

Restoration of last Stevensville cabin

Last year, Sara Lourie bought some land at the end of Stevensville Road. As you may know, there is an old cabin on the land (that the realtor said should be torn down). With a little more research, she found out that this cabin is one of only two remaining original buildings from the lumber settlement known as Stevensville, that thrived in the first half of the 1800s. It was built c.1835 (and renovated in the 1920s). Originally it was called the H. Hicks Farm, and according to the Vermont Historic Sites and Structures Survey (1980), it is of State significance, being "one of the few authentic frontier-era log cabins remaining in the State." Although it was still considered in "good condition" in 1980, it has obviously deteriorated since then. That said, the roof, two walls, and upper storey are still intact and Lourie is hoping that it might be possible to restore it.

She has been in touch with Eliot Lothrop, from Building Heritage in Huntington, who is keen to take on this project, and has also spoken with Devin Colman, the Vermont State Architectural Historian who is enthusiastic about the plan. Both Eliot and Devin, along with Jim Zimmer, another expert in early log buildings (currently working in Brattleboro), and a number of interested local residents came to visit the cabin on Tuesday, November 6. Lourie, Eliot and his crew are hoping to stabilize the cabin. It is going to be a challenge to restore and will most likely require almost complete dismantling after this winter, and removal of the roof, prior to full assessment, repairs, replacements, etc.

This next step in the process - stabilizing the building with structural scaffolding so that it will get through another winter – happened on Thursday, November 13. Eliot and his crew (Dan and Kevin) were able to get up to the cabin with the first dusting of snow, and undertook the initial, and most urgent, part of the project - stabilization of the cabin. They arrived at the crack of dawn, Lourie joined them around 9:30 AM, and all worked solidly all day and into the dark. They removed many of the interior floorboards, installed structural scaffolding, with heavy 8"x8" beams below and above the sagging ceiling/upstairs floor to support it, attached collar-ties to either side of each pair of rafters, and built a low cripple wall upstairs, close to the back of the main part of the cabin, to prevent the roof from falling down. The final step involved lifting the ceiling/upstairs floor by extending the scaffolding poles, bit by bit, and pushing the beams upwards. The cabin creaked and the ceiling/upstairs floor rose by at least a foot. Lourie picked up a lot of broken glass from the windows that had obviously been used for BB gun target practice, and Eliot and Kevin attached a heavy strap with a come-along ratchet between the outside walls to prevent them from bowing outwards any further. Lourie feels so much more confident now that the cabin will survive until next summer and the next step.

The other big piece that got done that Thursday was the installation of an access road in preparation for next year's work, which will involve bringing in machinery for the dismantle process. A big thank you to Chris Poley and his crew (Brayden and Gordon).

All that hard work everyone put in that day was an amazing effort, and only just in time – another foot of snow fell over night. Winter is here!

Lourie feels very fortunate to own this piece of Vermont history, and would love to share its (fingers crossed) revival with the community. Her long term idea is to turn it into some kind of natural history education space. Obviously, this is going to take a lot of work, time, and money. If you have any suggestions, or know of other people who might be able to help (e.g. with advice, labor, or funding), Lourie would be very grateful to hear from you (sara.



















Editor's note: Stay tuned, the Mountain Gazette will be following this story until it's completion. We will also provide more of the back story as time goes on.

COMING EVENTS

Wednesday, December 5

Underhill Central School Craft Fair, 10:00 AM – 2:00 PM, Underhill Central School, Pleasant Valley Rd., Underhill Center. Sale of soup and baked goods will benefit UCS

MMMUSD Spanish Immersion program parent **information session**, 3:30 – 4:30 PM, Jericho Elementary School, VT Rt. 15, Jericho. The Mount Mansfield Modified Union School District will continue to offer Spanish Immersion programming for incoming kindergarten students residing in Bolton, Jericho, Richmond, and Underhill. The 2019-20 school year will be the third year that we are offering Spanish Immersion programming and there are three grade levels: Kindergarten, Grade 1, and Grade 2. The program classrooms are located at the Jericho Elementary School. We have more information available on the Spanish Immersion webpage at: www.cesuvt.org/curriculum/spanishimmersion. Incoming kindergarten students from Bolton, Jericho, Richmond, and Underhill will be accepted into the program. Families will follow the guidelines outlined in the MMMUSD School Choice process. Please visit our website www.cesuvt.org and select the school choice option located under the parentscommunity tab located at the top of the page. Notification of placement will be communicated to families in mid-March. If you cannot be at the information session and would like more information, call 434-2128.

Thursday, December 6

Free Community Soup and Bread Supper, 4:30 – 6:30 PM, Covenant Community Church, 1 Whitcomb Meadows Lane, Essex. Located off VT Rt. 15, across from John Leo's. Choose from a variety of hearty soups and breads and a sweet dessert. Stay and eat with friends and family or pick up to take home. Donations welcome, but not expected. For information, contact Pastor Jeannette Conver, 879-4313.

 $\textbf{Early-winter Bird Monitoring Walk}, 8:00-10:00\,\text{AM}, Audubon$ Vermont, 255 Sherman Hollow Rd., Huntington. Find out who's sticking around for winter and see how they're getting along. This is a special week-day-morning bird monitoring walk with the Green Mountain Audubon Center Director, Kim Guertin. The long-term data we gather contributes to the eBird database, which is available to a global community of educators, land managers, ornithologists, conservation biologists, and the public. No registration needed. Meet at Audubon Vermont office.

Friday, December 7

Yuletide Concert and Carol Sing-A-Long, 7:00 PM, Good Shepherd Lutheran Church, VT Rt. 15, Jericho. Featuring *Cauld* Wind, a Scottish small pipes ensemble, The Shimmering Flute Ensemble, Canticle, and the Good Shepherd Contemporary Praise Band. Donations of cash and/or food will benefit the Jericho-Underhill Ecumenical Ministries Food Shelf and the Breakfast Program. Free parking on premises, with handicap accessibility. For information contact Joanne Ranney, 802-434-3233 or ranney@ gmavt.net.

Saturday, December 8

Christmas Cookie Extravaganza, 10:00 AM - 1:00 PM, Community Center of Jericho, Browns Trace, Jericho Center. Proceeds benefit the Community Center, the Jericho Town Library, and the Underhill-Jericho Food Shelf.

Pride Hike, 9:30 AM - 1:30 PM, Audubon Vermont, 255 Sherman Hollow Rd., Huntington. LGBTQA+ hikers are gathering to hike the trails of the Green Mountain Audubon Center. This easy to moderate hike will meander through beaver ponds, sugarbush, and woodlands, with wonderful views of Camel's Hump and Mount Mansfield. Audubon Vermont's Gwendolyn Causer will lead the hike and provide birding, botany, and tracking tidbits. All ages and families welcome; youth under 18 should be accompanied by a parent/guardian. Please wear weather-appropriate clothing and bring

snacks and water. Leashed dogs are welcome. For information, contact gcauser@audubon.org

Sunday, December 9

Country Holiday Breakfast Buffet, 8:00 – 10:30 AM, St. Thomas Church Parish Hall, Underhill Center. Open to all, and sponsored by the St. Thomas Church Knights of Columbus Council #7810, with proceeds to help defray costs for the Christmas Food and Fruit Basket Holiday Ministry. Menu: juice, fruit, eggs, pancakes, sausage, bacon, home fries, coffee or tea. Cost is by donation. Bring the family! Currently, the Parish Hall is only

accessible by stairs. For information call the Rectory Office, 899-

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

Holiday Open House, 11:00 AM – 3:00 PM, Milton Artists' Guild Art Center and Gallery, Hannaford Square, Milton. Festivities pot luck luncheon, 1:00 - 3:00 PM. Please join in this celebration of the MAGic, the joy, and the spirit of the season. Buy local! For information contact Gisela, 802-355-6583; www.miltonartistsguild.

Friday, December 14

Contra Dance, 8:00 PM, Shelburne Town Hall, 5376 Shelburne Rd., Shelburne. Queen City Contras' regular dance, with music by Cloud Ten, and caller Dugan Murphy. All are welcome, all dances taught, no partner or experience necessary. Beginners' session, 7:45 PM. Admission \$9 adults; under 12 free. Please bring clean, softsoled shoes for dancing. Information: 802-371-9492 or 802-343-

Friday-Saturday, December 14-15 Holiday Artist Market, 4:00 – 8:00 PM Friday, 10:00 AM – 5:00 PM Saturday, Contois Auditorium, 149 Church St., Burlington. Burlington City Art's two-day artist market during the holiday season offers shoppers the opportunity to buy handmade gifts created by local artists.

Sunday, December 16

A Festival of Locally Made Treasures, 10:00 AM - 3:00 PM, second floor, Richmond Free Library, 201 Bridge St., Richmond. This is the perfect holiday gift-buying opportunity in a small and friendly setting with 15 local vendors offering a wide variety of gift ideas and price ranges that include table top decor, art, jewelry, wood products, clothing, note cards, and more. Refreshments will be hosted as a fundraiser for the Richmond Library Children's

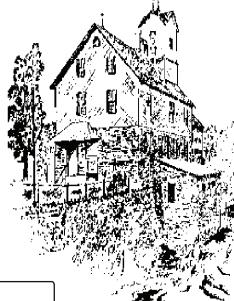
Free DIY Crafting Party, 12:00 – 3:00 PM, Milton Artists' Guild Art Center and Gallery, Hannaford Square, Milton. Free fun for the whole family with easy to do seasonal crafts for all ages, and tasty goodies. Please, young children must be accompanied by an adult. For more information, www.miltonartistsguild.org

Saturday, December 21

Solstice Celebration, 4:00 - 6:00 PM, Audubon Vermont, 255 Sherman Hollow Rd., Huntington. Welcome back the light and join Audubon to celebrate the solstice. We will expose what winter solstice really is about and discover what creatures do in Vermont with the winter and lack of light. We will create solstice wreaths, read a story together about solstice, and celebrate! All ages welcome; Audubon members free, non-members \$5. Meet at the Education Barn. Questions? Contact Education Program Coordinator Debbie Archer, darcher@audubon.org or 802-434-3068.

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COMMUNITY COLUMNS

Curley and the Devil

By Doug Boardman

Special to the Mountain Gazette

Almost all of us have had pets in our lives. They come in all forms: short, tall, cute, ugly, dumb, smart, hairy, feathers – kind of like children, only better trained. We acquire them mostly from our children when they leave the nest and either can't take the pets with them or don't want to have them anymore. I have had seven dogs, three cats, a rabbit, many hamsters, one vicious parrot, and lots of aquarium fish that expired in the stomach of a bigger fish.

When I was growing up we always had animals but they were not really pets (in fact we ate most of them). Our real pets were cats and dogs. I was five years old when we moved to our first house that we owned, up in East Montpelier Center. The first dog I remember was Rover and he was an older dog that a neighbor gave to my father. He was a nice dog and looked like "Lassie." He was not as lively as I would have wanted. After he died Dad got Curley, who was a cocker spaniel and all around great dog. He loved to go hunting, so much that when I got a gun out he would lick the gun. He had a permanent scar on the top of his head which he got early on by jumping through a barbed wire fence before I got there to lift up the wire. He never learned his lesson and the scar never healed. He would still jump thru the fence and yip every time the barbed wire scratched him.

Curley followed me to our school every day and would sit out by the swings and wait for us to have recess to play with us. After school he would walk home with me This worked good for awhile until we had to keep Curley home because he romanced a white female dog right outside the big window that all of us could see what was going on — including the teacher from hell. My father didn't believe in getting any of our dogs or cats fixed so I can imagine that a lot of the dogs were related to old Curley.

Curley loved to ride on my bike with me with his butt on the front of my seat and his paws on the handlebars. We pedaled a long ways but we did have one incident where we slid on some loose gravel. We both fell in the ditch and Curley had a "hitch in his getty-up" as they say from then on. He never jumped off and always wanted to go fast and even after our accident he still wanted to ride fast. In the winter he loved to slide down this steep hill we had near our house, with me or even by himself, and he would go all the way to the bottom of the hill before he jumped off.

We were hunting squirrels one day and he was sniffing around an old abandoned sugar house. He went inside and immediately heard a bunch of growling and squawking and Curley was right on the tail of a bobcat. They were running around the old sugar house and finally exploded out of the sugar house, with Curley trying to catch the bobcat. The bobcat immediately ran up a tree and I shot it. The bobcat was still snarling so I shot it again. Curley was so happy that I finally shot something we could take home because we usually came back with nothing. Years ago they paid a bounty on different animals and I took the bobcat down to Montpelier and they cut off the ears and gave me \$5, which was a lot of money back than considering I made 25¢ an hour working on a farm summers and holidays. I went home with the bobcat slung over my back with Curley right under the bobcat, matching me step by step with a happy look on his face. When I got home my mother came out of the house onto the porch. She was baking and had a lot of flour on her hands and I was so excited that I swore which was strictly forbidden. I told my mother that Curley had chased the bobcat around and around the old sugar house and up a tree and I had shot it in the ASS which promptly got me a floury hand slap beside my head. Up to that point Curley and I were on cloud nine but that quickly took the wind out of my sails and I was back down to my usual self and in trouble.

We also had a cat we inherited from somebody and aptly called it Devil. He got along with us but it was a mean cat to everyone else. He had sharp claws and liked to shred anything that could be shredded. He used to sleep on my bed or under my bed, and scratched the bottom of my mattress to the point the stuffing was hanging down. My father used to kick that cat in the rear end and he would fly out the door but would always come back, much to my dismay. One day Devil got sick and vomited and pooped all over my bedspread so my father put him to sleep. One of the happiest days of my life when I heard he was gone. I have never had a cat or dog on my bed since and I never let a dog on my furniture. My children let their dogs on their furniture and my furniture but my dogs were not allowed.

Old Curley died when I was in the Navy but I will never forget the good times together. After Curley died, Dad got a dog named Rowdy who was another cocker spaniel like Curley except darker color. Rowdy was afraid of sharp noises and they tried to get him to hunt with them. If you shot your gun he would run back home and wouldn't come back. They also acquired a cat named Mitzy, who was a feisty one and made up for Rowdy being docile. There was a neighbor's dog named Buster who was friendly with Rowdy and used to come down once in awhile to play. One day Mitzy got sick of him being around so she jumped on Buster's back, sunk her claws in his hair, and rode him all the way back to his house and he

didn't come down to visit again.

My next column will be on other
pets we had after high school. You
have already found out that kids
want pets but we all end up taking
care of them, and you have to draw
a line somewhere or end up with a
large snake.

Send your news to mtgazette @earthlink.net

Dorothy is my friend

By Sue Kusserow Special to the Mountain Gazette

Dorothy is my friend. She is an old lady. She walks with a limp and a slight list to the right. She lives on today and somewhat on the edges of tomorrow. I don't see her too often and she is hard to reach by phone. Usually that instrument is in a coat pocket (counting four on a heavy coat, two on a long woolly sweater, and two slivers on pants, barely deep enough to grab the phone.) Somehow she has become "allergie" (she says) to even low-end technology. I've tried to help, but what a broad word that is! In order to help, one party must know more than the other. And we are both at the beginner level. For children, the roles of teacher and learner are traditional... expected and accepted. For Dorothy, the stereotype of wisdom in old age has curtailed her ability to accept help. Instead, she fumes and fusses and finally calls her patient neighbor, who fixes the mess

Her eyes sparkle when I visit. This is conversation with ceremonial supports: sitting, the thermostat turned up for visitors, a cup of boiling-hot tea. We are of an equal age, entitled to some grumbles and a great deal of retrospectives. She knows the history of the land, the old transactions of families that created a house here, a pasture there. And the old village takes form for me... when it was small and unconnected by present-day patterns. She flirts from one thought to another, building word bridges as she goes. One thought doesn't stay with her for very long. Thus, one doesn't always know where she's ultimately going. Probably she doesn't either, but that doesn't seem to bother her. Uncertainty, therefore, is a blessing, an assortment of reminiscences, a pleasant wandering of an aged spirit.

and never tries to teach her anything.

She had a friend once, "who was raised in high places" as she would say, and who decided it was too much to ask her family to sort her clothes when she died. So she piled old favorites and questionable impulses into a box and shipped it off to Goodwill. She bought a very practical, beautifully-tailored tweed suit with both skirt and pants, and when she was obliged to appear in something besides sweats, she was prepared. Dorothy certainly admires this trait, and she did try. There are so many memories: her favorite green tunic that had a splash of Clorox right in the front. And it had such a nice cowl neckline that was a comfy retreat for her neck. And the heavy coverall that went with anything and everything. How could one lose that! She still loves to flip the colorful pages of clothing catalogues that come in huge unwieldy bundles. She tears out a page and puts it on her bedside table to glance at occasionally. Then she throws it away. It has been fun, but what if nothing is left to need.

Dorothy is not sad; contemplative would be a better word... quiet without being morbid, solemn, yet always waiting for the twinkle of humor that rescues her from the philosophy of the moment. Often, this thoughtful moment is about death. Is she prepared, she wonders? For the inevitability of it: yes. For the practicality: not at all. She sometimes has small quick visions of those people who will say: "I should have visited her!" and she admits to a bit of unchristian vengeance in her reply: "But you didn't. Live with it!" She would be very upset with me for printing such feelings; decorum is much preferred for old ladies.

Dorothy sits quietly and watches the birds flitting to the feeder. It is a peaceful activity and quite mentally supportive, since she can identify the species and sometimes the habits within a species. The Blue Jays are bossy and tough because of their size. One of them fills his craw to bulging visibility. The other two, seemingly of equal size, stay away, which labels the leader quite easily. The chickadees come in bunches, enough to sneak in somewhere the Jays are not. Her cup of tea grows cold; her feet and legs are properly correct, propped on a stool. Her arms feel the weight of the afternoon, and her head nods in harmony with the rest of her body. Her cat curls into the nest of her lap, and licks a paw as she has been taught to do. And Dorothy drifts into sleep; she doesn't even hear that jangling phone when I call at the "wrong" time. I will visit later, perhaps today, when the cup of tea will turn into a glass of wine, the cat will stretch and yawn, the birds will settle into night time, tucked into the inner branches of the Spruce next the house. Dorothy is my friend. I will not forget her.





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Health programs and classes at Northwestern Medical Center

Health programs and classes at **Northwestern Medical Center**

DECEMBER 2018

Walk With a Doc - Saturday, December 8, 9:00 AM, Missisquoi Wildlife Refuge, Swanton. Join local healthcare providers for this free, fun walking program. What better way to start your weekend than making strides toward a healthier lifestyle? Dr. Toby Sadkin of St. Albans Primary Care will be leading this walk.

Breastfeeding and You – Tuesday, December 11, 12:00 – 1:30 PM, VT Department of Health, St. Albans District Office, Federal St., St. Albans. This free breastfeeding prep class is for you, family members, and other moms-to-be to plan for breastfeeding your newborn in the first month of life. Personalize your breastfeeding plan, line up your support, go over the basics, ask questions and get real-life answers. You CAN do it – WIC can help! Free. Please call 524-7971 to register.

ONGOING

Brain Injury Support Group – third Thursday of each month, 5:30 – 6:30 PM, NMC Conference Center, Grand Isle Room. Meet other people in similar situations, share the hardships and accomplishments, gain valuable emotional support, obtain information, and discuss a variety of brain injury topics. Anyone touched by brain injury (traumatic or acquired) can attend: survivors, caregivers, friends, and family. All are welcome at our support

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group. Free; no registration required. For information contact Jess Leal, 877-856-1772.

Cancer Exercise Rehab Group – Ongoing every Tuesday and Thursday, 8:00 – 11:00 AM, NMC Rehab gym, Cobblestone Building. Featuring Wendy Lawrence, certified NMC Oncology Rehab Physical Therapist. Pre-registration required; call 524-1064. Free for the first 8 weeks, then \$40. A physical therapy evaluation is required to assure that the client is able to participate. This class pinpoints the common needs of patients, which include decreased range of motion, decreased strength, and cancer-related fatigue. Prenatal Fitness, every Wednesday, 5:30 – 6:30 PM, NMC Wellness

& Fitness Room. Featuring Stephanie Preedom, AFAA. Preregistration required; contact Stephanie, 802-288-1141 or stephanie. preedom@gmail.com. Free to Northwestern OB/GYN patients. Northwestern OB/GYN offers these free prenatal exercise sessions to strengthen and prepare you for a successful birthing experience. Join other moms as we lead you through a customized routine designed to make you feel energized and confident. Please consult a physician before beginning this exercise program.

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

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

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

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

group that meets monthly in St. Albans. Everyone in the group, including its facilitators, has had someone close to them take their life and knows how devastating that experience can be. You can just come and listen to others share what they are going through and how they are coping or you can share your own story. The choice is always yours to do what feels best to you. For more information on dates, times, and location or to answer any questions you may have call Tony, 802-393-6503.

Chronic Disease Support Group Workshops: Various locations. Pre-registration required; contact Deana Chase, 802-370-5626. Are you or someone you know

living with a chronic health condition? Then the Healthier Living Workshop is for you! Learn to feel better by learning how to deal with frustration, fatigue, and pain, manage symptoms and medications, and improve strength and flexibility. Each session is 2½ hours once a week, for six weeks.

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

Alzheimer's Support Group: last Tuesday of each month, 6:00 7:00 PM, Northwestern Medical Center Franklin Room. Preregistration required. Free. This group is for those with Alzheimer's and caregivers, family members, and friends and is facilitated by Amanda Wilson. Please call the 24/7 Helpline at 800-272-3900 or visit alz.org/Vermont to confirm details.

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

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

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

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

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

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

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

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Residency, General Surgery: University of Iowa Hospitals and Clinics

Medical Degrees: Master of Science in Clinical Investigation (MSCI), University of Iowa

MD, Brody School of Medicine, East Carolina University, Greenville, NC

Bachelor of Science, Biomedical Engineering: Duke University, Durham, NC

Dr. Olmsted's practice includes: Breast Care, Colonoscopies, Hernias, Cholecystectomies (Gallbladder), Appendectomies, Colon Cancer, Thyroid Care, and wide variety of general surgery procedures.

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Breathing deep for health

A fact of life is there will be challenges. When confronting challenges, TAKE A DEEP BREATH!

Have you ever noticed how an upset child breathes? - short, shallow, irregular breaths. Conversely, when someone is in deep sleep, their breath is long, slow, and deep. Breathing is an involuntary action but it can be voluntary, too. That is, you can hold your breath for a while, but then your body takes over and forces you to inhale. Your emotions can influence your breath but your breath can also influence your emotions.

When you breathe in, the diaphragm - a muscle that separates the chest from the abdomen - drops into the abdominal cavity. A vacuum is created and air is sucked into the lungs. When you exhale, the diaphragm returns to the chest and air is pushed out. A rich, deep breath requires abdominal breathing. Most people breathe shallowly - only into the uppers lobes of their lungs. Shallow breath poorly supplies oxygen to the body and mind. Proper oxygenation relieves anxiety and pain. This is the reason pregnant woman are taught breathing exercises to prepare

You can tell if you are breathing properly by placing a hand on your abdomen and seeing if is rises when you inhale and falls when you exhale. If this occurs you are breathing properly. If not, practice so that you can breathe properly with ease. Yogis, singers, and wind instrument players breathe this way because there is maximal air exchange. Yoga teaches breath control in a technique called pranayama. These practices were developed to optimize breathing. Controlling your breath calms your nerves.

Chiropractic can influence breath. The brain and nerves traveling from it regulate breathing. Cervical (neck) nerves control the diaphragm. Relieving pressure in the chest (thorax) can increase the capacity of the lungs. Chiropractic care can maximize your ability to breathe deeply.

So when life is difficult, TAKE A DEEP BREATH and get aligned.

Doctor Mary Kintner is a Chiropractor and nutritional consultant practicing on VT Rt. 15 in Underhill Flats

Tell your friends, neighbors, and businesses how much you appreciate them by placing a holiday greeting in the Mountain Gazette.

Email bboutin@gmavt.net with your information.

Meet the Jericho Staff!



Kristin Liberman

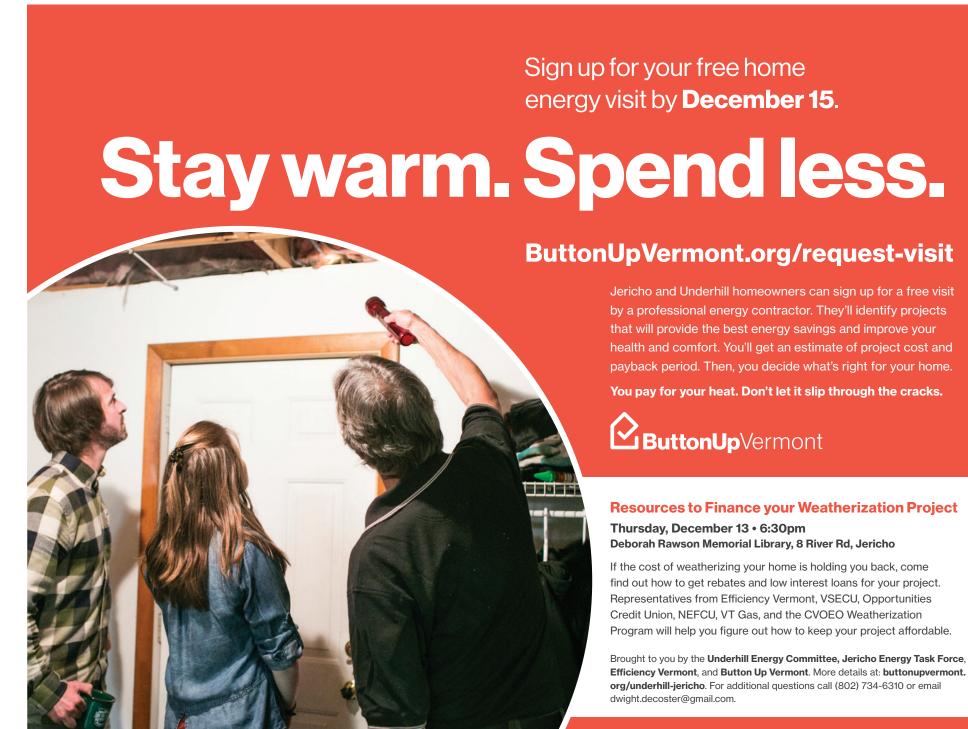
Kristin is the Care Coordinator in the Jericho office. She is originally from Maine and attended Southern Maine Technical College as well as Oregon Health and Science University. Kristin worked in the dental industry for 15 years in customer service prior to leaving the work force to be a stay-at-home mom to her three children. Kristin lives in Jericho

with her husband, children and a menagerie of pets. She enjoys many forms of exercise and has been a dance instructor for 15 years. Kristin looks forward to meeting and working with you. Please feel free to call her to schedule your appointment.



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Emerald ash borer found in South Hero

The USDA Animal and Plant Health Inspection Service has confirmed that insects collected from ash trees in South Hero, VT are larvae of the emerald ash borer (EAB). This location is about fifty miles from the closest confirmed EAB infestation in Vermont. This invasive insect was first discovered in Vermont in February, and has also been confirmed in Orange, Washington, Caledonia, and Bennington counties.

State and federal agencies are planning a delineation survey based on tree symptoms to determine the extent of the newly detected EAB infestation. Landowners and other residents of South Hero and surrounding towns are urged to look for signs and symptoms of the insect and report suspicious findings on vtinvasives.org. Detailed information about the pest and what to look for may be found at the same website.

Although it may be hard to see, EAB is likely to be present in other locations within ten miles of known infestations. In northwestern Vermont this includes the towns of South Hero and Grand Isle, most of Colchester and Milton, and parts of Burlington, Essex, Georgia, North Hero, the Town of St. Albans, Westford, and Winooski. Moving any infested material, especially ash firewood, logs, and pruning debris, can quickly expand the infestation, so it is critical Vermonters follow the "slow-the-spread" recommendations, available at vtinvasives.org/land/emerald-ashborer. One important recommendation is to only buy local firewood.

Emerald ash borer was detected in Carignan, Québec in 2008, and had spread to Haut-Richelieu, the Regional County Municipality abutting Grand Isle County, by 2012. However, no Canadian infestations within ten miles of Vermont have been reported.

EAB larvae kill ash trees by tunneling under the bark and feeding on the part of the tree that moves water and sugars up and down the trunk. It was first discovered in North America in the Detroit area in 2002, and over the past sixteen years it has decimated ash populations. In 2018, EAB was also detected for the first time in Maine and Rhode Island and is known to occur in 35 states and five Canadian provinces. Ash trees comprise approximately 5% of Vermont forests and are also a very common and important urban tree. EAB threatens white ash, green ash, and black ash in Vermont and could have significant ecological, cultural, and economic impacts.

A public information meeting is being planned in northwestern Vermont later in the fall and details will be announced shortly.

For more information to help slow the spread: See this current map of the infested zone and find more EAB information at vtinvasives.org

• Spread the word, not the bug by watching this video: https://bit.ly/2lZ9flo



A black-capped chickadee, one of Vermont's most common birds, known for their "chick-a-dee-dee-dee" alarm call – the number of "dees" expresses the urgency of the alarm.

PHOTOBY GAIL DUBOIS/AUDUBON PHOTOGRAPHY AWARDS

\$5 Christmas trees from Green Mountain National Forest

U.S. Forest Service officials in Vermont are encouraging the public to purchase Christmas tree removal permits should they be interested in a five-dollar tree for the holidays. This year, all fourth graders can take advantage of the Every Kid in a Park Initiative and get a free Christmas tree voucher found online at www. everykidinapark.gov. Fourth graders who present a printed copy of the voucher may redeem it for an EKIP Pass and a Christmas tree removal permit at one of the U.S. Forest offices listed below. This is a one-time opportunity to cut down a Christmas tree on national forest land during the 2018 holiday season. Christmas trees for personal use may be cut on the Green Mountain National Forest, subject to the following conditions:

- A "Christmas Tree Removal" permit must be purchased (\$5) at one of the Forest Service offices located in Rutland, Manchester Center, or Rochester, VT.
- The permit must be attached to the tree before transporting it from the site where it was cut.
- The permit holder is responsible for knowing that the tree comes from Forest Service land.

Maps are available when you purchase your

- Trees over 20 feet tall are not designated for cutting by the Christmas tree permit.
- The height of the tree stump left after a tree has been cut should be six inches or less above
- · Christmas trees shall not be cut in active timber sales, wilderness areas, campgrounds, picnic areas, or within 25 feet of any Forest Service, town, or state maintained road.
- Only one Christmas tree permit will be issued per household per year.
- Permits are not refundable.
- Trees obtained under the Christmas tree permit may not be resold.

Ú.S. FOREST SERVICE OFFICES IN VERMONT:

Rutland - Forest Supervisor's Office, 231 North Main St., Rutland, VT; 802-747-6700.

Manchester Ranger Station - 2538 Depot St., Manchester Center, VT; 802-362-2307.

Rochester Ranger Station - 99 Ranger Rd., Rochester, VT; 802-767-4261.

the times before the chainsaw and the skidder, loggers headed into the woods for the winter with draft horses, crosscut saws, and double-bit axes, and drove the logs down the rivers in the spring. In those early days, the abundance of timber in the northern forest was so great that some people figured that by the time they finished cutting all the big trees, the first areas they had been to would be ready to cut again. This didn't happen; much of Vermont transitioned from woods to farmland in the 1800s,

and in all areas the pace of logging far exceeded the forest's ability to regenerate. Other facets of our landscape shrank in tandem with our forests, as many wildlife species including wolves, catamounts, beavers, fisher, moose, white-tailed deer, turkeys, and other species were extirpated from much or all of the state. Vermonters like George Perkins Marsh connected deforestation to widespread soil and water quality degradation, among other issues.

The quest for a new

forestry

By Ethan Tapper

Chittenden County Forester

England, you'll find a lot of amazing stories. In

If you research early logging practices in New

Through all of this, people watching and managing Vermont's woodlands have repeatedly experienced the amazing regenerative ability that forests demonstrate following natural or humancaused disturbances; it seems that forests always respond to adversity with abundance, continuing to grow trees that can be harvested to build, heat, and decorate our homes and provide paper and electricity, while producing clear air, clean water, and wildlife habitat.

Over time, our understanding of forested ecosystems has improved. We now have a better grasp on how logging and land use practices of the past 300 years have degraded the health of our forests and disturbed their ecological processes, causing them to produce less healthy, high-quality trees and less diverse wildlife habitat. Viewing forests on a purely extractive basis has produced diminishing returns, often sacrificing the future health, productivity, and value of forests for short-term profits.

On the surface, the balance between resource extraction and managing healthy forests seem to be at odds. For those in the forest products industry, navigating natural resource-related laws and concerns can seem onerous and frustrating at times. For those outside of the forest products industry, logging can seem overly disruptive to our ecosystems - especially when people's

concept of timber harvesting is based on the way that logging used to be done, and/or large-scale, intensive forest management practices in other parts of North America.

In my time as County Forester, and my conversations with landowners, foresters, loggers, conservation organizations, and others, it is increasingly clear that despite the apparent contradictions between these perspectives there is common ground between them. I think that we are on the cusp of a "new forestry," a management philosophy that balances a nuanced understanding of forested ecosystems with the importance of harvesting local, renewable resources.

The harvesting of forest products, done well, produces such resources while improving the health of the forest, wildlife habitat, and the growth of timber over the long term. Harvesting modeled on natural disturbance regimes increases diversity in our forests and supports their resiliency to disturbance and the effects of climate change. Practices such as "lowgrading" or "worst-first" harvesting (harvesting predominately the least healthy trees in the forest) balanced with the thoughtful harvesting of some larger, higher-value trees, leaves the forest in better condition while producing some revenue for landowners. This, in turn, supports conservation by helping to incentivize owning forested land and offsetting associated costs. Protecting forested land and other elements of Vermont's "working landscape" from subdivision and development supports our state's identity and economy, from the forest products industry to tourism and outdoor recreation.

Similarly, managing and advocating to protect forests from the effects of climate change, invasive species, development, parcelization, and forest fragmentation benefits all of us: from those interested in recreating, hunting, and leaf peeping to those who will continue to earn a livelihood from harvesting and processing forest products.

Part of embracing a "new forestry" approach involves landowners and citizens elevating their understanding of what modern, thoughtful forest management is and how it benefits Vermont, while engaging with the nuances of forest management with an open mind. My hope is that we can all unite around the idea that local, renewable resources are worth producing, that our forests are worth protecting, and that these two ideas are not contradictory.

Ethan Tapper is the Chittenden County Forester. He can be reached at ethan.tapper@ vermont.gov, 802-376-5545, or at his office at 111 West St., Essex Junction.



Army Mountain School opens to Bronx NYC cadets

The Army Mountain Warfare School in Jericho opened its doors to students from New York City. The Bronx NY cadets are part of Washington Greys Military Academy, a part time military academy. The group was treated to cold weather training, knot work, river crossing, and rappelling techniques. "We are elated about the opportunity to learn mountaineering at the Army Mountain Warfare School, it is the premiere location to learn military mountaineering in the Northeast," said Hector Santana, Director of the Washington Greys Military Academy. The academy was founded in 1957 and its cadets

enjoy extensive outdoor programming. The trip was part of a larger effort to prepare those cadets heading to the U.S. Armed Forces. All said they were well received in the vicinity of Jericho, particularly when they went to get pizza at Mountain High Pizza where they were welcomed by the locals. "I was struck by the kindness of the local people who warmly received us when they saw us in uniform," said C/1LT Rattigan, a Manhattan native. The cadets are returning for winter training and are looking forward to coming back to the school and to the Jericho ar PHOTO CONTRIBUTED



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> Email bboutin@gmavt.net with your information.

MOUNTAIN GAZETTE RATES – 2019

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

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LIBRARY NEWS

DEBORAH RAWSON MEMORIAL LIBRARY

Adult Programs

Movie Night: 12 Strong – Friday, December 7, 7:00 PM. Join us for a presentation of 12 Strong, the story of the first Special Forces team deployed to Afghanistan following the September 11 attacks.

Trivia Quest: Happy Holidays Edition – Saturday, December 8, 6:30 PM. Do you pine for pub quizzes, trounce at Trivial Pursuit, and jump to answer Jeopardy? If so, join us for Trivia Quest, our monthly contest of not-so-general knowledge. Questions cover a wide range of subjects: pop culture, history, literature, celebrity past and present, the marvels of modern merchandise, and much, much more! This month includes a special Holiday category, where you'll be quizzed on holiday traditions, history, and ephemera from around the world.

Programs for Children and Families

Story Hour – Wednesday, December 5 and Thursday, December 6, 10:30 AM. Drop in for stories, songs, projects, and a nutritious snack! In December, we will be exploring seasonal themes. This week, we'll be reading "Gingerbread" stories. Catch you there!

Story Hour with Beth and David London – Friday, December 7, 10:30 AM. Beth and David London, formerly of Poker Hill School, will share songs and stories with young children and their families! Snack will follow.

Library hours: Tuesday 12:00 – 8:00 PM, Wednesday 10:00 AM – 6:00 PM, Thursday 12:00 – 8:00 PM, Friday 10:00 AM – 6:00 PM, Saturday 10:00 AM – 2:00 PM, Sunday 1:00 – 4:00 PM; closed Monday.

For information on any of the library's programs, call 899-4962. DRML is located at 8 River Rd., Jericho; www.drml.org.

JERICHO TOWN LIBRARY

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

Third Thursday Book Group, December 20, 7:00 – 9:00 PM.

Writers' Circle, first and third Saturdays, December 15, 10:00 – 11:00 AM. Are you a writer seeking community? Join this new bimonthly group. All genres welcome. Coffee, tea, and encouraging company provided.

JTL Board meetings are held the second Monday of every month (December 10) at 5:30 PM. All are welcome to attend.

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

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

VARNUM MEMORIAL LIBRARY JEFFERSONVILLE

Read to Jazz! Tuesdays, December 4 and 18, 3:00 – 4:00 PM. Come meet our therapy dog friend Jazz and her partner Margo. We have room for five kids to read to Jazz (under 5 minutes), but want to make sure that everyone gets a chance to pet and hang out with her. Jazz and Margo are certified by the Therapy Dogs of Vermont.

STEM Knitting, Wednesdays, December 5 and 12, 5:00 – 6:30 PM. During this eight-week workshop, children in grades 4-10 will explore and learn the ancient art of knitting through algebra, geometry, chemistry, engineering, and coding, among other STEM

related topics.

VT Humanities Book Discussion: The Life and Times of Michael \underline{K} by J. M. Coetzee, Saturday, December 8, 3:00-5:00 PM. This year, the VT Humanities Council club is reading Booker Prize winners, with discussions facilitated by a VT Humanities Scholar: Francette Cerulli will facilitate with humor and insight, and she is adept at asking questions that encourage lively discourse. Please join us for yummy refreshments, camaraderie, and conversation.

Teens Teaching Technology Orientation – Sunday, December 9, 1:00-3:00 PM. "How do I work this thing?" We'll answer your questions and introduce the basics of your device. Bring fully charged devices to this free community tech talk. Sponsored by Technology for Tomorrow and the Cambridge Area Rotary.

Poetry People – Tuesday, December 11, 7:00 – 8:30 PM.

Varnum Holiday Potluck Party – Saturday, December 19, 6:00 – 8:00 PM. Join us to celebrate the season with friends, neighbors, food, music, and plenty of good cheer! Bring family, friends, and food to share. All are welcome!

Solstice Storytime – Saturday, December 22, 10:00 – 11:00 AM. The library will be closed on Monday-Tuesday, December 24-25.

Children's Story Time and Crafts with LN, Thursdays, 10:00 – 11:00 AM. The library is a warm, cheery place for children to meet other children! Join us for stories read by people who enjoy sharing good books and a craft. Free and the public is invited! For more information, call the library at 644-2117.

Weekly Crafting Circle, Thursdays, December 6, 13, 20, and 27, 5:00 – 7:00 PM. Bring your current W.I.P. (work in progress) or come to get ideas and learn something new. All crafts welcome.

Crescendo Club Library Association – Do you have two hours a month to spare for a great opportunity? The Crescendo Club Library Association is seeking community members interested in helping the library anticipate and meet the needs of all we serve and to promote lifelong learning for everyone. Please let us know if you would like to be an active supporter and member of this organization that has worked to help the community for almost 120 years. Meets on the third Thursday of the month, 7:00 – 8:00 PM. The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville, 802-644-2117; thevarnum@gmail.com; www.varnumlibrary.org. Hours: Mondays and Tuesdays 12:00 – 7:00 PM, Wednesdays 3:00 – 7:00 PM, Thursdays 9:00 AM – 7:00 PM, Fridays 2:00 – 5:00 PM, and Saturdays 10:00 AM – 3:00 PM. Closed Sundays.

WESTFORD PUBLIC LIBRARY

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

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

RICHMOND LIBRARY

Wild Nature Speaker Series – Join us on the first Sunday of the month at 4:00 PM, through February, for a series of speakers who will talk about the natural world and inspire us to enjoy and protect

it. Future programs: From Camel's Hump to Patagonia: Who Saved the Parks Beloved by Millions? with Tom Butler on Sunday, January 6; and The Real Eastern Coyote with Chris Schadler on Sunday, February 3.

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

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

Join us on Wednesdays for storytime and playgroup.

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

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

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

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

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

DOROTHY ALLING MEMORIAL LIBRARY WILLISTON

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

LEGO Day: Tuesday, December 4, 2:00 – 3:00 PM. Make your own LEGO creations using the library's LEGO collection. All ages. Gingerbread Houses: Thursday, December 6, two sessions: 3:00 – 3:30 PM and 3:30 – 4:00 PM. Preschool-grade 5. Pre-register.

Food for Thought Teen Library Volunteers: Thursday, December 6, 4:00 – 5:00 PM. Pizza, discussion, and library projects for teens. Community service opportunity. Grades 7-12. New members welcome

Spanish Musical Playgroup: Saturday, December 8, 10:30 AM. Non-Spanish speakers welcome! Spanish music, books, and rhymes with Constancia Gomez. For children birth to age 5.

Preschool Music: Mondays, 11:00 AM (except December 24, library closed) and Thursdays, 10:30 AM (except December 20). Up to age 5 with a caregiver. No pre-registration. Limit one session per week per family.



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LIBRARY NEWS

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

Gamers Group: Mondays, December 3 and 17, 3:30 – 5:00 PM. Play a variety games including board games and Dungeons & Dragons. (Grades 5-8)

Holiday Crafts: Wednesday, December 12, 6:00 PM. Make a winter greens arrangement as well as other seasonal make and take crafts. Keep for yourself or give as gifts.

Harry Potter's Terrific Tuesday: Tuesday, December 18, 3:00 -4:00 PM. Celebrate Harry Potter's 20th birthday with read-aloud magical activities and a snack. Grades 3 and up. 8th Grade Challenge Project.

Preschool Story Time: Tuesdays, 10:30 AM. Stories and a simple craft activity. December 4: Fairy Tales; December 11: Caring and Sharing; December 18: Hello Winter! No story time December 25. All ages

Dorothy Alling Memorial Library, 21 Library Lane, Williston. 802-878-4918, www.williston.lib.vt.us.

FAIRFAX COMMUNITY LIBRARY

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

Tuesdays, December 4, 11, 18, 9:30 – 10:30 AM: Preschool Story Hour. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary.

Wednesday, December 5, 3:00 - 4:00 PM: Crafternoon: Book Fashion. Kids ages 6+ will work as a team to create an outfit made completely out of upcycled books. Please register.

Thursday, December 6, 6:00 – 7:00 PM: PJ Story Hour. Kids age 0-6 listen to themed stories, followed by a craft and snack. Thanks to Building Bright Futures for this wonderful program.

Monday, December 10, 9:00 AM: Chess Club Registration Opens. We will begin accepting registrations for our 2019 Chess Club season. The Club will run on Mondays from January 14-March 25 and is open to grades K-12 (must be 6 years old if in K). Registration is limited and will fill up fast. First come, first serve.

Wednesday, December 12, 3:00 – 4:00 PM: Lego Club. Kids ages 6+ enjoy themed Lego play after school. Please register

Thursday, December 13, 6:30 – 7:30 PM: Family STEAM Night Wind Power. Join us for this great family program, where each month parents and children visit stations with Science, Technology, Engineering, Art, and/or Math (STEAM) activities. This month we will host special guest Mr. K from Exordium and learn about the power of wind. Please register.

Wednesday, December 19, 3:00 - 4:00 PM: STEM Club. Kids age 6+ will build stem kits with local inventor Ralph Lemnah. Must

Friday, December 28, 4:00 – 5:30 PM: Stuffed Animal Sleepover Drop-off. Kids will drop off their Stuffies, listen to a story, and say goodnight. Then the Stuffies will have a sleepover at the library and we'll give them a camera to record all the fun they have.

Saturday, December 29, 9:30 - 10:30 AM: Stuffed Animal Sleepover Pancake Breakfast. Kids will come back to the library in the morning to collect their Stuffies and enjoy a pancake breakfast while they watch a slideshow of all the fun their stuffed animals had. Gluten free pancakes will be available upon request. Please let us know about any other food allergies.

Adult events

Saturday, December 8, 9:30 AM - 12:00 PM: Wreath Making. Join Helen Fursing as she leads this fun seasonal activity. Learn how to make a wreath from evergreen branches and decorate it with bows and natural elements. \$20 for everything to make a 22-24 incn wreath, \$10 to make a swag. (This is a great project for children because they just pick out greens, tie it together and put a bow on it.) Families welcome. Must register.

Saturday, December 15, 12:00 – 1:00 PM: Gingerbread Cookie Decorating. Learn how to pipe frosting onto gingerbread cookies to create beautiful cookies that are almost too pretty to eat. Kids will have their own set of cookies to decorate more free style. Please

Saturday, December 15, 9:00 – 11:00 AM: Tech Help. Get help with individual tech questions. You can ask any technological question and/or bring in a device with which you need help. You will be ably assisted by our techie, Josiah. Call to reserve a half hour time slot, or drop in.

Thursday, December 20, 5:30 – 7:30: Tea and Bristles: Holiday Edition. Local artist Kimberly Degraff will teach this familyfriendly special edition of Tea and Bristles. This is a great event for adults and youth alike. Children ages 8 and up (accompanied by an adult) are welcome to join in to make a festive painting of cardinals in the snow. Cost is \$20 for materials, snacks and instruction.

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

BROWNELL LIBRARY, ESSEX JUNCTION

Throughout December – Enter to win one pair of tickets to Flynn Center's upcoming performance of The Magic School Bus: Lost in the Solar System

Mondays, December 3, 10, 17, 12:00 and 1:00 PM: Tech Help with Clif. Offering one-on-one technology help. Bring in your new gadget or gizmo and Clif will sit with you to help you learn its ways! Reservation required. Please call 878-6955 at least 24 hours in advance

Monday, December 3, 7:30 - 9:00 PM: Vermont Astronomical Society, two presentations: Project Gemini by Steve Quigley, and Using a Planisphere by Paul Walker. The Gemini program set the stage for the Apollo missions and the subsequent moon landing. We learned to rendezvous, dock, perform "space walks," practice long duration flights, and built a cohesive and technically competent management and contractor team. Planispheres are analog computers that require no power cords or batteries and which can answer the questions: "What is in the sky tonight?" and "When is the best time to observe a particular object?" and so much more. You input a date and time and they output the location of the stars. If you input the part of the sky that holds a particular object you want to observe, the planisphere will output a list of suitable dates

Tuesdays, December 4, 11, 18, 9:10 – 9:30 AM: Story Time for Toddlers. Picture books, songs, rhymes, and puppets for toddlers with an adult.

Tuesdays, December 4, 11, 18, 10:00 – 10:45 AM: Story Time for Preschoolers. Picture books, sign language, songs, rhymes, flannel stories, and early math activities for preschoolers.

Tuesday December 4, 2:00 – 3:30 PM: TAB – Teen Advisory Board. Have fun, have a snack and plan events. All 9-12 graders welcome!

Wednesdays, December 5, 12, 19, 10:00 – 10:45 AM: Story Time for Preschoolers. Picture books, songs, rhymes, flannel stories, and early math activities for preschoolers. Repeat of Tuesday program.

Wednesdays, December 5, 12, 19, 12:00 and 1:00 PM: Tech Help with Clif. Offering one-on-one technology help. Reservation required. Please call 878-6955 at least 24 hours in advance.

Wednesdays, December 5, 12, 19, 3:15 – 4:15 PM: Read with Daisy. Daisy loves to listen to kids read every Wednesday. She is certified by Therapy Dogs of Vermont. Daisy's owner is Maddie

Nash, retired school counselor. For all ages. Wednesday, December 5, 7:00 - 8:30 PM: 1st Wednesday Lecture: Daily Life in Prewar Nazi Germany. Focusing on the prewar experience of non-Jewish citizens, Keene State professor Paul Vincent examines how ideology and terror undermined human

dignity, numbed self-awareness, and atomized German society Thursdays, December 6, 13, 20, 3:30 – 4:30 PM: Knitting Club. Come knit with us! Work on a project or start a new one. Don't know how to knit? We'll get you started. Use our materials or bring your own. For students ages 7 and up.

Friday, December 7, 10:00 – 10:30 AM: Preschool Yoga. Come do simple yoga poses, hear stories, and sing songs with Danielle! Best for children 2-5 years old. No registration required.

Fridays, December 7, 14, 21, 3:30 – 4:30 PM: STEAM Fridays. Create and explore with Science, Technology, Engineering, Art, and Math. This month we're making circuits, candy cane playdough, and pinecone art. Call or check online for program details.

Friday, December 7, 5:30 – 8:00 PM: Train Hop. Come check out the trains and Essex Players and write a letter to Santa with the Essex Reporter at Brownell as part of this community-wide event. Visit local businesses and organizations to see their trains as well.

Saturday, December 8, 10:30 - 11:15 AM: Winter Stories and Craft. Gather round as we share picture books, rhymes, and songs about winter. We'll also make a winter craft. For all ages.

Monday, December 10, 6:30 – 7:30 PM: Must Read Mondays! Raven Black by Ann Cleeves. Raven Black begins on New Year's Eve with a lonely outcast named Magnus Tait who stays home waiting for visitors who never come. But the next morning the body of a murdered teenage girl is discovered nearby, and suspicion falls on Magnus. Inspector Jimmy Perez enters an investigative maze that leads deeper into the past of the Shetland Islands than anyone wants to go. Pick up a copy of this book at the main desk and join us for a casual discussion.

Wednesday, December 12, 9:00 – 10:00 AM: Red Clover Group for Homeschooled Students. Each month, students in grades K-4 read two titles and do activities with one of the books on the list for this year's Red Clover Award. Voting takes place in March.

Wednesday, December 12, 9:00 - 10:00 AM: Dorothy's List Group for Homeschooled Students. Each month, students in grades 4-8 hear book talks from this year's Dorothy's List. Students keep a log and vote for their favorite to win the Dorothy's List Book Award in the spring. Group discussion is encouraged.

Wednesday, December 12, 9:00 - 10:00 AM: GMBA Book Discussion for Homeschooled Students. High school aged students discuss this year's GMBA nominees. Voting takes place in the spring. For grades 9-12.

Wednesdays, December 12, 26, 3:00 - 5:00 PM: LARP. Live Action Role Play is open to all middle and high school students who want to have adventures in a mythical land.

Wednesday, December 12, 7:00 - 8:30 PM: Staying Safe in Threatening Situations: Best Practices from a Special Agent. We are in a time when hardly a week goes by and we hear news of another mass shooting. What are the best ways to stay safe if you find yourself in this sort of situation? Retired FBI Special Agent Bill McSalis discusses special actions and ways to improve your awareness to reduce negative outcomes in a highly threatening or active shooter situation. Special Agent McSalis is a skilled law enforcement officer and engaging speaker who makes this heavy subject to enhance personal safety more approachable.

Thursday, December 13, 9:00 AM – 1:00 PM: library closed for

Fridays, December 14, 28, 9:30 – 10:15 AM: Music with Raph. Come sing and play with Raph. All ages.

Fridays, December 14, 28, 6:30 – 8:30 PM: Dungeons & Dragons. Embark upon imaginary adventures. A Dungeon Master serves as this role playing game's referee and storyteller. Grades 6 and up.

Monday, December 17, 3:00 – 4:30 PM: Lego Fun. Come build creatively with Legos and see what others build. Children under 8 years old must bring a responsible caregiver.

Tuesday, December 18, 2:30 – 4:00 PM: Create a Cookie. Decorate a cookie with us.

Tuesday, December 18, 7:00 - 9:00 PM: Brownell Library Trustees Meeting

Wednesday, December 19, 3:00 – 4:00 PM: Zine Club. Explore different writing styles and art techniques as you create a zine. What's a zine? These underground publications are cheaply made printed forms of expression on any subject. For grades 6 and up.

Friday, December 21, 9:30 - 10:00 AM: Baby Time. Come to meet other families, listen to a story, learn some sign language, and

Friday, December 21, 6:30 - 8:30 PM: Family movie. Free popcorn and drinks!

Monday-Tuesday, December 24-25: Library closed for the

Thursday, December 27, 3:30 – 4:30 PM: Winter Stories with Linda Costello. Come hear a collection of winter folk tales from storyteller Linda Costello!

us! Cut out magazine pictures and make a collage. All ages. Monday, December 31, 2:00 – 3:30 PM: Vacation movie. Free

Friday, December 28, 3:00 – 4:30 PM: Collage Art. Create with

Monday, December 31, 5:00 PM: library closing early for the holidays

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

LETTER TO THE EDITOR

Underhill ID Elementary School – a lost gem

To the Editor,

On November 5, 2018, the MMMU school board rushed a vote to close Underhill ID School despite refusing to answer legitimate questions from the affected communities. To the dismay of the students and parents of the Underhill Independent District School and the Riverside/Flats community, the School Board voted 8-5 to close the newest and most cost-effective school in the northern part of the Chittenden East Supervisory Union. The Board was motivated by 10 unused classrooms in the District's north end, a potential 1% savings in the upcoming budget, and the opportunity to convert the superior layout of the Underhill ID School and its modern plumbing into administrative and executive office space.

The thriving Underhill ID School of about 100 students and not the smallest school in Chittenden East Supervisory Union was considered too small to be viable. During a series of last minute informational community forums, the CESU administration argued this was best for the education of students, but ignored the opinions of several active and retired teachers and educators who felt otherwise.

Here are key community and educator questions posed to the MMU School Board yet to be addressed:

1. What is the "savings" going to be used for? I have heard no actual answer to this question. They made it very clear from the beginning that it would not translate into measurable tax savings.

2. One of the reasons they give for why we should do this? To population, but Chittenden county is growing. Williston and other open a multi-generational center. A cradle-to-grave facility falls beyond the scope of a PreK-grade 12 school district. It is also not the mission of the district to become a landlord to other programs.

3. Providing an extra bathroom for administration is not reason to close a school. Neither is providing better offices for administration. We are talking about significant money to refurbish a functional, well maintained school as well as get another school up to reasonable condition.

- 4. We have three elementary schools that are very successful in the area. They all have excellent teachers, principals, support staff, students, and families. Yet, Underhill Central School school is seriously in need of major renovations and upgrades (remember the Americans with Disabilities Act?) Picking a school to close should also consider the amount of money needed to improve parking, access, and to complete badly needed upgrading. The costs of upgrading the Jericho and Central schools and converting the Underhill ID have not been identified to the public.
- 5. Refusing to adequately address our concerns with vague and general semi-answers is condescending and disrespectful. 6. Dismissing community concerns and questions with quips about
- people "just being emotional" is also unhelpful and condescending. 7. Claims that we will save busing and transport costs are an
- 8. Finally the school board is using falling enrollment rates as a justification for closing this school. It ignores some very important trends in Vermont demographics. Vermont itself might be losing

cities in the county are having positive growth. Jericho and Underhill are next for those trends to continue. Already, Jericho has home construction projects happening in multiple places. Closing this Underhill ID ignores the likelihood that population of Chittenden county is likely to continue to grow, including Jericho and Underhill. As towns like Williston, Colchester, and South Burlington become more saturated, people will be looking our way.

9. Someone has an agenda that they are not telling us about. There was no intent to have community discussions until the board meeting last spring when many members of our community showed up to find out what was going on. The effort to "involve the community" was decided upon at that meeting. In all but one of the community forums, the format has been such as to try to sell the idea, rather than to gauge the community's wishes. Why the rush to get this closure decision approved with such obvious community reservations to the plan? Why not honestly and completely address each of these issues?

The action of the Board was especially troubling to the Underhill ID School District voters as it dissolves a cooperative partnership that had lasted for more than a century.

My name is Cara Clopton. I am a Jericho resident, parent, and educator. You will see my name on ballot in March on Town Meeting Day. I'd love to meet you and earn your VOTE as a new School Board Commissioner. Feel free to contact me at cloptoncara@

Cara Clopton Jericho

ART / MUSIC / THEATER



Ronald Stephen Boozan, 66, of Bolton, VT passed away following a courageous battle with brain cancer on Monday, November 26, 2018 surrounded by his family. He was born in Colchester, VT on October 18, 1952, son of the late Roger James and Mary (Provost) Boozan. Ron was a tireless worker, going to work right after graduating from Essex High School class of 1971 when he worked for Steve and Matt at Stevens Gas Company. He later signed on with Green Mountain Power Corporation in the mechanical maintenance department. He

had great stories to share about the challenging times of Hurricane Irene coming through Vermont and the challenges it presented on the Winooski River dam in Bolton he worked on so often. He was extremely talented, could fix anything and never said no to anyone seeking out his expert volunteer no-charge rates. Ron loved his children and grandchildren to no end. His grandchildren never had a more attentive, loving friend and playmate than their very proud "Papa." Ron was a loving and amazing son, brother, husband, father, and grandfather. He was a loyal and nonjudgmental friend forever and to many. His favorite place on earth was the family camp on Metcalf Pond in Fletcher, VT. Many a summer night was spent in front of a campfire enjoying the moon's reflection off the glasslike finish of the pond waters while listening to the echoes of the loons announcing their new chicks to the world. With pure content he would take in the black bears hooting to each other from the top of the opposite ridges across the pond as if sharing gossip about the surrounding campers. Many a family hike would be taken up the winding path known so well to the hiker teaching the way from one generation to another until reaching the base of Big Oak on the ridge behind camp where it seemed one could see forever. It would seem that Ron was on top of the world when at camp with family and friends. Outdoors is where he was most comfortable. During deer season he was always the first one into the Fletcher woods he knew so well and the last one back to the truck after the pumpkin colored sun had long disappeared behind the hills silhouetted by bare and scarcely leafed trees. The children were taught to fish by the best. Patience was full in the creel, and the adventure, not the catch, are memories shared with his grandchildren. They will remember always on their fishing expeditions in the pristine Vermont brooks, ponds, and lakes. At home with the love of his life Julie near him always was so very comforting especially in his last years of illness, courageously fighting a battle with brain cancer he could not win. As he grew tired he so looked forward to the quiet times in his chair with his beloved KitKat sound asleep on his lap as he sang his special songs to her so softly, being careful not to wake her, was always the perfect ending to a long day. He will be greatly missed as there has never been any other like him and the world will surely be less fortunate in his absence. And now Ron, eternal rest you have so well earned. He is survived by his loving wife of 43 years Julie Boozan of Bolton; his son Bobby Boozan; his daughter Nicole Boozan-Hayden and husband Andrew all of St. Albans, VT; a niece Sonia Leclair and husband Devin of New York; five grandchildren: Aubrey, Josh, Hannah, Nicolas, and Abby; several great nieces and nephews; and his beloved cat "Kit Kat." Ron was also predeceased by his brothers James Boozan on June 9, 2002 and William Boozan on January 30, 2015. The family would like to extend a heartfelt thank you to the wonderful team of nurses and doctors at both UVM Medical Center and UVM Hospice. Visiting hours were held on Thursday, November 29, 2018 at A. W. Rich Funeral Home, Essex Chapel. A Mass of Christian burial was celebrated on Friday, November 30, 2018 at Holy Family Church with Reverend Charles Ranges S.S.E. officiating. Burial will be in the family lot in Binghamville Cemetery, Fletcher, VT in the spring at the convenience of the family. Memorial contributions in Ron's memory may be made to the American Cancer Society, 55 Day Lane, Williston, VT 05495. The family also invites you to view Ronald's life story by visiting www.awrfh.com. To send flowers to the family of Ronald Stephen Boozan, please visit our Heartfelt Sympathies Store.



Valerie Ann Marchacos Mathieu, a lifelong resident of Essex, VT passed away on Sunday, October 28, 2018 of multiple complications. Valerie was born June 19, 1955, the daughter of Wallace and Frances (Ladieu) Blanchard. She leaves her son Martin, granddaughter Liliana, partner Martin Sr. of Westford, VT, sister Nicholae Marchacos Blanchard, nephew Ryan Cemel of Cape Coral, FL, and brother Wallace Blanchard of Essex, a treasure of loving memories from her caring, fun-loving life. A private interment will be held.



Irene Cornell Linde: February 6, 1922-November 23, 2018. At some point in our lives, we encounter a person purely generous and loving, full of honesty, humility, humor, integrity and selflessness. A person who can only be described with kind words and who only had kind words for othe2rs. Irene Linde was that person. Sadly, we all lost her on Friday, November 23. She died peacefully with loving family by her side and with her in spirit. Irene Bonner Cornell was born in Framingham, MA, the youngest of six children growing up

on a poultry farm. As a young woman, she moved to New York

City and worked at Pathe News Service. In 1952, she married William Vincent Linde, living first in NYC, Washington D.C., then Michigan, and finally settling in Underhill Center, Vermont in 1956. There, they created a beautiful home for their family. Life took a hard turn in 1968 when Bill died suddenly. After that Irene managed her household and her family with fierce independence, great care, and strong love. A doctor recently mentioned that Irene had the strongest heart she had ever seen in a person of her age. Those of us who knew her can, without question, tell you that Irene indeed had the biggest and kindest heart. She always welcomed people into her home and was always on the lookout to help those around her and in the community. From offering to help cook or do the dishes, to volunteering for positions and committees in the town, Irene was always there selflessly for the people who needed her. Among her many roles in the community, Irene served on the Underhill Central and Mount Mansfield School Boards, the Underhill Planning Commission and Energy Committee, the Underhill Historical Society, and volunteered for VPR's fundraising campaigns. She also served many years on the Underhill Board of Auditors, compiling the yearly Town Meeting report. If there was an event associated with the town of Underhill, you could count on seeing her participating and helping. While healing from a broken hip she still managed to come out on a cold wet evening for last summer's Conservation Committee's Food Truck Event at Moore Park in Underhill. Irene, who was known as "Paka" by her grandchildren and their friends, will be fondly remembered by countless people she has known in her lifetime many more than can be possibly listed here. We can start the list with her closest family: her children Carey Linde and his wife Dong Li of Vancouver, British Columbia, Lee Linde and her partner Sonny Kletter of St. Petersburgh, FL, Phil Linde and his wife Terry of Lansing, NY, Robert Linde and his partner Michelle Cueva of Durham, NC, Ann Linde and her husband Nate Goldman of Underhill, VT; grandchildren: Teal Linde and his wife Jing, Sunita Linde and her partner Laurent Potdevin, Liat Elkins and her husband Andy, Victoria Linde-Palmeroni, Alexander Linde and his fiancée Cat Dinh-Le, Frasier Linde, Baird Linde, Eli Goldman, and Silas Goldman; great-grandchildren Isabella and Lara Linde, Jack and Paul Elkins, and Vincent Palmeroni. Her granddaughter Bessa Linde is not with us to remember her now but will always be a part of our collective love for Irene. The family would like to offer a special thank you to her many friends who have shared so much adventure, laughter, and love through the years. Most recently, she so enjoyed her weekly Nerdy-Wordy group. A memorial service will be scheduled for lilac season in the spring. Donations in her memory can be made to the Underhill Historical Society, P.O. Box 153, Underhill Center, VT 05490.

United Way of Northwest Vermont – Volunteer Connection Listings

By Sue Alenick

United Way Volunteer Columnist

LEND A HAND. VOLUNTEER! United Way of Northwest Vermont's mobile-friendly Volunteer Connection connects you to hundreds of local volunteer needs. Search by age, date, county, interests or causes that are important to you. Stay connected to community needs. Go to www.unitedwaynwvt.galaxydigital.com or contact us, volctr@unitedwaynwvt.org or 860-1677.

FRIENDLY VISITS - Cathedral Square is looking for volunteers to share time with two special seniors: a woman living independently in Shelburne would enjoy visits from another female. Due to mobility issues, she has difficulty getting out to socialize but could benefit from joining the volunteer on outings, when possible. Flexible scheduling. Also, a gentleman living in South Burlington would appreciate a home-cooked meal. He would welcome a volunteer who could visit a few times a month, prepare meals to be put in the freezer, chat and listen with him to his diverse music collection. Contact Beth Alpert, 859-8819 or alpert@cathedralsquare.org.

LINEN ASSISTANT – Green Mountain Habitat for Humanity ReStore in Williston needs a volunteer to assist in their linen department on Sunday afternoons. Tasks include clearing out empty hangers, tidying up displays, and organizing items. One to three hours weekly. Volunteers will receive 20% off at the store! Contact Allison DeVoe, 318-7533 or adevoe@vermonthabitat.org.

SCORING POINTS – City of Winooski is seeking a volunteer youth Basketball Coach for their Saturday morning skilldevelopment program for children in grades K-6. The program teaches the fundamentals of the game and practices dribbling, passing, and shooting skills through drills and mini-games. To apply, visit www.winooskivt.org/volunteer.

PRECIOUS TIME - Bayada Hospice invites volunteers to share time with their terminally ill patients. Hold a hand, sing a song, read a story, share a hobby, share a memory. Thirty minutes of your time can make a huge difference! Interview and background check required. Contact Beverly Hill, 448-1610 or bhill2@bayada.com.

STORY TIME - Fletcher Free Library is looking for volunteers to bring Story Time to home childcares in Burlington to help improve kindergarten readiness. Bring stories, music, and educational fund and build a lasting relationship! Contact Rebecca Goldberg, 865-7216 or rgoldberg@Burlingtonvt.gov.

A SPECIAL WALK - Alzheimer's Association is planning its Walk to End Alzheimer's event and is looking for volunteers to serve on the Planning Committee. Members can help recruit teams, get Walk materials out to the community, secure sponsorships, and/ or focus on event production. Contact Jane Mitchell, 316-3839, Ext. 8013 or vtwalk@alz.org

TIED WITH A BOW - Vermont CARES needs volunteers to wrap gifts for donations at the Burlington Town Center beginning Friday, December 14. Shifts are three hours and can accommodate three to four volunteers per shift. Contact Theresa Vezina, 863-2437, Ext. 3 or Theresa@vtcares.org

SAFE & WARM - Community Health Centers of Burlington needs volunteers at their low-barrier shelter for those experiencing homelessness. Volunteers help guests have access to relationships with the larger community, support guests getting settled in by showing them around, getting snacks, help with meal service at 6:30 PM each night, provide entertainment such as music, storytelling, and conversation, etc. The Shelter offers services from November 1 through June 15 each day from 6:00 PM – 8:00 AM. Volunteers can commit to one shift every week or every other week. Contact Anne Leaver, aleaver@chcb.org.

Business Directory Ad Rates

3.25"x1.5"• \$90.00 for 5 issues 3.25"x3"• \$115.00 for 5 issues 3.25"x4" • \$175.00 for 5 issues

All ads must be prepaid prior to running.

Email: mtgazette@earthlink.net for more information or call **Brenda Boutin** at 802-453-6354 12 month contracts at reduced rates available

WINTER BLUES STUDY

In winter, do you wish you were here?



Do you: Want to hibernate? Feel fatigued and down? Change your sleeping and eating habits?

You may be eligible to participate in a research study on seasonal affective disorder (SAD). Diagnostic assessment and treatment consisting of a light therapy box or cognitive-behavioral "talk" therapy will be offered at no charge. Eligible participants will be compensated up to \$530 for completing study-related questionnaires

Volunteers, 18 or over, please call 802-656-9890 or visit our website at www.uvm.edu/~sadstudy

ART / MUSIC / THEATER

ART/PHOTOGRAPHY

Call to artists: The Art of Food. Want something more satisfying than Instagrams of meals? Whether you have a photograph of the perfect meal or a classic still life or even art showing food at its most basic, established and emerging artists are invited to submit one or two pieces of artwork in any medium for The Art of Food. The only requirement is that the work is wired and must be able to be hung on a gallery system. This is an exhibit scheduled for January-April 2019 in the Jericho Town Hall. For more information and registration materials contact Catherine McMains, catherine. mcmains@gmail.com. Registration forms and the policies and procedures, including how to hang, can also be found under the Town Hall art tab of the Town of Jericho website and sent to Catherine McMains. The exhibit is one of an ongoing series of shows that are part of a collaborative project between the Town of Jericho and a committee of volunteers involved in the arts. The members are Jericho SelectBoard member Catherine McMains, gallery owner Emilie Alexander, and artists Dianne Shullenberger and Carla Hochschild.

John Opulski's new exhibition, Undercurrent, of oil and acrylic paintings through Sunday, December 30 at the Emile A Gruppe Gallery, Barber Farm Rd., Jericho. Gallery hours: Thursday-Sunday 10:00 AM – 3:00 PM. Emilegruppegallery.com.

Bryan Memorial Gallery, Jeffersonville, presents Heartbeet Felts, an exhibition of wall hangings by members of the Heartbeet Lifesharing Community in Hardwick, comprised of 24 woolfelted wall hangings created by thirteen members of the Heartbeet Community. The hangings are installed in the Gallery's Middle Room through Sunday, December 23. Heartbeet is a vibrant lifesharing-community and licensed therapeutic residence that includes adults with developmental disabilities and interweaves the social and agricultural realms for the healing and renewing of our society and the earth. Bryan Memorial Gallery is honored to present this exhibition of felted wall hangings as an expression of the gallery's commitment to the community. Also at Bryan, Gems and Giants, an exhibition of 150 artworks by its gallery members in a small format (smaller than 8" x 10") and in a large format (at least 36" in one single direction). An annual event, all members of Bryan Memorial Gallery may submit three small format works to this exhibit, which encourages the gift of art for holiday giving. New this year is the addition of Giants to the mix, with works by gallery members juried into this aspect of the show. The works will be shown side by side in the Bryan's main gallery. Paintings range from landscapes to abstracts, from florals and still lifes to drawings and a small selection of sculptures. Artists are primarily from northern and central Vermont. The exhibit concludes on Sunday, December 23. Bryan Memorial Gallery, 180 Main St., Jeffersonville; 802-644-5100; www.bryangallery.org. Gallery hours: Thursday-Sunday, 11:00 AM - 4:00 PM, and by appointment.

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

Burlington City Art Center will run two exhibitions through February 9, 2019: Tectonic Industries: Dreams Can Come True (If It's Not Working For You, You're Not Doing It Right), and Pauline Jennings: Becoming Human. Families are invited to drop-in between 11:00 AM - 1:00 PM, every third Saturday (November 17) for free and fun art activities for the whole family, and create an original work of art using materials inspired by BCA exhibition artists. (Also on December 15.) Free and open to the public. BCA Center, 135 Church St., Burlington; 802-865-7166 or www. burlingtoncityarts.org.

Upcoming Events & Workshops at the Milton Artists' Guild: please visit https://www.miltonartistsguild.org/workshops. Milton Artists' Guild Art Center & Gallery, 199 U.S. Rt. 7 South, Milton.

At Helen Day Art Center, Saturday, December 8 is Family Day for all ages - free! Drop in anytime 1:00 - 4:00 PM. Come for an afternoon of snacks and seasonal art activities in conjunction with the Festival of Trees and Light. Create holiday decorations, play dreidel, and decorate gingerbread houses with NECI students. Helen Day Art Center, 90 Pond St., Stowe; www.helenday.com; 802-253-8358. The gallery is open Tuesday-Saturday, 10:00 AM – 5:00 PM and by appointment.

View new exhibits at River Arts, Morrisville: upstairs, Judy B. Dales is exhibiting her masterful, mesmerizing Quilt Art. Her unconventional use of curves and rich fabrics create an effect that never ceases to entice and enchant. Downstairs, Athena Petra Tasiopoulos and Nina Dubois exhibit Remembrance, a mixed media show exploring the intersections of past and present: the histories we must carry and the futures we hope to construct. An alchemy of paint, poetry, fiber arts, and vintage photography, the artists hope the work reads like a diary you found on the street. Youth Drop-In: Big & Messy Art Space, every first and third Sunday of the month, 10:00 AM - 12:00 PM, \$5 suggested donation. Bring the little ones to create fantastic structures that challenge possibility: a fort? A tower? Let your imagination run wild! Music & Movement, first Friday of the month, 11:00 AM - 12:00 PM, free. Open Gym Playgroup, free, every Monday, 9:30 - 11:00 AM. Drop-In for adults and teens: River Arts Photo Co-op, every third Thursday, 6:00 – 8:00 PM, \$5 suggested donation. Poetry Clinic, every first and third Tuesday, 6:00 - 8:00 PM, \$5 suggested donation. Open Studio Figure Drawing, first and third Tuesdays from 3:00 - 5:30PM, \$10/session, punchcards available. River Arts of Morrisville Inc., 74 Pleasant St., Morrisville; 802-888-1261, http://www. riverartsvt.org.

At UVM's Fleming Museum East Gallery, Burlington, The Impossible Ideal: Victorian Fashion and Femininity runs through Thursday, December 13. The Victorian era (1837-1901) is known for extreme expressions of women's fashions and a narrow definition of women's roles in society. Tight-laced corsets, wide hoop skirts,

bustles, and trains exaggerated women's forms while restricting their movement and activity, reinforcing the idea that women's place was in the home and not the public sphere. The culture also promoted the ideal woman as well-off, white, and Protestant. By the 1890s fashion expressed increasing autonomy: sleeker skirts, broader shoulders, lighter fabrics, and suit styles that mimicked menswear reflected women's greater freedom of movement, education, work, or philanthropic or activist causes. This exhibition explores how fashion embodied contradictions of Victorian women's lives, and, eventually, the growing call for more diverse definitions of women's roles and identities. Also, House to Home, showcasing a selection of cultural, ethnographic, and decorative art objects from Africa, Asia, Europe, the Americas, and Oceania, ranging from antiquity to the present and examining the meaning of home. Fleming Museum, 61 Colchester Ave., Burlington.

At Shelburne Museum in the Gallery, Mapping an Uneven Country: Bird's Eye Views of Vermont investigates the popular phenomenon of "perspective" or "bird's eye" views that sprang up during the second half of the 19th century through more than three dozen drawn, painted, and printed views of the Green Mountain State. Often created by itinerant painters or roving "Map Men," these depictions presented orderly visions of growing towns and highlighted civic development, industry, and technological advancements. Mingling facts with a measure of imagination, these stunning panoramas were frequently displayed in homes and businesses and were intended to boost commercial and investment interest while also stimulating civic pride. In the Gallery of the Pizzagalli Center through Sunday, January 13, New England Now features works by contemporary artists organized around thematic subject matters. The exhibit challenges the notion of the Northeast's long-accepted stereotype as stagnant and quaint, and instead plumbs its evolving identities and complex beauty. Building upon scholarship on the visual construction of the region, this exhibition explores the contemporary landscape, capturing the changing environment. From disintegrating historic buildings and disappearing "virgin" land, New England Now reveals our evolving landscape. The Museum is open daily 10:00 AM – 5:00 PM; except on December 24 closes at 2:00 PM, and is closed December 25 and 31 and January 1. Shelburne Museum, 6000 Shelburne Rd., Shelburne; 802-985-3346; www.shelburnemuseum.org

MUSIC

Westford Music Series presents the Michele Fay Band on Sunday, December 16, 4:00 - 5:00 PM at the Westford White Church in Westford village, on the green. The Michele Fay Band features original and Americana music with Michele's heartfelt lyrics woven seamlessly together as she delivers songs with a crystal clear, authentic voice. Their repertoire provides an energetic and unpretentious appeal to a wide range of audiences. Kalev Freeman on fiddle, Michael Santosusso on upright bass, and Tim Price on mandolin and guitar provide tenor harmonies. Free admission. Refreshments following concert. For more information: 879-4028.

The Hinesburg Artist Series presents their annual Holiday Concert on Sunday, December 9 at St. Jude's Church, Hinesburg, with performances at 2:00 and 4:30 PM. Under the direction of Rufus Patrick, the South County Chorus, In Accord, and the Hinesburg Artist Series Orchestra will perform a variety of holiday music with guest artists Allison D Steinmetz, soprano, and Cameron Steinmetz, tenor. The concert will feature selections from Messiah, Jazz Alleluia, Angels We Have Heard on High, Christmas on Broadway, Jazz Gloria Deo, O Holy Night, and a stunning arrangement for chorus, orchestra, and soloists by Mark Hayes entitled Gloria In Excelsis Deo. Soloists Allison and Cameron will sing a duet, The Prayer by David Foster and Carole Boyer Sager. The orchestra will perform A Christmas Festival by Leroy Anderson and the audience will join them with singing carols. These much loved and popular concerts are free with donations gratefully accepted. Please bring a non-perishable food item for the Hinesburg Food Shelf. For more information, hinesburgartistseries.org.

The Cathedral Church of St. Paul in Burlington presents a series of free (donations appreciated) Tuesday noon series concerts. Bring a bag lunch; coffee and tea are provided. The Cathedral Church of St. Paul, 2 Cherry St., Burlington is at the corner of Battery and Cheery Streets, with entry on Cherry St. Parking, \$4 per hour in the Cathedral lot (free with handicap plates or tags), or two hours free in the Lakeview City Garage across Cherry St. (enter next to Hotel Vermont). Tickets are sold at the door. December 4, 12:15 PM: Catamount Singers Winter Concert, David Neiweem, director. UVM's select choir presents highlights of its annual concert of seasonal works. January 8: Young Artists Showcase Recital. An annual concert featuring some of Vermont's most gifted emerging musicians. April 30: Gotta Play Schubert - Again! Last spring we hosted a performance of Schubert's Octet for a mixed ensemble of woodwinds and strings made up of players from the Craftsbury Chamber Players, Scrag Mountain Music, TurnMusic, and the Vermont Symphony. Because we all had such a good time, they're gleefully going to do it again. May 28: Mount Mansfield Union High School Chorus, Caleb Pillsbury, director. This fine chorus of young singers shares highlights of their spring program. June 11: Syrinx, Glenn Sproul, Director. Since 2001, Syrinx has offered quality choral music from various traditions to the community. especially to those in senior living communities. From Bach to Broadway, by way of spirituals and other genres, they embody the pleasure that the gift of music can offer.

THEATER/FILM

A Day of Dance - Dance Composition Community Workshop and Gala Works-in-Progress Showcase #2 – will be held at River Arts, Morrisville, on Saturday, December 8. At the Dance Composition Community Workshop, 2:00 - 3:30 PM, join ERGO movement dancers Jessie Owens and Danielle Tekut as they explore methods of creating and organizing movement through structured inprov, gesture, space, time, effort, and more. All are welcome; bring a

notebook and come ready to move. VDA members \$15; public \$18; please register through info@vermontdance.org; please contact the email if money is a barrier for you. The Gala Works-in-Progress Showcase is at 5:00 PM (\$15-40 at the door) and is a fundraiser for the Winter Dance Gala (February 16-17, 2019). This year's Gala choreographers are Jessie Owens, Isadora Snapp, Hanna Saterlee, Danielle Erb, Cyndal Ellis, and Elizabeth Kurylo who will present this upbeat, informal gathering with a facilitated feedback session. If you are interested in joining an event project committee, please contact info@vermontdance.org. Information, vermontdance.org.

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ART / MUSIC / THEATER

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and contemporary masterworks and she has appeared with many prominent ensembles, opera companies, and theaters of Vermont. Cameron, a tenor, is a proficient pianist, organist, and tribal percussionist, and a member of the VT Symphony Orchestra's educational quartet. The concerts are free, with donations accepted. Please bring a non-perishable food item for the Hinesburg Food Shelf. For more information, hinesburgartistseries. org.

PHOTO CONTRIBUTED



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The Borromeo String Quartet will perform at the Chandler Center for the Arts, Main St., Randolph on Sunday, December 9 at 3:00 PM. The group is Quartet-in-Residence at the New England Conservatory and the Isabella Stewart Gardner Museum in Boston, and at the Taos (NM) School of Music summer program. The audience is invited to a complimentary post-performance reception to meet the artists. Tickets are available online at Chandler-Arts.org or by calling box office, 802-728-6464 weekdays 12:00 – 4:00 PM. Chandler Music Hall is fully accessible and equipped for the hearing impaired.

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Students gain financial literacy from Community Bank N.A.

Community Bank N.A. experts met with 25 Mount Mansfield Union High School junior and senior students recently to talk about financial literacy. The one-hour session, *The Art of Budgeting*, highlighted what a budget is, why it's important and how to set financial goals.

Community Bank N.A. rolled out its financial literacy program across its four-state footprint earlier this year in partnership with local schools. The goal is to improve the financial capability of local youth and communities by educating students in varying grades about making spending decisions, the value of money and wants versus needs.

"Today's young people will face an overwhelming number of complex financial decisions throughout their lives," Community Bank N.A. branch manager Geoffrey Germann said. "However, many are unprepared to make informed financial choices as they move into adulthood. The financial literacy program gives invaluable lessons to students that will be applicable to their everyday lives."

According to a recent study by the FINRA Foundation, nearly two-thirds of Americans can't pass a basic financial literacy test. The study surveyed 27,564 Americans with a five-question quiz, resulting in two-thirds of participants getting fewer than four answers correct. This research highlights the need for consumers to be provided with the tools and education required to effectively manage their financial lives.

"Financial literacy is an essential part of being an informed modern citizen," said MMUHS mathematics teacher Stephen Feiss. "It's an interdisciplinary topic that should be a part of every school curriculum."

This visit with Mount Mansfield Union students marks the 14th financial literacy class that the Jericho Community Bank team has participated in this year. In the spring, bank experts visited Richmond Elementary School and Malletts Bay School 13 times to teach its *Making Spending Decisions* and *Comparison Shopping* classes to kindergarteners, first graders, third graders, and fourth graders. The classes focus on learning the names and values of coins, items you may need money for, and where money is spent.

"I cannot express the joy I get out of participating in our financial literacy program," Germann said. "It's so rewarding to be a part of something that helps students gain the skills and knowledge they need to make more informed and smart decisions with their finances"

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