



Cambridge Music Festival: raising money and good cheer

By Phyl Newbeck
Special to the Mountain Gazette

Justin Marsh thinks he's due for some good weather. This is the fourth year for the Cambridge Music Festival, which benefits the local non-profit, Cambridge 360. The first year the festival was bedeviled by the thunder and lightning, which preceded Tropical Storm Irene; the following year had sweltering heat; and last year was cool and overcast with occasional rain. "I think we're due for a day in the 70s and sunny," Marsh said.

The Cambridge Music Festival will take place on Saturday, September 6 at the Porter Farm on Lower Pleasant Valley Road. Weather aside, the event has been a rousing success for each of its three years, bringing in roughly 500 people each year and raising \$2500. Cambridge 360 resells "gently used household goods" to raise funds for a Cambridge community center. The music festival attracts guests from across the state and beyond. Last year, followers of a Massachusetts band that performed joined the Vermont crowd and this year some tickets have been sold to New Yorkers. Marsh, the founder and main organizer of the event, thinks the headlining band from Maine may bring in some attendees from the Pine Tree State.

Marsh doesn't have to worry about filling up the roster of musicians. Every year he gets emails from bands offering their services. He tries to provide a balance of genres and to include music that will appeal to the young and old alike. The music starts at 2:00 PM with a DJ and the first band, *Bliss Hill*, comes on at 3:00 PM. Early bands will play for 30 to 45 minutes but the sets increase over time, with evening bands playing for an hour and the final two acts getting 90 minutes on stage. The headliner is *Rustic Overtones*, a seven-piece group that plays a blend of rock, soul, and funk. Other bands include the *Eames Brothers Band*, the *Patrick*

Fitzimmons Trio, *Swale*, *Barbacoa*, *Maryse Smith & Michael Chorney*, *Pours*, and *Bliss Hill*, providing rock, blues, folk, soul, electronic, and acoustic music.

"It's such a good mix of people," said Marsh. "Last year I could really tell we were branching into every demographic with the festival. We have a lot of multi-generational families attending." The festival's location on the Porter Farm is an additional draw for the younger set since the barn's owner is a pre-school teacher. "The kids love the farm," said Marsh. "They can entertain themselves and parents don't need to worry since we're not on a main road." Festival goers can visit a number of food and beverage vendors, as well as some craft vendors who will be at the site.

In addition to the music, there are events geared specifically for the kids. Last year children were given donated shutters from which the old paint had been peeled, providing them with a canvas for their imagination. The painted shutters will eventually find a home on the Cambridge 360 building. This year, a donated mural canvas will be presented to both children and adults in the hope that a multi-generational piece of art will be created. The canvas will either be hung at Cambridge 360 or at the proposed community center.

"It's really fun putting on this festival," said Marsh. "It's a great event and it's all about the community. It's about making sure there are things for people of all ages to do in this town. It's important to make this a place where people want to live and hang out."

Tickets can be purchased in advance at The Farm Store in Jeffersonville and on-line at www.cambridgemusicfestival.com. The cost is \$20 for adults, \$10 for seniors and those in the military, \$5 for youth, and free for kids under the age of 6. The charge for adults and seniors/military rises to \$22 and \$12 on the day of the event.

Join the Cambridge Area Rotary's 27th 5K Fun Run and WalkIt on Sunday, October 5



Runners and walkers of all ability levels are ages encouraged to participate in the Cambridge Area Rotary's 27th 5K Fun Run and WalkIt on Sunday, October 5, as individuals or as part of a club or school team. Proceeds go to fund community service projects in Lamoille County. In-person registration and packet pickup Saturday, October 4, 5:00 – 6:30 PM, or race morning from 8:00 – 9:00 AM outside Cambridge Elementary School. For more information including fees, contact Sam Lotto, 802-793-5509 or swlvt@together.net. PHOTO CONTRIBUTED

TV in VT: on the beat this summer

By Angelike Contis

It's been a busy summer at Mount Mansfield Community Television (MMCTV), with a revamped TV schedule, three young interns making videos about local roads' histories, much work with non-profit organizations – and a ton of local music.

Launched with a 2012 grant from the Vermont Community Foundation, our *Memory Map* road history paid internship series is really blossoming. We have really enjoyed the added hustle and bustle of three motivated young people using our facilities to dig deep into people's memories.

You may have caught *Memory Map: Brown's Trace* last year. This summer the focus was on Richmond, and on Cochran's Rd., Bridge St., US Rt. 2/Main St., and Gillett Pond Rd. in particular. We are open to Jericho and Underhill roads, too; Irish Settlement, anyone? The videos will debut

on MMCTV shortly and be found online at <http://www.vimeo.com/album/2731827>.

We are happy to help local non-profit organizations get the word out; in fact, they are the group we serve the most. Look for videos coming soon, for instance, by film student Griffin Russell about *Our Community Cares Camp*, a wonderful source of summer fun and nutrition for youngsters from Bolton, Richmond, and Huntington. We were glad recently to lend a hand to the *Peak Keepers of Vermont*, by recording a panel discussion at the Jericho Community Center focusing on "Mountains and Disturbance: Ecology and Infrastructure." Local wildlife ecologist Sue Morse was among the panelists. We are also finishing the editing on the most recent round of free public service announcements.

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A year of progress in the Legislature

By Reps. Tom Stevens and Rebecca Ellis

Two years ago, we were celebrating the confirmation by the Shumlin Administration that the State of Vermont would indeed be returning to the Waterbury Complex. It had been a difficult year, and in the aftermath of Tropical Storm Irene, we worked with many people within the administration, and with you, to make it happen. Now, we have witnessed the demolition of much of the complex, including the old state hospital, and we have witnessed the ceremonial groundbreaking. Waterbury's recovery continues in a way that makes us all proud, and now with the sounds of construction in the background, we are closer to having nearly 1000 state workers return than we are to the flood. What a turnaround.

This report will attempt to detail some of the highlights of the 2013-14 biennium, and will focus on the work we did from our own committees, as well as the whole. We cannot speak to what it was like 10, 20, or 30 years ago in the Legislature, but we can say that the amount of work and the importance of that work seems to have increased over time, and rightfully so. Between health insurance, climate change, economic justice, and education issues, we have been working full tilt. We appreciate your input to our decisions, and we look forward to seeing you this summer and fall. As always, please contact us with your concerns.

Infrastructure Investments

Along with the reconstruction of the State Office Complex in downtown Waterbury, there are a number of projects that will create some short term discomfort and yield long term solutions to some of the infrastructure issues that have plagued our area for over 30 years. Due to the large size of these projects, tempers are likely to flare over the next several years, but we hope you appreciate that they are so large because of deferred maintenance, past lack of funding, or the development of newer concepts. Between these road projects and the State Office Complex, we estimate that nearly \$200 million in federal, state, and local money will be invested in our district.

State Office Complex: Deconstruction is nearly finished, and renovation of the central core buildings has started. The state is sponsoring monthly public tours of the State Office Complex, usually on the first Saturday. These tours will give us an opportunity to see the progress of what is now the largest building project in state history. When the complex is completed in late 2015, it will be a truly special place and will allow the state to serve its citizens in a manner that is appropriate, comfortable, and environmentally sound. The Vermont Arts Council has chosen local artist Sarah Lee Terrat to provide public art in the main atrium. As of June 1, 2014, the project continued to be on schedule and on budget. There are contingency funds in the new capital budget but overall, the project is a positive example of what can happen when we keep our processes and our partnerships with public and private entities transparent.

Waterbury Village Wastewater Treatment Plant: This project has taken nearly ten years to come to fruition, and the village wastewater treatment, as well as the health of the Winooski River and Lake Champlain, will be better for it. A large portion of the project is paid by state funding, and the project removes nearly all of the phosphorus from our wastewater prior to its entry into the Winooski. The system is new but not experimental, and while it will add to the overhead costs of the plant, it will be environmentally sound.

US Rt. 2 & VT Rt. 100 intersection: This long-awaited project should get underway this summer. With an exception for construction of needed improvements to the water and sewer, this project is paid with federal funds. As our town grows, so grows our traffic. A roundabout has been shown to provide a smoother flow of traffic at an intersection that is regularly so crowded as to create long backups. This project should be finished in 2015.

US Rt. 2 to Bolton: This project is a rebuild. Starting last fall, the concrete base was removed from the village boundary to Better Power Equipment. This year, that work continues out past the Cider House. (Please remember they are still open and would love to see you!) The whole of US Rt. 2 to Bolton will be rebuilt or scraped and paved, and guardrails have been improved. This important alternative route to I-89 needed this work desperately and will make the road safer for both vehicles and bicyclists.

Main Street: It is unlikely physical work will

start on this project until late 2015 or early 2016. Right of way, legal work, and traffic planning continues. Between the new complex, the roundabout, and this project, the village will have had a near complete infrastructure facelift, which will bring economic benefits to us all.

Stowe Street: It is still unclear what the process will be, but plans are in place to do more than just a skim coat of asphalt. New culverts and sidewalks are planned as well, and the work will depend on funding and timing.

New traffic lights will be installed at the end of the northbound exit of I-89, and the bridges adjacent to the exits will be rebuilt as well.

All of these projects are necessary, and will create headaches. But we are happy the state is finally making the commitment to do work that has been on the books for many years. Please follow the progress of these projects in the Waterbury Record and on Front Porch Forum. Theresa Wood has been hired to be the community liaison between the state and town, and she will be providing updates until these projects are done. Revitalizing Waterbury will be working with the state on traffic remediation as well.

Cell Coverage in Huntington

The Vermont Telecommunications Authority has announced the expansion of their ongoing project with CoverageCo. and it finally includes the "Target Corridor" in Huntington. We have been advocating for Huntington since 2009 for this project, and between stimulus funds and commitments from the administration, as well as an improvement in localized technology, we are nearly there. The Target Corridor runs on Main Road in Huntington south of about the town offices to Buels Gore and then continues on VT Rt. 17 through Starksboro to Bristol. The installations will be the low-power, pole-mounted units about every mile or so, like CoverageCo has already deployed in Vermont. We expect installations to commence this summer, but we don't expect the project to be completed until the middle of next year. (There is some work to implement additional 9-1-1 requirements across the whole network which may take some months, in addition to time spent on engineering and installation of the individual cell sites.) CoverageCo operates a "roaming-only" network, providing network access to other cellular carriers instead of its own retail customers. At this point Verizon and Sprint are among the carriers roaming on CoverageCo. AT&T has not signed up so far, but the network is technically able to accommodate them if they choose to do so.

Long Trail Bridge in Bolton

We attended the groundbreaking for the long-awaited bridge across the Winooski River in Bolton. One hundred years in the making, all the pieces finally came together and the Green Mountain Club was able to start the project. The groundbreaking was attended by Gov. Shumlin, Gov. Howard Dean, and Sen. Mazza, all of whom were integral to providing both the initial and final state funding. This bridge will shorten the trails in this area by approximately seven miles. The frames of the bridge are up, and construction expected to be completed by November 2014.

Education Crossroads

This biennium introduced us to education finance and governance issues that we really hadn't faced prior to redistricting. The differences and the needs of our district are distinct in every town we serve. Our experience reinforced the reality that education financing and reform are among the most difficult issues we face in the state, and that instituting change in either area will require deeper thought and action than we were able to do this year.

Astride this desire to make our funding mechanisms fair and affordable for the long term, we also are faced with educational inequity that we must address. But for the known shortcomings, we are operating from a position of great strength. Our public schools have consistently ranked near the top of quality surveys. We must protect the quality, and at the same time we must address our shortcomings both in programming and funding.

To that end, we received \$37 million in federal money to support early childhood education programs to help give Vermont kids a strong start. We are guaranteeing that all low-income students have access to a free and nutritious school lunch. We launched a flexible pathways program so secondary school students can learn and train for careers they want. We expanded

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Cambridge Area Rotary adds new members



Cambridge Area Rotary members Susan Lassiter and April Tuck greet new members Tom and Linda LaChance. Also welcomed but not pictured are new members Mary Hill, Tara Macaskill, and Morgan Pratt. For more information on membership, contact Susan, 644-6600 or Slassiter@unionbankvt.com. We'll even buy you breakfast at your first visit! PHOTO CONTRIBUTED

Underhill-Jericho Fire Department News

By Kitty Clark

EMERGENCY CALLS:

Thursday, July 24, 1:00 PM – Wire across road near 375 VT Rt. 15, Jericho.
 Thursday, July 24, 11:07 PM – Accident at 245 Plains Rd., Jericho.
 Tuesday, July 29, 6:27 PM – Accident, Poker Hill near Mullen Rd., Underhill.
 Wednesday, July 30, 9:23 AM – EMS, Jericho.
 Thursday, July 31, 6:18 PM – Accident 86 VT Rt. 15, Jericho.
 Friday, August 1, 10:45 AM – Fire alarm at 27 Ridge Rd., Underhill.
 Friday, August 1, 12:06 PM – EMS, Essex Junction.
 Friday, August 1, 1:22 PM – EMS, Underhill.
 Saturday, August 2, 9:41 PM – Mutual aid, Williston, structure fire.
 Sunday, August 3, 10:51 AM – Shed fire, 59 Pleasant Valley Rd., Underhill.
 Monday, August 4, 4:55 PM – Mountain rescue, Sunset Ridge Trail, injured hiker, Underhill.
 Monday, August 4, 6:36 PM – EMS, Underhill.
 Monday, August 4, 8:14 PM – EMS, Underhill.
 Tuesday, August 5, 1:05 PM – Tree across road, 76 Raceway Rd., Jericho.
 Tuesday, August 5, 3:39 PM – EMS, Underhill.
 Tuesday, August 5, 4:00 PM – 11 Woodland Dr., Jericho, for tree on wires, smoking.
 Thursday, August 7, 12:17 PM – EMS, Underhill.
 Thursday, August 7, 7:44 PM – Mutual aid to Cambridge for structure fire.
 Monday, August 11, 3:05 PM – Good intent call, 520 VT Rt. 15, Underhill.
 Tuesday, August 12, 3:21 PM – Car leaking gas at 8 River Rd., Jericho.
 Wednesday, August 13, 8:27 AM – Tree on power lines, 277 Poker Hill Rd., Underhill.
 Wednesday, August 13, 2:47 PM – Mountain rescue, Sunset Ridge Trail, Underhill.

TRAINING AND EVENTS:
 Tuesday, July 29 – Tuesday night drill involving dry hydrants and turbo drafting.
 Tuesday, August 5 – Tuesday night drill, discussed the mountain rescue call; committee meetings tonight as well as Chief's and Officers meetings; and completing projects.
 Tuesday, August 12 – Tuesday night drill was classroom on Engine 1, SOG Playbook explaining the operations of Engine 1. Sincere sympathy to Captain Dwight DeCoster and his family on the recent passing of his beloved Dad. Several department members attended the funeral in Bristol. Congratulations to Frank and Linda Popeleski on the birth of their granddaughter on Thursday, August 14.
 Don't forget to mark your calendars for the Annual UJFD Labor Day Chicken BBQ, at the Browns River Middle School. Practice fire safety every day!

COMING EVENTS

Saturday-Sunday, August 23-24

Cambridge Civil War Days, 10:00 AM – 5:00 PM Saturday, 10:00 AM – 3:30 PM Sunday, VT Rt. 15, Cambridge. Cambridge Village will step back 150 years and be transformed into a Civil War-era community. Displays, speakers, reenactors including artillery, cavalry, infantry, camp sutler (moving general store). Demonstrations of battle tactics. Free; an annual event held by the Cambridge Historical Society. For more information including a specific schedule, <http://www.cambridgehistoricalsociety.org/civil-war-days-2014.html>.

Saturday, September 6

Beekeeping Workshop, 1:00-3:30 PM, 18 MacLean Rd., Alstead, NH 03602. Charles Andros, former NH/VT Apiary Inspector. Topics: treatment of nosema and mites, winter preparations, winter protein and carbohydrate supplements, and making beeswax hand creams. Inside if it is a rainy day. Registration required; lindenap@gmail.com or call 603-756-9056.

Sunday, September 7

Pride Vermont, weeklong September 7-14, Burlington. The Pride Vermont celebration features a rousing High Heel Race on Church Street, a gender issues forum, an inter-faith service, Out-On-Church-Street discounts, a dance party, parade, and festival. www.northerndecadence.com.

Community Breakfast, 9:00 - 11:00 AM at the VFW Post 6689, 73 Pearl Street, Essex Junction (across from Big Lots). Sponsored by the Ladies Auxiliary to the Veterans of Foreign Wars. All are invited, both members and non-members! Adults \$7 and Children 10 and under \$3. Call 878-0700 for more information.

Saturday, September 13

5k Goes to The Dogs, 9:00 AM, Sterling Ridge Resort, Jeffersonville. Come support North Country Animal League with the 5k for dogs and humans! Pick up your race packet by 8:30 AM. For information, www.sterlingridgeresort.com.

Sunday, September 14

Black Bear Carving Class, 9:00 AM – 3:00 PM, in the workshop at the Birds of Vermont Museum, 255 Sherman Hollow Rd., Huntington. One-day carving class with David Tuttle of the Green Mountain Woodcarvers. We will carve and paint a Black Bear. Wood blank, snacks, and coffee provided. No carving experience required! Please bring your tools and gloves if you have them; if you don't, let us know. Dave often brings some knives, gloves, etc. to sell. Great for teens and adults. Please bring your lunch. Call 802-434-2167 for cost and to pre-register.

Better L8 Than Never Car Show, 9:00 AM – 4:00 PM, Bristol Recreation Field, Bristol. A festive car show plus music and food. Hosted by the Snake Mountain Cruisers. Admission benefits Camp Ta-Kum-Ta. For information, www.BetterL8ThanNever.com or 802-388-7951, maria@addisoncounty.com.

Northern Decadence Food & Travel Expo, Battery Park, Burlington. Sample Vermont's diverse specialty foods, beer, wine, and spirits at Northern New England's premier Pride Festival. This event includes tasting samples, a silent auction and the Decadent Cupcake competition. www.northerndecadence.com.

ONGOING EVENTS

ADULT ACTIVITIES

Toastmasters of Greater Burlington, 2nd and 4th Wednesdays 7:00 PM Holiday Inn, 1068 Williston Rd., S. Burlington. Are you hoping to develop your speaking and leadership skills? Ace a job interview? Ignite your career? Come and join us!

Birds of Vermont Museum open every day, 10:00 AM – 4:00 PM, through October 31. Exhibits: *Perilous Passages* and *Wings of Clay*, on the consequences of the extinction of the Passenger Pigeon as interpreted in art. Admission: members free; non-member adults \$7; discounts for seniors/children. 900 Sherman Hollow Rd., Huntington. 802-434-2167 or museum@birdsofvermont.org.

Bird Monitoring Walk, last Saturdays (August 30, September 27), 7:30 – 9:30 AM, Audubon VT, 255 Sherman Hollow Rd., Huntington. Discover birds and the changes from month to month during the Museum's monitoring walks. Join experienced birders on the last Saturday of every month. We end the walk with cocoa, coffee and tea at the Bird Viewing Window inside the Museum. Most fun for adults, older children, and somewhat more experienced birders. Please bring your own binoculars and dress for the weather. Free. To preregister and for information, 802-434-3068, museum@birdsofvermont.org, or www.birdsofvermont.org.

Yoga, Tuesdays, 6:30 – 8:00 PM, Collins-Perley Sports Complex, St. Albans. For information including cost, 802-527-1202.

Contra Dance, Shelburne Town Hall, Shelburne. Callers Amelia Fontein and Guillaume Sparrow-Pepin and Jokers Wild (Everest and Alden Witman and Aidan Murphy). Monthly dances presented by Queen City Contras, <http://www.queencitycontras.org>. Admission charged.

Chittenden County Postage stamps and post card club, 1st Wednesday of the month 6:15 – 8:30 PM, A IDX Circle GE Healthcare Building, South Burlington Information email: Laineyrapp@yahoo.com or call me at 802-660-4817

Drop in Watercolor Painting, Every 3rd Saturday, 9:00 – 11:00 AM, River Arts Center, Morrisville. An opportunity to refine your watercolor skill set or learn new techniques if you're a beginner. Bring your own materials, no registration required, drop in. Suggested donation \$8. Call 888-1261, or visit our website: www.riverartsvt.org for more details.

Eagles Auxiliary #3210 holds bingo at the club house, VT Rt. 109, Friday nights. Doors open at 5:30 PM. Bingo starts at 7:00 PM. For more info contact Sally, 644-5377.

Essex Art League meets the 1st Thursday of the month, from 9:00 – 11:00 AM, at the Essex Junction Congregational Church, VT Rt. 15. The meeting agenda includes a business and social time, and features a guest artist presentation. A detailed calendar, listing featured speakers, is published on the League's website: www.essexartleague.com.

Handbell ringers, Tuesday evenings, United Church of Underhill. All are welcome at rehearsals. Two ensembles;

opportunity for small groups/shorter time periods. We ring a variety of music in a variety of settings and look forward to new faces joining us. Beginners welcome. Call Roger, 899-3106, for information.

Mt. Mansfield Scale Modelers gather on the 3rd Thursday of the month, 6:30 – 8:30 PM. Modelers encompassing all categories of interest and skill levels are welcome. Brownell Library, Kolvoord Community Room, Lincoln Street, Essex Junction.

The Women of the United Church of Underhill meet on the 2nd Saturday of each month, 8:00 AM at the Church located at the park, VT Rt. 15, Underhill Flats. Women interested in sharing Christian prayer and discussions are welcome. Contact Julianne Nickerson at 899-3798 for more information.

Smugglers Notch 55+ Club meets every Wednesday at Smugglers Notch for a social time, then break into groups to ski. We start with a brief organizational meeting, coffee and rolls, and then we head out to the trails in self-selected ability groups, gather informally throughout the summer for a wide variety of outdoor activities. Membership benefits include various discounts at Smuggs. For more information call Deborah at 644-5455 or just attend a meeting at the Morse base lodge starting at 9:00 AM every Wednesday.

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

HEALTH EVENTS & GROUPS

Al-Anon meetings, Jericho United Methodist Church, Thursday mornings 10:00 AM, and Saturday mornings, 10:00 AM.

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

Alcoholics Anonymous Meeting "Wing It" group meets Sundays, 11:00 AM, Maple Leaf Farm, Stevensville Rd., Underhill. Open Speaker meeting followed by a Brunch (\$10 charge for the brunch).

Alcoholics Anonymous Meeting, "The Firing Line" group meets Wednesdays, 7:15 – 8:15 PM, Maple Leaf Farm, Stevensville Rd., Underhill. Open Step meeting.

Alcoholics Anonymous Meeting "The Firing Line" group meets Saturdays, 8:00 – 9:00 PM, Maple Leaf Farm, Stevensville Rd., Underhill. Open Speaker Discussion meeting.

Alzheimer's Support Group – Free educational support group series for families coping with a loved one with Alzheimer's disease and related dementias. This series gives caregivers the opportunity to better understand and develop strategies for the future. Held monthly at The Arbors at Shelburne. For more information and to register, contact Nicole Houston, Director of Family Services, The Arbors at Shelburne, 985-8600.

Brain Injury Support Group – offer survivors and family members, caregivers, friends and the community a place to come and receive valuable resources and information about brain injury. The support group is a place to share experiences in a safe, secure and confidential environment. Monthly meetings: 4th Fridays at the YMCA in Winooski 11:00 AM – noon; 1st Wednesdays at Fanny Allen in Colchester, 5:30 – 7:30 PM; and 2nd Tuesdays at the Saint Albans diner in Saint Albans. Call the BIAVT help line, 877-856-1772.

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

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The Mountain Gazette

6558 VT Rt 116 Starksboro, VT 05487
 (802) 453-6354 • mtgazette@earthlink.net
www.mountaingazetteofvermont.com

Deadline: August 28

Publication: September 4

Brenda Boutin publisher/ad sales/delivery
 News writer - Phyl Newbeck, Editing - Sara Riley

Letters Policy:

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

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This series is produced by
 The Mountain Gazette & MMCTV



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College Notes

Joseph Faryniarz of Jericho, VT has been named to the dean's list at Paul Smiths College, Paul Smiths, NY for the spring 2014 semester. Faryniarz, who is majoring in fisheries and wildlife sciences, was also named an Adirondack Scholar.

COMMUNITY COLUMN

Three hundred cows

By Sue Kusserow
Special to the Mountain Gazette

She was worth 300 cows. None of us had any cows ready to ship to South Sudan or anywhere else for that matter. But for Sara Adieu Thiong and Atem Deng to be married, her father was asking 300 cows. So, females standing up for females, we collected and contributed... and eventually Atem returned to South Sudan to see his parents walking among thousands to a refugee camp in Uganda, and to pay Adieu's dowry and bring her back with him to a small apartment among strangers with whom neither her voice nor her culture could connect.

I am here with her now at the Community Health Center, working through a Dinka interpreter. Adieu is eight months pregnant and she is so tall and slim that her bulging belly seems a misfit... a biscuit bursting with its baking. She dresses majestically, with the bearing of a queen; this time it is a long embroidered light-pink skirt, with a bright blue sleeveless top. Her arms are long and smooth and so deeply dark that they glow with a color of their own: bronze sheen upon matte black. A small butterfly, faded blue with age, is tattooed on her forearm... tiny and correct with the splayed long wings of a swallowtail. I wonder in Dinka what they call it? Her fingers are made to play a harp... so long that she moves them in circles and curves without the snap and jerk of my stubby hands. Her legs are long and smooth without visible muscle. The Dinka people are generally more than tall; she is 6 foot 3 inches. Her feet, flat and pink-bottomed, reminded me of my year in Zimbabwe working in a rural health clinic and watching the grammas bringing a child left alone by AIDS, she padding barefoot across the piercing stubble devastated by goats.

Adieu and I are now at the Fletcher Allen Birthing Center, for a monitoring of some contractions that might indicate premature labor. She lies still on the bed, answering the questions that she can comprehend (and even those she can't) with a polite, quiet "Yes." Are all things "Yes?" Is it easier to be polite than to be truthful? I correct a few facts: No, she hasn't eaten lately. Her sleep is from 3:00 AM on, when Atem gets home from his 12 hours at the machine shop. No, she has no one to talk with; Dinka is a rare

language at Fort Ethan Allen.

The social worker thinks she may be getting some symptoms from stress. Yes, she has lived with what we Westerners call 'stress' for a long time. For us, stress is anything that pushes beyond pleasure into annoyance, going to the edge of anxiety and plunging into panic. Then there are countries who know 'stress' as constant hunger, putrid water, holding a dead child. After a while, their version of stress will turn into a protective fatalism, then into the hopelessness of nihilism. But to be safe inside four solid walls, to learn your English through *Little House on the Prairie*, to spend hours alone in a darkened room, to wait for the sound of ragged old car at the end of the 3:00 AM shift, this is not stress. For Atem Deng, it was swimming across the Nile and listening to the screams of the boys who could not swim and were dragged under by crocodiles. It was seven years in a cardboard and tin tent with puddles of sewage marking every door and water that was not too much different. For Adieu, it was 'easier': a mother still alive in Juba, and brothers and sisters somewhere but alive, although living in cholera-invaded areas.

Adieu is propped up in bed, and I am sitting in a utilitarian version of a Lazy Boy. She submits without question to the embarrassing exams that medicine feels are necessary; I sit in a corner and try and fade out of her line of vision as gently as I can, remembering the days of nurses' training when we blithely eschewed such privacy. I find a well-washed thin blanket to cover her with; I have to tuck her feet under since she barely fits on the bed. How I wish for a cuddly, large, and gracious fleece blanket to wrap her in! The nurse nicely turns down the air conditioning. Gradually, the monitors which convey from her uterus the magnified beat of a little girl's heart, puts us both to sleep. Her head nods to the side; the puff of lips expands with each breath and the white teeth, unsullied by too much sugar, gleam in the slightly darkened exam room. She has high cheekbones like a swan's breast; her eyes close and she leaves a place she doesn't know, for a few moments, perhaps, to one she remembers. Every so often she wakes and smiles. "Gramma," she says, and sinks back into sleep. If she is awake long enough, I pantomime: "Baby," rubbing my own ample paunch. "Baby OK. Baby good!" I gesture at her glass of water: "Drink!..."

BIG drink... then we go HOME." The urine specimen shows that the specific gravity is finally OK, so she gets dressed; her belly stretches the skirt like a balloon about to pop.

We go grocery shopping. She doesn't say much but if I watch her eyes, I can follow to a roast chicken, a plastic cup of cut watermelon, a bag of Northwest Wenatchee Valley deep red cherries; a cabbage for what I don't know. This reminds me of planting cabbages at the girls' school at Yeji, established by my daughter and her husband. They and many contributors begged, scrounged, built, evaded rebels, and kept teachers on a non-existent payroll. It is still going! I watched chickens being caught, necks wrung, plucked while still warm. Beans and rice for lunch; rice and beans for dinner, all cooked over a small fire in battered aluminum pots. These mammoth groceries are unbelievable to Adieu, and the explosion of choices overwhelms her.

Back to school

By Mary H. Kintner, D.C., R.N.
Chiropractor and Nutritional Consultant

Back to school is a time of excitement and a transition back to a regular schedule. This is an ideal time to evaluate behaviors and improve any unhealthy ones. Childhood is a time when bones are developing and dietary and sleep habits are forming. Good nutrition, healthy sleep habits, and proper spine health are important considerations for growing healthy children.

Children carry books, school supplies, athletic wear, lunches, and after school needs to and from school each day. Children are carrying much more weight than is recommended. Children should carry no more than 10-15% of their body weight on their backs. This means a 40-pound child should carry no more than 4-6 pounds!

Back to School continued on page 7

TV in VT continued from page 1

We also captured the sweet sounds of bands at the Richmond Farmers Market (including a concert we sponsored of Derek Burkins), many Mills Riverside Park concerts, and all the monthly summer Old Round Church concerts. At the start of the summer, we filmed Camel's Hump Middle School students playing at the Burlington Discover Jazz Festival.

Meanwhile, local producer Tony Basanta's *The Cuban Bridge* show is on episode 30! Recent guests on his Live Tuesdays version of the *Cuban Bridge* included Browns River Middle School's music/drama teacher Dave Tisdell and young musicians Simon Thompson, Isabel Pless, and Hailey Ward. On Friday, October 3 at 7:00 PM, Tony will be the deejay at a dance party at the Richmond Free Library; bring your dancing shoes!

For more information about MMCTV, contact 802-434-2550 or mmc-tv@comcast.net; viewer requests, program@comcast.net; videos are online at www.vimeo.com/mmctv; MMCTV's program schedule is at www.bit.ly/MMCTVGuide.

Angelike Contis is the Executive Director of Mt. Mansfield Community TV, serving Jericho, Richmond and Underhill on Comcast Channel 15.

Legislative Report continued from page 1

our dual enrollment program, which allows Vermont public school students to complete a full year of college during their senior year at no cost, and passed the Vermont Strong Scholars program that may pay up to another year of college level tuition for those who study, graduate, and stay in Vermont.

The governance issue is of great importance to our district, and we pledge to listen to all opinions on this issue. Our district has different thoughts and needs, and how the larger issue is resolved will be taken up next year. Please keep us up to date with your thinking!

Health Care

There is no question the rollout of Vermont Health Connect was not what we expected or wanted. And there is no question that problems with the technological infrastructure remain. The governor asked his secretary of commerce, Lawrence Miller, to move over to the health care division to try to straighten out the issues. As of June 1, his first day as the official "czar," he had been working on the problems since late January. Problems remain in the implementation of the software, and while we expect many of them to be fixed prior to the next enrollment season in the fall, not all of them will be.

Problems aside, the outcome of Vermont Health Connect – a way for Vermonters to buy health insurance with full knowledge of the benefit plans and costs – has been highly successful. Whether former customers of Catamount moved either to VHC or to Medicaid, in the great majority of cases people are either paying less for equitable insurance or are eligible to buy insurance for an affordable cost for the first time. To be sure, not everyone has seen an immediate price differential, but many have. And, as a result of the Affordable Care Act, children can remain on their parents' insurance until they are 26, and individuals cannot be denied insurance coverage because of existing conditions. These two clauses alone have provided solace to many families.

As for our proposed move to universal or single-payer health care, the administration has been committed to provide their plan to pay for the plan by replacing premiums for "taxes." We remain vigilant – we have always said that if a plan cannot be developed that provides the relief we expect from a reformed payment system, then we cannot move ahead. The 2015-16 biennium is important to the development of a universal system. It is important to remember that the current system, even with the transparency provided by VHC, is not sustainable. Status quo is not acceptable, but change without strong foundations will not work either.

Minimum Wage

In the closing days of the biennium, we raised the minimum wage from \$8.73 (which increases by the cost of living annually) to \$10.50 over four years. There were many discussions about minimum wage versus a livable wage, but in the end, our best information and research allowed us to consider the minimum wage. It was shown that an increase to \$10.10 would have negligible negative effects on the economy if implemented in one year, and the \$10.50 over four years would have less. By putting extra money into the hands of the poorest working Vermonters, we will help them in their struggle to pull themselves out of poverty and reliance on state and federal programs, while giving a boost to the local merchants, where most of these folks will shop.

Energy and Natural Resources

We are constantly working on reducing our waste stream, and this year we worked with the battery manufacturers to create a program of recycling alkaline batteries. Starting in 2016, consumers will be able to drop off single-use batteries at a variety of locations including solid waste facilities, municipal buildings and participating retailers. The program will help keep the ten million batteries sold in Vermont each year out of our landfills and allow for the more efficient recovery of steel, zinc, and other materials compared to mining them. This first-in-the-nation program is a win for the environment, a win for the battery manufacturers, and a win for our solid waste districts.

We also increased our very successful net metering program. Vermont's net metering bill, enacted in 1998, allows electric customers to get credit for power they produce at home. The program

really took off three years ago, when the Legislature approved a 20-cent solar net metering rate. The success of the solar net metering program caused some utilities to hit a net-metering cap sooner than expected, which in turn prevented utilities in some parts of the state from accepting customers who wanted to net meter. Our work this year expanded this program, and will be available for a larger number of Vermonters at a time when acquiring solar for the home is easier than ever.

In H.702, the Legislature increased the cap on net metering from 4% to 15% of a utility's peak load; raised the 10 day registration eligibility for a certificate of public good from 10kW to 15kW; kept the solar adder at \$.20/kwh for smaller projects of 15kW or less; achieved cost savings for utilities by reduced net metering payments to \$.19/kwh for projects over 15kW, representing about two-thirds of all capacity built; and eliminated the requirement that group net metering projects must be located on the premises of a group member. The bill also sets the framework for a future solar net metering program that would be developed by the Public Service Board and take effect on January 1, 2017.

It has been a pleasure and honor to serve you in the State House this year. Please feel free to contact us at any time. Rebecca can be reached at ellisvermont@yahoo.com and her cell phone number is 802-839-0515. Tom can be reached at tom@stevensvermont.com, and his cell is 802-595-0429

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Karen Floyd, Parish Administrator, 899-2326
www.calvarychurchvt.weebly.com

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Rev. Phillip Roushey, Pastor.
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Sunday School for all ages - 10:30 AM
pastor_phil@goodshepherdjericho.org
www.GoodShepherdJericho.org

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899-4911; officejcc@comcast.net; www.jccvt.org

JERICO UNITED METHODIST CHURCH
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71 VT RT 15, Jericho (next to the Town Hall)
Rev. Sangchurl Bae, 899-4288
Sunday Worship Service, 9:00 AM
Children's Sunday School, 9:00 AM
Men's breakfast - third Sunday, 7:00 AM
jerichoumc@jumvt.org; www.jumcv.org

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195 VT RT 15, Jericho, VT 05465
Phone: 899-2558 website www.mmuuf.org
We gather at 9:30 AM at the newly renovated space at 195 VT RT 15, Jericho (red barn across from Packard Road) on the 2nd and 4th Sundays of September - June for worship, reflection, growth, and support.
All are welcome.

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Deacon: Peter Brooks
Religious Ed. Coordinator: Laura Lynch Wells, 899-4770
Parish Secretary: Theresa Gingras
Phone: 802-899-4632, email: stthomas5@myfairpoint.net
Website: www.stthomasvt.com

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COMMUNITY COLUMNS

Hating my cell phone

Scott Funk
VT Aging in Place advocate.

It isn't so much that I hate this phone as it is that I miss its predecessor. I'd just gotten where I was comfortable with it when they took it away. The guy at the phone store said it wasn't compatible with the new 4G network. "No problem," he said, "you're overdue for a free upgrade." Then I got this phone and have spent the past year trying to figure out how to use it.

To be fair, I really didn't love my previous cell phone, either. What I loved was the old, black, rotary-dial phone I stole from Ma Bell years ago. It's now down in the cellar, boxed up with a lot of other stuff I won't use again but can't part with. Mementos of a bygone era when things were so easy to operate they came without instructions. People simply knew how to use them; it was obvious. There weren't enough features to confuse a child.

The rotary dial was easy: you picked up the handset and heard a dial tone, then put your finger in one of the amply round holes and dialed. Even if you didn't know how to hold the receiver, the sound let you know which end went over your ear.

That old black phone was indestructible. If you dropped it, whatever it hit broke, but the phone was fine. Things were built to last back then. If you moved to a new apartment, the old phone stayed and there would be a new "old phone" in the next place you rented. People didn't actually own phones; they belonged to everyone, like the national parks.

Come to think of it, my cell phone wasn't free. The "phone care" cost a hundred dollars and there was also the car charger, the holster, and an extra house charger (when I went on a trip without the charger). So, my "free" phone set me back about \$200!

So, this phone and I got off to a bad start because it was just another version of every cell phone I've ever owned – too many features that can do things I don't want, but pop up and interrupt my making a phone call if I hit the wrong button. The worst is that my phone talks to me. All of a sudden I will hear, "Can I help you Scott?" in a voice that sounds like it is perfectly obvious I could use some help. It might as well say, "Hey, stupid, calm down. This thing is expensive. You don't deserve 21st century technology."

When I took it back to the store, the guy said I was hitting the wrong button. How do you *not* hit the wrong button? They are so small and close together! I try to be careful, but using the phone makes me nervous I'll make a mistake that darn voice will come back.

I keep getting invitations to "tweet" on my phone and I hate that, too. "Tweeting" sounds rude and undignified. When I hear someone is tweeting, I instinctively look away.

And instant messaging makes me crazy. It doesn't make sense; the message was sent from a *phone* to a *phone*. They had to take the time to type it on those little bitty keys. I have to read the little bitty writing. Both of us were on a *phone*. We could simply have talked and been done in a minute. Besides, a message is something you leave when you can't reach someone, not something you leave in order not to reach them.

My cell phone is dragging me into a world I don't want to be in. I hate its superior attitude and I hate it for the way it tries to complicate my life. The only thing good about the phone is I can take it everywhere, but then I hate its ringing interruptions.

Aging in place, it doesn't happen by accident. Changing phones is just another burden of living longer.

LIBRARY NEWS

DEBORAH RAWSON LIBRARY, UNDERHILL

Did you know the library is the perfect place to spend a summer afternoon? It's quiet and cool and full to the brim with books of all genres, periodicals, books on tape, and movies to borrow! Take some time to browse our collection. Cuddle up with a stack of storybooks in our story corner in the Children's Room, do a puzzle, play a game, or put on a puppet show with your friends. There's so much to do at DRML – come and visit us soon!

The art display in August features landscape and botanical photography from around the world and right next door, by Bruce Gilbert-Smith.

The silent auction items for August are gift certificates to three local businesses! Included is a \$15 gift certificate to Phoenix Books, a \$20 gift certificate to Jericho Cafe and Tavern, and a gift certificate for a month's gym membership to Hammerfit at the Essex Shoppes and Cinema Complex. Highest bidder takes all! Stop by and make a bid!

The DRML Board of Trustees will meet on Thursday, August 21 at 7:00 PM in the meeting room. All are welcome.

Parent Support Group on Wednesday, August 27 from 6:00 – 8:00 PM. Meet and connect with parents raising children and teens

with behavioral challenges (ASD, ODD, ADD, etc.) The group plans to meet the fourth Wednesday of every month. Call Elise Doner at 899-2644 or email bustfeet4kids@gmail.com for more information.

August Baby Time! Saturday, August 30 at 10:30 AM. Infants and babies up to 18 months are introduced to the wonders of language with nursery rhymes, songs, fingerplays, and board books. This is a great time for parents and childcare providers to connect, chat, and share ideas. Older siblings welcome. No registration required.

DIY Club Kickoff Meeting! Friday, August 29, 3:00 – 5:00 PM, for kids in grades 3-6. Calling all young makers to start the very first DIY club in VT! The club will choose projects to work on and earn DIY badges. At the kickoff meeting at Jericho Town Library, the group will discuss and vote on the project they will work on at next month's meeting. Duct tape creations, coding a website, baking cookies, designing the next fashion craze – you decide! Refreshments will be served. (Program will alternate every month between DRML and Jericho Town Library.) For more information on the programs and services available at Deborah Rawson Memorial Library visit www.drml.org or call 899-4962. You can also find us on Facebook and follow us on Twitter!

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

JERICHO CENTER LIBRARY

The next meeting of the Board of Trustees is September 2 at 7:15 PM. Members of the public are welcome to share ideas or to provide comment. There is no August meeting.

Children's story time is Wednesdays from 10:00 AM – noon. Children can enjoy thematic readings (listed below) read by Elizabeth, music with Derek, and a snack. August and September themes are:

- September 3: Going on a Picnic
- September 10: Appreciating Friends Like Eric Carle
- September 17: Car Wash

Library hours are: Monday 1:00 – 7:00 PM; Wednesday 10:00 AM – noon (includes children's story time) and 2:00 – 7:00 PM; Friday 1:00 – 5:00 PM; Saturday 10:00 AM – noon. For more information call 899-4686 or email Jerichotownlibrary@gmail.com.

FAIRFAX COMMUNITY LIBRARY

A reminder about summer hours. Until August 26 we are open Mondays, Wednesdays, Fridays, 10:00 AM – 5:30 PM; Tuesdays, Thursdays, 9:00 – 8:00 AM; and Saturdays 9:00 AM – 1:00 PM.

Use of our passes is up this year, so don't forget you can call or email to reserve one of our 8 passes to area attractions. We do ask that you return the pass the same day you use it, and putting it in the book drop is fine. Reservations can be made up to one week in advance. We are considering online registration for the passes next year. What do you think of that? Input appreciated.

Has your phone number changed? Just using a cell phone and no land line now? Please update your library account with us so we can get in touch with you. Same thing if your email address has changed. Thanks!

Remember you can always visit our newly redesigned library website!! <http://www.fairfaxvlibrary.org/>.

Wednesday, August 27, FIRST DAY OF SCHOOL, REGULAR LIBRARY HOURS RESUME (see below).

For up-to-date info about programs, www.fairfaxvlibrary.org. Fairfax Community Library: 75 Hunt St., Fairfax, VT, 05454; 849-2420. Program Planner Karyn Norwood, knorwood@fwsu.org; Library News: www.bfairfax.com/pages/communitylibrarynews.html. Facebook page: www.facebook.com/home.php?_fb_/pages/Fairfax-Community-Library.

Library news continued on page 5

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Ongoing continued from page 2

Healthy Weight Support Group, Mondays, 12:00 – 12:30 PM, Northwestern Medical Center, Conference Room 3, St. Albans. Support group for those working on weight management. Combines behavioral and nutritional strategies to increase physical activity and decrease calorie intake. Provides techniques to help manage eating behaviors. Come 15 minutes early for weight check. Kay Tran, Registered Dietitian, MS, CDE, & Leslie Gardzina, Registered Dietitian. No registration required, just drop in.

International Cesarean Awareness Network supporting mothers and families recovering from or learning about cesareans and VBACs. For more information email ICANvt@gmail.com or call Jessilyn at 802-363-5499.

Overeaters Anonymous meets 6:00 – 7:00 PM Wednesdays, Jericho United Methodist Church, VT Rt. 15, Jericho.

Prostate Cancer Support Group meets 6:00 – 8:00 PM, second Tuesdays, Hope Lodge, 237 East Ave., Burlington. Wives, partners, men newly diagnosed or dealing with recurrent prostate cancer and/or side effects of treatment, and men who have been successfully treated. Any men dealing with advanced prostate cancer are also encouraged to attend to benefit themselves and others by sharing experiences. For information contact Mary L. Guyette RN, MS, ACNS-BC at 802-274-4990 or vmay@aol.com.

TOPS Chapter 145 meets 6:15 PM Thursdays, Eagles Club, VT Rt. 109, Jeffersonville. Weigh-in 5:15 – 6:00 PM.

Healing Circle Breast Cancer Network, support group for women with breast cancer, monthly meetings 1st Tuesdays 5:30 PM, Northwestern Medical Center, Conference Room #1. RSVP at 524-8479.

Lamoille Home Health & Hospice: Offering Hospice Volunteer Training. Health care professionals share their knowledge and passion for hospice. Please contact Charlene at 888-4651 or ccamire@lhha.org for more information.

Franklin County Prostate Cancer Support Group, monthly, 1st Tuesdays, 5:15 – 7:00 PM, Northwestern Medical Center Conference Room #2, St. Albans. This support group offers men opportunities to educate themselves and each other; share and learn from each other's experiences; offer support to each other, a spouse or partner; and advocate early detection of prostate cancer. For more information, Fern Mercure, 524-0719.

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

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

KIDS

Storytime in the Nestlings Nook, Tuesdays, September 9, October 14, 10:30 – 11:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Pre-schoolers and friends are welcome for stories about birds, then craft project, music, or nature walk (depends on topic/weather). Free with admission, donations welcome. No pre-register; information, 802-434-2167 or museum@birdsofvermont.org.

Sundays for Fledglings, "more or less alternate Sundays" (August 24; September 7, 21; October 5, 19), through October 31, 2:00 – 3:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Enjoy discovering birds - feathers to flying, art to zoology. Earn a Junior Birder Badge. Aimed at kids 5-9; siblings welcome. Free with admission, donations welcome. Pre-registration helpful; information, 802-434-2167 or museum@birdsofvermont.org.

Saturday Story Time, August 23, 30, 11:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington. Listen to and enjoy stories with your little ones. Information for each date online. Free. For information, www.phoenixbooks.biz or 802-448-3350.

Playgroups are free of charge and open to all children birth through age 5 and their caregivers. At playgroup you will find stories, songs, crafts, free play, local events and information, and more. It is a wonderful opportunity to play with the children in your life, meet other playmates, and connect with other parents and caregivers. Playgroups follow the school calendar. Come to any or all groups that fit your schedule. For more information on any of the playgroups, please contact Heather Lebeis at 899-4415 or underhillplaygroup@yahoo.com.

Mondays: Jericho Community Center, 9:30 – 11:00 AM
Wednesdays: Richmond Free Library, 8:45 – 10:15 AM

Thursdays: Bolton's Smilie School, 9:00 – 11:00 AM the 1st and 3rd Thursdays of the month

Thursdays: Huntington Public Library, 11:00 AM – 12:30 PM
Fridays: Underhill Central School, 9:30 – 11:00 AM

Kids' Yoga, 3-5 years and 6 years and up. Toddler tumbling and new moms' groups. The Well, 644-6700.

Early Literacy Storytime, Thursdays, 11:00 AM at Westford Public Library. Stories and activities utilizing early literacy concepts for age's birth-preschool. Drop-in; no registration needed. We welcome new families. For more info, contact Victoria at 878-5639 or westford_pl@vals.state.vt.us, or visit www.westford.lib.vt.us and click on Events @ Your Library.

SENIORS/COMMUNITY MEALS

Jeri-Hill XYZ Seniors meet at the Town Hall in Underhill Center on the 1st and 3rd Wednesday of each month. All seniors are welcome. Dinner served at 11:30 AM. For information, Bette Workman, 899-4446, Loreen Teer, 899-1363 or Doug Keith 899-2582.

Johnson Community Meal - 2nd and 4th Wednesdays of the month, 11:30 AM – 12:30 PM, United Church, Johnson. Come for a hot meal and get to know your neighbors. Meal will be followed by community gathering. For information, please contact: Ellen Hill, 635-1439, ellen.hill@jsc.edu.

Westford Senior lunches – Join Westford Seniors for lunch at the Red Brick Meeting House on the Common, monthly on the 2nd Monday. No lunch in July or August. Lunch served at 12:00 noon with a short meeting or presentation following. Call 878-7405 or 879-7382 for information or for a ride.

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

Huntington senior meal site – The Huntington senior meals are served monthly on the 3rd Tuesday, 12:00 noon at the Community Baptist Church, Huntington Center.

St. Jude's Church, Hinesburg, senior meals held on 2nd and 4th Tuesday of each month with bingo games afterward. Everyone is welcome including caregivers. Dinners \$4 per person. For information call Ted Barrette, 453-3087.

Ongoing continued on page 5

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www.JerichoChiro.com

Dr. Mary H. Kintner

Ongoing Events continued from page 5

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

SPORTS ACTIVITIES

Ongoing Pilate classes, Dakini Studio, Underhill, Mondays and Thursdays, 6:00 PM. Register at 899-4191. For more information and other scheduled classes, www.dakinistudio.wordpress.com.

Qi Gong, the ancient Chinese art of movement, classes: Saturdays 9:00 - 10:00 AM, 562 VT Rt. 15, Johnson; Saturdays 11:00 AM - noon, River Arts, Morrisville; and Sundays 11:15 AM - 12:15 PM, Artful Cup, Jeffersonville.

Zumba, Fairfax, Tuesdays 7:00 - 8:00 PM and Saturdays 9:00 - 10:00 AM. Contact Pam Adams 370-4437 or pamaj68@aol.com.

Zumba Fitness, Monday evenings only, 5:30 - 6:30 PM, River Arts Center, Morrisville. Certified instructor Karen Machia. No registration required, drop in. 888-1261 or www.riverartsvt.org for more details.

SUPPORT GROUPS

CFS, Fibromyalgia, Lyme Disease, Chemical Sensitivity and Gulf War Syndrome, 1:00 - 3:00 PM, monthly, 3rd Thursdays, The Bagel Cafe, Ethan Allen Shopping Center, Burlington. For information, www.vtcfids.org, Lainey at 802-660-4817, or 800-296-1445 ask for Rik.

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

Approach Autism With Advocacy, Recovery & Education (AAWARE) in the Lamoille Valley, 3rd Sunday, 3:00 - 5:00 PM, Second Congregational Church of Jeffersonville Community Room, Jeffersonville. Special topics, guest speakers, resource information; playroom for kids, fenced side yard for outdoor play. For information, Terry Holden, 644-2759 (Jeffersonville) or Tina Karl, 888-3430 (Hyde Park.)

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

Eating Disorders Parental Support Group, monthly on the 3rd Wednesday, 7:00 - 9:00 PM, Covenant Community Church, VT Rt. 15, Essex Center. For parents of children with, or at risk of, anorexia or bulimia. We focus on being a resource and providing reference points for old and new ED parents. For information, Peter, 899-2554.

TOWN GOVERNMENT & ORGANIZATIONS

Cambridge Area Rotary meets on 1st four Thursdays of the month, upstairs at 158 Main restaurant, Jeffersonville, 7:00 - 8:00 AM. For information, Susan Lassiter, 644-6600 or Slassiter@unionbankvt.com.

Westford Fire Department, Mondays, 7:00 PM, at the fire station next to the Town Garage. For information, email John Quinn, jquinnvt@aol.com.

Jericho-Underhill Water District meets 1st Monday of the month, United Church of Underhill, Underhill Flats, 7:00 PM. For information, 899-4076 or 899-3810.

Jericho Historical Society, monthly on 2nd Thursdays, 7:30 PM, Old Red Mill, Jericho.

Jericho Underhill Park District Board meeting, 1st and 3rd Wednesdays, 7:00 PM, Deborah Rawson Memorial Library project room, Jericho. Residents of Jericho and Underhill always welcome. 899-2693 for information.

Jericho Energy Task Force meets monthly, 2nd Thursdays, 7:00 - 8:30 PM, Jericho Town Hall, VT Rt. 15, Jericho.

FARMERS' MARKETS

Jericho Farmers' Market, Mills Riverside Park, VT Rt. 15 between Jericho and Underhill, Thursdays through October 2, 3:00 - 6:30 PM, rain or shine. For more information contact Market Manager Kelly King, JerichoFarmersMarket@gmail.com, 802-343-9778.

THRIFT SHOPS & FOOD SHELVES

Clutter Barn Tag Sale dates: Saturday, August 30, 8:00 AM - 3:00 PM. Donations are accepted on all other Saturdays, 8:30 AM - 12:00 PM, through September 13. The Clutter Barn is located in Underhill Flats, between the Brick House and the United Church of Underhill.

Essex/Jericho/Underhill Food Shelf, 3rd Saturdays, 9:00 - 11:30 AM, at Good Shepherd Lutheran Church, VT Rt. 15, Jericho. Meat, dairy, produce, pantry items, pet food, and some non-food items. All are welcome.

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

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

Library news continued from page 4

School Year Library Hours: Monday, Wednesday 8:00 AM - 5:30 PM; Tuesday and Thursday 8:00 AM - 8:00 PM; Friday 8:00 AM - 3:15 PM; Saturday 9:00 AM - 1:00 PM. Summer hours start Thursday, June 19, Mondays, Wednesdays, and Fridays, 10:00 AM - 5:30 PM; Tuesdays and Thursdays, 9:00 AM - 8:00 PM; Saturdays 9:00 AM - 1:00 PM.

VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE

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9:00 AM - 7:00 PM, and Fridays 2:00 - 5:00 PM, Saturdays 10:00 AM - 3:00 PM.

WESTFORD PUBLIC LIBRARY, WESTFORD

Library Hours: Wednesday 1:00 - 7:00 PM, Thursday 10:00 AM - 6:00 PM, Friday 1:00 - 7:00 PM, Saturday 10:00 AM - 2:00 PM; website: www.westfordpubliclibrary.org; Email: westfordpubliclibrary@gmail.com. Like us on Facebook. 878-5639, Bree Drapa, Librarian.

LETTER TO THE EDITOR

Support Michael Sirotkin To the Editor,

We are writing to support Senator Michael Sirotkin's return to the Vermont State Senate, representing Chittenden County.

Having had the privilege of knowing Michael and his late wife, Senator Sally Fox, for over forty years, and having taught both their sons at Poker Hill School, we can attest that Michael, like Sally, has an intense interest in serving the public good. Prior to assuming Sally's Senate seat in January, Michael had been a highly successful and respected advocate for Vermonters in the State House for decades. Since his arrival in the Senate he has worked and voted for no hand-held cell phones while

driving; GMO labeling; increase in minimum wage; support for small businesses through working land grants and smart downtown development; increased renewables through net metering; shore land water quality protection; statewide pre-K opportunities; and increased prevention and treatment for opiate dependency. Michael has already earned the respect of his fellow Senators, regardless of party, and it is our hope that he will represent us for many years to come.

Please join us in voting for Michael Sirotkin this Tuesday and on Election Day in November.

Beth and David London
Poker Hill Road
Underhill

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Adult Watercolor Classes



Adult Watercolor Classes in Jericho and St Albans with Kathleen Berry Bergeron beginning the 2nd week of September . 8 weeks. Come and join the fun ! Space is limited.] paint78@hotmail.com 802 899-4628www.kathleenberrybergeron.com

**TOWN OF JERICHO
DEVELOPMENT REVIEW BOARD
NOTICE OF PUBLIC HEARING**

The Jericho Development Review Board will hold a public hearing on **Thursday, September 11, 2014, at 7:00 PM** at the Jericho Town Hall to consider the following:

- A request by Atwood Enterprises, Ltd. for Preliminary and Final Plat review of a PUD minor subdivision. The parcel is located at 44 Raceway Road in the Agriculture Zoning District.
- A request by Charles Lacy for Site Plan review of a trails access parking area. The parcel is located at 267 Onion River Road (Rte 117), approximately 175ft north of the intersection with Barber Farm Road in the Agriculture Zoning District.
- A request by Robert and June Bugbee & JD and Jennifer Bugbee for Preliminary and Final Plat review of a PUD major subdivision. The parcel is located at 63 Brown's Trace in the Rural Residential and Forestry Zoning Districts.

All interested persons may appear and be heard. Your participation in this proceeding is a pre-requisite to the right to take any subsequent appeal. If desired, your written comments and concerns can be forwarded to the Jericho Planning and Zoning Office before the listed hearing date.

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

**TOWN OF JERICHO – SELECTBOARD
NOTICE OF PUBLIC HEARING**

Pursuant to 24 V.S.A. § 4444, the Jericho Selectboard will hold a Public Hearing on **Thursday, September 18, 2014 at 7pm** in the Jericho Town Hall, 67 VT Route 15, Jericho, Vermont, to hear public comment regarding proposed amendments to the *Jericho Land Use and Development Regulations*.

SUMMARY OF AMENDMENTS TO REGULATIONS

STATEMENT OF PURPOSE: The primary purpose of the proposed amendments is to clarify the existing development review and land use regulations, meet the requirements of state planning laws (24 VSA, Chapter 117), and to comply with the 2011 Jericho Comprehensive Town Plan.

LIST OF SECTION HEADINGS: The amendments include minor technical corrections to the following sections: Section 2, *Definitions*; Section 7, *General Provisions*; Section 10, *Permit and Review Procedures*; and Section 11, *General Development Standards*. Several definitions were edited or added to provide additional clarity to the regulations. Several new definitions for different types of senior housing were added. A description of the administrative procedures related to the issuance of local Access Permits was added. A requirement that an energy certificate be filed before a Certificate of Occupancy is issued has been added, in accordance with new State law. The Planned Unit Development review regulations have been amended to provide greater clarity, to encourage better PUD design practices, to encourage better protection of open space, and to strengthen incentives for the creation of affordable housing. The regulations governing new outdoor lighting have been revised to encourage the use of LED lighting and better energy conservation practices in new development. Frequently-used excerpts from the Public Works Specifications have been added to the regulatory sections related to access/driveways. Internally light signs, including neon signs, will not be permitted.

GEOGRAPHIC AREA AFFECTED: These amendments have the potential to affect all geographical areas of the Town.

PLACE WHERE FULL TEXT MAY BE EXAMINED: The complete text of the amended regulations may be found at www.jerichoVT.gov under Documents and Forms > Planning and Zoning Documents. Alternatively, a full-text copy may be examined in the Planning and Zoning office, Jericho Town Hall, 67 VT Route 15, Jericho, Vermont.

PERSON TO CONTACT: Additional information pertaining to these proposed amendments may be obtained by contacting Jennifer Murray, Planning & Development Coordinator, at the Jericho Town Hall by calling (802) 899-2287 x 104 during regular office hours.

OBITUARIES



On Friday, August 1, 2014 "The League of Adventurous Spirits" lost a future and guaranteed Hall-of-Famer. **Benjamin Craig Haller (Benjo)** of Underhill Center, VT passed away at the much too early age of 27 while diving off the shores of Harbor Island in the Bahamas. Benjo was born in Pittsburg, PA on February 6, 1987. He moved to Cambridge, VT with his parents and sister in 1991. In 1993 the family moved to Underhill Center and Benjo began his education at the

Underhill Central School. From there he attended Brown's River Middle School, and graduated from Mount Mansfield Union High School (MMU) in 2005. During his senior year at MMU, Benjo was a member of the school's State Championship Alpine Ski Team. Additionally, from 1995 to 2005 he was a member of the Smuggler's Notch Alpine Ski Team and during 2001-02, a member of the Brown's River Middle School Mountain Biking Club. In the summer between his sixth and seventh grades Benjo spent two weeks at Camp Abnaki on Lake Champlain, which is where he mastered the art of sailing beyond the basics and in very short order. Immediately following he was enrolled in sailing lessons at The International Sailing Center in Mallets Bay, VT. He went on to work there every summer until the beginning of this summer. During this time he became an incredibly accomplished sailor, instructor, technician, and boat repairman. The owner of the Center, Robin Doyle, became Benjo's very close friend, mentor, and racing companion. Robin can be credited with forging Benjo's personal bond to the open water, being under full sail, and doing so with precision and the complete understanding of the natural elements. In 2002 the family acquired a damaged 30-foot O'Day sailboat, which Benjo fully restored over the course of the next several summers. He delighted in giving his friends moonlight cruises or teaching them how to sail on *Momma Dance*. After graduation from high school Benjo attended the Pro Dive SCUBA Training Center in Fort Lauderdale, FL and became a certified SCUBA Instructor. Upon certification he was immediately hired by the internationally acclaimed Stuart Cove's Dive Center in Nassau, Bahamas and was the youngest instructor ever hired by the Center. After working at the Dive Center for a year Benjo enrolled at the University of Colorado, Boulder; Alpine skiing was everywhere, but sailing was non-existent. Over the course of the next five years he worked tirelessly to create The Boulder Sailing Club and to have it sanctioned and financially supported in part by the University. Using countless fund raising events, traveling throughout the West picking up donated sailboats, and securing the rights to use the Boulder Reservoir, his dream came true. By the time he graduated with a degree in Film, the University was racing collegiately throughout the West. At the age of twelve he set his mental sexton on sailing from Vermont to the Caribbean. In October of 2013 he left Mallets Bay on *Momma Dance* after a year of planning and charting his course, provisioning the boat, and lining up mates to meet him along the way. He made it to Norfolk in twenty-one days and left his boat there for the winter. In May of this year he flew to Norfolk, picked up *Momma Dance* and four weeks ago he landed on Bimini Island in the Bahamas. His goal was to tour the Islands with his First Mate, Matt, and Buddy, his beloved dog. Ben's long ago dream came true! His next plan was to head to the southern Caribbean to work as a sailing and SCUBA instructor. His next adventure was tragically denied on August 1. With an infectious laugh, a diamond studded smile, the good looks of a movie star, and the zest to fill every single minute of his life with adventure and personal challenges, he became a magnet for those wanting to experience life as he defined it. When he was on the water, either liquid or frozen, he was in his element and the world was his oyster. Benjo is survived by his parents, Dean and Sandy, his sister, Danielle (Dani), his surrogate brothers Ben and Chris Frederick, his mentor Robin Doyle, his first mate Matt Pfeiffer, and his best friend and soul mate Buddy. A celebration of Benjo's life will be held at the International Sailing Center later this year. In lieu of flowers the family would prefer a donation to the "Benjamin Haller International Sailing Center Memorial Scholarship" fund (BHISCMS). Donations can be mailed to The International Sailing Center, 511 West Lakeshore Dr., Colchester, VT 05446.



Gretchen (Austad) Becker, 75, of Underhill, VT passed away on Monday, August 4, 2014, peacefully at home, with her loving husband by her side, after a long illness. Gretchen was born on September 30, 1938, daughter of the late Arthur and Hilda (Richardson) Austad, and spent her youth in Cape Elizabeth, ME. She moved to Boston, MA after high school, where she later met and married a wild motorcycle racing serviceman, Richard Becker. After they were married, Richard and Gretchen

moved to New Jersey, but relocated to Vermont after their three children were born. Richard and Gretchen raised two daughters, Rachel and Rebecca, and one son, Joseph, in Underhill. They were married for 49 years. Gretchen was a very independent woman and stayed at home to raise her children. She liked to garden and was an avid volunteer for her children's many extracurricular activities. Gretchen spent many years volunteering at the United Church of Underhill's Clutter Barn and enjoyed making sure everything was organized, all of the donated electrical items worked, and no pieces were missing from puzzles and games. She was proud of all of her children, but took great pride in her son's racing career and never missed listening to a Thunder Road race on the radio. Later in life, when her health began to fail, Gretchen spent her time enjoying the company of her friends and family and watching *Jeopardy* on TV. She loved taking care of the household affairs, and happily did the taxes and banking herself until the end. She is survived by her husband, Richard Becker; children, Rachel Becker, Rebecca Lemire, and Joseph Becker; grandson, Zachary Lemire; brother-in-law Barry Becker and his wife, Lillian; sister-in-law Jo Anne Austad; dear friends Rhonda Blodgett and Nancy Cardinal; and grand-dog Gilligan. She was predeceased by her brother, Jon Austad; and her great-aunt, Reitha McGaughan. Visiting hours were held Sunday, August 10 at A.W. Rich Funeral Home - Essex Chapel, 57 Main St. Essex Junction, VT 05452. A funeral service was held Monday, August 11 at the United Church of Underhill in Underhill. Interment followed at the Underhill Cemetery on Park Street. The family invites you to share your memories and condolences by visiting www.awrfh.com. In lieu of flowers, donations can be made to Essex Rescue, 1 Educational Dr., Essex Junction, VT 05452.



Robin Anna Alexandra Girr of Westford, VT; Thanksgiving Day 1963 – Thursday, August 7, 2014. Beloved mother, teacher, soul mate, friend. Robin, age 50, joined the heavenly choir Thursday evening, after a four-year battle with multiple cancers, with her children and a few other family members by her side. Robin was born in Costa Mesa, CA, and married only once, to a boy from northern New Jersey on his parents' backyard deck in Kalamazoo, MI,

on a warm and sunny June 21 day some 30 years ago. Robin had a zest for life and embodied creativity, perseverance, organization, and beauty. Robin was a lifetime learner, recently taking classes at Community College of Vermont. Robin homeschooled each of her four children through high school, with each one going on to a university education after leaving the nest. Robin's special dog, "Magic," helped her enormously with her daily needs. Robin was predeceased by her father, Michael Matthew Chartkoff of Cheshire, CT; and stepfather, William Means of Naples, FL. She is survived by her husband, Peter Henry Girr of Westford; their children, sons Peter, David and wife Sonya, and Michael and wife Brittany; and daughter Rebekah; mother Hannah Means of Naples, FL; and brother John Chartkoff of Columbus, OH. Robin loved acting, most recently playing Sara in Essex Community Players production of *Getting Sara Married* by Sam Bobrick; geocaching; reading, especially science fiction; scrapbooking; gardening; and was an amazing cook, with recipes that will be passed down for generations. Robin loved to help people answer the question put forth in Acts 16:30. Robin will be missed dearly by all that knew her. The family would like to thank Trinity Baptist Church, the VNA, the Vermont Respite House, and all the wonderful nurses and staff at Fletcher Allen for the tremendous love, support, and care. A memorial service was held on Saturday, August 9, 2014. The family appreciates donations in Robin's memory to any of the above.

REVIEWS

ART/PHOTOGRAPHY

Emile A Gruppe Gallery, 22 Barber Farm Rd., Jericho. Call to artists – *Think square!* 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 Committee includes Jericho Selectboard member Catherine McMains, artists Dianne Shullenberger and Barbara Greene, and gallery owner Emilie Alexander. Gallery hours: Thursday-Sunday, 10:00 AM – 3:00 PM or by appointment. Information, www.emilegruppegallery.com or 899-3211.

Bryan Memorial Gallery, 180 Main St., Jeffersonville. In the *Studio with Mary Bryan*, through Sunday, September 7, celebrating the 30th anniversary of the gallery's founding with an exhibition of paintings by Mary Bryan, in whose memory the gallery was built. The exhibition of 100 paintings includes watercolors, oils, collages, and egg tempera paintings, painted over 30 years in Vermont, Massachusetts, Alaska, the Southwest, England, and the Caribbean. A preview of the exhibit can be seen at www.bryangallery.org. Call to Photographers for *A Photographer's View of Land and Light and Water and Air*: Bryan Memorial Gallery invites photographers to join the gallery and submit to a landscape photography exhibition. Photographs due by August 29. Exhibition: September 12 – November 2. Membership required. Specs, entry form and information available at www.bryangallery.org, click on CALLS TO ARTISTS. Bryan Memorial Gallery invites artists to become members and submit to its annual exhibition of artwork in a small format. Deadline: October 26. Exhibition: November 7 – December 28. Membership required. Specs, entry form and information available at www.bryangallery.org.

Reviews continued on page 8

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- Great for horses, gardeners or folks looking to run a small farm
- Large sunroom. 1st floor master with bath. 4 bedrooms up. 2 sitting rooms and 4 baths
- Living room with brick FP and woodstove, wide wood floors



Underhill - \$545,000

- Mount Mansfield views from one end to the other. Great rm w/ cathedral ceilings, a wall of windows, oak hrdwd floors & FP.
- Library w/ built-ins. Lg kitchen w/ adjoining bfast rm and porch
- Master bedroom w/ vaulted ceilings, bath & WI closet. 3 addtl bedrooms up w/ bath, study, loft



Underhill - \$269,500

- 3 bedroom, 2 bath country home on 11.8 acres with views of Mt. Mansfield
- Sought after modern updates makes this home a dream. Full mudroom, brand new pole barn.
- Fresh paint and high end fixtures. Home has been meticulously cared for.

E-MAIL: Info@NancyJenkins.com WEBSITE: www.NancyJenkins.com

Back to School continued from page 3

Pre-teens and teens can carry up to 20% of their body weight. In addition to the amount of weight a child carries, the backpack they carry it in also makes a difference. I became interested in backpack safety when I began to see children complaining of back pain. This was not typical when I was young! Check your child's pack regularly and make sure they are not carrying any unneeded items. Teach your children to load their backpacks so that the heaviest items are carried low in the pack and close to the spine. Backpacks with built-in lumbar and shoulder supports and that are designed to ride correctly on the back and to distribute load weight safely are available for order. Be sure to wear the straps on BOTH

shoulders. Backpacks have come a long way in recent years and are now very comparable in "looks" and price to the popular store and catalog brands. I recommend these ergonomic backpacks as a preventative measure for the long-term health of a child's back.

Breakfast is important! Studies show that students who eat breakfast perform better socially and academically. Be sure breakfast consists of whole foods such as whole grains, fruits, and protein. The same rules apply to all meals. Be sure each meal contains adequate protein, complex carbohydrates, and quality fats (avoid trans/hydrogenated fats.) Try to avoid or minimize processed foods because they contain many harmful ingredients, lack nutrients, and are high in calories. Multivitamins can help fill in the daily diet. Also, be sure children are staying hydrated by drinking plenty of water. By the time they get thirsty, the body has already become dehydrated to some degree and even mild dehydration can negatively impact brain function.

This time of the year is often a time to purchase new shoes. The feet are the body's foundation and the entire body is influenced by them. When purchasing shoes, be sure they have arch support, a heel cup and cushioning, and are the right size. Many problems with the feet are caused by ill-fitting shoes. Problems with the back can be caused by misaligned feet. Even jaw problems can be the result of misaligned feet because the feet are the foundation of the skeleton. When misalignment is present it is common to adjust the way one stands, runs, and walks to avoid the discomfort of the misalignment. This can occur unconsciously and further aggravate the skeletal alignment. Orthotics (a.k.a. shoe inserts) come in a variety of styles for different types of footwear - from dress shoes to sneakers to ski boots. Orthotics help feet stay properly aligned when in motion and when still. In my practice, patients are amazed at the improvements they experience after I custom fit them with orthotics. They notice reduction or elimination of pain and improved posture.

School chairs were not designed with comfort or spinal health in mind! Sitting puts a lot of pressure on the spine and students spend most of their time in school seats. I suggest a lumbar support cushion that helps improve spine alignment and back comfort when sitting.

Sleep is another extremely important consideration for optimum health and academic excellence. Bed pillows can make a big difference! Unsupportive pillows contribute to restless sleep, fatigue and health problems. Pillows that properly support the cervical spine (neck) contribute to good sleep, alertness and overall health. I carry a variety of high quality cervical support pillows and help people pick the pillow that will offer them the amount of neck support they need. We spend at least one quarter of our lives in bed - the pillow matters!

Make this school year as healthy and successful as possible through backpack safety, good nutrition, properly fitting and supportive shoes, restful sleep, supportive pillows, and spinal alignment.

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 363-2166 Shaun Superneau

Reviews continued from page 6

org, click on CALLS TO ARTISTS. For information, 802-644-5100. Gallery hours: through September 7, daily 11:00 AM-5:00 PM.

Helen Day Art Center: The Appearance of Clarity: Works in Black and White, through August 31. Free and open to the public. This exhibition explores the subtle, double, and hidden meanings the apparent clarity of black and white might obscure. The show's ten contributors include an artist who makes paintings from redacted government documents, a sculptor who forges metal into unreadable script, and a painter who rendered a portrait in the form of a novel. Artists: Louis Cameron, Sharan Elran, Marietta Hoferer, Jenny Holzer, Sarah Horne, Chelsea Martin, Lynn Newcomb, Suzy Spence, Andreas Rentsch, and Nan Tull. **Works on Loan** in the Jeff White Room, through August 31, 2014. "Always Near" by Maria Magdalena Campos-Pons, courtesy of the artist. For information, please contact Rachel Moore, Assistant Director, at hdacexhibits@helayday.com or 802-253-8358. **In No Time: A Retrospective of Ideas:** the choreography of Polly Motley, Friday, September 19 - Sunday, October 19. Helen Day and Petra and Stephen Levin present the 23rd annual outdoor sculpture exhibition **Exposed**, hosting sculptures, site-specific installations, and participatory work from national and international artists throughout the town of Stowe. Free and open to the public. Helen Day Art Center, 90 Pond St., Stowe, 802-253-8358, www.helayday.com. Hours: Wednesday - Sunday 12:00 - 5:00 PM and by appointment.

MUSIC

Bluegrass and BBQ series - Shelburne Vineyard will host its third summer Bluegrass and BBQ concert of the summer on Friday evening, August 22, 6:00 PM. The DuPont Bros. will bring their folk-rock-bluegrass notes to the Vineyard's patio, and the concert will go on rain or shine. The Vineyard will offer up a Vineyard special Sangria, BlueBird BBQ will serve up their fresh Vermont suppers, and Fiddlehead will be on-site with their beer. The DuPont Brothers, Sam and Zack, followed separate geographic paths for years, reunited as a duo in VT in 2013. They have performed with Grace Potter and the Nocturnals, among others. Their harmonies, lyrics, and intricate guitar fingering mark their style and make for a memorable evening. Visitors can picnic among the ripening Marquette vines and watch the sunset. Wine and beer available on-site, no outside alcohol permitted. Open to all ages; admission is free. Shelburne Vineyard, 6308 Shelburne Rd., Shelburne; <http://shelburnevineyard.com>.

The Vermont Civil War Songbook, Sunday, September 7, Academy Circle, South Woodstock. Dressed in period costume, singer/researcher Linda Radtke shares songs from Vermont during the Civil War period, with

engaging commentary and letters from Vermont soldiers. Subjects of the songs range from satire on Jefferson Davis to a soldier returning home to die to sentimental ballads. www.greenmountainperkinsacademy.org.

Vermont Symphony Orchestra's Made in Vermont Music Festival runs September 19-29 at locations throughout Vermont - at Johnson State College's Dibden Center in Johnson on Friday, September 19 at 7:30 PM; and at the BFA Performing Arts Center in St. Albans at 3:00 PM. The VSO's "Made in Vermont Music Festival" includes a concerto by Dittersdorf for an under sung pair of solo instruments - viola and double bass - and Holst's popular *St. Paul's Suite*. Beth Wiemann, a Burlington native, will join us to introduce the world premiere she has written for the VSO, *Before the Snow*. The concert concludes with Haydn's *Symphony No. 85*, nicknamed "La Reine" because its grace and power found favor with Queen Marie Antoinette. For information including tickets, 802-864-5741 x10, or <http://www.vso.org/eventcatview.php?id=1>.

THEATER/FILM

The 39 Steps, Thursdays-Sundays, September 18-October 19, Lost Nation Theatre, Main St., Montpelier. A Hitchcock masterpiece + a juicy spy novel + Monty Python + romance + old-timey stage-craft x a ridiculously talented cast of 4 = *The 39 Steps*. A man with a boring life meets a woman with a thick accent who says she's a spy. When he takes her home, she is murdered. Soon, a mysterious organization called *The 39 Steps* is hot on the man's trail in a nationwide manhunt that climaxes in a death-defying finale. A fast-paced whodunit for anyone who loves the magic of theater! Nonstop laughs with over 150 zany characters. For information including dates/tickets/cost, www.lostnationtheater.org/ or 802-229-0492.

Comedy of Errors, Thursdays-Sundays, September 25-October 19, Lost Nation Theatre, Main St., Montpelier. Two sets of twins, separated at birth, are reunited. But only after a Rube Goldberg of mistaken identities, witty dialogue, puns, and plot-twists. For information including dates/tickets/cost, www.lostnationtheater.org/ or 802-229-0492.

The Music Man, September 25-28 and October 2-5, Hyde Park Opera House, 85 Main St., Hyde Park. Fast-talking traveling salesman Harold Hill plans to con the people of River City, Iowa into buying instruments and uniforms for a boys' band he vows to organize - despite the fact he doesn't know a trombone from a treble clef. His plans to skip town with the cash are foiled when he falls for Marian the librarian. Classic tunes include *You Got Trouble* and *76 Trombones*. For information, www.LCplayers.com or email info@lcplayers.com; for tickets, tickets@lcplayers.com.

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