging them is a great gift.

I remember the mischievous smile of Sister Elizabeth Candon, whom Governor Snelling had the wisdom and leadership savvy to appoint in 2008 as head of the Agency of Human Services (AHS) after her long service as a teacher and president of Trinity College in Burlington. When asked how she reconciled her work in government and her commitment to her order, she answered, “As a Sister of Mercy, I take the usual three vows of poverty, chastity, and obedience. But then we take a fourth vow — to serve the poor, the sick, and those in need. And if you look at the Agency of Human Services, that’s who they serve.”

When I chaired the Board of Fletcher Allen Healthcare (today UVM Health Network) from 2003-2007, I often sought the counsel of Sister Irene Duchesneau, a member of the Hospitallers of St. Joseph founded in 1636. “Sister D,” as she invited me to call her, had run the Fanny Allen Hospital prior to its merger into the Fletcher Allen triad. She had also directed the Jeanne Mance School of Nursing. She was an active proponent in the startups of COTS, Spectrum, and other social service agencies helping the poor and the dispossessed.

Confused about why the new Bishop in town seemed to have the hospital I chaired in his sights, I called her one day seeking help. She called me to her cramped office across from the kitchen in the basement of Fanny Allen. She greeted me warmly and said we would first need to pray together as she guided me up a back stair to the chilly outdoors and into a small garden in the nearby woods with two kneelers and a small shrine. She prayed for wisdom and grace in our decision-making. We returned to her underground office. She smiled and said, “Now, we are ready. The decisions we take will be tempered by humility and divine grace.”

“You have an ob-gyn nurse sending written reports to the Vatican about terminations deemed medically necessary for the health of the mother and the Holy See is putting pressure on the Bishop to see that these procedures are ended.”

I thanked Sister D for her intel and returned to advise the CEO and Chief Medical Officer about the issue. As I thanked her for her help, she whispered in my ear, “You must know that those of us who know and feel the many sufferings of young women can think beyond the simplistic edicts of the Church.”

I thought about this and its meaning as I returned to my office. Her words have come back to me many times.

We shared lunch a couple of times a year. I miss her beatific smile and her gentle kindness.

Sister Janice, a tireless fighter for women and social justice, was also an early-adopter, and I remember when she got her first cell phone. To her evident pleasure, it often rang during our occasional business meetings together.

She served for 17 years as president of Trinity College and then in 2001, co-founded Mercy Connections. In Washington D.C., Sister Janice directed justice education and interfaith relations for the Justice Project. She worked for Senator Jeffords and directed the Catholic Campaign to Ban Landmines, among countless other bold and effective initiatives.

I will always remember her striding, impromptu, to the podium at the first annual Con Hogan Award for an Emerging Leader ceremony and urging the nonplussed crowd to personally consider donating a kidney to Con, who needed a transplant at the time.

As priests wrestle with their misdeeds of the past and present against the powerless, these Vermont “women religious” have so enriched the lives of VermonTERS of all faiths in ways we shall never forget.

VT Act H.626  
(neonicotinoid pesticide)

By Bernie Paquette

Please consider sending our VT legislature a letter in support of VT Act H.626.

Here is my letter to the legislators (Chittenden County; list below) about the neonicotinoid pesticide act being considered.

Dear Vermont Legislature Representatives and Senators,  
I am writing you in support of Vermont Act H.626, an act relating to the sale, use, or application of neonicotinoid pesticides.

According to the Vermont Fish and Wildlife department, between 60-80% of wild plants in our state are dependent on animals, mostly bees, for the “ecosystem service” of pollination. Whole communities of flowering trees, shrubs, and herbs benefit from their activities — including blueberries, blackberries, and apples.

This topic is not just about our beloved dairy and honey industries, as important as those two industries and livelihoods are. They are the tip of the iceberg of what we will lose if we go past the tipping point in how many pollinators we lose either as an entire species or in volume. Many of our (275+) wild bee species appear to be declining due to a number of impacts, including habitat loss and pesticide/herbicide use.

Our fascinating and diverse species of wild bees are critical to all of us.

Scientists appear to me to be indicating that neonicotinoids are harmful to more than the target insects, radiate out beyond the application zone, and stay in the pollen and nectar and tissue of plants. They are found in water and soil samples long after application. They are toxic to pollinators and other beneficial insects as well as aquatic invertebrates. They can remain in the environment for years after application. Being water-soluble they can leach into our waterbodies.

Xerces reports that the Environmental Protection Agency (EPA), with support from CDP, recently released a draft ecological risk assessment for imidacloprid, which identified risks to aquatic ecosystems. Based on these findings, the EPA has now revised its aquatic life benchmarks downward. Furthermore, EPA recently found that the other nitroguanidine neonicotinoids may pose similar risks to aquatic invertebrates as imidacloprid.

At a bare minimum, let’s ensure there is strict guidance on (a) which corn and soybean pests neonicotinoid seed treatments may be used for; (b) when scouting should occur to inform future decisions on the use of neonicotinoid seed treatments; and (c) how to scout for these early season pests. In other words, if we cannot find the will to stop using neonicotinoids, let’s at least be sure we minimize their use as the last-resort-only (risky) tool.

In connection with restricting neonicotinoids, the VT Legislature can fund more research and development of sustainable farming methods for productivity, and support abundant biodiversity.

Let’s find a safer path for our Vermont farmers to succeed in the long term without squandering whatever healthy soil, bacteria, and insects that we have left. I believe that the diversity and health of beneficial insects — and therefore our lives — depend on our stewardship of the land and all life on it.

-----  
Local legislators’ email addresses:

Trevor Squirrel: [TSquirrel@leg.state.vt.us](mailto:TSquirrel@leg.state.vt.us); George Till: [GTill@leg.state.vt.us](mailto:GTill@leg.state.vt.us); Philip Baruth: [PBaruth@leg.state.vt.us](mailto:PBaruth@leg.state.vt.us); Thomas Chittenden: [TChittenden@leg.state.vt.us](mailto:TChittenden@leg.state.vt.us); Virginia Lyons: [VLyons@leg.state.vt.us](mailto:VLyons@leg.state.vt.us); Christopher Pearson: [CPearson@leg.state.vt.us](mailto:CPearson@leg.state.vt.us); Kesha Ram Hinsdale: [kramhinsdale@leg.state.vt.us](mailto:kramhinsdale@leg.state.vt.us); Michael Sirotkin: [msirotkin@leg.state.vt.us](mailto:msirotkin@leg.state.vt.us)

## CAMP INFORMATION

**MMCTV TV Camp** June 27-July 1 — There are still spaces for middle schoolers, 10-15 years old, to sign up for a week of filmmaking learning and fun with Mount Mansfield Community TV (MMCTV), scheduled for Monday-Friday, June 27-July 1, 10:00 AM – 3:00 PM. This year, we'll be focusing on making a scene from *Star Wars* (the 1977 film) as a part of Crowdsourced Cinema VT. It's a great chance to learn about filming and editing, while having fun! The camp will be held at the MMCTV studio in the Richmond Town Center. Cost: \$130 for Jericho/Underhill/Richmond residents. Find out more and register online at <https://forms.gle/yVthrX7nxytcbhAJA>.

Details and registration are online at our website [www.MtMansfieldCtv.org](http://www.MtMansfieldCtv.org). Please register soon as space is limited.

**Musical Theater Camp for Kids at Poker Hill Arts** — Two wonderful teachers will be hosting a one-week musical theater day camp at Poker Hill Arts, Poker Hill Rd., Underhill, Monday-Friday, July 18-22. The camp, which will run 9:00 AM – 3:00 PM, is for children entering second grade or exiting fifth grade at the end of the current school year. There are just a few more spaces open. Read more online at <https://docs.google.com/document/d/1McOkftOITmT0D7ZfjMcjMLw-xKUdleJ8lPnQRgVoXJE/edit> or email Dana, [dthomas0712@gmail.com](mailto:dthomas0712@gmail.com).

**The Magic of TDI:** TDI Summer Camp is a one- to two-week summer program, in person once again at Northern Vermont University in Johnson, from Sunday-Saturday, June 19-25 and/or Sunday-Saturday, June 26-July 2, 2022.

TDI, which is offered by the Green Mountain Center for Gifted Education, combines the relaxed atmosphere of a summer camp with academic and creative opportunities for advanced and gifted students entering grades 4-10. Students have fun with peers while exploring a wide variety of topics including Writing and Laughing, Case of the Green Ping Pong Ball, Model Roman Senate, Simulating Chaos, Clowning Around, Gravity-Powered Catapults, and Starting a Business. There are overnight and commuter options. Visit <https://www.tdivermont.org/> for our website, and [info@tdivermont.org](mailto:info@tdivermont.org) to contact a TDI director.

If you have any questions about the program please don't hesitate to contact the above email or [muffin615@gmail.com](mailto:muffin615@gmail.com).

**New horseback riding camps in Underhill:** Impulsion Riding School, previously Synchrony Dressage Riding School, is moving from Freedom Farm in Jericho to Poker Hill Road in Underhill! We offer beginner through advanced lessons, camps, and horsemanship/show teams!

There are single-day camps for kids ages 5-6, and multiple day camps for ages 7-12. All camps run 9:30 AM - 2:30 PM, and are limited to eight kids per day. Camp dates: Monday, June 13; Monday-Thursday, June 20-23; Monday, August 8; Tuesday-Friday, August 9-12.

For more information about the camps: <https://www.facebook.com/110786301545451/posts/123045810319500/?d=n>.

**Westford Rec** is offering summer programs, including: Archery Mondays, June 20 and 27, 4:30 – 5:30 PM at the Westford School (limited slots available), \$50; Parent and Me T-Ball for ages 3-6 on Saturdays, June 25-August 20, 9:00 – 10:00 AM at the Westford School, \$25. Sign up for all Westford Rec programs at <https://westford.us/recreation>; for more information or to volunteer, contact [recreation@westfordvt.us](mailto:recreation@westfordvt.us).

**Burlington City Arts** will offer a summer camp, and registration is now open for their half- or full-day camps and aftercare; full and partial scholarships are available. For more information, see BCA's digital summer camp catalog at <https://www.burlingtoncityarts.org/adult-youth-and-family-classes>.

**Green Mountain Conservation Camp Sponsorships:** GMCC, operated by VT Fish & Wildlife since 1966, is open to any child 12-14 years old with an interest in the natural world and joining a welcoming community. Financial aid is available to cover full cost. To learn more, contact 802-522-2925 or [FWGMCC@vermont.gov](mailto:FWGMCC@vermont.gov), or go online to <https://vtfishandwildlife.com/node/244>.

**YMCA Summer Day Camp in Underhill:** The YMCA's Camp Koda returns to Underhill this summer, at a time when kids need a safe and stimulating environment during the summer more than ever.

Camp Koda offers seven one-week sessions for children who have completed kindergarten through age 12. Parents have three-day or five-day options and, as a licensed program, eligible families can use state subsidy for this camp. Y financial assistance may also be available. Learn more and register at <https://www.gbymca.org/summer-camps/camp-koda>.

Each week has a different theme, so campers who come for multiple weeks remain engaged and having fun. In addition to fun, fun, fun, kids develop skills, gain confidence, and build positive relationships with peers and adults.

Y staff create opportunities for your child by providing creative, age-appropriate, and safe activities that promote social, physical, intellectual, and emotional growth — all through

recreational play and hands-on activities.

Learn more and register at <https://www.gbymca.org/summer-camps/camp-koda>.

**Cambridge CC Buck Lake Camp;** scholarships may still be available. Are you looking for something for your child to do this summer? Do they love the outdoors? The Cambridge Conservation Commission (CCC) would like to help send your child to the VT Fish and Wildlife's Green Mountain Conservation Camp at Buck Lake.

Camp runs in one-week sessions in June, July, and August for boys and girls, ages 12-14. Please send an email to Conservation Commission Member Tim Larned, [timlarned@myfairpoint.net](mailto:timlarned@myfairpoint.net), stating why you would like to go and what you love about the outdoors, to be considered for this scholarship. The amount of the scholarship will be determined by the number of applicants. Scholarships will be awarded until funds are depleted. Camp spots fill fast so please respond ASAP.

Campers will meet game wardens, foresters, fisheries and wildlife biologists, and others who work in the outdoors. Some of the fun activities that take place include learning about forestry, wetland ecology, orienteering, outdoor safety skills, fly fishing and spin casting, fly tying, archery, hiking and camping, canoeing, swimming, firearm safety, and much more... Opportunities for new friendships abound! Campers will receive both their State Hunter Education and Bow Hunter Certifications at the completion of the week.

For more information about the camp and specific dates, go to [www.vtfishandwildlife.com](http://www.vtfishandwildlife.com).

**Lamoille Natural Resource Conservation Summer Camp:** It's not long until kids will be out of school for summer. Registration is now open for Lamoille Nature Center Summer camps! At the camp located on Cole Hill Road in Morrisville, kids will spend the days learning through hands-on exploration at our 40 acres forest reserve. Camp groups are capped at 10-12 kids and run from 9:00 AM – 3:00 PM. The cost per camper \$225 for LCCD members and \$275 for non-members; scholarships are available. This year we are offering:

- Layers of Life (5-8 year olds, July 11-14);
- Guardians of the Watershed (8-12 year olds, July 18-22); and
- Wild Art, a collaborative camp with River Arts (8-12 year olds, July 25-29).

For more information and to register, go online to <https://lcnrcd.com/summer-camps/>.

## WORSHIP SERVICES

### Virtual services at MMUUF

Sunday services at the Mount Mansfield Unitarian Universalist Fellowship are held at 9:30 AM on the second and fourth Sundays of each month, September-June (May 8: Michelle Achivetti and Evergreen Erb; May 22: Lewis Randa; June 12: final service until the fall). Services are led by members of the fellowship and by invited guest speakers, including visiting UU ministers and leaders of other faiths. Each service explores a different topic. Worship, reflect, and sustain one another, within an inclusive spiritual community, built on values of honoring and affirming the worth of every person, striving for justice, participating in the world community, and respecting the natural web of existence. Services will be exclusively held over Zoom; please contact [info@mmuuf.org](mailto:info@mmuuf.org) or 802-899-2558 for how to join. Located at 195 VT Rt. 15, Jericho. Learn more at [www.mmuuf.org](http://www.mmuuf.org) and [www.uua.org](http://www.uua.org).

### Jericho United Methodist Church

Jericho United Methodist Church welcomes you to grow in Christ with us. We hold dear the United Methodist Church's motto: "Open doors. Open Hearts. Open Minds." We recognize that our faith journeys are all unique, just as we as individuals are all unique. Know that whoever you are, whatever you do, you are welcome here. We believe that we grow together or not at all. All are welcome! Join us Sundays at 10:00 AM. There will be music, prayer and message from our pastor, Rev. Taeseob Cho. Please contact Rev. Cho at the church phone number, 802-899-4288, or his email, [umccho@gmail.com](mailto:umccho@gmail.com). Located next to the Jericho Town Hall on VT Rt. 15.

### United Church of Underhill

The United Church of Underhill is an active, vibrant congregation. We are young and old; single, couples, and families; believers, questioners, and questioning believers. All are welcome. Some people think of us as the Harvest Market Church or the Clutter Barn Church. We gather to worship

together every Sunday morning at 10:00 AM. Our service is traditional but lively, with music, a children's sermon, and much more. For instructions on joining worship from home, please see <https://unitedchurchofunderhill.com/joining-worship-from-home/>. We provide many opportunities for worship, fellowship, and service, but we also welcome you to come in, be still, and contemplate your faith. Located at 7 Park St., Underhill. Pastor's office (with voicemail) 802-899-1722; church secretary, Tuesday and Wednesday 11:30 AM – 2:30 PM (no voicemail) 802-899-4583.

### Second Congregational Church, Jeffersonville

The Second Congregational Church in Jeffersonville would like to invite all who feel called to join us for our online church services, Sundays at 10:30 AM. Know that no matter who you are or where you are in life's journey, you are welcome at our church; or in this case, our web-space! <https://www.facebook.com/SecondCongregationalUCC>.

### Jericho Congregational Church is here to help

Jericho Congregational Church — "An Historic Church Proclaiming an Eternal Message" on the Green in Jericho Center, VT. Senior Pastor, David Coons and Youth Pastor, Peter Anderson. Sunday School at 8:30 AM for all ages, Fellowship at 9:30 AM, Worship Service at 10:00 AM; Nursery care provided. Youth group 6:15 PM Sundays in our Sunday school building. 899-4911; [officejcc@comcast.net](mailto:officejcc@comcast.net); [www.jccvt.org](http://www.jccvt.org)

### All are welcome at Good Shepherd, Jericho

You are invited to worship at Good Shepherd Church on VT Rt. 15 at 9:00 AM every Sunday. The building is accessible — all are welcome! At this time, masks are worn by everyone, regardless of vaccination status. There are varied musical styles in worship services, including Folk, Contemporary, Celtic, Latin American, and traditional. In addition, weekday online offerings include Prayerful Meditation, Tuesday Evening Prayer,

and Centering Prayer. Good Shepherd also offers the monthly online Racism in America Forum. Access information and more about the church is at <http://goodshepherdjericho.org/>. We are an open-minded Christian community with a focus on social justice issues, where people from different faith traditions, along with those who aren't sure where they belong or what they believe, seek the support of a spiritual home. We welcome you in the name and love of Christ. Contact Pastor Arnold Isidore Thomas for more information, 802-503-9666 or [pastorthomas@goodshepherdjericho.org](mailto:pastorthomas@goodshepherdjericho.org).

### Calvary Episcopal Church

Calvary Episcopal Church in Jericho has now resumed worshipping in person on Sundays at 9:30 AM. If you would like worship service information, please contact the parish administrator at [calvarychurchjericho@gmail.com](mailto:calvarychurchjericho@gmail.com), or call 802-899-0453. All are warmly invited!

### St. Thomas Catholic Church

St. Thomas Catholic Church in Underhill Center invites you to join us in person for the Holy Mass at 8:30 AM every Sunday. There is also a vigil Mass at 4:00 PM on Saturday evenings. Our priest, Fr. Richard Calapan, also celebrates Mass during the week, on Tuesdays at 6:30 PM and Fridays at 8:00 AM. Confessions are available on Tuesdays before Mass. Visit us at [www.stthomasvt.com](http://www.stthomasvt.com) or call 802-899-4632 for more information.

### Waterville Union Church

We meet in person at 9:30 AM at the church; masks recommended. Zoom is only available when there is bad weather or illness of a speaker. We do not post our recorded services to Facebook. But information can be found at <https://www.facebook.com/watervilleunionchurch>, [watervilleunionchurchvt@gmail.com](mailto:watervilleunionchurchvt@gmail.com); 32 Church St., Waterville.

## Blind Alley

By Kimberly Madura

At odds, enemy.  
The path  
of deception  
comes up against  
the force  
of resistance.

It was the last night  
of the world,  
and we were dancing  
on the edge.  
What more could  
be said.

Fallen on sides  
of the linear line,  
the perception  
and the passion.  
In the rounded rain,  
impasse.

## There's a bear in them thar...

...well, apparently in our neighborhoods and back yards, after our bird feeders and including one repeat offender around Alpine Drive in Jericho who seems to be big, strong, and very much into chickens — as in, s/he easily breaks into even well-built and fortified chicken coops.

Please report egregious incidents to:

VT Agency of Natural Resources  
Department of Fish & Wildlife  
100 Mineral St, Suite 302  
Springfield, VT 05156-3168  
802-245-4112

<http://www.vtfishandwildlife.com>

## Support Wood4Good: volunteer

By Eric Axelrod, Wood4Good

Wood4Good is a Chittenden County Wood Bank committed to reducing heat insecurity by providing free firewood to as many people as possible. Last year we exceeded our goal of 75+ cords of wood; this year we are aiming to help 150 families.

Please volunteer and help our cause; a small amount of your time will create a big gift for those in need. We have work for people of all strengths and sizes, including kids down to age 8. Whether splitting logs, stacking wood, or helping to load our truck with free wood for a family, come help us help our community. We also need someone who can drive the our dump truck to bring wood to families, no physical labor required.

For more information contact Eric, [eric@wood4goodvt.org](mailto:eric@wood4goodvt.org).

## Pleasant Valley Pony Club

### manure sale

Reduce, reuse, recycle! Pleasant Valley Pony Club is once again having its annual Manure Sale! Using beautifully composted horse manure, recycled grain bags, and a whole lot of arm power, the members of our local Pony Club raise the money needed to provide instruction for the kids all summer long.

Your gardens are hungry after a long cold winter and composted manure is just what they need to flourish. This year we once again offer delivery as well as curbside pick up of pre-bagged manure.

The sale will be held on Saturday, May 7, 265 VT Rt. 15 in Jericho near Dollar General / Kate's Food Truck, 10:00 AM - 4:00 PM. You can order online for delivery (<https://forms.gle/hrasDCqXwFzYaEeK7>) within a 10-mile radius.

Filled bags are approximately 50 pounds. Prices are:  
• \$5 per bag, or 25 bags for \$100;  
• delivery: minimum order of 5 bags, \$10 OR free delivery for 15 bags or more;

To learn more about PVPC, go to <https://pleasantvalleyponyclub.org>.

Please consider helping both your garden and the local Pony Club!

*A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing.*

— George Bernhard Shaw

# Mountain Gazette Home & Garden

## Ten plants for a bee-friendly garden

By Laura Mueller, Home & Garden (12/22/2021)

Bees do a lot for our environment, so why not return the favor? Planting a bee-friendly garden is a great way to support bee life in your neighborhood.

Are you cultivating a new garden from scratch? Are you looking for ways to increase the beauty and bounty of your existing garden? Bringing in bee-friendly plants is a smart and sustainable plan. With so many varieties to choose from, it's pretty easy to plant a garden that's both stunning and bee-friendly.

Get inspired with these ten plants that are a perfect fit for a bee-friendly garden.

### Why are bees beneficial?

Around the globe, bees are a dominant force in pollination — helping plants, including both wild varieties and domestic crops, grow to their full potential. This is immensely important to the health of the world's plant life since 75% of all crop species produce greater yields when they're pollinated.

Of the 20,000 different types of bees, only 12 are directly managed by people for crop pollination. Nine of those types of bees are commonly found in North American gardens — including honeybees, bumblebees, squash bees, long-horned bees, and carpenter bees.

Some bees provide a very specific service. For example, squash bees only collect pollen from (you guessed it) squash and other plants in the gourd family, making them essential to the fall pumpkin patch. Others have diverse tastes and will show up wherever they see something they like.

The types of bees that will proliferate in your bee-friendly garden will depend on where you live and the variety of plants that you're growing. Whoever appears though will be happy to provide you with their valuable pollination services, in turn helping your garden prosper. That's great news if you're planting edible crops like fruits and veggies since it means a bigger bounty every season. And if you plant flowers, it means bigger, healthier blooms.

In either case, a bee-friendly garden is a happy garden. It's also one that provides a reciprocal service, offering bees an abundance of food and shelter, both of which can be hard for them to find in neighborhoods that are blanketed in sprawling green lawns.

Simply put: do your part for the bees and they'll do their part for you. It's as easy as putting in the right plants, and that's where the list below will come in handy.

### Ten plants to put in your bee-friendly garden

Bees aren't picky eaters. There are a ton of different varieties of plants that will attract bees to your garden, so whatever your region, climate, soil type, or garden style, you should be able to find some that you like and that will thrive in your yard. These ten bee-friendly plants are good ones to consider as you get started.



### Lavender: Perennial herb

Why bees love it: Lavender is a fragrant, flowering herb that's as attractive to bees as it is to us. It provides both honey and pollen for bees to feast on, and because it's such a hardy plant, it doesn't usually require much oversight after you get it sprouting. As a bonus, another favorite pollinator — butterflies — love lavender too; plus, it helps repel mosquitos, which is another big win.

### Wildflowers: Both annual and perennial flower varieties

Why bees love it: Bees are drawn to any native wildflower plant. Wildflowers often grow en masse, providing ample shelter for bees along with pollen and nectar. They're also quite easy to grow since, by default, the wildflowers that will best be cultivated in your area are those that are already native to where you live.

### Wild Bergamot: Perennial flower

Why bees love it: Wild bergamot, also known as Monarda or bee balm, is a member of the mint family that draws bees in with its bright petals and sturdy stems. It's a cinch to grow from seed, and in addition to attracting bees, it will also bring other pollinators to your yard, such as the Monarch butterfly and hummingbirds.



### Goldenrod: Perennial wildflower

Why bees love it: Goldenrod is a long-blooming perennial that provides crucial nectar and pollen to bees throughout the spring, summer, and fall. And in the later months, it becomes one of the bees' most important sources of nutrition and helps ensure that colonies have enough sustenance to withstand the cooler days ahead.

### Crocus: Perennial flower

Why bees love it: The combination of their vibrant color and sweet fragrance make crocus flowers a fantastic pick for your bee-friendly garden. Crocuses bloom early in the spring, providing pollen for bees at a time when they're extra hungry after the winter season. Plant your crocuses in the fall so that they have time to germinate and will be ready to bloom nice and early.

### Rosemary: Perennial evergreen shrub

Why bees love it: Rosemary is another early bloomer and one that is as delicious to bees as it is to humans. They're especially drawn to its flowers, so allow some blooms to develop during the plant's flowering season. Rosemary is a robust plant that grows nice and quick, so there should be plenty for the bees and your own kitchen.

### Sunflower: Perennial flower

Why bees love it: Sunflowers are hard to miss with their huge flowers and long stalks. Bees and other pollinators can spot them from far away and are not left disappointed by the abundance of pollen and nectar that sunflowers provide. To grow your sunflowers as large as possible, plant them in areas where they'll get maximum sunlight and give each stalk plenty of room to spread its roots.

### Aster: Perennial flower

Why bees love it: Aster is a fall flower, and like goldenrod, it provides bees with a much-needed food source before the winter. They're able to source a surplus of nectar and pollen from this pretty flowering plant, which they can then store for future use. Aster is also great for migrating butterflies, so plant an ample amount, and you'll be doing a lot of good for your neighborhood pollinators.

### Foxglove: Biennial woodland flower

Why bees love it: The foxglove is a favorite flower of the bumblebee and the honeybee, with a tubular shape that coats the bees in pollen as they dive in for the nectar. Plant these flowers strategically since they're biennials that bloom one year and produce seeds the next, and keep pets away since they're quite toxic to dogs and cats.



### Borage: Annual herb

Why bees love it: This herb might not be as popular in home gardens as basil and rosemary, but it's an excellent pick for attracting and feeding bees. Borage contains loads of nectar and can actually help increase honey production. It also protects nearby plants from less-desirable insects, so plant it as a companion to your fruits and veggies.

### Other tips for bringing bees to your garden

Growing a bee-friendly garden is about more than just the plants you put there. Follow these other tips for creating a space that your neighborhood bees can appreciate as much as you do.

Don't weed too often: We're all about getting rid of weeds, but when it comes to bees, more weeds are better than fewer — especially in an otherwise flat lawn surface. Flowering weeds like dandelions are an important food source for bees, and they aren't harmful to your other plants. If you don't like the sight of them, section off just an area or two where you allow them to prosper (perhaps behind a shed) and then remove them everywhere else.

Skip the chemicals: Pesticides, herbicides, and other chemical-based products are highly toxic to bees and other pollinators. They're also dangerous to pets and people, which is all the more reason why you should ditch them in favor of more organic growing practices.

Let there be flowers:

Flowers add bursts of color to your plants that help bees find them. They also provide them with necessary pollen and nectar. If it's a plant you would normally remove the flowers from — such as edible herbs and vegetables — consider letting the flowers bloom naturally later in the season when you've already had your fill.

Plant a diverse garden: Plants grow and flower at different rates and times. Diversity in your garden ensures that there's always something for the bees to enjoy, so choose plants of different types, styles, and heights, as well as plants that bloom at different times of the year, to supply bees with a veritable feast they can enjoy for months on end.

It doesn't matter if you're working with acres of land or just a simple window box. Planting with the bees in mind



serves a hugely important purpose and allows you to do your part for the environment. And it doesn't hurt that the same plants that are central to a bee-friendly garden are also beautiful to look at on our end!

## The best bedroom colors for 2022

By Teresa Bitler, Home & Garden (03/02/2022)

When creating a color scheme for your home, the general rule is to use the colors you love. However, studies indicate color can impact everything from your appetite to how well you sleep. That's why it's essential to think long and hard about your bedroom color scheme before you commit to it.

### Colors for a good night's sleep

For the best night's sleep, you want to create a relaxing retreat, one where you can unwind and pamper yourself. Some colors lend themselves to that, while others energize you and make it harder to fall asleep. Even if you doze off right away, the wrong colors can impact just how soundly you sleep at night.

In general, muted colors work best for your bedroom walls. Light blues, soft greens, and shades of white, beige, and gray are some of the best choices. When unsure about which color to use as your base, you may want to go with blue, though. Participants in a 2018 study perceived blue as a more positive and calming color than others. Green was the second choice, followed by violet, orange, yellow, and red.

That doesn't mean you can't use a stimulating color like

Colors continued on page 9



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# Mountain Gazette Home & Garden

## How to remove all types of stains from concrete



By Teresa Bitler, *Home & Garden* (01/27/2022)

Over the years, concrete can accumulate quite a few nasty stains. From oil in the driveway to grill grease on the backyard patio, these stains leave your concrete looking dated and unappealing, especially if they were there when you moved in. No need to worry, though! You can usually remove those stains easily and quickly, depending on how old it is. Here's how to remove all types of stains from concrete.

### Why does concrete stain

Concrete consists of natural materials: water, sand, gravel, and cement. While cement doesn't naturally occur, it is made from limestone, clay, sand, and iron ore — all-natural materials. As a result, concrete is porous, just like any other natural material. It absorbs anything that makes its way to its surface.

Because of this, it is important to try to address spills as soon as possible. Soak up as much of the spilled material as you can with paper towels. Or cover the area with an absorbent material like clay or clumping cat litter on the affected area. Work it in with a stiff broom or brush and leave it for at least an hour. (Older stains may take up to 24 hours.) Then, sweep away the absorbent.

This may get rid of new and small stains entirely. If the concrete stain remains, follow the steps below, depending on what type of stain you are dealing with, to rid your concrete of it.

### Removing oil stains from concrete

Oil from your car, lawnmower, or other motorized equipment can create particularly difficult concrete stains. If you still have a stain after blotting with a paper towel or using an absorbent material to soak up the oil, you may be able to remove the oil using laundry detergent or a mixture of vinegar, washing soda, and dish soap. However, a degreaser is the most effective approach.

Tip: Never use bleach as it will strip the grey color from the cement, leaving your driveway, garage floor, or patio with a discolored spot. You should also avoid using steel wool or a brush with hard bristles on your concrete as these can damage the concrete.

To remove an oil stain from your concrete using a degreaser, follow these steps:

- Read the degreaser's instructions and always defer to the information there.

- Spray the degreaser onto the stain.
- Let it sit for at least five minutes or as directed by the manufacturer's instructions.
- If dealing with a stubborn stain, scrub it with a soft-bristled sponge.
- Wipe the degreaser off.
- Then, mop to ensure the degreaser is completely removed.
- If the stain remains, repeat the process.

Stubborn stains may require extra action. Try mixing one cup of trisodium phosphate (TSP) in a gallon of hot water and pouring this over the stain. Let it soak for at least 30 minutes and scrub with a brush. Wash off with your hose and repeat as necessary.

### Removing food grease stains on concrete

Grease from the grill or juices dribbled from a platter being carried across the patio can cause tricky stains. As always with a concrete stain, immediately try to blot it up with a paper towel. If the stain persists or you're dealing with an older stain, tackle it with the following approach.

- Apply laundry detergent to the stain. If you are using dry detergent, add water to make it into a paste. Make sure to cover the entire area.
- Cover the detergent with plastic wrap and secure with tape. This prevents water from washing the detergent away.
- Let the detergent sit overnight.
- The next morning, scrub it with a soft brush and rinse with water.

### Removing paint stains from concrete

Overspray from a project can leave your concrete stained. Depending on how long the paint has been there, you may never fully be able to get the color out of the concrete. However, by following these steps you'll at least be able to minimize the stain.

- Mix TSP in water using a ratio of one cup TSP to one gallon of hot water.
- Pour over the affected area and let it soak for at least 30 minutes.
- Scrub it into the stain with a soft brush.
- Rinse and allow the area to dry for a few hours.
- Scrape off the paint with a putty knife or use a pressure washer to get rid of the paint.
- Allow the concrete to dry if you pressure wash.
- Next, apply paint thinner and follow the manufacturer's instructions.
- Use a scraper or pressure washer to remove paint.
- Repeat process as needed.

### Removing rust stains from concrete

Whether caused by a forgotten tool exposed to the elements or iron patio furniture, rust stains on concrete are relatively common. You can remove them with minimal effort. A newer stain may only require the use of a common acid like lemon juice or vinegar. Pour juice or vinegar on the stain, let it sit, scrub, rinse and repeat if necessary. For tougher rust stains, you may need a commercial rust remover.

To remove a rust stain using a commercial product, read the manufacturer's instructions and follow the recommendations for application. Leave the product on for at least 15 minutes or as instructed by the manufacturer. You can scrub the stain with a brush if the stain is particularly tough. Rinse with water, and repeat.

### Removing dirt and foliage stains on concrete

Sometimes, dirt and leaves that accumulate on the concrete for long periods can stain it. Removing these brown stains can be just as tricky as any other, especially if they are old. To get rid of these stains, do the following:

- Sweep away all debris and dirt.
- Mix liquid dishwashing detergent and water in a spray bottle or bucket for larger stains.
- Apply the detergent and water mixture to the stain.
- Let it sit for 15 minutes.
- Scrub with a soft brush.
- Rinse the area and repeat if necessary.

### Removing pet stains from concrete

If you have a dog run or your four-legged friend has the occasional mishap on the back patio, you may have pet stains to contend with. Not only do those stains look bad, but thanks to the porous nature of concrete, they smell bad, too. As a result, it isn't enough to deal with how look. You also need to eliminate the odor. Take these steps to rid yourself of both:

- Clean the area thoroughly, if it is not already clean.
- Mix a solution of 1/8 of a cup liquid dishwashing detergent, 1/2 cup baking soda, and one gallon of water.
- Pour over the stain.
- Use a soft brush to scrub the stain away.
- Rinse the area.
- To get rid of the odor, use an oxygenated enzyme pet stain cleaner.
- Follow the manufacturer's instructions for best results.
- Rinse with water.
- Repeat as necessary to get rid of lingering odors.

### Removing bird droppings from concrete

Birds can make quite a mess, especially if they roost on your roof and make a habit of leaving their waste on concrete. The process of removing bird droppings from your driveway, patio or walkways is similar to removing pet stains. However, if the birds have been eating berries or other foods, the stains left behind may take a few extra steps.:

- Hose away any droppings on the concrete.
- Mix a solution of 1/8 of a cup liquid dishwashing detergent, 1/2 cup baking soda, and one gallon of water.
- Use a soft brush to scrub the mixture into the stain.
- Rinse, or use sawdust to absorb the soapy water. Sweep the sawdust away.
- Combine 1 tablespoon 12 percent hydrogen peroxide with three drops of ammonia.
- Apply this to any remaining stains.
- Scrub with a brush until the stains are gone.
- Rinse.

### How to clean concrete with a pressure washer

You can remove many of the stains above using a pressure washer. If you don't already own one, you can rent a pressure washer at most home improvement stores. Before you get started, make sure you have the appropriate pressure washer spray tip or nozzle. Narrow-pattern spray trips work best on tough stains but can damage the concrete, so select the tip depending on how tough the stain is.

- Dress for the task. Since you are working with chemicals, wear splash-resistant safety goggles, a long-sleeved shirt, long pants closed-toe shoes and chemical-resistant gloves.
- Wet the concrete with a hose.

Oil stains continued on page 9

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# Mountain Gazette Home & Garden

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- Ready the pressure washer to apply the soap by installing the spray tip you want to use.
- Add the concrete cleaner to the pressure washer.
- Connect the hose to the pressure washer
- Insert the pressure washer siphon tube into the concrete cleaner.
- Start the pressure washer.
- Apply the cleaner evenly, working back and forth with overlapping sprays.
- Let the cleaner soak for three to five minutes.
- Place the siphon in clean water, and let the washer run until the water comes out clean.
- Spray the concrete with clean water to get rid of the cleaner.

You may need to break this down into sections so the cleaner-sprayed concrete doesn't dry completely before you wash the cleaner away. If you are pressure washing your concrete to remove stains, you may need to repeat the process several times in difficult areas. Or try one of the stain-specific methods above.

### How to seal concrete to prevent stains

Now that you have removed stains, you'll want to make it easier to keep clean in the future. One way to do that is to seal your concrete. If you have an older home, you first need to remove any existing sealant. Not sure if your concrete already has sealant? Pour water on it. If the water beads, it has a sealer; if it soaks into the concrete, it hasn't been sealed before. To remove existing sealant:

- Clean the concrete. Make sure there is no dirt at all.
- If you get the concrete wet while cleaning, allow it to dry for at least 24 hours.
- Fill cracks with concrete crack sealer, smoothing with a putty knife.
- Follow the manufacturer's instructions regarding dry time.
- Use a roller or paint sprayer to evenly apply a thick coat of stripper to the concrete.
- Follow manufacturer's instructions regarding how long to wait before removing.
- Use a long-handled scraper to remove the sealant.
- Scrub the floor with TSP and water.
- Let dry for 24 hours before applying new sealant.

Once you have removed the old sealant (or let your newly poured concrete cure for 30 days), you're ready to apply the new sealant. Follow these steps:

- Check the weather. You need up to three dry days (the

sealant won't adhere to damp concrete) with temperatures above 50 degrees Fahrenheit.

- Follow manufacturer's instructions for drying times and specifics regarding the application.
- Apply the first coat and wait at least two hours before applying the second one.
- Paint the second coat at right angles to the first coat. This ensures consistent coverage.
- Don't step or drive on the new sealant until it is completely dry. This can take up to three days.

### How to epoxy coat concrete

A good way to keep your garage floor clean is to apply epoxy. (It can also hide stains you're unable to remove.) Before you apply epoxy, you'll need to prep it by following the steps above for preparing your concrete for sealant. The concrete needs to be clean and dry. You should also fill in any cracks, and if your concrete is sealed, you'll need to remove the existing sealant.

With the sealant gone, you're ready to purchase an epoxy kit. These come in a variety of colors and give you the option to add color flakes, which can hide any imperfections in the concrete. You can also mix in an anti-skid additive that will give the floor a gritty surface that's a good idea for rainy and icy regions. Once you have your epoxy kit, follow these steps:

- Check the weather. Like sealant, epoxy requires temperatures above 50 degrees Fahrenheit, but the temperatures must also be below 80 degrees to prevent bubbling and peeling.
- Make sure you have plenty of time. Once you mix the epoxy paint and hardener, you have only two hours to work.
- Tape around the edges of the wall just as you would for painting.
- Pour the epoxy into a roller tray.
- Use a 3-inch paintbrush to paint along the wall, getting into the corners and along the edges.
- Roll the epoxy starting in the furthest corner from the exit.
- Work in 10-by-10 sections.
- Continue until you cover the entire floor.
- If you plan to use two coats, allow the floor to dry for 12 to 24 hours. Then, apply a second coat.
- If you are using color flakes, apply after every section.
- Prepare the topcoat according to instructions.
- Apply similarly to the epoxy.
- Allow to dry for 24 hours before walking on the floor.
- Wait 72 hours before parking a car on it.

Colors continued from page 7

red in your bedroom. You just have to use them wisely. Instead of painting your entire bedroom burnt pumpkin, choose a light shade of salmon and use some orange accents to incorporate your favorite color into the room. A fan of yellow? Go with a light cream-colored yellow, like Cotton Puff from Dunn Edwards Paints.

### Bedroom colors to avoid

While you can incorporate many of your favorites into your bedroom, you should avoid some. For example, red can increase your fight-or-flight instinct, something you don't want right before bed. Bright pinks, purples and oranges can also be too vibrant for the bedroom. Similarly, choose beige over dark brown, which may evoke negative associations like uncertainty and boredom.

Technically, black isn't a color. It's the absence of light. There are reasons to incorporate it into your bedroom color scheme and reasons you might want to avoid it. First, like brown, it can have negative connotations, including death, fear and sadness. It can also make your bedroom feel small and dark if you go overboard with it. However, used sparingly, black can ground a room and help make it feel calming and relaxing.

Ready to pull the trigger on a color? Not so fast. When shopping for bedroom paint, you'll want to avoid glossy finishes as well. Gloss can reflect light, and the light can stimulate your brain. Instead, go with a flat or matte finish.

### Popular bedroom colors for 2022

In the world of color, blue or green can be broad terms. Even countless shades of white exist to color your bedroom walls. This list dives a little deeper into the suggested colors above, giving you specific paint colors to inspire your color scheme:

**Blue:** One of the most calming colors, blue is a great choice for the bedroom. If you want to paint all four walls, consider a light blue like Behr's Soft Cloud or After Rain. Like Sherwin-Williams' Aleutian, a slightly darker blue would work well paired with light beige or white bedding and natural elements like wood furniture and a bamboo area rug. Used sparingly on one wall or to highlight an architectural feature, navy would be great. Or try the rich, jewel-toned Deep Sea Dive by Sherman-Williams.

**Green:** Both Sherman-Williams' and Behr's color of the year is a shade of green that would work in the bedroom. The Sherman-Williams color of the year, Evergreen Fog, is reminiscent of olive and could cover all four walls matched with bedding and furniture. Behr's Breezeway is a whitish-green that will give your room a bright, airy feel. As you can with blue, you can opt for

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# Mountain Gazette Home & Garden

## Five reasons why your grass is dying

By Laura Mueller, Home & Garden (11/01/2021)

A sprawling lawn can be a pretty sight, but less so if it's plagued with spots that are dry, brown, or completely non-existent. Homeowners in every climate may find that their grass is dying, since it's a common enough occurrence and one that even the most dedicated of home gardeners may have trouble avoiding. As for why it happens, there are a number of possible reasons, and pinning down the problem could be one of the quickest ways to a solution.

If your grass is dying and you're not sure why, take a look through the culprits below and see if any seem to fit the bill. In addition, you'll also find some quick tips on avoiding grass problems from the outset. Here's what to know.

It's a total bummer to put a lot of work into your lawn only to find that the grass is dying despite your best efforts. Likewise, it can be frustrating to feel like you're fighting an uphill — and sometimes unwinnable battle — in maintaining your yard.

While it's certainly not great that your grass is dying in the first place, the good news is that there's usually a pretty clear reason for why it's happening. Once you figure out what it is, you may be able to put an effective solution into place — or at least change course and find an alternative that's better suited to your particular climate and space.

All that said, here are five reasons why your grass might be dead, keeping in mind that it's possible more than one of these issues are at play.

### There's a water problem

If you're not watering your lawn enough, or if high heat is sucking the moisture right out of the ground, you could end up with a thirsty lawn that's not getting the proper amount of water it needs to survive.

When temperatures are scorching outside, grass naturally goes dormant until things cool down again. This means that there's a chance your grass will recover on its own eventually, though it's not a guarantee. Help it along with some strategic watering, turning the sprinkler on only in the early morning or in the evening when you won't lose quite so much water to heat evaporation.

As for more general drought conditions, you'll still want to put a watering plan into place. Run your sprinklers once a week for two hours, which will provide your lawn with about an inch of fresh water. If this isn't possible because of ordinances in your city, just do the best you can — or accept that you may simply not be able to meet the water needs of a grass lawn.

### There's a bug problem

Cinch bugs and grubs are two types of pest that could (literally) be at the root of why your grass is dying. Cinch bugs are drawn to

low-water conditions and will drain any plant juice they can find. They also have toxic qualities that can kill the grass they come into contact with. Grubs, meanwhile, eat the roots of grass for results that are very similar to what happens in a drought.

Neither bug is particularly good at hiding. If you notice that your grass is wilting and then dying, check the ground for cinch bugs, which are small bugs of various colors with white markings that hang down at the base of grass blades. If you don't find any — or if you just want to be extra thorough — you can then check for grubs by using a shovel to lift up a square foot patch of grass and see if any beetle larvae are hanging out there. If you notice 10 or more grubs in that patch, they're probably your issue.

Getting rid of cinch bugs — Make sure to water consistently, since these pesky pests thrive in drought-like conditions. Remove any thatch too, since that's where female cinch bugs prefer to lay their eggs. If that doesn't help, you'll likely need to call in the pros for a chemical treatment.

Getting rid of grubs — If grubs are the problem, you'll want to be sure that you're fully drying out your lawn in between watering sessions. There are also liquid and granular grub killers you can try out, though you may have just as much success with a natural grub removal method, such as the application of nematodes or setting up bird houses to bring in more of the grub's natural predators.

### There's a disease problem

Disease is another possible and pernicious reason why your grass is dying. There are at least a dozen different lawn diseases that can dry out and eventually kill your grass, including fungal infestations. How you identify the problem will depend on what type of disease you're dealing with, so get familiar with the various types of turfgrass disease and what their signs are. The same goes for common fungal diseases.

In terms of treatment, that depends on what you're dealing with. Once you think you've identified which disease is the reason behind why your grass is dying, do additional research to find out what your next steps should be.

### There's a weed problem

Weeds, just like all plants, need food and water to survive. And unfortunately, they have no qualms about stealing this food and water from the grass around them.

Controlling weeds is a standard part of lawn maintenance. So long as you're staying on track with weed removal, you should be doing your part to prevent this from being the problem, though you may need to take more drastic measures if your basic techniques aren't sufficient. Read up on natural ways to remove weeds and consider calling in a professional lawn care company if you just can't seem to get ahead of them.

### There's a pet waste problem

We love our dogs, but our lawns don't. Dog urine contains lots of nitrates, which in high concentrations can suffocate grass and cause it to die — hence the reason it's quite easy to pinpoint where your pup's favorite place to do their business is.

Your dog obviously needs to use the bathroom, but that doesn't mean you have to sacrifice your grass. A non-harmful product called Dog Rocks can be placed in your pet's water dish to help remove nitrates from their urine. You can also work on training your dog to use only a specific, cordoned-off area of the yard, if you're willing to sacrifice the grass on that patch of your property. Alternately, you could encourage your dog to choose new spots each time they go so nitrates don't build up too much in one area.

### How to prevent grass problems from happening

With many types of lawn problems, focusing on prevention is often a lot easier than attempting a cure. One possible solution if your grass is dying is to accept the inevitable and then reseed and start anew. Just be on the lookout for pests or disease before doing this, since they'll likely just attack any new grass if they're already present.

As for other things you can do to prevent dead grass, these are some good places to start:

Choose the right kind of grass for your lawn. Did you know that there are more than 11,000 different species of grass? Of these 11,000+ species, there are about 12 that are commonly used on North American lawns, but grass that thrives in one part of the country will whither and die in another. For that reason, it's important that you plant a type of grass that is optimized for your climate.

Be smart about when you fertilize. Fertilization provides crucial nutrition to your grass that can help it weather the conditions. But while adding fertilizer is key, it's just as important that you do it at the right time. This usually means fertilizing in the early spring or fall, when temperatures are more moderate and your grass isn't stressed from heat or drought.

Water the right way. On top of watering at optimal times so as not to lose a bunch of moisture to evaporation, you should also be setting up your grass itself to accept as much water as it can. A great way to do this is to set your mowing height to at least three inches. Keeping the grass a touch long provides shade for the roots so that they're able to hold on to water when they get it.

Try to avoid chemical pesticides and herbicides, which have a habit of killing off the good stuff along with the bad. And if your grass is dying and nothing you do seems to be helping, then it may be time to change your mindset and look for grass alternatives. Artificial turf is one option, or you could do the bees and butterflies a favor and opt for a native plant lawn instead.

Colors continued from page 9

darker green as long as you limit it to one wall. Too much of any dark color will make your bedroom look small.

White: White isn't strictly white. It can be tinted with hints of beige, gray, yellow, red or other colors. Dunn-Edwards alone has 115 different whites in its collection. So, if you want a relaxing bedroom but have your heart set on yellow walls, you can choose something similar to Dunn Edwards' Sung Cottage. Or, if you're a fan of red, you may find the company's Strawberry Dust a suitable — and soothing — alternative.

Gray: A standard color for home walls today, gray works well in the bedroom. Stick to lighter shades like Sherman-Williams' Sea Salt or Dunn-Edwards' Cold Wind for a relaxing, spa feel. Like white, gray can have hints of other colors like blue or green. And you can go dark as long as you use it sparingly.

Beige: This tried-and-true option lends a natural feel to the bedroom. Consider pairing a standard beige like Sherman-

Williams' Accessible Beige with white, green or brown accents and wood furniture. For a trendy twist, go with greige instead. A blend of gray and beige, greige provides a lovely backdrop for almost any accent color.

Before you buy paint, bring paint chips home from the store or order one of Sherman-Williams' 8" x 8" peel and stick samples of the company's most popular colors (\$3.95 each, or \$3.50 each if you order four or more). Paint colors can look different in the store than they do on your wall because the light in your house is different. Stick the paint sample to your wall and leave it there for at least one day, noting how it looks at different times of the day.

### Creating a bedroom color scheme

Once you've figured out your wall color, it's time to plan a color scheme. This will give your bedroom a professionally designed look. You can search online for bedroom color scheme ideas and follow the example in a design you like. Or you can create a custom design, taking into account your bedspread or artwork, for example.

To create a color scheme, it's important to understand what exactly one is. A color scheme is a collection of complementary colors that create a unified look. There are several approaches to color schemes.

Monochromatic: In a monochromatic color scheme, one color dominates the room. Think gray in the bedroom. The walls might be a light gray, while the bedding is a whitish-gray. You might have an ash gray chair next to a dark gray bookcase, a charcoal gray throw and a lampshade sporting yet another shade.

Analogous: This color scheme features three colors that sit next to each other on the color wheel. Usually, the middle color acts as the dominant color while the colors on either side serve as the accent.

Complementary: Instead of using nearby colors, this option pairs colors directly across from each other on a color wheel. For blue, this would mean orange. So, you might paint your walls blue and hang a predominantly orange painting using this color scheme in the bedroom.

There are other color schemes such as split-complementary, triad and tetradic. These will give your bedroom a richer, more layered look because you are using more colors. However, for the same reason, they are more complicated to implement.

### Should I focus on warm or cool colors?

As a general rule, your bedroom should feature cool colors. These colors make you feel calm and relaxed such as blue, green and gray. Warm colors — red, yellow and orange — make you feel energized and can keep you from falling asleep. Not surprisingly, you want to avoid these colors.

However, that doesn't mean you have to ban them from the bedroom. If you make a cool color the dominant one in the room, you can decorate with warm ones. Going back to the example of complementary colors, blue offers a cool contrast to orange's warmth. Paint your walls with blue and use the complementary shade of orange for splashes of color around the room.

Although black and white aren't really colors, they can add coolness and warmth to a room. White

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## OBITUARIES



**Daniel James DeMay**, 69, of Jeffersonville, VT died at Copley Hospital, Morrisville, VT on Wednesday, March 9, 2022. He was born February 9, 1953 in Rochester, NY to Norbert R. DeMay and Doris V. (Benz) DeMay. Dan graduated from East Ridge High School in Rochester and received his bachelor's degree in mathematics from Trinity College in Burlington, VT. On May 12, 1984 he married Susan (Fernandez) DeMay at St. Augustine's Church in Montpelier, VT. Dan was employed at IBM in Essex Junction, VT and retired after 40 years. He was an avid lover of all woodland creatures and the great outdoors. His favorite pastime was hiking with his dog Taylor, his brother, and friends. He had a passion for music, playing his guitars, tennis, and American Revolutionary history. Dan is survived by his wife of 37 years, Susan; his son Arin (Dawn) DeMay; sister Donna (Alan Mistrator) DeMay; two brothers, Fred (Mona) DeMay and Thomas (Lori) DeMay; mother Doris DeMay; and many dear cousins, nieces, nephews, in-laws, and special friends. Services will be held Friday, June 17, 2022 at 11:00 AM at Guare and Sons Funeral Home in Montpelier. In lieu of flowers, donations can be made to the National Multiple Sclerosis Society. Online condolences may be left at [guareandsons.com](http://guareandsons.com).



**Philip Joseph Dutil**, 77, born March 21, 1945, left this world peacefully at the University of Vermont Medical Center in Burlington, VT with his children by his side on Wednesday, April 13, 2022, after a long struggle with health issues. Philip was the son of Almanzor and Alice (Theoret) Dutil and grew up with a large, loving family of brothers and sisters in Richmond, VT. He attended the Richmond schools and graduated from Richmond High School in 1964. His family was well known in the Richmond area through his father's fuel business, in which

Philip and his siblings helped deliver wood and coal to many families during their early working years. After high school, Philip started working at IBM, retiring from the company after 25 years of service as a manufacturing manager. Pursuing a passion for the car industry, Philip went on to start his own business, Foreign Parts Plus, in Colchester, VT, which he owned for ten years. In his later years, Philip enjoyed working part-time for Enterprise Rent-A-Car company, delivering rental cars all over the Northeast. Philip loved a good drive in a beautiful car, and taking long walks on the beaches in Maine and the beaches of Florida, where he owned condos at various points in his life. Clearly Philip lived by the motto of "work hard, play hard" and was a frequent visitor to casinos all over the Eastern seaboard, as well as the occasional trip to Las Vegas. He enjoyed exploring new places and meeting people, and shared this adventurous side with family on trips to Ireland and Italy, and numerous trips to Canada where his fluency in Québécois always impressed his children. He was also a life-long fan of the New York Yankees, leading to a loving, but intense, rivalry with his Boston Red Sox-supporting sister, Lucille. Philip lived in Colchester, VT for many years with his wife Maria Bourdeau. He was known as "Papiere" by his grandchildren, Isabel Ellen and Iain Andrew, and was very proud of them both. He and Maria spent a great deal of time with them throughout their childhood. Maria passed away in 2019, at which time Philip moved to Essex Junction, VT where he remained until his passing. Philip is survived by his children Aaron Philip Dutil and Tamara Dutil-Pless; son-in-law Bryant Pless; grandchildren Isabel Ellen Pless and Iain Andrew Pless; the mother of his children Sherry (Howard) Bearden; siblings Lucille Noel, John Dutil and his wife Vivian, and Pauline Truax and her husband John; as well as many nieces, nephews, and cousins. Philip was preceded in death by his infant son, Christopher Anthony; parents Almanzor and Alice; brothers Louis, Roger, George, Raymond, Paul, and Claude, and sisters Suzanne Dutil and Madeline Noel; and brother-in-law Philip Noel. Philip's family would like to thank the nurses, doctors and staff at the University of Vermont Medical Center Miller 6<sup>th</sup> floor for their amazing and kind care of Phil and us. They allowed us to stay with him for several days before his passing, and provided us with nourishment and kindness throughout his time on their floor. We would also like to thank Colchester Family Health and his healthcare provider, Joanne Hunt (retired), for their many years of medical care. A Mass of Christian Burial will be celebrated Friday, May 13, 2022, at 11:00 AM in Holy Rosary Church in Richmond, VT, with interment following the funeral at Holy Rosary Cemetery. Please join us for a luncheon at the Holy Rosary church hall following the burial. Please visit [awrfh.com](http://awrfh.com) to

share your memories and condolences. In lieu of flowers, please consider a memorial donation to the UVM Health Network-Home Health & Hospice: Development Office, UVM Health Network-Home Health & Hospice, 1110 Prim Rd., Colchester, VT 05446; or <https://www.uvmhomehealth.org/donations/make-an-online-donation/>. May peace be with you, Dad.

**Wayne Roger Aiken**, 74, of Fairfax, VT passed away on Friday, April 15, 2022 at the University of Vermont Medical Center in Burlington, VT. He was born April 8, 1948 in Richford, VT, son of the late Richard and Violetta (Thomas) Aiken. Wayne was a family man, always making sure to visit them when he could. He enjoyed going to antique car shows, so much so he purchased a 1988 Chevrolet Cavalier and participated in the shows himself. He loved going on long car rides with the top down. He would drive around on summer night to local creemee stand and enjoy a nice maple walnut creemee. He would always enjoy good western shows and movies. Wayne is survived by his son Wayne (Pete) Aiken; two daughters, Angela and her husband Justin Borden of Swanton, VT, and Sonya and her husband Paul Duquette of Fairfax. He had three brothers: Everest and his wife Shirley Aiken of Georgia, VT; Nathan Aiken and his partner June of Milton, VT; and Richard and his wife Vicky Aiken. He also has two sisters, Rosalie Fletcher of Fletcher, VT and Wilma Aiken and her husband Ray Spezeski of Hadley, MA. He had three grandchildren: Alisha Aiken and her partner Kyle of Milton; Harley Robar of Essex, VT; and Toni Robar and her partner Owen of Starksboro, VT. He also had two great-grandchildren, Sari and August Adams of Milton; as well as many nieces and nephews. Wayne was predeceased by his wife Sharon Aiken, two brothers Cleon Aiken and Ralph Aiken, his sister Pearl Aiken, and his grandson Jordan Fortune. Wayne had many that cared for him and will be greatly missed. Visiting hours were held on Thursday, April 28, 2022 at A W Rich Funeral Home - Fairfax Chapel. A funeral service was held on Friday, April 29, 2022 at North Ferrisburgh (VT) Methodist Church.



**Carol Jean Morse**, 84, has finally officially retired. She passed away peacefully in the early morning hours of Thursday, March 17, 2022, with her family at her side, and perfectly manicured purple nails, in the exceptionally compassionate and loving care of the staff at Helen Porter Nursing and Rehabilitation Center. She was born May 18, 1937 in Burlington, VT. She was the daughter of Julius and Thelma (Irish) Morse of Underhill, VT. She was a proud sixth-generation Vermonter, and the fifth generation of her family to grow up on the farm on Poker Hill Road in Underhill. A

dedicated worker for her entire life, she learned to milk a cow at three years old and rarely took a break after that. "You rest, you rust!" she often reminded us. (Note: her niece Sarah often joked with her that this quote would be inscribed on her headstone; but alas, this was overruled by the rest of the family and therefore only made it here to her obituary.) Carol graduated from Bristol (VT) High School in 1955 and went on to attend the Henry Putnam School of Nursing in Bennington, VT, where she became a Licensed Practical Nurse. Her first job after nursing school was at the Lund Home. She had many remarkable stories from her days at Lund. She truly loved working with children, especially babies, and continued to work in pediatrics for most of her career. Carol started working at Pediatric Medicine when it opened in 1968 with Doctors Tom Bates and Don Swartz at San Remo Drive, S. Burlington, VT. Pediatric Medicine moved to Timber Lane in S. Burlington in 1973. Over the years other pediatricians joined the group and worked with Carol: Doctors Buzz Land, Jack Long, Delight Wing, Fred Procopio, Bill Gerson, Denise Adams, Deb Hartswick, and Brad Friesen. She saw multiple generations of patients during her 40-plus years there. The doctors and staff threw an exceptionally memorable retirement party in 2003. Some of the dramatic representations of her interactions and mannerisms are still the stuff of family legends! She was extraordinarily dedicated to providing the best care possible, and she had a gift for remembering what seemed like every patient she ever saw. Even as her cognitive function began to decline at the onset of Alzheimer's, she could recall names, dates, birthdays, how people were related to one another, and probably even something you casually mentioned in conversation 10 years ago. For some reason, she really loved giving shots, so after her "retirement" she started working again for the Visiting Nurse Association of Chittenden and Grand Isle Counties. She worked hundreds of flu clinics and clipped more elderly toenails than we could ever imagine. Although Carol loved working because of the fast pace and busy days, it was also incredibly important to her to make a difference in the lives of others, not only in

her work but in her community. She treasured the friendships she made through her involvement with the Chittenden County chapter of Vermont Business and Professional Women and the First Congregational Church in Burlington. She generously gave countless hours of her time volunteering for organizations such as her church, Hope Lodge, the North Underhill Cemetery Association, and for special events such as First Night Burlington, the Vermont Mozart Festival, and the Champlain Valley Fair. Between her nursing career and her community involvement, she was one of those people who could not go anywhere without running into at least one person she knew. She once ran into an acquaintance at Disneyland Japan. She loved traveling, especially with friends and family. She was very proud to be a Vermonter and an American. She was able to visit all 251 towns in Vermont, all 50 states, and many other countries throughout her life. Some of her fondest memories were driving cross-country with her parents and sister in the 1950s, and an Alaskan cruise with her Cushman cousins in 2000. Besides family, friends, and adventures, Carol also loved life's simple pleasures. On the rare occasion she sat down long enough, she enjoyed attending local theater productions and lectures. She loved wearing bright colors and festive seasonal attire/accessories, going out for ice cream and bingo, and her prolific vegetable garden. She will forever be remembered for giving thoughtful and practical gifts, being extra prepared, her to-die-for baked goods (her dinner rolls and ginger cookies were sometimes used as a currency for important family negotiations), that mischievous giggle, asking everyone if they've had their flu shot, and always, always telling it like it is. Carol was predeceased by her parents and her sister Ruth Morse Taylor. She is survived by her nephews Richard D. James and wife Gail of Bristol, VT; Kevin M. James and wife Lori of Columbia, NC; Kyle A. James and wife Karen of Bristol, VT; great-nephew Tyler James of Phoenix, AZ; great-nieces Sarah James of Burlington, VT; Emily Fritz of Deep River, CT; Kayla James of Bristol, VT; special cousin Jeanne Cushman of Proctor, VT; and by her chosen family: Dr. Marshall "Buzz" and Donna Land of Shelburne, VT. Her family would like to thank the entire staff at Helen Porter for everything you have done for Carol and for us. Despite the challenges of her Alzheimer's, it was your patience, kindness, competency, skill and — most importantly — your friendship that allowed Carol to have such an amazing quality of life during her several years as a resident there. We cannot begin to express our gratitude for the sense of belonging she felt, and the peace of mind we had knowing that she was in such good hands. Arrangements were handled by Stephen C. Gregory and Son Cremation Service in S. Burlington, VT. A burial will be held at a later date in the Morse Family Lot in the Mountain View Cemetery in Cambridge, VT. If you would like to make a donation in memory of Carol, please consider directing this to the Lund Home, 50 Joy Drive, S. Burlington, VT 05403, or the North Underhill Cemetery Association, c/o Randy H. Clark, 64 Sugar Hill Rd., Underhill, VT 05489. You can also honor her memory by eating ice cream for breakfast, reminding a friend to get their flu shot, or painting your fingernails extra sparkly.

**Robert K. Mitchell:** Friends and family of Robert K. Mitchell gathered in the afternoon of Sunday, April 24, 2022 at the Jericho Community Center to celebrate his life — his many contributions to the community and our lives. Light refreshments were provided. In lieu of flowers, donations may be made to the UVM Victory Fund Scholarship Program (<https://go.uvm.edu/mitchell>).



**Deanna Jean Trupp**, 74, of Jeffersonville, VT passed away on Friday, April 1, 2022, at the Central Vermont Medical Center in Berlin, but her spirit lives on in her beautiful grandchildren. Born on January 19, 1948 in Derby, CT, she was the daughter of Walter and Jeanette (Wildman) Clark and little sister of Vaughn. She was a beautiful baby girl born with a huge heart full of love and life. Her formative years were spent in Newtown, CT, attending Sandy Hook Elementary and Newtown High

School. While attending Newtown High, Deanna joined the Future Teachers Club, where she discovered her lifelong calling of teaching. After graduation, she attended the University of Connecticut, where she met her husband Jon Trupp. They moved to West Haven, CT, where they raised their beloved children, Christopher Trupp and Kimberly (Trupp) Walker. While raising two children and working as a social worker in New Haven, CT, she completed her undergraduate work in psychology at Southern Connecticut State University and later her master's degree in education at Saint Michael's College, Colchester, VT. Her thesis was based on Quaker philosophies and integrating spirituality

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## Colors continued from page 10

typically acts as a cool color, while black acts as its warm counterpart. Because you want a cool, relaxing space, make white your dominant color in the bedroom and accent with black.

## Ready-made bedroom color schemes

If you feel underqualified to choose a color scheme, you can simply do an online search as mentioned above. Popular color schemes come and go. (Remember the light blue and beach bedrooms of the 1980s and the jewel tones of the 1990s?) But these ideas are classics you'll love:

- White and black
- Light blue and white
- Champagne and lavender
- Light gray and ivory
- Periwinkle blue and pale yellow
- Gray and pink (add some silver for pizzazz)
- Lavender and white

## Putting it all together

Once you've chosen your bedroom colors, you'll need to plan to achieve a professional look. The 80-20 rule is one popular approach. This rule states that 80 percent of your room should be composed of neutral colors, and only 20 percent should feature bolder ones. For example, if you wanted to use a black and white color scheme in your bedroom, 80 percent of your room should be white and only 20 percent of it black.

Another approach is the 60-30-10 rule. With this approach, 60 percent of the bedroom would be the dominant color, 30 percent a complementary color and 10 percent an accent color. If you opt for cream-colored walls, you'd want to make sure cream accounted for 60 percent of the room's color, a complementary gray color another 30 percent of the room and pink accented the remaining 10 percent. If you can't limit yourself to just one accent color, you can divide that last 10 percent into two colors that occupy 5 percent of the room. Neither approach is an exact science, so play with adding more of one color and subtracting another until you get your desired look.

## Ways to add more color

How do you inject color into the room when the balance feels off? Try adding one or more of the following items:

Throw pillows: Not only do throw pillows give your bed a plush look, but they can add a much-needed pop of color. This is a good place for warm, bold colors that are too stimulating for the bedroom walls.

Curtains: You don't want to go too bold, but if you need a little color to offset neutral walls, curtains might just do the trick. Take into account just how much the curtain's color will show, though. If the curtains will be closed most of the time, their color will play a much bigger role than curtains that remain primarily open.

Lampshades: Whether on your nightstand lamp or the focal

point of a floor lamp, shades can offer a bright note in an otherwise dull bedroom. Not finding your dream color? You can purchase fabric and cover your current lampshade.

Artwork: One of the most obvious ways to add color is through artwork. Don't purchase a piece of art simply because it has the right color. Make sure the piece is one you enjoy. In other words, if you're not an Andy Warhol fan, don't buy a print because it has the right colors. Keep shopping. You'll find something you like.

Plants: Greenery brings nature into your bedroom. It also gives the space a spa-like feel. If green is part of your color scheme, plants are an obvious choice. But don't limit yourself to green. You can use white roses as an accent or a bouquet of sunflowers. Trying to incorporate turquoise? Put a nondescript green plant in a turquoise pot.

## Ready to move?

If an upcoming move has got you thinking of redecorating, keep your focus on your new bedroom by hiring movers. *Moving.com* has an extensive network of reputable and reliable movers who can do all the heavy lifting as well as pack and move your entire house. And, because they're licensed and bonded, you don't have to worry about damages. You can spend your time planning the look of your new home and shopping for paint, new furniture and all the other fun stuff.

## LIBRARY NEWS



**Babies – Westford Library is looking for you! Save the date for Westford Family Fest: Saturday, June 4, 10:30 AM – 12:00 PM. We have not been able to have our annual Baby Tea for a couple of years, so we celebrating all children born from March 2019-March 2022. If your child was born in Westford, you should receive an invite in the mail very soon. If you have moved into town and your child fits into that age category, you are invited too! Please contact the library for more details, 802-878-5639 or westfordpubliclibrary@gmail.com. We want to celebrate our littlest patrons!** PHOTO CONTRIBUTED

## DEBORAH RAWSON MEMORIAL LIBRARY

The library is open, no appointment needed: Tuesday and Thursdays 10:00 AM – 8:00 PM, Wednesday and Friday 10:00 AM – 6:00 PM, Saturday 10:00 AM – 2:00 PM, and Sunday 1:00 – 4:00 PM. Everyone over the age of 2 is required to wear a mask. Please try to limit your visit to 30 minutes. Curbside pickup is still available; contact 802-899-4962 or rawsonlibrary@drml.org.

To register for programs, call 802-899-4962, or email Erik (program.assistant@drml.org) for Adult Programs or Abbey (youth\_librarian@drml.org) for Youth Programs.

## Adult programs

Thursday, May 5, 6:30 PM, on Zoom: A Beginner's Guide to Cemetery Sleuthing. Cemeteries hold invaluable clues to genealogical research. Etched in stone are names, symbols, and abbreviations that not only tell us more about our ancestors but also about their place in time. Presenter Erin E. Moulton writes books and tracks dead people (is an experienced librarian and genealogist), with 12+ years of experience tracking down interesting real-life questions at the reference desk. Visit her online at [www.erinemoulton.com](http://www.erinemoulton.com). This program will cover strategies to help locate your ancestor's burial place, how to make the most out of a visit, and how to decipher a variety of symbols. Includes a list of Erin's favorite cemetery resources. Most of this content covers New England cemeteries, though many symbols can be seen nationwide. Registration required, please contact [program.assistant@drml.org](mailto:program.assistant@drml.org) or 802-899-4962.

Tuesday, May 10, 7:00 PM, virtual: Deborah Rawson Book Lovers, a monthly adult book discussion group. This month's selection is *The Parable of the Sower* by Octavia Butler. New members are always welcome to drop in on any meeting, which is always the second Tuesday of the month. For more information on how to join in, contact [Christine@cstaffa.com](mailto:Christine@cstaffa.com).

Thursday, May 12, 6:00 PM, in-person and on Zoom: Annual Bird Slideshow with Evergreen Erb. Join us for a presentation on our resident and newly-arrived bird species with Evergreen's very popular slideshow. She pairs photos with the actual bird songs and calls to better familiarize us. Evergreen's storytelling about the birds is especially memorable. Registration required; to reserve a seat, please call the library, 802-899-4962; to register for the Zoom livestream, please email DRML's Program Assistant, [program.assistant@drml.org](mailto:program.assistant@drml.org). Co-sponsored with the Jericho Underhill Land Trust (JULT). Emails used to register for this program will be shared with JULT for the purpose of coordinating this program.

Saturday, May 14, 7:00 AM, in-person at Mills Riverside Park: Annual Bird Walk with Evergreen Erb and Sabina Ernst. Evergreen Erb has dedicated herself to leading our JULT bird walks at Mills Riverside Park for many, many years. Even though she now lives in Huntington, Evergreen wouldn't want

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into the public school system. Deanna had a calling to educate and love children. Her empathy for struggling children was undeniable, and her dream was to have every child in the world know and understand that they are loved. Over the years, her personality disorder started to affect her close relationships, and we began to struggle to assist her. We relied on many different organizations; spiritual and religious groups; state agencies in Florida, Connecticut, and Vermont; hospitals; and a multitude of kind souls. We give our undying gratitude to Age Well and to Central Vermont Medical Center. To say these people are overworked and underpaid is not even close to the truth. And to say the system is fractured — well, that's just the beginning. Life is hard for so many reasons. Watching a loved one struggle with any affliction provides an opportunity to see the good, better, and ugly of the world. Although we have lost the physical presence of our mother, her spirit lives on in her beautiful grandchildren Kevin Marquis, Jordan Marquis, Jade Walker, and Alysa Walker. My sister and I, along with our wonderful spouses, Lisa Trupp and Brad Walker, want to thank all of the people who showed our mother kindness and love — your small act of decency will not be forgotten. In lieu of flowers, please consider planting a butterfly garden or donating to the National Alliance on Mental Illness ([nami.org](http://nami.org)) in her honor. And please dance, love, sing, and smile whenever you may think of her. We will. Arrangements are by Hooker Whitcomb Funeral Home, 7 Academy St., Barre. For a memorial guestbook, please visit [hookerwhitcomb.com](http://hookerwhitcomb.com).

to miss her yearly birding adventure at the park. We are very pleased to have her continue this tradition. This is a casual bird walk and suitable for all ages. Sabina Ernst, JULT board member and conservation commission member, will co-lead our walk so that group size can remain small. Please wear boots and masks and bring binoculars. We will meet before the covered bridge. Expect to see a lot of birds! Registration required; please register by going to [DRML.org/programs](http://DRML.org/programs). Please wear face masks and practice social distancing. Co-sponsored with the Jericho Underhill Land Trust (JULT). Emails used to register for this program will be shared with JULT for the purpose of coordinating this program.

Tuesday, May 17, 6:00 PM, on Zoom: Legislative Update. Join your local representatives George Till and Trevor Squirrel for an update on the current legislative session. Registration required, please email [program.assistant@drml.org](mailto:program.assistant@drml.org).

Thursday, May 19, 7:00 PM: DRML Trustees Meeting. This meeting will be held in-person; all participants must wear a mask. A virtual meeting is available for those who wish to remain remote. Please contact Holly ([drawsonmemlib@gmail.com](mailto:drawsonmemlib@gmail.com)) to receive the link.

Tuesday, May 31, 7:00 PM: Mystery Book Club. We will be discussing *The Janus Stone* by Elly Griffiths. We will be meeting in person in the program room. Masks are required. A Zoom meeting will also be available for those who prefer a virtual option. Please contact Holly ([drawsonmemlib@yahoo.com](mailto:drawsonmemlib@yahoo.com)) if you would like to receive a link to the Zoom meeting.

## Youth programs

Coming soon from the bottom of an ocean near you, the DRML and JTL Summer Reading Program promotional video!

## Ongoing

Tuesdays, 3:00 PM: Story Time [PreK-K]. Come share jokes with Freddy the Fox, sing, play and hear wonderful stories!

Scavenger Hunt! We've moved them all around! Can you still find them? Hunt for the six cutouts hiding all over the library. When you find them all, visit the front desk to enter a raffle for a Pop It Fidget toy! You can play the scavenger hunt and enter as often as you like. Winner will be drawn at the end of May.

## Check out these great programs!

Thursday, May 5, 3:00 – 4:30 PM: Animation Club [tween/teen]. Have you ever wanted to make your own movie? Now's your chance! Come to Animation Club to learn how to make stop motion films and use video editing software. We have all the tools you need. To sign up visit the library, call us at 802-899-4962, or email [youth\\_librarian@drml.org](mailto:youth_librarian@drml.org).

Friday, May 6, 3:00 – 4:00 PM: LEGO Club [ages 6+]. Build a gem-powered rocket, or a flying pet store, at LEGO club. Build on your own or with a buddy. The only limit is your imagination. You can sign up when you visit the library, call us at 802-899-4962, or email [youth\\_librarian@drml.org](mailto:youth_librarian@drml.org).

Fridays, May 13 and 20, 11:00 AM: Stories and Songs with the Londons! [preschool] David and Beth are back for more songs and stories! We hope you can join us. We will be outside so dress for the weather (which will hopefully be warm by then).

Wednesday, May 25, 3:00 – 4:00 PM: Save Fred! A STEM Game [ages 6+]. Hapless gummy worm Fred has capsized his boat and needs your help! Using only a few materials and a couple of guidelines, work with your team to save Fred! (And then probably eat him.) Space is limited so please sign up when you visit the library, call us at 802-899-4962, or email [youth\\_librarian@drml.org](mailto:youth_librarian@drml.org).

Thursday, May 26, 3:00 – 4:30 PM: Writers' Club [tween/teen]. This is the last time we will meet this year! Come play games and celebrate all you've accomplished this year.

Friday, May 27, 3:00 – 4:00 PM: Afternoon: Painting Flowers. [ages 6+] Bubble painting, string pulling, and watercolor resist oh my! Try your hand at a variety of techniques to paint beautiful flowers. Please sign up when you visit the library, call us at 802-899-4962, or email [youth\\_librarian@drml.org](mailto:youth_librarian@drml.org).

All programs meet in person at DRML. We still ask that everyone over the age of 2 years wear a mask to protect our vulnerable populations. If you would prefer to join programs via Zoom, please email [youth\\_librarian@drml.org](mailto:youth_librarian@drml.org).

Please visit [drml.org](http://drml.org) for the most up-to-date information on programs at DRML. Contact information: email [rawsonlibrary@drml.org](mailto:rawsonlibrary@drml.org); website [www.drml.org](http://www.drml.org); phone 802-899-4962.

## JERICHO TOWN LIBRARY

Wednesdays, 10:30 AM: Storytime takes place in our programming area on the second floor of the library and is intended for children aged 0-5 (though all are welcome!). We usually share a few books together and a related craft or activity. Please note that masks are required indoors for everyone over 2 years old.

We are open 10:00 AM – 7:00 PM Tuesday, 10:00 AM – 4:00 PM Wednesday-Friday, and 10:00 AM – 2:00 PM Saturday.

Jericho Town Library's Makerspace is exactly what it sounds like: an area for kids and teens to create, tinker, build, code, and explore the world of STEM. With support from the VT Department of Libraries' ARPA grant, we currently have 3D Pens, SPIKE Prime Lego robotics, and a 3D printer. The Makerspace is located on the second floor of Jericho Town Library and is open for kids aged 7-18 whenever the library is open. Come to the library and get started creating! While the Makerspace is free for all children and teens, the 3D printer can also be used by adults who pay for the cost of their materials. Visit our website to read about using the Makerspace and 3D printer! <https://www.jerichotownlibraryvt.org/makerspace.html>

Find us on Facebook and Instagram (@jerichotownlibrary) for regular updates on our programs, services, and collections. 802-899-4686, [library@jerichotownlibraryvt.org](mailto:library@jerichotownlibraryvt.org), [www.jerichotownlibraryvt.org](http://www.jerichotownlibraryvt.org).

Please check our website and the notice boards outside of the library for updates and more information on programs and library services: [www.jerichotownlibraryvt.org](http://www.jerichotownlibraryvt.org) or 802-899-4686.

## VARNUM MEMORIAL LIBRARY JEFFERSONVILLE

Adult fiction has been moved to the front, and kids, young adults, and adult nonfiction to the back. New releases can be found in the middle.

Please let us know how we can assist you by contacting [varnumrequests@gmail.com](mailto:varnumrequests@gmail.com) or 802-644-2117.

Are you ready to get your grow on? Seeds are now available at the Varnum! There are vegetables, flowers and herb seeds to help bolster or begin your garden. There are plenty for everyone, so don't be shy and come check the seed library out. Would you like to donate some to share? Bring them in and we will help with the

packaging. Let's grow something good, together!

Tuesdays, 10:00 AM: Two-Book Tuesday story time! Come join us and share in a relaxed story time, followed by a craft to make or take. We will aim for the front porch, weather depending. If indoors, masking is requested.

Tuesdays, May 10, 17, 3:00 – 4:00 PM: Live Your Why. Co-sponsored by Healthy Lamoille Valley, this engaging program for middle schoolers focuses each week on an aspect of holistic health and culminates in a raffle for great prizes.

The team at the Varnum: April, Carol, Carrie, Courtney, Hope, Jan, Karen, Krista, Laura, Lesley, Liv, Mark, Teelah, and Valerie.

The Varnum Memorial Library is open for curbside pickup and in-person browsing. Please continue to wear a mask. Our hours are: Tuesdays 9:00 AM – 6:00 PM; Wednesdays 9:00 AM – 6:00 PM; Thursdays 8:00 AM – 6:00 PM; Fridays 9:00 AM – 3:00 PM; and Saturdays 9:00 AM – 3:00 PM; closed Sunday-Monday. (Note, hours at the Varnum can vary week to week; please check the website to be certain.)

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

## WESTFORD PUBLIC LIBRARY

The library hours of operation (meaning come in and browse the shelves, use the computer, grab a DVD, etc.): Tuesdays 10:00 AM – 7:00 PM, Wednesdays 1:00 – 7:00 PM, Thursdays 10:00 AM – 7:00 PM, Fridays 1:00 – 7:00 PM, and Saturday 10:00 AM – 2:00 PM, no appointments needed. Patrons of all ages are welcome, children under 12 must be accompanied by an adult. If you feel you need curbside service, for whatever reason, please email Bree at the library and we can work something out. We want nothing to impede you from using the library.

## Events for everyone

Friday, May 6 is Arbor Day in Vermont — stop by the library by Saturday, May 7 to pick up an Arbor Day kit to help you celebrate! The kit contains a sugar maple seed packet, a tree scavenger hunt, a Vermont tree guide, and craft ideas with instructions.

Green Up Day! Saturday, May 7, 10:00 AM – 2:00 PM. Coffee, water, and snacks available to help with the clean-up.

Tuesday, May 10, 11:00 AM – 12:00 PM: Go-Bag Presentation. Emergency preparedness tips with Helen Sterling. And a Go-Bag giveaway! Are you ready for an emergency? Do you have the essentials you would need in a Go Bag in the event of an outage or general catastrophe? Helen Sterling, one of Westford's Emergency Management Coordinators, will give a presentation with tips on what you may need in your Go Bag. One lucky person will get a Go Bag to take home. Helen Sterling is retired federal law enforcement (CBP) with 30 years experience working at national, regional, and local levels, with an extensive background in Emergency Management and Border Security. Sponsored by the Westford Public Library Community Fund.

Wednesday, May 11, 7:00 – 9:00 PM: Trustees Meeting.

Thursday, May 12, 6:00 – 8:00 PM: *Westford: Place and Identity Art* opening. Westford artist Orah Moore spent March taking pictures of Westford residents — A Daily Dose of Art in support of CVRAN's March Art Marathon — and getting to know them inside and out, masked and unmasked. Perhaps you were a subject, or you just want to support this unique view of Westford. Come out for an evening of art, conversation, mingling, snacks and live music provided by Michael and Bill, two of the photographed subjects! Orah's art will be up for the month of May and part of June. Stop by to view anytime.

The Library is accepting donations for the annual Fourth of July Book Sale. We will be accepting donations on Saturdays, May 7 and 21 and June 11 and 25, 9:00 – 11:00 AM. We are also limiting drop off of donations to two boxes per person. *Not accepting:* VHS tapes, cassettes, music CDs, textbooks, encyclopedias, magazines, and moldy or damaged books. Ask yourself, "Would I lend this to a friend?" If the answer is no, then keep it out of the book sale. We are accepting: books in good condition, hard covers, paperbacks, kids books, DVDs, and audiobooks. *Do not use the book drop for donations* — it damages the library books and makes a big mess.

The Westford Food Shelf is now open twice a month, on the first Wednesday of each month (May 4, June 1), 4:30 – 5:30 PM, on the third Saturday (May 21, June 18), 8:00 – 9:00 AM. With increased openings, they need more inventory! The Westford Public Library has food collection bins at all curbside pickups from now on. These bins are for non-perishable food and household items.

## Children's events

Thursdays, 11:15 AM, inside the library: Early Literacy Storytime, birth to pre-school. We might start outdoor storytime again in late May, depending on the weather. Meanwhile, we will do our best to social distance. Crafts will be a blend of takeaways and in-person. May 5: Cinco de Mayo; May 12: Flowers; May 19: Bicycles; May 26: Rainbows.

Saturday, June 4, 10:30 AM – 12:00 PM: the Library's Baby Tea returns! Save the date for Westford Family Fest. We have not been able to have our annual Baby Tea for a couple of years, so we celebrating all children born from March 2019-March 2022. If your child was born in Westford, you should receive an invite in the mail very soon. If you have moved into town and your child fits into that age category, you are invited too! Please contact the library for more details, 802-878-5639 or [westfordpubliclibrary@gmail.com](mailto:westfordpubliclibrary@gmail.com).

## Adult events

Thursdays, 6:30 PM: the Fiber Arts Group meets every Thursday in person at the library.

Wednesday, May 25, 7:00 – 8:00 PM: The Adult Book Group meets to discuss *Beautiful Country* by Qian Julie Wang. In person at the library! This memoir puts readers in the shoes of an undocumented child living in poverty in the richest country in the world. In Chinese, the word for America, *Mei Guo*, translates directly to "beautiful country." Yet when seven-year-old Qian arrives in New York City in 1994 full of curiosity, she is overwhelmed by crushing fear and scarcity. In China, Qian's parents were professors; in America, her family is "illegal" and it will require all the determination and small joys they can muster to survive. Inhabiting her childhood perspective with exquisite lyric clarity and unforgettable charm and strength, Qian Julie Wang has penned an essential American story about a family fracturing under the weight of invisibility, and a girl coming of age in the shadows, who never stops seeking the light. (review from [Amazon.com](http://Amazon.com)) Print copies available at Library; ebook, and audiobook copies available on Libby.

Libraries continued on page 13

## MISCELLANEOUS NEWS

## Managing your woods for the the future of ash trees

We can reduce damage from emerald ash borer by continuing to learn and applying best practices. The following information is from the State of Vermont:

- Don't listen to advice to cut all your ash trees now. Recent research shows white ash can survive at much higher rates than previously thought.

- If you live in an area with a known infestation, contact your county forester for advice on 1) what to do about the insect; and 2) to make sure any actions you take in your woods will keep you in compliance with the Current Use Program (should you be enrolled).

- If you are within the infested area, and your forest is being logged, be sure to follow recommendations for the movement of forest products harvested within the infested area to other locations within the federal quarantine boundary, which includes the rest of Vermont.

- Although the emerald ash borer kills all species of ash trees it infests, trees don't die immediately; rather they will show signs of infection for some time. Learn how to detect signs of emerald ash borer at <https://vtinvasives.org/land/emerald-ash-borer-vermont/identify-emerald-ash-borer> and, if you think you've found some, report it online at <http://vtinvasives.org/reporting-emerald-ash-borer>.

- Do not move firewood. This is so important to slowing the spread. Buy or harvest your firewood as close to where you burn it as possible. Moving wood between locations can transport the insect or its larvae, speeding its spread.

To learn much more, go online to <https://vlt.org/2022/03/14/forest-management-tips-for-emerald-ash-borer/>.

## Westford Food Shelf shopping list

Thank you, Westford, for supporting another great day at the food shelf over the weekend. We distributed a ton of pet food, frozen meals, toilet paper, soap, oranges, potatoes, peppers, cucumbers, carrots, butter, cheese, eggs, English muffins, and pantry items.

This month we could use your help replenishing our shelf-stable foods. We are running low across the board. We are particularly looking for: soup (not lentil or all bean); canned corn (regular and cream-style) and green beans; canned ravioli/pasta meals; canned tuna, chicken, salmon; dry pasta (not gluten free, whole wheat, rice flour, or bean-based); macaroni and cheese; pasta sauce; crackers; cooking oil; sugar; cat and dog food (wet and dry); toilet paper and paper towels; liquid hand soap; dish soap (not dishwasher); laundry soap.

The following items do not circulate well and often need to be relocated or discarded when they expire: rice; oatmeal; beans (canned and dry); gluten-free foods; specialty spice blends, sauces, or meal kits. Thanks so much, neighbors!

## She's still just a kid who needs a loving family

From the VT Department for Children and Families

This story represents a description of children and youth in foster care and is given as an example only. We are recruiting for safe and caring homes of all types for a variety of children and youth, including this teen. Might you consider becoming a foster, kin, or respite care provider? As a trained care provider, you will be giving the gift of stability to a child. You will be fully supported, trained, and provided a stipend for any child or youth placed in your care. Consider this teen's story. Thank you.

For any teen, navigating the pathway to adulthood is not an easy journey. For 15 year old Aubrey, add in the fact that she's in foster care and not yet certain of her sexual identity, it can be confusing and sometimes lonely.

Nationwide, there are over 407,000 children and youth in foster care. More than 1100 of them live here in Vermont. Of these, more than 100 children and youth are hoping to find permanency through adoption. All need affirming, inclusive homes where they can feel safe, loved, and supported.

May is National Foster Care Month, and while it remains our most important goal to reunify families when and if possible, when children and youth cannot remain safely in their home, placement with kin or other reliable care providers can increase stability, reduce trauma, and help children maintain a sense of family, belonging, and cultural identity. For teens like Aubrey, it is especially important that they feel secure in exploring who they are and where they feel supported on that journey.

If you have ever considered foster care, you are invited to join all of us working to support children and youth to find their voice, develop leadership skills, improve their self-esteem, and shift foster care to a system that truly supports families. There is always a need for more foster families and supportive community resources. We especially need families willing and able to care for:

- children of all ages, from infants to teens;
- sibling groups;
- LGBTQ youth;
- children with complex medical needs and developmental disabilities.

As a foster care provider, you can be single, married, living with a partner, or joined through a civil union. You can be straight or gay, young or old. You can be a stay-at-home parent or one that works. All types of families are needed. And all are welcome to apply.

To learn more, go to <http://dcf.vermont.gov/foster>.

If you would like someone to get in touch with you, complete a short inquiry form at <http://dcf.vermont.gov/foster-care-inquiry>.

## Lamoille Fibernet questions and answers

By Val Davis, Executive Director, Lamoille FiberNet CUD

Have questions about Lamoille FiberNet, the Communications Union District (CUD) working to bring high speed Internet to all corners of Lamoille County? Here are some answers....

Q: What is the CUD's goal? A: Universal access to high speed broadband, defined by the state goal of 100 mbps down and up (symmetrical), throughout the Lamoille County towns that are its members — including Belvidere, Cambridge, Eden, Elmore, Hyde Park, Johnson, Morristown, Stowe, Waterville, and Wolcott.

Q: How does it plan to do that? A: Lamoille FiberNet CUD (LFCUD) is committed to own and operate an open network available to multiple ISPs and to serve homes, small businesses, and enterprise/commercial/institutional users.

Q: How will the CUD determine who can use the network? A: The CUD solicited proposals from network operators and Internet service providers in an open process. There were over 15 responses with a variety of approaches. The CUD is currently negotiating with a potential initial ISP which would be the anchor licensee.

Q: Is Lamoille FiberNet going to be competing with other ISPs (Internet service providers)? A: No. Lamoille FiberNet is building an "open access" network, and ISPs will be licensed to use our network. We anticipate more than one ISP will provide Internet service on our network. Think of our network as a road with many different vehicles on it. Our licensing fee structure will allow multiple ISPs to use our network, including any local providers.

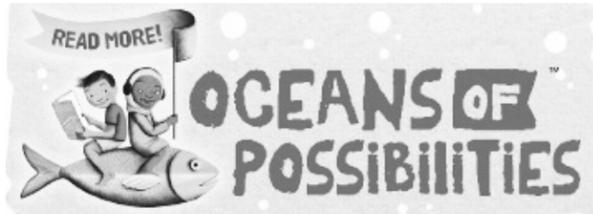
Q: How will Lamoille FiberNet be financially viable? A: Our board is made up of a broad range of individuals with extensive and specialized experience in building networks, finance, and management. We have worked for nearly two years to structure our business plan to ensure that Lamoille FiberNet will be on a solid financial footing and will be able to sustain operations.

Q: What happens if the CUD fails? Will we lose our Internet access? A: No, because CUDs (Communications Union Districts) are majority-funded by the State of Vermont and under the supervision of the Vermont Community Broadband Board. In the event that the CUD fell into financial problems, the State of Vermont has the "Right of First Refusal," meaning all of the CUD's assets would be taken over by the State of Vermont. Service would continue.

Q: Who will provide support and maintenance of the network? A: Lamoille FiberNet will be responsible for the maintenance and operation of our network. When a tree falls or an outage occurs for some other reason, we will have to repair it. We will have a maintenance and operation agreement with a company who will handle this work for us. Additionally, our ISP partners

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Get ready for Oceans of Possibilities! Summer Reading begins Saturday, June 11. PHOTO CONTRIBUTED

Find us on Facebook ([www.facebook.com/westfordpubliclibrary](http://www.facebook.com/westfordpubliclibrary)) and Twitter ([www.twitter.com/WestfordVT](http://www.twitter.com/WestfordVT) pl). Bree Drapa, Librarian. 802-878-5639; <http://westfordpubliclibrary.org>; [westfordpubliclibrary@gmail.com](mailto:westfordpubliclibrary@gmail.com).

### FAIRFAX COMMUNITY LIBRARY

We are asking everyone to please wear a face mask in the library. To help meet the needs of all library users, Curbside Pickup Services will be provided on Tuesdays and Thursdays, 3:00 – 7:00 PM upon request.

All events are free unless noted. Pre-registration required; please sign up at least one week before the program date; call 802-849-2420 or email [libraryfairfax@gmail.com](mailto:libraryfairfax@gmail.com).

#### Youth Events

Wednesday, May 4, 1:00 PM: Spray Paint Galaxy Art. Make spray paint for galaxy art — perfect for May the Fourth! Materials provided. Ages 8+ Please email [libraryfairfax@gmail.com](mailto:libraryfairfax@gmail.com) or call 802-849-2420 to register!

Wednesday, May 11, 3:00 PM: Everlasting flower crown. Make a yarn flower crown that will never wilt! Materials provided. Ages 8+ Please email [libraryfairfax@gmail.com](mailto:libraryfairfax@gmail.com) or call 802-849-2420 to register!

Wednesdays, May 4, 11, 18, 25, 10:30 AM: Preschool Story Time. Join us for stories and songs! Children's books will be available to check out as well. Before you leave, pick up an activity to make at home!

Thursday, May 19, 26, 3:15 PM: Read with Henry. Sign up for a 15-minute slot to read to Henry, a big friendly Newfoundland dog!

Wednesday, May 18, 1:00 PM: Paper Plate Weaving. Learn to use a paper plate as a loom, and create a pretty swirling design! Ages 8+ Please email [libraryfairfax@gmail.com](mailto:libraryfairfax@gmail.com) or call 802-849-2420 to register!

Wednesday, May 25, 3:00 PM: Make your own bouncy ball! Learn how to make your own bouncy balls! Materials provided. Ages 8+ Please email [libraryfairfax@gmail.com](mailto:libraryfairfax@gmail.com) or call 802-849-2420 to register!

#### Adult Events

Thursdays, May 12, 26, 6:00 PM Sewing Studio with Chris Bessette. Learn some sewing skills with Chris Bessette! Materials provided. Please email [libraryfairfax@gmail.com](mailto:libraryfairfax@gmail.com) or call 802-849-2420 to register!

Tuesday, May 10, 4:00 PM: Pom Pom Rug. Learn how to make your own pom poms and turn them into a unique rug! Materials provided. Please email [libraryfairfax@gmail.com](mailto:libraryfairfax@gmail.com) or call 802-849-2420 to register!

Thursday, May 26, 3:30 PM: Library Book Club. This month, the book club will discuss *The Music of Bees* by Eileen Garvin.

Book club will meet in the library. A Zoom link will be available if you would like to attend remotely. If you would like to borrow a copy of the book, or request the Zoom link, please contact the library at [fairfaxlibrarian@gmail.com](mailto:fairfaxlibrarian@gmail.com) or call us at 802-849-2420. All are welcome!

Hours: Mondays, Wednesdays, and Fridays 10:00 AM – 5:30 PM; Tuesdays and Thursdays 9:00 AM – 7:00 PM; and Saturdays 9:00 AM – 1:00 PM.

For up-to-date info about programs, visit our website [www.fairfaxvillibrary.org](http://www.fairfaxvillibrary.org), where you can also find a link to the interactive Google calendar. 75 Hunt Street, Fairfax; 802-849-2420.

### RICHMOND LIBRARY

Library hours: Monday, Tuesday, Thursday, and Friday, 10:00 AM – 5:00 PM; Wednesday, 10:00 AM – 8:00 PM; and Saturday, 10:00 AM – 2:00 PM. Our webpage, Facebook, and email reflect this information.

Fine days are arriving. Enjoy good weather days outside at our different picnic tables. One of our tables is ADA compliant. We have a WiFi booster, too. So get some work done, stream some music, have Skype session, all without worrying about signal drop.

Brown Bag or not? Discover *Between the Covers* is a book chat via Zoom with Stacey Symanowicz (Huntington Public Library) and Rebecca Mueller (Richmond Free Library). They present new and hidden gems from both libraries on the third Wednesday of each month (May 18) at 12:00 PM. After the librarians offer selections, participants are welcome to chime in and let everyone know what's on their nightstand or end table. Zoom links are posted on <https://richmondfreelibraryvt.org/collections/book-chats/>.

Fiction Book Group: May's book is a nonfiction title, *The Feather Thief: Beauty, Obsession, and the Natural History Heist of the Century* by Kirk Wallace Johnson. One reviewer described it as "one of the most peculiar and memorable true-crime books ever." All are welcome to join the monthly discussion at the library; books are available approximately one month ahead. Contact Gwen Landis, 802-434-5012 or [gwenie1972@yahoo.com](mailto:gwenie1972@yahoo.com), for information on participating. Tuesday, May 10, 6:00 PM.

Mystery Book Group: May's book is *The Last Thing She Ever Did* by Gregg Olsen. This psychological thriller about a missing boy on the Deschutes River in Oregon explores the things we dare to do when no one is looking. All are welcome to join the monthly discussion at the library; books are available approximately one month ahead. Contact Maureen Parent, 802-434-2055 or [mparent@gmavt.net](mailto:mparent@gmavt.net), for information on participating. Thursday, May 19, 7:00 PM.

May Art Show: On the walls for May and June you will find the work of watercolor artist Deana Allgaier, a resident of Huntington, VT. She is a self-taught artist by night and a trained chef and registered dietician by day. She loves to create, whether it's with paint or with food, and is inspired by things she finds and observes in and around her home. She has been exploring with different color palettes and lately has been drawn to painting abstract landscapes, still life, and local buildings. You can find more of her work on her website ([www.dastudiovt.com](http://www.dastudiovt.com)) or visit her art studio in the Fuller Building next to the post office in Huntington.

STEAM Kits: STEAM is the acronym for Science, Technology,

Engineering, Arts, and Mathematics. We have ten different STEAM Kits ready for families to take home that will provide young learners with introductory knowledge and skill building in important subject areas. Kits contain books, toys, games, tools, and instructions. Subjects include: The Universe, Robots and Coding, Money and Math, Food and Nutrition, Yoga, Music and Meditation, Backyard Bird Watching, Electricity, Structural Engineering, and Water Quality. Each kit lists an appropriate age range; most are appropriate for PreK through grade 3. Look for what's available in the picture book room.

Launchpads are preloaded tablets that are curated with collections of learning apps and videos for young children and are ready to play right off the shelf. The simple, easy-to-use interface is 100% secure, and requires no download time or Wi-Fi. They offer a fun, interactive way for young children to build literacy, math, and life skills and can be used anytime, anywhere. Find them in the picture book room.

Spring Youth Programs are currently ongoing with COVID precautions in place as needed. Program details are below. Weekly youth programs at the Library run September-May and follow the MMUSD school district schedule for vacation days and weather closure days.

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

Storytime and Playgroup: The good times kick off with stories and songs in the Library Community Room and then the toys come out for free play with friends old and new. Co-sponsored by the Library and the Lund Center, this program is for kids infant-five and their grown ups, and is held on Wednesdays from 10:00 AM – 12:00 PM.

Peace by Piece: The library received a donation of beautiful jigsaw puzzles in excellent (nearly new) condition. We have added these to our growing "library of things" and they are now ready for borrowing. (Love puzzles? The Richmond Congregational Church across the street from the Library also has a puzzle exchange in the fellowship hall, open to all.)

Contact us at 802-434-3036 (leave a message after hours) or [rfl@gmavt.net](mailto:rfl@gmavt.net).

Richmond Free Library, 201 Bridge St., P.O. Box 997, Richmond, VT 05477; 802-434-3036; fax 802-434-3223; [www.richmondfreelibraryvt.org](http://www.richmondfreelibraryvt.org).

### BROWNELL LIBRARY, ESSEX JUNCTION

Contact us at [frontdesk@brownelllibrary.org](mailto:frontdesk@brownelllibrary.org) or 802-878-6955.

Brownell Library, 6 Lincoln St., Essex Junction. Contact Main Desk 802-878-6955, Youth Desk 802-878-6956, Reference Desk 802-878-6957, or [frontdesk@brownelllibrary.org](mailto:frontdesk@brownelllibrary.org).

### ESSEX FREE LIBRARY

Our online resources and services are always open. All you need is your library card. Don't have a library card? Request a virtual library e-card today to access our ebook and audiobook collections. ([https://docs.google.com/forms/d/e/1FAIpQLScH6EF1cpRRmOhjQ\\_O1GTNoZ1\\_eJS3WJtR4BQe1aT6mYMT0A/viewform?vc=0&c=0&w=1](https://docs.google.com/forms/d/e/1FAIpQLScH6EF1cpRRmOhjQ_O1GTNoZ1_eJS3WJtR4BQe1aT6mYMT0A/viewform?vc=0&c=0&w=1))

Essex Free Library, 1 Browns River Rd., Essex. 802-879-0313; [essexfreelibrary.com](http://essexfreelibrary.com)

## ART / MUSIC / THEATER

## The WESTFORD MUSIC SERIES

presents

## Jimmy Branca Trio



Blues, Soul, Jazz, Funk, and  
Americana Roots Music  
free will donation  
Westford Common Hall  
Sunday, May 15, 4:00 PM

**Lamoille County Players presents *Clue: On Stage* beginning May 6:** Lamoille County Players are happy to welcome you back to the Hyde Park Opera House for the opening of their 70<sup>th</sup> season! *Clue: On Stage*, the play based on *Clue*, the cult classic motion picture and popular board game, opens Friday, May 6.

Join the iconic oddballs known as Scarlet, Plum, White, Green, Peacock, and Mustard as they race to find the murderer in Boddy Manor before the body count stacks up. Find out who did it, in what room, with what weapon?

There are shows Fridays-Sundays, May 6-8 and 13-15. Friday and Saturday evening shows at 7:00 PM, and Sunday afternoon shows at 2:00 PM. All will be presented at the Hyde Park Opera House, Hyde Park. Tickets: \$20 adults; \$15 students and seniors; tickets can be reserved online at <https://www.lcplayers.com/> or purchased at the theater door.

Support Ukraine! LCP will donate \$5 of every ticket sold to the opening night of *Clue: On Stage* to World Central Kitchen, which is in Ukraine and nearby countries feeding Ukrainian refugees. In the first month of the war, WCK provided Ukrainian refugees with over one million meals.

Vaccination and mask policy: at this time, Lamoille County Players respectfully requires all patrons and volunteers to show proof of full vaccination against COVID-19 at the theater door, unless under the age of 5 or medically ineligible (as determined by a physician). Masks are required for all patrons while in the Opera House.

The Westford Music Series wraps up its season at the Westford Common Hall featuring the *Jimmy Branca Trio* on Sunday, May 15, 4:00 PM. Jim Branca, the well-known Vermont-based bandleader of Bloozotomy fame, brings his singer-songwriter talents of timeless American roots to create music that embraces blues, soul, gospel, swing, folk, and funk while exploring his own unique voice and mission to the world of modern music. "Prepare to be blown away. His show is more up-lifting, fun, spiritual and invigorating than ought to be possible" (*Blue Review Magazine*). Jimmy will be joined by his fellow musician pals Tommy Buckley on bass and Matt Nerback on drums. The show promises a magical sound of eclectic, energetic, sweet, seamless rhythm's you're sure to enjoy. Free will donations. For more information, call 802-363-0930.

**Community Concerts at First** will present Claire Black, renowned classical pianist, in a performance on Sunday, May 15, 7:00 PM, at the First Congregational Church of Essex Junction, 39 Main St., Essex Junction. For reservations call 802-878-5745; suggested donation \$20, under 18 free! Part of proceeds will go to Spectrum Youth Services. The venue is handicapped accessible.

**Art in the Park:** A small group of Underhill and Jericho residents has been incubating the idea of art in the parks, specifically Mills Riverside Park and the Jericho Center Green. The idea is to create some sculptures reflective of the history of out towns and that will also enhance the park experience. The group would welcome participation from the community in joining the group or by donations. An application has been submitted to the Vermont Arts Council and is in the final stages of acceptance. There will be a need for more resources and input from the community. Please contact Kirk Peterson, [kirkmakespizza@gmail.com](mailto:kirkmakespizza@gmail.com) or 802-338-6520, for details of the next meeting.

**Tuesday, June 21 is international Make Music Day!** Vermont musicians are invited to make it happen across Vermont! Join music makers in 1000 cities and 120+ countries who come out and play, celebrating music in their communities all over the world. It started in France 40 years ago and Vermont is the first statewide participant in this totally inclusive festival that everyone can be a part of. Every style of music is welcome in every kind of place, from front porches to Main Street sidewalks, library steps to parks, and anywhere that people can share and enjoy music with each other. For more information and to put yourself on the festival map, visit <http://www.bigheavyworld.com/makemusicvt>. Vermont Make Music Day is coordinated by Big Heavy World and made possible by our community partners Front Porch Forum, Vermont Public Radio, and our national presenting sponsor, the NAMM Foundation. Questions? Problems registering? Contact David, [dafschein@bigheavyworld.com](mailto:dafschein@bigheavyworld.com) or 716-640-4639.

**Call to Artists: 2022 Jeffersonville Art Jam:** The Cambridge Arts Council will be hosting the Jeffersonville Art Jam again this year. The Art Jam is a collaboration between the Visions of Vermont Galleries, the Northern Vermont Artists Association, the Bryan Memorial Gallery, and the Cambridge Arts Council. The Cambridge Arts Council will have booth space available for up to 25 vendors on Saturday, June 25 (rain date, June 26) and Saturday, July 2 (rain date, July 3). We may have extra dates available if the weather cooperates. The booth space is 10'x10', you bring your own canopy and tables. The festival runs along the south side of Main Street in Jeffersonville.

To register, please reply to [cambridgeartsvt@gmail.com](mailto:cambridgeartsvt@gmail.com) to let us know if you want to participate on June 25, July 2, or both. To reserve your space, send your \$25 per day registration fee to Cambridge Arts Council, P.O. Box 436, Cambridge, VT 05444. Hours are 11:00 AM – 5:00 PM (set-up time 8:00 AM – 11:00 AM). Feel free to send a photo or two of your new work for promotion on our social media sites, especially if you have not participated in our events before. Check out last year's festivities, this year's sign-ups, and share with your friends at <http://www.facebook.com/cambridgeartscouncilvt>.

**Arts in Jeffersonville: Bryan Memorial Gallery** (current hours: Thursday-Sunday, 11:00 AM – 4:00 PM). Now showing through Sunday, November 6: Legacy Collection, an invitational season-long exhibition consisting of sixteen contemporary New England landscape artists. May 15-June 19: Tell Us a Story, in which each participating artist creates a visual story through three pieces of artwork. Sunday, May 15-Sunday, June 19: Selected works of Alden and Mary Bryan.

**Visions of Vermont Fine Art Galleries** (current hours: Wednesday-Sunday, 11:00 AM – 5:00 PM). Now showing through Sunday, November 6 at the Carriage Barn: Work by Eric Tobin and other local and regional plein air painters.

**Saturday, May 7-Saturday, May 21 at the Sugarhouse Gallery:** Paracosm Pop-up Series: A Topsy Turvy World by artist Nina Buxenbaum. Sunday, June 5-Friday, July 8 at the Sugarhouse Gallery: Northern Vermont Artists Association's 91<sup>st</sup> June Juried Show, with juried prizes in 12 categories including Best of Show and Peoples' choice (come choose your favorite!), with an opening reception Sunday, June 5 with the Vermont Fiddle Orchestra.

**Jeffersonville Art Jam:** Saturday, June 25 (rain date June 26) and July 4th weekend, 11:00 AM – 5:00 PM. Village-wide celebration of art and community, with artists' booths, vittles, and bands (Cricket Blue; Jenni Johnson and the Junketeers) at various locations. Cambridge Area Rotary sponsors a parade, booths, games and children's events on Monday July 4. Two Sisters Mill & Mercantile is also having events in conjunction with the Jeffersonville Art Jam: June 25 Crafter Demos; July 2 Fashion Show; and a July 3 "Wool Chat." All galleries and outdoor events are free (though, donations accepted), and open to the public.

**Maya de Vitry (of the *Stray Birds*):** Valley Stage Productions will present Maya de Vitry and her quartet on Thursday, May 19, 7:00 PM at the Richmond Congregational Church, 20 Church St., Richmond, during their 16-city northeast tour. Do you remember *the Stray Birds*? As a vibrant harmonizing trio out of Lancaster, PA they performed from 2010-2018 before heading off in their own creative directions. They produced five albums, toured internationally, and their album *Magic Fire* was cited by NPR as one of Folk Alley's Top 10 Records of 2016. An example of their music can be seen at <https://www.youtube.com/watch?v=UwMpBuQeW00&feature=youtu.be>. All staff, performers, and patrons must show proof of COVID-19 vaccine when they work or attend performances. Patrons will be asked to show their vaccination card or a photo of their vaccination card when they enter the church. Masks are an option. Please respect those who choose to wear them. Refreshments served outside during intermission. Tickets: \$22 advance/\$25 day of show; seniors 65+ and children under 16, \$15. Contact Valley Stage Productions, [don@valleystage.net](mailto:don@valleystage.net) or 802-434-4563 for more information.

**Middlebury New Filmmakers Festival** is pleased to announce the return of MNFF Selects, its monthly in-person screening series at the Town Hall Theater in Middlebury, through May 2022. For this festival, MNFF Selects presents Humans and Animals: Shared Experiences, Intersecting Worlds. The series illuminates the deep connections between human beings and animals whose lives are intimately intertwined. Passes: individual tickets \$16 (under 12, \$7) available at [www.middleburyfilmfest.org](http://www.middleburyfilmfest.org), [www.townhalltheater.org](http://www.townhalltheater.org), by calling 802-382-9222, or in person at the THT box office, Monday-Friday, 12:00 – 5:00 PM. COVID-19 protocol: All attendees 12 and over must be vaccinated; and all attendees, including children under 12, must wear masks while inside the theater.

The final film in the Series is *The Rider* [R] Thursday, May 12, 7:00 PM. The highly acclaimed second feature from Oscar-winning director Chloe Zhao tells the poignant story of a young rodeo cowboy who, after suffering a near fatal head injury, begins a search for new identity, seeking to know what it means to be a man in the heartland of America. Focusing on life in the indigenous community of the Pine Ridge reservation, Zhao offers a penetrating vision of masculinity and humility set in a world where humans and animals intimately co-exist.

For more information about MNFF Selects and the Festival: <http://www.middleburyfilmfest.org>.

**Burlington City Arts:** BCA's spring exhibitions are open Wednesdays-Fridays 12:00 – 5:00 PM, and Saturdays 12:00 – 8:00 PM. First floor: *Headwater*, a new series (<https://www.burlingtoncityarts.org/exhibition/eric-aho-headwater>) of monumental paintings by Eric Aho. Second floor: *What Still Remains* (<https://www.burlingtoncityarts.org/exhibition/sarah-trad-what-still-remains>) is comprised of single- and multi-channel videos by Lebanese-American artist Sarah Trad.

BCA is gearing up for another year of amazing summer programming in City Hall Park, and will present a large number of concerts and events in the park, June-September. With a focus on finding new VT talent and presenting a diverse lineup, we want to hear from you if you're a performer, have a great band, or are a DJ that hasn't worked with us before. Drop a line and a link to Zach Williamson, [zwilliamson@burlingtoncityarts.org](mailto:zwilliamson@burlingtoncityarts.org).

**VT Arts Council** offers free workshops on digital media production: The Vermont Arts Council is partnering with the Media Factory to present a series of online workshops, tech sessions, and consulting services to support Vermont cultural organizations. In 2021, the Vermont Legislature approved \$1.15M in funding to the Arts Council to help build the digital capacity of Vermont cultural organizations.

VT arts organizations can sign up to consult with Media Factory's professional medi makers to plan digital programming projects, including assessing equipment and project needs and exploring concepts and feasibility. These hour-long sessions are free and are scheduled first-come, first-served. Please only sign up for one session (see below).

Through these Wednesday sessions, Media Factory professionals will help cultural organizations identify the tools and strategies they need to build their capacity to create digital media and engage with their audience in new ways. Participation is free to Vermont nonprofit arts and culture organizations. This series will be offered again in July on Wednesdays, July 6, 13, 20, and 27 at 3:00 PM.

(Wednesday, April 13, 10:00 AM – 12:00 PM: Editing Essentials.) A comprehensive introduction to video production techniques.)

(Wednesday, April 27, 10:00 AM – 12:00 PM: Going Live with What You Got.) A comprehensive guide to live-streaming events and discussions.)

Wednesday, May 11, 10:00 AM – 12:00 PM: Tech Session with the Media Factory. In-depth Q&A and hands-on exploration.

For more information and to schedule a consultation, go online to <https://www.vermontartscouncil.org/programs/digital-capacity/technical-assistance/digital-programming>.



**Arts Impact Grants support nonprofit organizations, municipalities, and schools in their efforts to add vibrancy to Vermont communities through projects that provide equal and abundant access to the arts. The program also invites proposals for general operation grants to arts nonprofits. The deadline for applications is Monday, June 13. To learn more and find a link to apply, go online to <https://www.vermontartscouncil.org/grants/organizations/arts-impact>.**

PHOTO CONTRIBUTED

## TOWN OF UNDERHILL

## ROAD COMMISSIONER

Full Time



The Town of Underhill is seeking to fill the position of a full time Road Commissioner. This position is responsible for supervising and assisting the Road Crew which includes truck driver/laborers and equipment operators. This position is also responsible for managing road construction and maintenance, scheduling, coordinating supervision of the work performed on the Town of Underhill roads and maintaining clear and safe roadways free of dangerous hazards, ice and snow during the winter. The Road Commissioner also is responsible for various administrative duties as required to oversee the work of the department including payroll records, budget oversight and purchasing for highway expenditures. Work is performed under the general guidance of the Selectboard, but requires the ability to work independently following established policies, procedures and routines. This position entails extensive public contact.

As required by Vermont Statutes, this position must be appointed by the Selectboard. Therefore, the successful candidate will be hired as a member of the Town's Road Crew and then immediately appointed by the Selectboard.

For full job description and application, visit the homepage of the Town's website at [underhillvt.gov](http://underhillvt.gov). Send your cover letter, application and resume to [jsilpe-katz@underhillvt.gov](mailto:jsilpe-katz@underhillvt.gov) or mail to:

Town of Underhill, ATTN: Human Resources  
P.O. Box 120, Underhill, VT 05489

The deadline for submission is May 15, 2022.

E.O.E.

## Road Crew Member

The Town of Underhill seeks a qualified candidate for the position of Road Crew Member. This full-time position requires driving trucks with manual transmissions, snow plowing, operating a loader, excavator and other equipment, and physical labor. Applicants must possess a Class B CDL (Class A preferred) and a clean driving record, and must be able to respond to emergencies and snow removal outside of regular work hours within one hour. Underhill provides an excellent pay and benefit package (including health/dental/vision, life & disability insurance, a clothing allowance, winter on-call pay, and a retirement plan). Drug test required.

Applications due by 5/15/2022

See a complete job description and application form at [www.underhillvt.gov](http://www.underhillvt.gov). To apply submit a resume or completed application to H.R. Administrator by email at [jsilpe-katz@underhillvt.gov](mailto:jsilpe-katz@underhillvt.gov), in person at Underhill Town Hall (12 Pleasant Valley Road, Underhill), or by mail to PO BOX 120 Underhill, VT 05489. The Town of Underhill is an E.O.E.



## SPORTS NEWS

## Host a Lake Monsters player!

Do you have an empty room in your home? Do you want to make an impact on a young athlete's life? This summer, be a mentor, a counsel and a friend to a young athlete. Whether you follow baseball or not, hosting a Lake Monster player is a chance for you to bond and create lasting memories for the player and your family.

These are just some of the benefits you will receive:

- Monthly stipend per player, \$300 per month (\$10 per day for partial months)
- Free Grandstand Season Ticket: one per family member residing in the household. If you want to upgrade for the season to Reserved, you would just pay the difference. (Not transferable.) Additional tickets would be at regular price.

- Parking pass: one per family
- Early entry to ballpark (30 minutes before gates open)
- 10% discount in the Team Store
- Welcome BBQ with players, coaches, and player families
- BBQ ticket: one per family member residing in the household, to be used in the corporate BBQ area at any game you choose

The players need housing from Tuesday, May 24-Wednesday, August 13. Families are not responsible for transportation or cooking meals for the player.

Please let us know if you are interested in becoming a host family for the Vermont Lake Monsters. Please contact our Host Family Coordinator, Freda Tutt, at [fredant@comcast.net](mailto:fredant@comcast.net). Freda has been a host family since 1995 and can answer any questions you may have. She is happy to schedule a time to have a conversation with you.

## Youth learn to play disc golf

Please join us for a new Youth Program called Learn to Play Disc Golf at the Cambridge VT Community Center on Thursday

## Miscellaneous continued from page 13

will be responsible for resolving customers' issues. When a new service is installed or when a customer has a problem with their equipment, the ISP will be responsible for the equipment. To that end, our ISP will have trucks in our area servicing our customers.

Q: Is Lamoille FiberNet using grant dollars to build to areas already served? A: No. The grant dollars Lamoille FiberNet receives can only be used to serve "unserved" and "underserved" locations, with some exceptions for areas we must pass through to reach "unserved" and "underserved" addresses. Our agreement with our ISP partner may allow us to attain additional funding which is not restricted, and those dollars could be used to build in other areas.

For more information about Lamoille FiberNet Communications Union District (LFCUD), go online to <http://www.LamoilleFiber.net>.

## Lake Champlain Chamber announces new programs, workshops

The Lake Champlain Chamber has announced their new Business Exchange program, which aims to connect a diverse audience to interactive workshops and seminars led by their member businesses. Each Business Exchange workshop will offer guidance and advice from experts in their field. Attendees will walk away with new contacts, knowledge, and skills they can bring into their organization.

There are currently four workshops on the Business Exchange schedule, with more in the works.

The first, "Nonprofit Capital Campaign Planning and Readiness," will be presented virtually by consultants Scott McArdle and Tere Gade of Gade-McArdle on Wednesday, May 4 at 12:00 PM. The workshop will discuss the pre-campaign planning process and how organizations can best prepare when launching a major campaign.

The next workshop in the series, "Tackle Talent: Concepts from United Way's Working Bridges," will be held virtually on Tuesday, May 17 at 9:00 AM. Presented by the United Way of Northwest Vermont, this is an interactive workshop that will give employers talent acquisition and retention tools from their innovative Working Bridges program.

The third installment, "Smart Start: The Legal Fundamentals for Launching a Business," will be presented by Primmer, Piper, Eggleston & Cramer PC on Thursday, May 19 at 12:00 PM. Attendees will have the option to attend either in-person at the Lake Champlain Chamber's 60 Main St., Burlington location, or virtually. This workshop will walk attendees through business entity formation and regulatory considerations, brand identity protection, and important employment laws any business owner needs to know when managing employees and contractors.

The fourth workshop, "Burlington 2030: Saving Energy and Money," will be held virtually on Tuesday, May 24 at 12:00 PM. Burlington 2030 District and its founding partner Burlington Electric Department will participate in a panel discussion that will inspire commercial and institutional property owners and managers to increase asset value, reduce operating costs, and create a healthier community.

"The Business Exchange helps people improve their skills, their networks, and their leadership capabilities," says Erin Bombard, director of communications and business development of the Lake Champlain Chamber. "We are excited to present this knowledge-sharing resource to the business community."

Registration is required for all of the Business Exchange workshops and is free for Lake Champlain Chamber members. There is a \$20 fee for non-members to attend.

To register or learn more about upcoming workshops, visit [lccvermont.org/business-exchange](http://lccvermont.org/business-exchange). Contact Director of Communications and Business Development Erin Bombard with questions at [erin@vermont.org](mailto:erin@vermont.org).

Send your news to the  
Mountain Gazette  
at [mtngazette@gmavt.net](mailto:mtngazette@gmavt.net)

evenings! On the Community Center courts, we will give kids around the area an introduction to Disc Golf — a thriving sport in Cambridge, home to the amazing Smugglers' Notch Disc Golf Center (a Top 5 disc golf center in the WORLD!).

Our plan is to work through two to three drills, with an emphasis on putting. We will progress at an introductory speed, with the goal of instilling a sustainable passion and drive for the sport! A large part of this program will be familiarizing the kids with the equipment as well as beginning to understand some disc golf terminology.

For example, we will discuss the difference between a putter disc and a driver disc, and chat about when to use them. After the last session of Learn to Play Disc Golf, the Community Center will be hosting a Family Disc Golf Night, where Aidan Trombley will set up a beginner 9-hole disc golf course on the Community Center property! All are welcome to join us for a super fun night! The Family Disc Golf Night is by donation, and all donations will help fund permanent baskets for the course at CCC.

If you have any questions about disc golf or the program, please do not hesitate to reach out!

Here is the link for more information, and to sign up: [https://cambridgeccvt.myrec.com/info/activities/program\\_details.aspx?ProgramID=30911](https://cambridgeccvt.myrec.com/info/activities/program_details.aspx?ProgramID=30911).

## Girls on the Run Essex 5K June 4

Girls on the Run Essex 5K is back for the first time since 2019! Our season-culminating 5K events celebrate the accomplishments of our girls, coaches, and GOTR community.

We are looking for volunteers to help us on Saturday, June 4 at the Champlain Valley Expo in Essex Junction. Our volunteers are the driving force behind creating this unforgettable event; whatever your interests and abilities are, there is a role for you!

For more information and to register, please go online to <https://www.gotrvt.org/Northern-5K>.

We hope to see you there!

## United Way Volunteer Opportunities

LEND A HAND. VOLUNTEER — United Way's Volunteer Connection site is set up to help connect agencies and volunteers. Agencies are working hard to navigate volunteering during this time, but opportunities are increasing. To learn more about these and other opportunities, go online to Volunteer Connection at <https://unitedwaynwvt.galaxydigital.com/>.

A FRIENDLY GREETING — Ethan Allen Homestead Museum is looking for a greeter/cashier, age 16 and older, to welcome visitors from all over the world and provide them with tickets for the guided tour. Greeters often work in an indoor, climate-controlled gift shop where they may also provide guests with suggestions about what to enjoy in the community. Training provided. Contact Angela Grove, 802-865-4556 or [ethanallenhomestead@gmail.com](mailto:ethanallenhomestead@gmail.com).

REMOVE THE INVADERS! — Winooski Valley Park District is in need of a few dedicated volunteers, age 12 and older, to help remove invasive species such as buckthorn and garlic mustard from city parks. A typical shift is from 9:00 AM – 12:00 PM on a day of your choice. Contact Timothy Larned, 802-863-5744 or [timlarned@wvdp.org](mailto:timlarned@wvdp.org).

PASS THE TEST — Green Mountain Habitat for Humanity needs volunteers to join its electronic testing team. If you are free Mondays, Wednesdays, or Fridays for two to three hours, come and test anything from jukebox speakers to coffee makers to computer monitors. Some experience is preferred but not required. Contact Kali Wood, 802-598-0355 or [volunteer@vermonthabitat.org](mailto:volunteer@vermonthabitat.org).

ON THE DOCK — Local Motion has need of volunteer Docksider Ambassadors to greet bike ferry passengers and provide tourist information. Training provided on site. Volunteers' hours are eligible for City Market member worker credit, which can translate to a discount on groceries. Sign up at [https://www.localmotion.org/ferry\\_volunteer](https://www.localmotion.org/ferry_volunteer).

How to save on fuel costs are high  
From Efficiency Vermont

Lots of Vermonters are looking for ways to save right now. This article is a helpful list of different ways to save money on your fuel bills (both in your home and at the pump): <https://www.efficiencyvermont.com/blog/how-to/how-to-save-when-fuel-costs-are-high>.

There are tips on how to use less fuel every day; driving habits and what you carry in your car that can impact how much gas you buy; and weatherizing your home (which can help in the summer, not just the winter!). The article also talks about available rebates.

If you make an efficient upgrade now, it can save you money for years, even if fuel costs come down. Check out these tips and think about what might work in your home. These days, we can all use more ways to save!

Thinking about an electric vehicle?  
From Green Mountain Power

GMP offers rebates up to \$2500 (including an extra \$1000 for low/moderate income customers) which can be combined with dealer incentives, up to \$4000 in rebates from the state of Vermont, plus a federal tax credit on some models up to \$7500. EV drivers also save thousands in reduced maintenance costs compared to driving a fossil fuel vehicle. GMP EV rebates details: <https://greenmountainpower.com/rebates-programs/electric-vehicles/ev-rebate/>.

GMP's discount EV charging rates make charging at home the equivalent of paying about \$1/gallon. The two off-peak charging rates are about 20% less than traditional residential rates, and they're designed to reduce costs for all GMP customers. New EV charging rate details: <https://greenmountainpower.com/rebates-programs/electric-vehicles/ev-charging-rates/>.

You'll need a compatible Level 2 EV charger at home to enroll, and we will give you one free to use while you're a GMP customer in our home charging program. Free charger details: <https://greenmountainpower.com/rebates-programs/electric-vehicles/in-home-ev-charger/>.

All of GMP's programs are designed to help reduce costs for all customers. Plus, switching to electric driving also makes a big difference in reducing Vermont's carbon footprint. Fossil fuel vehicles are the number one source of carbon emissions in the state! Have questions? Call 888-835-4672.

## BR Little League seeks umpires

The Browns River Little League, which serves Jericho and Underhill children, is looking for volunteer umpires this season! We strive for the highest level of sportsmanship in a friendly environment. Little league is committed to volunteer staff leading by example with good humor. You don't need to be a baseball or softball expert or an athlete to learn the rules of the game and make sure that children and their families enjoy a season of play and learning together.

Over the years, the League has had women coaching and girls playing but we've never had a woman behind the plate and we'd love to change that. Umpiring is first and foremost about fairness and safety, not about being the judge who is always right. Those of us who have done this for a while can give you plenty of examples of the times we got it wrong. We want people who aren't afraid to do their best while knowing that they will make mistakes. That's not a bad lesson to pass along to our young players. We're excited about getting together at the end of this pandemic and celebrating this century old game together.

The league offers support, training and equipment, a flexible commitment, and no in-depth knowledge is required, just an interest in baseball and helping local kids and their families. Teens and adults, men, and women are all welcome.

If you're interested or want more information contact Bob Robbins, [rjrobbins802@gmail.com](mailto:rjrobbins802@gmail.com) or 802-899-2436. Season runs early May to mid-June. Come out, learn a new skill, and join our local families in the Spring sunshine — weather subject to change!

## Pump It Up 5-Miler on May 14

Come join us at Jericho Elementary School, VT Rt. 15, Jericho for a rolling 5-mile run on Old Pump Road. We have prizes from several local vendors such as Poor House Pies, Palmer Lane Maple, and many more.

This certified (VT13009JK) gently rolling 5-miler on Old Pump Road is on Saturday, May 14, 9:00 – 10:00 AM. The course is out-and-back on a dirt road that initially crosses over the Browns River and then arcs along a couple of fields and along the tree line. It's a great tune-up race if you're training for the Vermont City Marathon or another late spring race.

To register and for more information, go online to <https://gmaa.run/schedule/pump-it-up-5-miler/>.

For questions, contact Race Directors Cari Causey and Liz Hollenbach at [pumpitup@gmaa.run](mailto:pumpitup@gmaa.run).

## Saxon Hill School 5K Run/Walk and Kids Fun Run

Join us on Saturday May 21, 2022 for the Saxon Hill School 5K Run/Walk and Kids Fun Run! This event is organized by parents of Saxon Hill School (SHS) children as a fundraiser to support SHS and to connect with our local community.

The 5K Run/Walk will begin at 9:00 AM (check-in 8:30 AM); the Kids Fun Run will start at 10:30 AM. All participants will receive a post-race prize and one entry into a raffle for local goods! There will also be refreshments available and family activities.

For more information and to register, please visit <https://runsignup.com/Race/VT/Jericho/SaxonHillSchool5KFunRun>.

Saxon Hill School is a family-run, cooperative preschool that combines the Reggio Emilia approach, expert teachers, and active family participation to honor the natural curiosity of our children. Located in Jericho, we serve children from ages 3-6 from Chittenden and surrounding counties and are Act 166 approved, 5 STAR, and NAEYC accredited. For more information please visit <http://www.saxonhillschool.org/> or email [secretary@saxonhillschool.org](mailto:secretary@saxonhillschool.org).

Cambridge Youth Soccer  
spring soccer registration

Cambridge Youth Soccer is excited to announce that registration is now open for our spring season. Teams for girls and boys are offered from pre-K through U16, depending on enrollment. For more information please go online to [https://system.gotsport.com/programs/842N25686?reg\\_role=player](https://system.gotsport.com/programs/842N25686?reg_role=player).

Also, we are eagerly seeking individuals with time and energy to serve who may be interested in joining our board, as well as volunteers interested in working with us in other capacities, such as fields and equipment and program boosterism. Thanks!

## PROPERTY MAINTENANCE

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SCHOOL NEWS

**Henry Rogers headed to National MATHCOUNTS Competition**



Henry Rogers, an 8<sup>th</sup> grader on Team Fusion at Browns River Middle School in Jericho, is headed to the National MATHCOUNTS Competition in Washington, D.C. Saturday-Monday, May 7-9 after placing second in States on Thursday, March 31! This is an all-expenses paid trip for him and his family! We are so proud of you, Henry, and are wishing you the best of luck in the next phase of this competition! Pictured is Mount Mansfield Unified Union School District (MMUUSD) Superintendent John Alberghini giving Henry his award at the MMUUSD Central Office on Monday, April 25.

PHOTO CONTRIBUTED

**Scholarships for MMU grads**

By Angelike A. Contis, MMCTV

Know a high school senior planning on studying media in college? The Scott Campitelli Memorial Scholarship is accepting applications through Friday, May 6. Please point them in the direction of this \$2000 scholarship offered at our sister station Media Factory in Burlington. Here's the link to apply: <https://www.mediafactory.org/scholarship>.

Also, do you know any MMU grads-to-be who excel in community service and/or business savvy? There's another opportunity! The Western Slopes Business Association is accepting applications from MMU seniors through Friday, May 13 for two \$2000 Entrepreneur Business Scholarships. The application is available at the MMU guidance office or you can email me ([mmctv15@gmail.com](mailto:mmctv15@gmail.com)) to send it to you.

**JES 5K and Fun Run on May 15**

Join us to get active and support Jericho Elementary School (JES) Farm to School and Garden! Adults, students, and community members are all welcome to take part in the JES 5K and Fun Run on Sunday, May 15, 10:30 AM – 12:30 PM.

There is an option for all ability levels to walk the JES Wellness Path, to run or walk a one-mile Fun Run, or to run or walk a 5K route — also fun! Meet at the JES Garden area and wellness path.

The Wellness Path Walk and One-Mile Fun Run will be at 11:00 AM; the 5K Fun Run will begin around 11:15 AM. Race bibs and T-shirts will be available for pick up starting at 10:30 AM on the day of the race.

There is an entry /registration fee of \$15 per participant, with a maximum payment of \$50 per family (four or more registrants from same family). Please register online at <https://forms.gle/QaoVivf6d6JQsJRnYA>.

**CES PTA's Kids Clothing Swap**

The Cambridge Elementary School PTA is having our first kids' clothing swap! Have your kiddos outgrown last year's summer clothes? Of course they have!

Start gathering items to swap and join us on Saturday, May 21, 9:00 – 11:30 AM, in the Cambridge Elementary School (CES) cafeteria. There is \$10/family suggested donation to participate. All proceeds from this event will go toward new playground equipment for the Cambridge Elementary School.

For information on how to participate, please see our Facebook event page, <https://www.facebook.com/events/1423106081476228>.

**Free college and career planning sessions to view online**

High school students and parents, what's next? Whether you're college-bound, thinking of training or apprenticeships, or not sure, VSAC's free one-day Saturday event is for you.

This virtual event was held on Saturday, March 5, but the sessions were recorded and are now available for viewing. Review virtual workshops, discover free resources, get expert advice, and meet with local representatives from colleges and training programs across the state.

The sessions available to view include:

- College Options for Students with Developmental Disabilities and Autism;
- Financial Aid and Managing College Costs;
- Money After High School;
- Navigating the Admissions Process;
- Non-Degree Pathways to a Great Career: Short-Term Training and Apprenticeships;
- Strategies for the SAT and ACT;
- The College Search: Finding the Right Fit.
- Exploring Career and Education Pathways with MyFutureVT;
- I Wish I Knew That! Programs to Pursue Before You Graduate;
- Navigating the College Search for Students Who Learn Differently;
- Scholarships: Free Money!
- Supporting Your Teen's Career Search;
- Writing the Admissions Essay.

For more information, go online to <https://www.vsac.org/plan/college-career-pathways>.

**Eagles offer two scholarships to Lamoille County seniors**

Let's start off the New Year on the right foot. How about some extra funds for school? The Green Mountain Fraternal Order of Eagles in Jeffersonville is accepting applications for two achievement/scholarships they offer: the Robbie Pollander and the Edison A. Reynolds Awards. Both in the amount of \$500.

These awards can be used by the recipients for anything school-related, from books to transportation, or classes to clothing. They are available to any high school graduating senior in Lamoille County. Our awards are not based on academics; they are granted to any high school senior who expresses the qualities of a good citizen in their community with the desire to pursue a higher education.

Requirements for consideration are: The submission of a biography and a theme-based short essay. The theme is "In my community, people helping people." All entries are due postmarked by Tuesday, May 31, 2022. Send to: Fraternal Order of Eagles, Attention David May, P.O. Box 216, Jeffersonville, VT 05464-0216.

There is an additional Scholarship available from the Auxiliary specifically for female students. The criteria are the same as above. All entries should be submitted to Ladies Auxiliary, Fraternal Order of Eagles, P.O. Box 326, Jeffersonville, VT 05464-0216.

SENIOR NEWS

**Community Senior Center launches YouTube channel**

The Richmond Community Senior Center has launched a YouTube channel with a large variety of recorded programs that we've presented in recent years. There are currently 47 programs you can watch including ones about history, gardening, travelogues, animals, and others.

You can Google "Community Senior Center Richmond VT YouTube channel," or use this link: [https://www.youtube.com/channel/UC70Cd\\_iRmwfoSMJltYW-bTA](https://www.youtube.com/channel/UC70Cd_iRmwfoSMJltYW-bTA). There might just be something you'd like to watch sometime.

If you have any questions, contact [jane@cscvt.org](mailto:jane@cscvt.org).

**Keeping older drivers safe, mobile, and independent**

Most older drivers are very safe drivers. But the fact is that as all of us age, we may experience changes in vision, physical fitness and reflexes — changes that can affect our driving.

By understanding these changes and the risks that come with them, we can help older Vermonters stay safe, mobile and independent. The VT Department of Health, in partnership with the VT Agency of Transportation, has launched an Older Driver Safety Program, which includes new resources and a webinar series that begins later this month. The program features information for drivers, their families, caregivers and health care providers, as well as policy makers and public safety officials.

People over 65 have a higher risk of being injured or killed in a traffic crash, and the likelihood increases as we age. According to the VT Agency of Transportation, in 2021 almost 20% of deaths and 17% of injuries on our roadways were among people 65 and older.

This free webinar series — sponsored by AARP Vermont, Vermont Highway Safety Alliance, University of Vermont Medical Center, Vermont Department of State's Attorneys and Sheriffs, Vermont Criminal Justice Council, VT Department of Motor Vehicles, VT Department of Disabilities, Aging, and Independent Living, and VT Department of Health — will explore how we can all play a role and take action in keeping older Vermonters safe, mobile, and independent while also ensuring our roadways are safe and our communities are accessible and livable for all. Learn more and register for these free events: [bit.ly/road\\_to\\_mobility](http://bit.ly/road_to_mobility).

The webinars, each held on a Wednesday from 12:00 – 1:00 PM, include: (Caregivers and Loved Ones: Supporting the Older Drivers in Your Lives — April 27) Law Enforcement: Your Role in Older Driver Safety — May 25

Policymakers and Local Decision-Makers: Creating Safe & Livable Communities — June 29 The series is presented free in partnership with AARP VT, Vermont Highway Safety Alliance, University of Vermont Medical Center, VT Department of State's Attorneys & Sheriffs, VT Criminal Justice Council, VT Department of Motor Vehicles, and the VT Department of Disabilities, Aging, and Independent Living.

Learn more about the Older Driver Safety Program: <https://www.healthvermont.gov/emergency/transportation-safety/older-adult-drivers>.

**Happy Mother's Day**



**May 8th is Mother's Day!**

A gift to tell her she is special and appreciated with flowers is a good way of saying Thank You Mom.

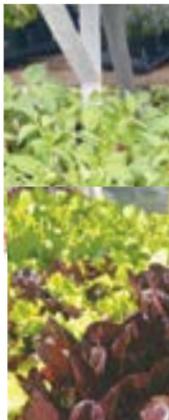
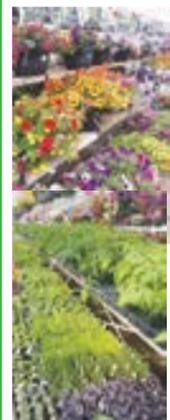
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Sat. May 7 & Sun. May 8



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OPEN  
9 AM - 6 PM  
Mon.-Sat.  
9 AM - 5 PM  
Sunday