

Pick up your copy of the
**Northwestern Vermont
Animal Resources Guide**
at a business near you!

JTL celebrated summer reading with a Super Summer Celebration



By Linda Porter

“Ooh’s” and “ah’s” could be heard from the audience as Kim and Chris Cleary performed stunts with fiery torches. When Chris breathed fire, a child was heard to say, “He must be a dragon!” The Clearys were performers at Jericho Town Library’s Super Summer Celebration, a gathering of readers, thinkers, and tinkers on the Jericho Green on a sunny afternoon

Wednesday, July 22. Kim and Chris also brought their old-fashioned popcorn maker for the event, and children and adults enjoyed the free popcorn and free ice cream donated by Ben & Jerry’s, scooped by volunteer Zachary Harder. The Lazy Farmer food truck was also on hand with locally grown food for purchase. Artist John Opulski led children in large scale free expression art, with colorful results. The all-new JTL Community

Poetry Boards allowed the audience to create poetry using large magnetic words. Josh LaRose and Chris Borduea played crowd pleasing songs during the event. The main act was *Bread & Puppet*, who performed two children’s plays and then led an epic mask making workshop.

The event was filmed by Mount Mansfield Community TV and it will soon be available on our website. The celebration was the culminating

activity of the library’s summer reading program, which brought our community’s children and their parents to the library to participate in a variety of activities based on the theme Every Hero has a Story!

We are so appreciative of our many patrons and volunteers who supported the summer program and its ending extravaganza event.

Cambridge Festival of the Arts

By Phyl Newbeck

Special to the Mountain Gazette

For the last seven years, the Cambridge Arts Council has been putting on an outdoor summer arts festival in downtown Jeffersonville. This year’s event will take place on Saturday, August 8 from 10:00 AM – 4:00 PM and will cover the length of Main Street. It’s a great opportunity to check out the work of dozens of local and regional artists, while listening to music and eating local food.

Cambridge Arts Council President Carol Plante said the festival was designed as a venue for easy viewing of high-end art, with the additional goal of bringing people into Visions of Vermont and the Bryan Gallery, both situated on Main Street. Initially 30 artists attended but that number has grown to as many as 50, although it’s usually in the mid 40s. Most artists are local but others come from neighboring states and Canada. “There is great regional art,” said Plante, “so we don’t want to exclude people and we want to make sure our visitors’ experience is really rich.”

Although established adult artists will be lining the streets, the kids won’t be left out. The Mary Elizabeth Preschool keeps children entertained with face painting and nature projects like painting rocks or “tree cookies.” There is also a youth art tent where students can show and even sell their work, free of charge. Additionally, some students who attended the Nature Poetry Camp will be displaying and reading their poetry.

The Cambridge Arts Festival features food and music to go along with the art. 158 Main will set up shop outdoors with a variety of sandwiches and gyros, and Kingdom Creamery Ice Cream and Old Dodge Farm Coffee will also be present. Members of the Cambridge Historical Society will be selling homemade pies. The Green Mountain Swing Band has performed for festival-goers every year. This year, they’ll have the morning shift, while the Dave Keller Band will play blues in the afternoon.

Plante admits it’s hard to estimate how many people attend the festival. The Bryan Gallery generally sees 200-300 people during the day but there may be others who don’t venture inside. Smugglers’ Notch has a shuttle bus for those staying at the resort and since the festival coincides with the Antique Car Show at Stowe, there are some visitors who drive over the Notch to see the artwork. A big banner at the entrance to town welcomes those who might not otherwise be aware of the festivities.

The festival also includes demonstrations by local artists. Karen Winslow, whose work is on display at Visions of Vermont, usually does a presentation from the porch of the gallery. In 2013 and 2014 she painted portraits of local residents from her shaded perch while answering questions about the artistic process.

The Cambridge Arts Council recently sponsored a contest to find a muralist to paint the silos at the end of town. They have narrowed the search down to four finalists and expect three of the four (Sarah Rutherford, Mary Lacy, and the Anthill Collective) to be present to explain their vision to those interested in the project. In the Youth Tent, Cambridge Elementary School students will show their own ideas for the project on miniature silos.

Ann Standish is a fabric artist who has taken part in each of the Cambridge festivals. “I love participating because it is in my hometown,” she said. “I’m able to spend the day visiting with friends and neighbors. My work is well received, and is well suited to the mood and goals of the festival.” In addition, Standish enjoys the opportunity to meet other artists and discuss their work. “This will be the seventh annual festival,” she said. “It has become a highly anticipated part of the August calendar in Jeffersonville. I wouldn’t miss it.”

For more information, go to <http://cambridgeartsvt.org/festival-of-the-arts/>.

Controversial business under construction



Construction continues on the new Dollar Store building in Jericho. PHOTO BRENDA BOUTIN

Five rules of etiquette when talking to a wounded veteran

From the professional world to the coffee shop, a wounded Marine shares his advice

Justin Constantine, a wounded Marine who received a Purple Heart for his injuries sustained in Iraq, put together some rules of etiquette everyone should consider when talking with a wounded veteran, whether it’s at a neighborhood coffee shop or a top executive business meeting. By just following a few simple rules you can curb a lot of bad conversational habits when talking with a wounded warrior.

“As a injured veteran I find that people want to talk with me, but they aren’t sure what to say and how to say it,” said Constantine. “With a few simple guidelines, you can avoid a lot of awkward conversations. That’s not just good for you, it’s also helpful for the veteran.”

Constantine shares his five rules of etiquette when talking with a wounded veteran:

1. Don’t show pity. Do treat us like everyone else. We appreciate your compassion, but at the same time please don’t pity us. Instead, treat us like everyone else. The last thing any injured veteran wants to do is open up the wounds of war every time he meets someone.
2. Don’t bring up PTSD. Do ask us about our day. We may have post-traumatic stress disorder, but we very well may not have it. In fact, a far greater number of civilians have PTSD than service members. And even if we have PTSD,

Five rules continued on page 2

We are gathering information for the 2015-16 Jericho-Underhill Community Directory. Please send us any updates for your line listings to mtgazette@earthlink.net.

NEWS BRIEFS

UNDERHILL-JERICHO FIRE DEPARTMENT

By Kitty Clark

EMERGENCY CALLS:

Friday, July 10, 12:58 PM – responded to power lines down in Jericho

Monday, July 13, 1:13 PM – EMS in Essex

Tuesday, July 14, 11:19 AM – EMS in Essex

Thursday, July 16, 9:40 AM – EMS in Essex

Friday, July 17, 11:00 AM – EMS in Underhill

Friday, July 17, EMS in Essex

Friday, July 17, 3:20 PM – EMS in Underhill

Monday, July 20, 9:42 PM – Responded to 275 Browns Trace, Jericho fire alarm activation

Tuesday, July 21, 2:06 AM – Responded back to 275 Browns Trace, fire alarm activation

Wednesday, July 22, 8:30 AM – Lift assist with Rescue in Jericho

Saturday, July 25, 12:51 PM – Assisted Rescue on the Hilltop Trail, Jericho

Thursday, July 30, 10:39 AM – One-vehicle accident with injury, area of 20 Bolger Hill, Jericho

MEETINGS AND DRILLS:

The Foggy Nozzle Muster Team has been busy training for the competition at the VSFA Convention in Rutland on Saturday-Sunday, August 8-9.

Get well wishes go out to Frank Fisler.

Sincere sympathy to the Noyes family and the Essex Fire Department for the passing of former Chief Philip Noyes, Sr. Phil was one of the founding members of the Essex Fire Department. His funeral was held on Friday, July 31. Members of our department attended the wake and the funeral for Chief Noyes, while some of our members stood by at the Essex Fire Station during these times.

SAFETY MESSAGE:

Did you know that if fire breaks out in your home, you may have as little as one or two minutes to escape once you hear the smoke alarm? It is so important that your family has an escape plan so that everyone knows what to do and where to go if there is a fire.

Practice Fire Safety Every Day!

Quarterly update from the Chief of the UJFD

For the period from April 15-July 15, 2015 the UJFD has been on 77 total calls, this includes medical and fire calls. We have not had any large incidents that have occurred. The UJFD has been focusing our efforts recently on training. We are using an old house that will be torn down in the near future to perform training that is otherwise very hard to simulate. We have been able to throw ladders, pull charged hose lines and perform various firefighter rescue drills. In order to enhance the training, the UJFD replaced an old training manikin. We were utilizing a manikin that had been donated to us, but over the years the manikin had the arms and legs fall off and it was no longer useful. The new manikin has been a valuable asset during training that does not put firefighters at risk. We also purchased some smoke generation machines that provide a non-toxic smoke condition to simulate the conditions we face at a real fire. The combination of these purchases has proven to be very valuable to our training efforts. These purchases should last us a long time.

The UJFD has also been working to prepare to work with the Jericho Fire Department Task Force. We have spent time discussing with various task force members what information the task force may need. We have started to prepare some presentations based upon the preliminary discussions that have occurred.

The UJFD was recently notified that we have received a grant from the State of Vermont VCOMM commission to replace our portable radios and upgrade our radio system to provide better radio coverage for the communities. The total award is in excess of \$125,000. This grant will have a direct impact on the UJFD capital plan and our long term expenses. This is a huge win for the communities of Underhill and Jericho.

We are working to close out the FY 2014-15 budget and have started the transition to an outside accounting firm, which will perform the department's accounting for FY 2015-16. We have also engaged with an outside auditing firm (separate from the above mentioned accounting firm) to begin the FY 2014-15 Audit Report and Financial Statements.

As always if you have any questions or concerns, please feel free to contact me at ujfdchief@gmail.com, or email our Duty Captain Harry Schoppmann, harry@ujfd.org or call the station at 899-4025.

Thank You, Mathew Champlin,
Chief Underhill – Jericho Fire Department.

4-Hers compete in state horse show

The annual Vermont 4-H Horse Show, sponsored by University of Vermont (UVM) Extension 4-H, attracted more than 80 competitors from sixteen 4-H clubs. The venue for the July 9-12 event was the Addison County Fair and Field Days site in New Haven. The show featured more than more than 100 English and Western equitation classes as well as a Horseless Division where 4-Hers without a horse competed in quiz bowl, judging, and general knowledge contests.

Horseless Division: 8- to 10-year-olds: Champion Avery Rabidou, Essex Junction; Reserve Champion Kayli Aldrich, Athens; 11- to 13-year-olds: Champion Grace Parks, Essex; Reserve Champion Lillie Tuckerman, South Woodstock; 14- to 18-year-olds: Champion Nicole Cutler, Waterbury; Reserve Champion Hannah Lang, Essex
Holly Weglarz of Hartland was named the 4-H Fitting and Showmanship Champion. Katie Haas of Rutland was the Reserve 4-H Fitting and Showmanship Champion.

The **4-H Division** winners, based on points earned from fitting and showmanship, judging, quiz bowl, the general knowledge test, and 4-H project class were:

Beginner: Champion Jenna Dolloph, Chester; Reserve Champion Emma Rubin, Jericho.

Advanced Beginner: Champion Chloe Stidsen, Hinesburg; Reserve Champion Emma Cushman, Barre.

Junior (age 13 and under): Champion Faith Ploof, Essex; Reserve Champion Alexis Marnellos, Lincoln.

Senior (ages 14 to 18): Champion Alexis Walker, Westford; Reserve Champion Lexy Brooks, Whitehall, NY.

As Senior 4-H Division Champion, Alexis received the Paul Quinn Memorial Award, given annually in honor of Quinn, a staunch supporter of this horse show since its inception. She also received the Overall High Point 4-H Champion trophy for having the highest overall score in the 4-H Division.

Competitors earning top honors in **gymkhana** (speed pattern racing and timed games on horseback) were, by division:

Beginner: Champion Jenna Dolloph, Chester; Reserve Champion Bella Joly, Essex Junction.

Junior (ages 13 and under): Champion Maddison Mayhew, Brattleboro; Reserve Champion Garrette Shanks, Vernon.

Senior (ages 14 to 18): Champion Cassidy Wyman,



The 4-Hers chosen to participate in the regional horse show at Eastern States Exposition in W. Springfield, MA in September take part in the morning flag ceremony on the closing day of competition at the Vermont State 4-H Horse Show, held in July in New Haven.

PHOTO BY UVM EXTENSION 4-H

Cambridgeport; Reserve Champion Sarah Rogers, Grafton.

Champions in the **English riding classes**, based on combined scores in equitation, trail, pleasure, and either road hack or hunter under saddle classes, were:

Beginner: Champion Bella Joly, Essex Junction; Reserve Champion Lucie Webster, Shelburne.

Advanced Beginner: Champion Alexia Diaz, Rutland; Reserve Champion Chloe Stidsen, Hinesburg.

Junior (age 13 and under): Champion Alexis Marnellos, Lincoln; Reserve Champion Olivia Suker, Shrewsbury

Senior (14 and older): Champion Lily Basye, Hinesburg; Reserve Champion Lexy Brooks, Whitehall, NY.

The following 4-Hers took top awards in the **Western division**, based on combined scores from equitation, trail, performance, and pleasure classes:

Beginner: Champion Marleigh Carey, Rutland; Reserve Champion Ruby Proulx, Calais.

Advanced Beginner: Champion Emma Cushman, Barre; Reserve Champion Abby Watelet, North Chittenden.

Junior (age 13 and under): Champion Anna Bower, Rutland; Reserve Champion Katie Haas, Rutland.

Senior (ages 14 to 18): Champion Catherine Thrasher, Rupert; Reserve Champion Karli Knapp, Townshend.

The dressage high-point award was won by Callon Fish of Rutland.

For information about the 4-H Horse Program in Vermont, contact Wendy Sorrell, UVM Extension 4-H livestock educator, at 802-656-5418 or 800-571-0668 (toll-free in Vermont).

Agronomist to speak at Summer Soil Health Field Day

Joel Myers, a soils and no-till expert from Pennsylvania, has been invited to share strategies for improving soil health of crop fields at the Summer Soil Health Field Day on Friday, August 21 in Enosburg Falls.

The free event for farmers will be held at the Gervais Family Farm No. 2 (753 Davis Rd.) from 10:00 AM – 3:00 PM, with registration beginning at 9:30 AM. It is sponsored by the University of Vermont (UVM) Extension Northwest Crops and Soils Program, Friends of Northern Lake Champlain, and the U. S. Department of Agriculture Natural Resources Conservation Service (NRCS).

Myers will lead a session in the morning on soil health covering nutrient management, crop residue management, and agronomic conservation practices such as no-till planting systems, among other topics. Now retired, he worked for NRCS in Pennsylvania for

41 years, the last 16 as the state agronomist.

In addition, Vermont NRCS and UVM staff will provide a demonstration of the impacts of various tillage and management systems on soil health, runoff, and infiltration using a rainfall simulator. The event concludes with field and equipment demonstrations led by UVM Extension on cover cropping, no-till, and manure management, including a highboy seeder, interseeder, no-till drill, and manure dragline systems.

The deadline to register is Monday, August 17. Lunch, sponsored by Champlain Valley Equipment, is included.

Farmers may register online at <http://bit.ly/1loSrpm> or call Susan Brouillette, 800-639-2130 (toll-free in Vermont) or 802-524-6501. If you require a disability-related accommodation to participate, please call Susan by Monday, August 10.

Fund grants \$62,000 to Lamoille River watershed team

The High Meadows Fund at the Vermont Community Foundation has announced grants to support projects in six Vermont watersheds that will engage and mobilize their residents to find creative solutions to protect communities, land, and water throughout the state. Teams will work with their communities and through various approaches will develop shared understandings of their watershed's vulnerabilities, risks, and opportunities; design short- and longer-term solutions; and begin to make progress on implementing those solutions. Each watershed team will work together for 18 months and is made up of stakeholders from at least three towns and representatives from the government, nonprofit, and private sectors.

The Lamoille River watershed team, covering Cambridge, Johnson, Wolcott, and the villages of Cambridge, Jeffersonville, and Johnson, will use the award to develop a flood model to help communities understand their risks and prioritize roads and other infrastructure for restoration, conservation, or adaptation. In

addition, they will provide training to contractors and businesses about ways to reduce risks on their properties without increasing risks downstream. The team's contact is Seth Jensen, Lamoille County Planning Commission, 802-888-4548.

Since 2000, Vermont has had at least one federally-declared disaster every year. In certain parts of the state, Vermonters have lived through two 100-year flood events in the past decade. Besides damaging property and roads, these events degrade water quality downstream.

"All the research and patterns we've seen demonstrate that these events are no longer an *if* but a *when*," says Gaye Symington, High Meadows Fund president. "Building resilience requires creativity, diverse voices, and hard choices. These grants will support an inclusive and transparent process within the watersheds." More information can be found online at www.highmeadowsfund.org/watershed-resilience.

Five rules continued from page 1

many of us are seeking care and treatment for it. Please don't bring up the topic of PTSD unless we indicate we want to talk about it. Instead, ask us general questions about how our day is going like you would with anyone else.

3. Don't make grandiose promises. Do make friends. Many wounded warriors were visited by a wide variety of politicians and business leaders while in the hospital. These leaders typically promised all sorts of great jobs after the warriors' recoveries, and inevitably they went home with a mountain of business cards. Unfortunately, those very often turned into broken promises, and the warriors' requests for assistance later went unanswered. So, please don't make any promises you cannot or don't truly intend to keep. Instead, get to know us as a friend or potential colleague.

4. Don't assume we're helpless. Do let us help you. Appreciate that for many of us, whether dealing with the physical or invisible wounds of war, our recoveries can be long (one of the byproducts of surviving injuries that would have killed us in previous wars). That being said, we have had to navigate many different bureaucracies, personal and professional challenges, and often have incredible skills impossible to find anywhere else. Talk with us with the understanding that because of what we have already been through

and learned, we can provide great service to you.

5. Don't ignore our caregivers. Do involve them in the conversation. We are just one member of a team. Very few wounded warriors are able to have successful recoveries without other people "on their team." Unfortunately, many forget to include our caregivers in the conversation, although they have been through everything with us. Make sure when you talk with us that you include them.

"Especially in a professional setting, knowing how to talk with a wounded veteran can be crucial to landing that contract or sealing a deal," adds Constantine. "But on a more personal level, it's also just the right thing to do."

The Constantine Group was founded by Justin Constantine, an inspirational speaker and leadership consultant who serves as a liaison between the military and corporate communities. He is a senior advisor to the US Chamber of Commerce's Hiring Our Heroes Campaign and is a fellow with the Truman National Security Project. Justin also serves on the Board of Directors of the Wounded Warrior Project and co-founded the Veteran Success Resource Group. He received a Purple Heart for his service in Iraq. To learn more, visit: www.justinconstantine.com.

DOES YOUR CAT URINATE OUT OF ITS LITTER BOX?

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



 FIND US ON FACEBOOK

 **Affectionately Cats**
Feline Veterinary Hospital and Boarding Suites

www.affectionatelycats.com
860-CATS(2287)

COMMUNITY COLUMNS

Bill Lewis, 1923-2015

By Sue Kusserow

Special to the Mountain Gazette

This is my word essay to my late husband. We married in 1978: I was 45 and he was 54. Therefore, I cannot chronologically speak of Bill's growing-up years. But I can speak to the influences that brought him forward: his strong allegiance to his small-town birthplace where the Grand Tetons showed their backsides into the potato country of eastern Idaho; his strong-in-ethics and equally strong-in-love Mother and Dad... teacher/storekeeper/with the backbone of church loyalty; his curiosity about his natural surroundings and the wider world of what he hadn't yet seen; his practicality in completing colleges and universities before starting his career... and love... of teaching; his young family who grew up in many different states before finally settling in Vermont.

I met Bill through a UVM faculty member we both knew. "Come to a party and meet someone I think you'd like," she said to both of us. "But I won't tell you who it is." I brought my famous Vermont apple pie; he whisked me off to a concert in Montreal – Berlioz, one of his favorites, Schubert, one of mine.

So the adventures started. By the time I knew him, Bill's summer job (more a labor of love) was as a Master Interpreter/Naturalist in Yellowstone National Park; the theme: What do you need to know; how do you present these facts to Park visitors so that they can share your knowledge and enthusiasm? To me, he said: "If you don't like Yellowstone, then this won't work." Luckily, it became my home, too. In my introduction to the Park, I went as a quasi-tourist, on Interpreter-Naturalist talks and hikes. Bill sneaked along, also pretending to be a Park visitor, yet taking simple notes. These were people he had trained, and now his edict of experiential learning – the clinical part of the job – pointed out its superiority in teaching. "Your introduction and the action of moving people ahead using anticipation and curiosity, was very nicely done." "I think you'll find it good to mention that Great Fountain Geyser is apt to blow a second or even a third time, so 'Don't go yet, folks!'" "Did you notice the two older women in the background, as you stood on the edge of the Yellowstone Falls canyon? They didn't hear a word of your nice explanation; they were so scared you were too close to the edge! These are the reactions you will notice as you become more familiar with the content... the speech part of your job." I sat in on these critiques and learned a great deal about teaching and communication, plus the flora, fauna, and bubbly steaming and roaring of geysers and hot springs. Our summers there gave us a strong togetherness. When Bill 'retired' from Yellowstone (how does anyone 'retire' from love?) we had time to travel, and build a house together, with wide windows looking at the mountains. We shared teaching ideas; I learned less didacticism and more interaction and sharing, and like Bill, more joy in the task.

And we traveled! We taught and lived in Zimbabwe, near Victoria Falls, innocently walking through a wild herd of Cape Buffalo to see 100 'Yellowstone Falls' roar over and into a 350-foot chasm. We saw Iguazu Falls in Brazil; Tierra del Fuego with its opaque crystal-blue icebergs. We ate one-inch thick lamb chops grilled over an open fire in Alice Springs and cried over a schmaltzy opera at the Sydney Opera House. In Sicily, there was an ancient cave home carved out of mountaintop rock, with a tiny hammock hung above the parents' sheepskin bed, so that one raised foot could rock the new little one. On the Orkney and Shetland Isles, we lay belly down peeking over a wave-lipped cliff, to watch puffins trot their yellow and red oversize bills from nest to nest. Skua birds whistled through our hair as we neared their nests. Alaska's Chilkoot Trail could magically bring forth visions of the lines of prospectors roped together, heading for certain gold; Denali had outdoor basketball games at midnight. Machu Picchu was haunted and haunting. And Okavango Delta in Botswana gave us a horrifying view of a hippo, close enough to see his eyes blink, before he sunk underneath our dugout canoe.

In our old age, his viewpoints of logic and reasoning didn't always agree with my emotionalism. But we could debate! Or rather, *he* could with experience and skill and *I* could not. We could fuse it all together with music. His love from Bach to the blues echoed his children's accomplishments on guitar and piano. One of my last memories was stumbling down the Recital Hall stairs to hear a concert, my trying not to be too maternally 'watchful' in case he should fall, then in the dusk of the lowered lights, he let the music pour over him, bowed his head to the beauty of it, holding my hand.

He and our old dog "Eddie" went to the Post Office, eventually walking in the middle of the road, both of them old and confused, forgetting how to get home. It was time for a change, and not an easy one. With his strong spirit, he did not "go gentle into that good night." Our role as keepers of the flickering light is about all we are allowed. Death reaches a point where it picks its own accomplishments. Now is the time for the three Rs of grieving: Remember, Retrieve, Release. And moving forward to the Rs of healing: Repair and Rejoice, knowing that the Recall of riches will always bind us together.

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

Growing Young Gardeners diary

The growing Young Gardeners Club is flourishing at Wheeler Park on Dorset St., S. Burlington.

Every Thursday from 10:00 AM – 12:00 noon, children are learning how to plant and maintain a vegetable garden, while at the same time gaining knowledge of growing seeds, the ABC's of soil and composting, garden critters and bugs, invasive(s) and weeds, and garden to table – the taste of their labor and love. A sense of community is an integral root of this crop, as children themselves bring (what they don't sample themselves) to the Food Shelf.

Documenting their weekly journey, I have watched these Growing Young Gardeners grow. The first step a child takes to becoming a lifelong gardener may well be when he traces a small furrow in the earth with his finger, and carefully places seeds within, covering them, pushing his new knowledge into the soil along with the seeds.

Growing Young Gardeners diary:

Week 1. Getting your hands dirty and sometimes getting your face smudged is a fun part of gardening. Many different types of seeds planted, gently covered with a warm blanket of earth and our good wishes.

Week 2. Lessons began. Our seeds sprouted, weeds emerged. Critters harvested early, more seeds planted. Thinning the rutabaga consisted of spreading two fingers apart then thinning out plants in-between the two fingers. Most of the new plants did well over the last week, with good germination of planted seeds, and the seedlings taking well to their new home.

However, we did observe some damaged plants with partially chewed leaves and some plants with nothing left but stems (broccoli). Something or somebody has a taste for very young broccoli, kale, and corn plants. Critter footprints lead from the fence and on through some of the raised beds. Two nearby resident groundhogs quickly became prime suspects.

Meanwhile a centipede raced by the raised bed of broccoli and quickly found a hiding place under the mulch. We imagined it must be an enormous chore for the centipede and especially its cousin the millipede to tie its many shoelaces, given that it has so many legs, therefore so many feet, therefore so many, many sneakers. Perhaps they are Velcro ties!

Beans, squash, and corn are the three sister plants. "I learned that

from the Indians," one young gardener proudly proclaimed. Pole beans grow up the corn stalks. Squash grow around the base and having prickly stems and creating a dense mat, they discourage animals from eating the beans. Corn is pollinated by wind so they need to be planted close together. Then the garden students planted squash seeds in between the corn seeds. The two plants will become companion plants – best of friends.

Beets came up in bunches. This town is only big enough for one of us, seedlings. The thinning process begins. We firmed up the soil around the survivor so it is not wobbly and sad about losing its neighbors.

Week 3: Today we discovered somebody left the gate open during the past week – oops! Some varmint entered the garden, and ate the corn plants, leaving not a nib.

We learned to pull weeds gently to be sure to get the roots. After pulling the weeds, we dumped them into the compost pile. They will eventually come back to the garden as healthy, nutrient-laden compost.

Week 4: Heavy rains floated some of our garden all about. Re-building of some of the beds was in order. We quickly brought out shovels and got right to work in organized fashion. Weed pulling and our journal writing concluded this session.

Week 5: Today, we talked about pollinators and blooms. We happily picked our first harvest of a few radishes and a few turnips. We delivered them to the Food Shelf. It was great to see where the food goes, see people shopping there.

Our quiz question of the day: what do gardening and community have in common? Both are imbued with commonly shared challenges and an abundance of caring through sharing.



The dirt on children getting dirty

With summer here and kids out and about, parents have been asking for the dirt on whether it is healthy for their children to get so dirty playing outside. Believe it or not, there may be some benefits to playing in the dirt – so let me dig deeper and explain.

There's a talked-about theory called the *hygiene hypothesis* that states that our bodies need practice fighting germs and allergic triggers – and the more germs and allergic triggers your young children are exposed to early in life, the more likely those exposures will reduce their risk of developing serious illnesses or full blown allergies later in life.

So how does that affect getting dirty? Well, playing in dirt and exposing your child to what's in dirt may teach a young child's body how to tell the harmless germs found in dirt from the more harmful ones. Children who play in dirt can be better prepared to mount an immune response to these recognizable harmful germs when exposed later in life, reducing their chance of becoming seriously ill. The same principle holds for reducing your children's allergies to pets: in fact studies show that when children grow up around pets early in life, they are less apt to be allergic to them later in life.

Does this mean we should stop washing our children's hands

Women, who knows?

In a recent column, I rambled on about how things used to be. I also shared a view that could have been understood to say, "Women weren't part of the workforce like they are now (which is part of our problem)." That isn't what I meant, but that is how it read to the women who quickly shared their correct view that what had been written was offensive.

I could have spared myself a lot of trouble if I had just listened to my editor and lovely wife, Kelly. Observant readers will recognize here that Kelly is a woman and was warning me about something that would be offensive to women.

This sage advice I ignored because I had four sisters, raised my daughter alone, and have basically spent a great deal of my life around women. Even the dog is female. I automatically put the seat back down in the bathroom. I am trained. I am sensitive. I get it. But I am still a man.

It appears I really don't get it, after all. A lifetime of having women in my life didn't qualify me for anything except being wrong (yet again) about women. Like all men, I am a slow learner and deeply convinced of my cleverness. Of course I knew how women think. I naturally appreciate how women feel.

Well, I was wrong. It doesn't matter how much time you spend with chickens, you still can't lay an egg, no matter how much clucking you do. That I may have lived in the henhouse doesn't make me one of the chickens.

What I should have done when my wonderful bride suggested the column needed some sensitivity work was to thank her for sparing me the embarrassment I was heading for and embrace the changes. After all, I was getting advice from a highly qualified person to speak on what might offend women. Kind of sounds like a no brainer as you read this, heh? (Instead, I did listen to the editors who called with comments in time for an improved column to be submitted.)

The ridiculous part is that if a person of color had suggested I was being a bit offensive, I would have listened. Make it about women and for reasons that have no basis in reality, I thought I knew what I was doing.

What has all this got to do with aging? Nothing, I guess. It just goes to prove one can get older without getting wiser. I've got grey hair. I've got knees that crackle and pop when I get up out of a chair. I've dealt with a lot of women over a very long time and all I know for certain is that I've got knees that crackle and pop when I get up out of a chair.

Aging in Place, it doesn't happen by accident, but accidents happen.

Scott Funk is Vermont's leading Aging in Place advocate

We are gathering information

for the 2015-16 Jericho-Underhill Community Directory.

Please send us any updates for your line listings

to mtgazette@earthlink.net.

when they come in from playing outside or even encourage the eating of dirt? No, since dirt can still contain harmful chemicals from the use of substances like pesticides or lead. There can also be some dangerous germs in dirt, especially if the dirt is near sewage or where pets have done their business.

Children should still wash their hands to remove serious germs that can cause infections. But if you believe in the hygiene hypothesis, everything in moderation may be helpful in teaching the body how to better react to bad germs and ignore the more harmless germs – and that includes getting dirty while playing outside.

And don't forget that a family history of allergy may be a much stronger factor in causing allergies after playing outside than any benefit dirt can provide. I don't want you to think playing in dirt is a cure for allergies or a substitute for vaccinations, because it isn't.

Hopefully tips like this will give you the dirt you need when it comes to recognizing that dirt on your child may not be as harmful as you think.

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

The Mountain Gazette

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

Deadline: August 13, Publication: August 20

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.

Area Worship Services

JERICO CONGREGATIONAL CHURCH

"An Historic Church Proclaiming an Eternal Message"
On the Green in Jericho Center, VT
Interim Pastor Doug Walker and Youth Pastor Glenn Carter
Sunday Services at 8:00 AM & 11:00 AM
Nursery care provided
Sunday School at 9:30 AM for all ages
Fellowship at 10:30 AM Youth group 6:15 PM
Sundays in Sunday school building
Signing for the deaf upon request 899-4911;
officejcc@comcast.net; www.jccvt.org

MOUNT MANSFIELD UNITARIAN UNIVERSALIST FELLOWSHIP

A Liberal Spiritual Community 195 VT RT 15, Jericho, VT 05465
Phone: 899-2558 [website www.mmuuf.org](http://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)
All are welcome.

ST. THOMAS ROMAN CATHOLIC CHURCH

"Worshipping God in Spirit and in Truth in the Holy Sacrifice of the Mass"
On Green Street in Underhill Center Weekend Masses:
Saturday 4:30 PM Sunday 8:30 AM
Pastor: Rev. Charles "Rick" Danielson
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

UNITED CHURCH OF UNDERHILL

"Welcoming, Worshipping, Working for God"
At the Green on VT RT 15 - Rev. Kevin Goldenbogen - 899-1722
www.unitedchurchofunderhill.com
Worship and Sunday School 10:30 AM
Local and Global Mission and Service Outreach Opportunities for families, men, women and youth Streaming audio sermons:
www.becauseyoumay.com

STARGAZER GIFTS & TOYS

Kits to build your own
Catapult, Wrecking Ball, Trebuchet, Ballista
Science Wiz Kits - Electricity, DNA, Light, Chemistry
Folkmanis Puppets
Backyard Exploring Nets
Fish, Frogs, Butterflies
Children's Books

STARGAZER GIFTS & TOYS
56 Bridge St.
Richmond, VT 05477
802-434-7318
facebook Stargazer Gifts & Toys
e-mail stargazergifts@gmavt.net
www.stargazergiftsandtoys.com



Mountain High Pizza Pie

Monday - Thursday
11:00 AM - 8:30 PM
Friday
11:00 AM - 9:00 PM
Saturday
11:00 AM-8:30 PM
Sunday 12:00 - 7:00 PM

899-3718
Route15, Jeri-Hill Plaza
Jericho

COMING EVENTS

Wednesday, August 5

Lions Club Blood Drive, 1:00 – 6:00 PM, Covenant Church, VT Rt. 15, Essex. Fresh pies for all, and blood is in high demand!

Thursday, August 6

Conjuring Voices of the Past: The Convergence of History and Poetry, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Mary Jane Dickerson and Tamra J. Higgins will speak as part of the Sundog Poetry Center's *Poets and Their Craft* Lecture Series. Dickerson has two collections of poetry, *Tapping the Center of Things* and *Water Journeys in Art and Poetry*. Higgins is the author of *Nothing Saved Us: Poems of the Korean War* and co-editor of *Tasteful Traditions: A Collection of Cambridge History, Memories, and Family Recipes*. Free. Information: www.phoenixbooks.biz or 448-3350.

Saturday, August 8

Community Flea Market and Silent Auction, 9:00 AM – 4:00 PM, Old District 5 Schoolhouse, Underhill Center. Antiques, crafts, VT products, treasures... you never know what you'll buy (or sell!) at this popular community sale! Vendors set up, 8:00 AM. Space available for vendors; for details and to reserve a space, contact Essie Howe, 802-363-8293. This event is sponsored by the Underhill Historical Society, and benefits the Society's efforts to save the schoolhouse! If you have items to donate for this event (to benefit the Underhill Historical Society) contact Scott, 899-2983 or 899-1277.

Sunday, August 9

Sundays for Fledglings, 2:00 – 2:45 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Birds – from feathers to flying, from art to zoology – develop mad skillz in observation, research, and goofing around. Kids can earn a Junior Birder Badge. Perfect for kids 5-9; siblings welcome. Free with museum admission; donations welcome. Pre-registration helpful. For information, 802-4334-2167 or museum@birdsofvermont.org.

Genealogy Day Get Together, 12:00 – 8:00 PM, Jay Town Hall Community Room, Jay. This travelling annual event is held in a different VT county every year. Begun in 2009, it provides basic information and support for the Family History hobby. It may have gotten its roots started as a family reunion, but it's developed into much more than that! You can think of it as yet another way to gather fresh ideas on ways that your family could pull off a family reunion – without all the hassles. Information: 802-425-4929 or genealogydayeveryaugust9th@finalfreedom.com.

Tuesday, August 11

Storytime in the Nestlings Nook, 10:30 – 11:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Listen to stories about birds and more. Books followed by a craft project, music, or nature walk. Got a favorite book about birds? Share it with us! For pre-schoolers but all ages welcome. Free with museum admission; donations welcome. For information, 802-4334-2167 or museum@birdsofvermont.org.

Wednesday, August 12

BBQ Chicken Dinner, 5:00 – 6:30 PM, White Church, North Main St., Cambridge Village. The Cambridge Historical Society is pleased to bring back the BBQ Chicken Dinner! A Civil War Days favorite will be offered summer style. Tickets \$10, in advance preferred; limited number of walk-ins. Half BBQ chicken, two sides, drink, and dessert. Hosted by the Cambridge Christian Fellowship; all proceeds benefit the Cambridge Historical Society. Tickets available at Cambridge Village Market; CHS pie tent at the Festival of Arts, Saturday, August 8, Main St., Jeffersonville; any CHS Director/Officer; Lynn, 644-2030; <https://squareup.com/market/cambridgehistoricalsociety/bbq-chicken-dinner-ticket>. After dinner, stay right at the church and join us for our regularly scheduled program on *The Flood of 1927* at 7:00 PM. Tickets must be pre-purchased with only a being accommodated.

Thursday, August 13

Insect Extravaganza, 9:00 – 10:30 AM, Audubon VT, 255 Sherman Hollow Rd., Huntington. The metamorphosis is about to begin! Keep your eyes and ears open for insects of all shapes and sizes. We'll glide through the goldenrod in search of our six-legged friends and listen to the meadow music of the crickets and grasshoppers. Get ready to hop, crawl and fly! Meet at the Sugarhouse Parking Area. Ages 3-5 with adult. For information (including cost) and to preregister (required), 434-3068.

Vermont: An Outsider's Inside View, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. International award-winning fine art photographer Edward L. Rubin will discuss his new book and will touch on three elements integral to great photography: composition, light, and content. He'll also discuss how he took the photos in the book, including his technique for putting people (sometimes complete strangers) at ease and then capturing something real about them. Tickets \$3 include coupon for \$5 off Rubin's book; coupons expire at closing the evening of the event. Limited seating. Information: www.phoenixbooks.biz or 448-3350.

Friday, August 14

Contra Dance, 8:00 PM, Shelburne Town Hall, 5376 Shelburne Rd., Shelburne. Queen City Contrasts regular dance. Music by *Sassafras Stomp*; caller Mary Wesley. All are welcome, all dances taught, no partner or experience necessary. Beginners' session 7:45 PM. Adults \$9; under 12 free. Please bring clean, soft-soled shoes for dancing. Information, 802-371-9492, 802-343-7166, or www.queencitycontrasts.org.

Thursday, August 20

Hot Dish Supper, 5:00 PM until all are served, Binghamville United Methodist Church, Fletcher. Menu includes a wide variety of hot dishes, hash, baked beans, salads, rolls, pickles, and pie. Adults \$10, children under 12 \$5. Families welcome. To reserve tickets, call 849-2120.

Sunday, August 23

Sundays for Fledglings, 2:00 – 2:45 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Birds – from feathers to flying, from art to zoology – develop mad skillz in observation, research, and goofing around. Kids can earn a Junior Birder Badge. Perfect for kids 5-9; siblings welcome. Free with museum admission; donations welcome. Pre-registration helpful. For information, 802-4334-2167 or museum@birdsofvermont.org.

Monday, August 24

Vellamo Band, 10:30 - 11:30 AM, Varnum Memorial Library, Jeffersonville. Meet the Finnish songwriting team of Pia Leinonen and Joni Tiala. Enjoy music and an introduction to the Finnish language and folk music tradition. Free; for all ages. For information, contact 644-2117 or thevarnum@gmail.com.

Saturday, August 29

Bird Monitoring Walk, 7:30 – 8:30 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Experienced birders, walks in the woods, and bird-friendly coffee. Please bring your own binoculars and dress for the weather. Free, but please pre-register. For information, 802-4334-2167 or museum@birdsofvermont.org.

Sunday, September 6

Sundays for Fledglings, 2:00 – 2:45 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Birds – from feathers to flying, from art to zoology – develop mad skillz in observation, research, and goofing around. Kids can earn a Junior Birder Badge. Perfect for kids 5-9; siblings welcome. Free with museum admission; donations welcome. Pre-registration helpful. For information, 802-4334-2167 or museum@birdsofvermont.org.

HEALTH NEWS

Lamoille Home Health & Hospice to participate in the Medicare Care Choices

Health and Human Services Secretary Sylvia M. Burwell has announced that Lamoille Home Health & Hospice, a member of the VNAs of Vermont and Lamoille County's longest serving home health and hospice agency, has been selected to participate in the Medicare Care Choices Model. The model provides Medicare beneficiaries who qualify for coverage under the Medicare Hospice Benefit, and dually eligible beneficiaries who qualify for the Medicaid Hospice Benefit, the option to elect to receive supportive care services typically provided by hospice and continue to receive curative services at the same time. The announcement is part of a larger effort at HHS to transform our health care system to deliver better care, spend our dollars in a smarter way, and put patients in the center of their care.

All eligible hospices across the country were invited to apply to participate in the model. The program is expected to enable as many as 150,000 eligible Medicare beneficiaries with advanced cancers, chronic obstructive pulmonary disease, congestive heart failure, human immunodeficiency virus/ acquired immunodeficiency syndrome who receive services from participating hospices to experience this new option and flexibility.

Participating hospices, including LHH&H, will provide services under the model that is currently available under the Medicare hospice benefit for routine home care and respite levels of care, but cannot be separately billed under Medicare Parts A, B, and D. Services will be available around the clock, 365 calendar days per year, and CMS will pay a per beneficiary per month fee ranging from \$200-400 to participating hospices when delivering these services under the model. Services will be offered starting January 1, 2016 for the first phase of participating hospices and in January 2018 for the remaining participating hospices.

Individuals who wish to receive services under the model must fall into certain categories:

- Must be diagnosed with certain terminal illnesses (e.g., advanced cancers, chronic obstructive pulmonary disease, congestive heart failure and human immunodeficiency virus/acquired immune deficiency syndrome);
- Must meet hospice eligibility requirements under the Medicare or Medicaid Hospice Benefit;
- Must not have elected the Medicare or Medicaid Hospice Benefit within the last 30 days prior to their participation in the Medicare Care Choices Model;
- Must receive services from a hospice that is participating in the model; and
- Must have satisfied model's other eligibility criteria.

More information about the announcement is available at <http://www.hhs.gov/news/press/2015pres/2015.html>.

For additional information on the model or list of participating hospices, visit <http://innovation.cms.gov/initiatives/Medicare-Care-Choices/> and <http://www.cms.gov/Newsroom/MediaReleaseDatabase/Fact-sheets/2015-Fact-sheets-items/2015-07-20.html>.

LHH&H plans to begin accepting patients into the program beginning in early 2016. For information on LHH&H programs and services, call 802-888-4651 or visit www.lhha.org.

Advertise in the Mountain Gazette to reach your friends and neighbors. Rate card and deadlines available at www.mountaingazetteofvermont.com or contact Brenda Boutin at 802-453-6354 or email: mtgazette@earthlink.net

Donate blood to help offset seasonal decline

The American Red Cross urges eligible donors to give blood in August and help meet the constant need for blood products by patients. Every two seconds someone in the U.S. needs blood.

Summer is an especially difficult time to collect enough blood to meet the needs of hospital patients. Despite travel and other activities that may cause some donors to be less available to give, the Red Cross must collect 15,000 blood donations every day to meet the needs of patients at approximately 2600 hospitals and transfusion centers across the country.

With more summer days ahead, every blood donation is important in helping ensure blood is available for patients in need, and volunteer donors are the only source of blood for those who need it. Donors of all blood types – especially those with types AB, O negative, A negative, and B negative – are needed to help ensure blood products are available to hospital patients this summer.

To make an appointment to give blood, download the Red Cross Blood Donor App, visit redcrossblood.org, or call 1-800-RED CROSS (1-800-733-2767).

Upcoming blood donation opportunities:

Wednesday, August 5, 1:00 – 6:00 PM, Covenant Community Church, 1 Whitcomb Lane, Essex

Friday, August 7, 10:30 AM – 4:30 PM, Champlain Valley Exposition, VT Rt. 15, Essex Junction

Friday, August 7, 10:00 AM – 3:00 PM, Systems & Software, 426 Industrial Ave., Suite 140, Williston

Saturday, August 8, 10:30 AM – 4:00 PM, University Mall, Dorset St., S. Burlington

Monday, August 10, 10:00 AM – 3:00 PM, Rocky Ridge Golf Club, 7470 VT Rt. 116, Hinesburg

Tuesday, August 11, 10:00 AM – 4:00 PM, Copley Country Club, 377 Copley Country Club Rd., Morrisville

Wednesday, August 12, 11:00 AM – 4:00 PM, Northwestern Medical Center, 133 Fairfield St., St. Albans

Friday, August 14, 11:00 AM – 4:00 PM, Essex Cinema, 21 Essex Way, Essex

Friday, August 14, 10:00 AM – 3:00 PM, American Legion, 16 Stowe St., Waterbury

Monday, August 17, 10:00 AM – 3:00 PM, Systems & Software, 426 Industrial Ave., Suite 140, Williston

Tuesday, August 18, 12:30 – 6:00 PM, St. Jude's Parish Hall, VT Rt. 116, Hinesburg

Wednesday, August 19, 11:30 AM – 5:00 PM, Congregational Church, 20 Church St., Richmond

Thursday, August 20, 12:00 – 5:00 PM, The Rock of Greater Burlington, 73 Thompson St., S. Burlington

Wednesday, August 26, 10:00 AM – 2:00 PM, UVM Medical Center, 111 Colchester Ave., Burlington

Thursday, August 27, 10:00 AM – 3:00 PM, Chittenden County Regional Planning Commission, 110 W. Canal St., Winooski

Friday, August 28, 10:00 AM – 3:00 PM, VFW Post 6689, 73 Pearl St., Essex Junction

Saturday, August 29, 11:00 AM – 4:00 PM, Essex Cinema, 21 Essex Way, Essex

Moving can be a pain in the back

Summer and fall are common times for people to move. Back injuries are common results. However, there are steps that can minimize the risk.

Repetitive motion is the most common cause of injury. It may be the proverbial last straw that causes sudden agony but more often than not, repeated improper activity has built up before the "big pain" begins. So what can be done to prevent injury?

First and foremost is good posture. Standing upright allows gravity to work on the body in the most mechanically sound way. Poor posture leads to resting on the ligaments; the ligaments were not designed to bear weight. So, to give your body a break, stand and sit tall.

Second, a good mattress and sleep position are important. On average, we spend 23-33% of our lives in bed. What we do there matters. Mattresses should be firm. With a conventional mattress, the higher the member of springs/inch, the better. Water beds are not ideal but if it is your choice, keep it filled for better support. Futons can offer excellent support, but they are not necessarily for everyone. Sleep on your back with a pillow under your knees or between your knees when on your side.

Third, sit tall with good low back support and your feet well supported.

Fourth, never lift more weight than you can comfortably handle. You will pay the price if you do – perhaps for the rest of your life. When lifting, bring the object as close to your body as possible. Bend your knees to use leg strength to help lift. Exhale as you lift because the abdominal muscles contract only with expiration. If you need to lift and twist, turn with your feet and not at the waist. Lifting and twisting at the waist is a formula for disc injury.

Good nutrition is extremely important in the prevention of injury. Calcium, magnesium, and other minerals are important in muscle function. Vitamin C is essential for joint health. Essential fatty acids (Omega 3 oils) help keep inflammation under control. Protein helps the body build tissue. Since our dietary choices may not meet all of our nutritional needs, quality supplements may fill in the missing pieces.

Finally, as a chiropractor, I recommend regular adjustments to maintain optimal health and alignment. And of course, if you have an injury, chiropractic care can often provide immediate relief.

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

CHIROPRACTIC CARE

- Gentle Head to Toe Care
- Unhurried Appointments
- Flexible Scheduling
- Emergency Care
- Practicing Since 1989
- Former Registered Nurse
- Nutritional Counseling
- High Quality Supplements
- Orthotic/Foot Beds
- Spinal Support Products

Kintner Chiropractic Center



397 VT Route 15, Jericho
P.O. Box 63
Underhill, VT 05489

Phone (802) 899-5400
Fax (802) 899-5497

Email:

DrMaryDC@comcast.net
www.JerichoChiro.com



Dr. Mary H. Kintner

Awesome Fudge
The perfect gift, or treat yourself...

Snowflake Chocolates
Handmade in Vermont

Blue Mall, So. Burlington • 802-863-8306
Factory Location Route 15, Jericho • 802-899-3373
www.snowflakechocolate.com

LIBRARY NEWS

DEBORAH RAWSON LIBRARY, UNDERHILL

Stop by Deborah Rawson Memorial Library to beat the heat this month. The silent auction this month is a \$50 gift certificate from *Cultivated Surroundings* in Underhill for the purchase of daylilies or hostas. Bidding opened August 1 and is open until August 29 at 2:00 PM.

The art on display this month at the library will be *Fiberworks: Converging Journeys*, an exhibit of 20 fiberworks by Jericho resident Marya Lowe. The exhibit will be shown August 4-31.

The DRML gardens are in full swing. Please visit and enjoy a variety of plants. The Extension Master Garden of UVM – along with community volunteers – plan, plant, maintain, and harvest. We work with the children at the I.D. School to learn about plants and start seeds for the garden. This year the Kindergarten provided the lovely patch of zinnias and marigolds. The grade one and two students were responsible for the squash, cucumber, pepper, and tomato plants. They are thriving. We encourage parents to stop by with their children to admire their handiwork. Please accept an open invitation to assist in the garden. We usually work on Wednesday evenings (4:00 – 6:00 PM) and Saturday mornings (9:00 – 11:00 AM). It's best to check in with Susan Adams, as we sometimes take a day off: sadams15@comcast.net or 899-2742. We deliver produce to the local Food Shelf on the third Saturday of the month. Feel free to drop off produce by the bike rack any time Thursday or Friday of the third week. We would be delighted to add to our bounty!

The Board of Trustees will meet Thursday, August 20 at 7:00 PM.

The Friends of DRML will meet at Wednesday, August 12 at 10:30 AM.

Fun for adults at DRML:

Escape the Ordinary at your Library! Reading logs for adults are available at the library. For every five books you read or listen to, fill out a log and you will be entered into a drawing for a gift certificate from a local business at the end of August. Thank you to the Friends of DRML for sponsoring this drawing.

Deborah Rawson Book Lovers (DRBL) is an adult book discussion group that meets monthly at the library. The Tuesday, August 11 book will be *Swimming to Antarctica* by Lynne Cox. New members are always welcome to drop in on any meeting, always the second Tuesday of the month at 7:00 PM. For more information, contact Christine@cstaffa.com.

The Mystery Book Group will meet Tuesday, August 18 at 7:00 PM to discuss *Rules of Prey*, by John Sanford. Please join us!

Do you love playing games? We love playing Scrabble, and are looking for folks who love any and all games and would like to get together for an evening of fun. Join the Scrabble enthusiasts on Monday, August 17 at 6:30 PM. We have some classic choices; feel free to bring along one you like – and a friend to play, as well!

For families and kids:

Super Sensational Stories Writing Camp, Monday-Friday, August 10-14, 9:30 – 11:30 AM. Grades 4 and up. Join local writer Elise Doner as she offers this popular annual youth writers' camp. Participants will identify characters and plot development through games and fun instruction and more. There will be a "meet the authors" and book signing at the end of the week. An anthology will be collected for a display at the library. If possible, please bring a small three-ring binder with a clear sleeve on the cover.

Tuesday Teen "Marvel"ous Movie Night – Tuesday, August 11, 7:00 – 9:00 PM. Grades 9-12. *The Avengers* (PG-13, 143 min.) Earth's mightiest heroes must come together and learn to fight as a team if they are to stop Loki and his alien army from enslaving humanity. Popcorn provided.

Baby Time! Tuesday, August 11 and Saturday, August 29 at 10:30 AM. Introduce your littlest ones (infants and babies up to 18 months) 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 with each other. Older siblings welcome. No registration required.

The Wheels on the Bus! On Thursday, August 13 at 10:00 AM we're having another super Story Hour! School bus driver Cindy Raymond will be parked next to the library where you'll be able to board the bus, take a seat, and listen to some stories and sing an especially well known song! No registration required.

For information on the programs and services available at Deborah Rawson Memorial Library visit www.drml.org. You can also find us on Facebook and 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

New Friday Hours and Saturday Closure – The library will be open from 12:00 – 4:00 PM on Fridays; until the end of August, the library will be closed on Saturdays.

PIZZA FRIDAY! Join us at Jericho Town Library on Friday, August 7, 12:30 – 1:15 PM for a delicious lunch featuring fresh made whole grain pizza, local veggies, fruit, and milk! Though the meal is free, you must register by calling 434-6006 or email occc@gmavt.net. Leave your name and which site you will visit. Pizza Fridays is sponsored by Our Community Cares Camp: www.ourcommunitycarescamp.org.

Crafters' Circle – Do you find the time to work on your craft projects at home? Join other craft enthusiasts at the Monday evening Crafters' Circle, which meets at the library at 6:00 PM. If you embroider, quilt, crochet, knit, create paper arts, or want to learn, this is the group for you. Join us any Monday – everyone is welcome whenever you can attend. Bring your current projects or try something new. Check our Facebook page for weekly craft ideas: <https://www.facebook.com/JerichoTownLibrary>.

If you are new gardener, we have plenty of books and resources to help you get started. We even have books available to purchase on our sale shelf. Workshops will be offered throughout the growing season. For more information, visit our website at www.jerichotownlibraryvt.org.

The Jericho Center Library Board of Directors would like to thank our community for their support; comments can be directed to Tom Dowd at tomdowd11@gmail.com.

Regular 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, go online to www.jerichotownlibraryvt.org, or email Jerichotownlibrary@gmail.com.

VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE

Poetry People on Tuesday, August 11, 7:00 – 8:30 PM. Speak it, read it, slam it, sing it... It doesn't matter, just Bring it. Bring a poem: yours or another's, free versed or metered, set to silence or

music. Come fill the evening with poetry. Or simply... come listen to the words flow.

Be Your Own Hero Party! Join the party at the library on Wednesday, August 12, 1:00 – 3:00 PM. It's the end of the summer reading program and if there's one thing we want you to take with you, it's be your OWN hero! We know how hard you worked this summer to get through your reading list and we want to throw a party to celebrate. Come in for snacks, awards, and prizes!

For the health and well-being of our patrons, the Crescendo Club Library Association has adopted a Tobacco Free Policy, which includes all tobacco products and e-cigarettes, for the Varnum Memorial Library and library property. If you have questions or concerns, please call 644-2117 and speak to one of the librarians or attend a Crescendo Club meeting to voice your concerns.

The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville, 802-644-2117. Please visit Varnum Library's website, <http://thevarnum.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, WESTFORD

Come to an End of the Summer Reading Program Ice Cream Party and raffle drawing, Friday, August 7, 5:00 – 6:00 PM.

Free summer fun! Passes to these attractions are available for a three-day checkout (but passes may not be reserved). VT State Parks day use passes (two passes); VT historic sites; Shelburne Farms (two passes); Shelburne Museum; ECHO Center (two passes, \$4 per person); Birds of VT Museum in Huntington; American Precision Museum (Windsor, VT).

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

RICHMOND LIBRARY

Pizza Friday! Last Pizza Friday is August 7! Fresh, hot homemade pizza at the library on Fridays at noon! The meal is free to kids 18 and younger but registration is appreciated. We don't like to run out! Call 434-6006 or email occc@gmavt.net to leave your name and how many children will be dining. This delicious program is sponsored by Our Community Cares Camp.

Passes: ECHO Lake Aquarium and Science Center at the Leahy Center for Lake Champlain; VT State Day Use Parks; Craftsbury Chamber Players (new!); Shelburne Museum; and Shelburne Farms. These passes are available for two days. (Late fines of \$5/day are applied.)

Early Bird Math is an interactive math literacy storytime for young children and their caregivers. Through books, songs, and games, children are exposed to numbers, counting, shapes, measurements, and many other early math concepts, and will enjoy a chance to play with their peers. Join Wendy in the Community Room on Fridays at 11:00 AM beginning on September 18.

Lyme Disease & Other Tick Borne Illnesses – Do you love the outdoors? Do you enjoy gardening, hiking, golfing, camping, walking, picnicking, playing in the park, or even just the backyard? Many people are suffering from Lyme Disease and co-infections and are misdiagnosed, or worse, never treated. This presentation may save your life. This presentation will most certainly affect you or someone very close to you soon. VT currently has the 2nd highest incidence of Lyme Disease in the country. We have exceeded numbers for epidemic status and yet, many Vermonters don't know what to do if they are bitten. Many people never even see the tick. Are you safe? Don't miss Lyme Basics. This presentation is sponsored by members of the Lyme Support Network. Join us at Richmond Free Library, Wednesday, August 19 at 7:00 PM. Questions? 434-2373.

Late afternoon Jazz Concert with vocalist Alicia Phelps, Carl Recchia on piano, and Arthur Dequasie on bass. You'll hear a mix of jazz standards straight from the swing era and originals with a new-age flair. Influences include Gretchen Parlato, Cecile McLorin Salvant, Bill Evans, Chet Baker, and Dexter Gordon. Friday, August 21, 5:00 PM.

Book Discussions

Tuesday, August 11 at 6:00 PM, *Extremely Loud and Incredibly Close* by Jonathan Foer. Oskar Schell is an inventor, Francophile, tambourine player, Shakespearean actor, jeweler, pacifist. He is nine years old. And he is on an urgent, secret search through the five boroughs of New York to find the lock that fits a mysterious key belonging to his father, who died in the attacks on the World Trade Center.

Thursday, August 20, 7:00 PM: *Innocent Blood* by P.D. James. (mystery). Adopted as a child into a privileged family, Philippa Palfrey fantasizes that she is the daughter of an aristocrat and a parlor maid. The terrifying truth about her parents and a long-ago murder is only the first in a series of shocking betrayals. Philippa quickly learns that those who delve into the secrets of the past must be on guard when long-buried horrors begin to stir."

Tuesday, September 8, 6:00

PM: *Reconstructing Amelia* by Kimberly McCreight: A stunning debut novel in which a single mother reconstructs her teenaged daughter's life, sifting through her emails, texts, and social media to piece together the shocking truth about the last days of her life.

Thursday, September 17, 7:00 PM: *Spider Woman's Daughter* by Anne Hillerman (mystery). Navajo Nation Police Officer Bernadette Manualito witnesses the cold-blooded shooting of someone very close to her. With the victim fighting for his life, the entire squad and the local FBI office are hell-bent on catching the gunman. Bernie, too, wants in on the investigation, despite regulations forbidding eyewitness involvement. But that doesn't mean she's going to sit idly by, especially when her husband, Sergeant Jim Chee, is in charge of finding the shooter.

Seeking Collectors – If you collect something interesting and would be willing to share it with the community, we would love to hear from you. Every month we showcase something new in our foyer display case. Visitors to the Library enjoy the rotating displays, which are secure behind locked glass panels. Let us know if you have something to show. August gallery: Tim Goodrich photographs. Tim is an outdoor enthusiast and his images capture beautiful vistas and intimate settings of Vermont. September Display: Edible (and preserved) flowers created by June Banks.

Vermont's Flood of 1927: A New Look – The Flood of '27 is remembered as the greatest natural disaster in Vermont history. Stories of loss, tragedy, and heroism abound, and yet the flood is far more than an episode restricted to the history of a single state. This examination of the flood and reconstruction by retired Middlebury College historian Nicholas Clifford sheds light on important facets of our national history, and helps us understand better America's passage through the often anxious and difficult years of the 1920s. Wednesday, September 30, 7:00 PM.

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

FAIRFAX COMMUNITY LIBRARY

We certainly hope to see you often this summer and remember on those hot days, WE ARE AIR CONDITIONED!

All events are free unless noted. Pre-registration encouraged. Call or email libraryprograms@fwsu.org.

We have passes! Check out the latest exhibit at the Shelburne Museum: *Walter Wick: Games, Gizmos And Toys In The Attic*. For information including summer hours and admission, www.shelburnemuseum.org. We also have passes for Vermont State Parks, ECHO museum, Shelburne Farms, VT historic sites, Vermont's History Museum, Birds of Vermont, and the Lake Champlain Maritime Museum.

Parents, did you know that a child needs to be 8 years of age to be in the library without a parent or supervising babysitter?

Here in Fairfax we are lucky to have a beautiful rec path near the river, and 100 acre wood in North Fairfax! Stop by the library for a rec path map and treasure hunt page, and then head out for some family fun! When you are hot and sweaty, come back to our air conditioned library for a rest!

Libraries continued on page 7

[OBSTETRICS & GYNECOLOGY]

The midwives were helpful in giving me every option, letting me choose. —CHELSEA SMITH

Welcome to the 21st century community hospital. Welcome to Copley.

"I'd done a lot of research, because from the beginning I wanted a water birth. There aren't a lot of places that offer water births. The midwives were helpful in giving me every option that was acceptable, and letting me choose what I wanted to do in my birthing situation. Jaida came out beautifully."

At Copley, new families benefit from top obstetricians/gynecologists, certified nurse midwives, and nurses that listen to what is important to you, and then use our expertise to help facilitate your birthing plan. We're here to give you the tools, support, and the confidence you need to start your new family off on the right foot. Top medical care, close to home. That's Copley.



New mama Chelsea Smith and baby Jaida, with their birthing team, midwife Kipp Bovey, CNM and nurse Marliese Carlson, RN.

To make an appointment with an OB/GYN or certified nurse midwife at The Women's Center, call **802.888.8100**



OBSTETRICS & GYNECOLOGY | EMERGENCY SERVICES
GENERAL SURGERY | ORTHOPEDICS | CARDIOLOGY | ONCOLOGY
UROLOGY | REHABILITATION SERVICES | DIAGNOSTIC IMAGING

528 Washington Highway, Morrisville, VT copleyvt.org

EXCEPTIONAL CARE. COMMUNITY FOCUSED.

ART / MUSIC / THEATER

ART/PHOTOGRAPHY

Moonlight in Vermont, an exhibition at the Jericho Town Hall on VT Rt. 15 in Jericho, will host a reception for the artists and public on Friday, August 7, from 5:00 – 7:00 PM.

Call to Artists – Think red: autumn? tractors? sport cars? Sox? barns? herring? Where does your imagination lead you? Established and emerging artists are invited to submit two-dimensional artwork in any medium for *Shades of Red*, an exhibit scheduled for September-December at the Jericho Town Hall. The only requirement: The work must include the color red. Register by Saturday, August 15; for information and registration: 899-2974 or blgreene@myfairpoint.net. 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 Committee includes Jericho Selectboard member Catherine McMains, artists Dianne Shullenberger and Barbara Greene, and gallery owner Emilie Alexander.

At Bryan Memorial in Jeffersonville through December 30, the Bryan's 2015 *Legacy Collection* features 25 living artists and 13 deceased artists whose works continue the legacy of Alden Bryan, founder of the gallery, and Mary Bryan, in whose honor the gallery was founded. Each year, Bryan Memorial Gallery chooses artists for inclusion in the Legacy Collection. The Legacy Collection also includes a subset entitled *Hidden Treasures*, which includes deceased artists' works that are owned by gallery members and available for sale. All exhibited works are oriented toward the current season, and will be changed throughout the course of the year. All 2015 Legacy Collection art is for sale. Bryan Memorial Gallery, 180 Main St., Jeffersonville, 802-644-5100. A preview of the exhibit can be seen at www.bryangallery.org. Gallery hours are Thursday-Sunday, 11:00 AM – 4:00 PM, and by appointment.

Helen Day Art Center, Friday, through Sunday, August 23: *The Best of the Northeast MFA* Exhibition, emerging contemporary artists from Québec, New England, and New York MFA students. Through Wednesday, October 14, *Exposed*, the 24th annual outdoor sculpture exhibit, throughout the town of Stowe. Friday, September 11 through Sunday, November 22, *Fractured: Works on Paper*, a group exhibition of works on paper looking at fractured space through the lens of the narrative, structure, and optics and how those de/constructions create new meaning, perceptions, and truths. Friday, December 4 through Sunday, January 3, Members' Art Show and Festival of Trees & light, bringing together the community to share and celebrate the season through decorated evergreens, a Hanukkah display, and over 100 members' artwork. Helen Day Art Center, 90 Pond St., Stowe. Gallery hours: Wednesday-Sunday 12:00 PM – 5:00 PM and by appointment.

Vermont self-taught artist Larry Bissonnette creates bold, energetic works that are at once highly personal and an invitation to marvel and engage. The Milton-based painter is also a world-traveled spokesman for autism, as well as the subject of two documentaries that examine his life and art through the lens of ability versus disability. Showcasing select pieces on loan from private collectors (the G.R.A.C.E. Gallery in Hardwick and Bissonnette's Burlington studio), *LOOKING OUT* at the Flynn Center for the

Performing Arts' Amy E. Tarrant Gallery, 153 Main St., Burlington will be the first major solo retrospective of this important Vermont artist, who has chosen not to let disability define him or his art. Through Saturday, August 29. For information, 652-4500.

LCATV's gallery of exhibitions by local artists presents Milton Artists' Guild show *Collage*, by members of the Guild exploring the genre of collage in various media. The exhibit runs throughout August. Gallery hours and location: Mondays 10:00 AM – 7:00 PM, Tuesdays-Thursdays 10:00 AM – 5:30 PM, Fridays 10:00 AM – 3:00 PM, Saturdays 12:00 – 4:00 PM; 63 Creek Farm Plaza Suite 3, Colchester. For information, www.lcatv.org or www.miltonartistsguild.org.

MUSIC/DANCE

The Westford Concert Series offers free Sunday concerts on the Westford Common, 7:00 – 8:00 PM. Bring a blanket or lawn chair; in case of rain, the concert will move to the Red Brick Meeting House. Co-sponsored by the Westford Library, Westford Recreation Department, and the Westford Parenting/Education Committee. August 9: *Mad Mountain Scramblers*.

The 5th Annual Cambridge Music Festival (CMF) has been announced for Saturday, August 29 at the future Cambridge Community Center, 22 Old Main St., Jeffersonville beginning at 2:00 PM. The musical lineup this year includes seven-piece jazz/funk fusion band *Grundfunk*, Boston-based *Hayley Jane and The Primates*, and five other acts. Local vendors will be on hand with food, beer/wine, crafts, and more. Pack a chair and/or bring a blanket! All proceeds from the event go towards Cambridge 360, a local non-profit organization whose mission is to raise funds for projects such as future development of the community center. Discounted tickets are available for advanced purchase with prices ranging from \$5-20; children under 10 are free. For more information and tickets, www.cambridgemusicfestival.com or contact Justin Marsh, Justin@cambridgemusicfestival.com or 802-730-2383.

Grab your friends, grab your lunch, and come to City Hall Park in Burlington for a free concert series every Wednesday and Friday, 12:00 – 1:00 PM, through August.

Shelburne Vineyard First Thursday Concert with Mike Colbourn and Hovey Otis, August 6, 6:00 – 8:30 PM. Mike Colbourn returns to the Vineyard with Hovey Otis who is back in his native Burlington from NYC. Add Hovey's sensitivity, humor, and provocative lyrics to Colbourn's original and classic alt-country mix of music and you've got the perfect recipe for a summer evening's entertainment. Rain or shine but count on sunshine, come prepared with a chair or blanket and bring along friends and family. Free admission, all are welcome. Shelburne Vineyard wines and Fiddlehead will be for sale by the glass and Dolce VT will have their food truck on the grounds – a portion of the concert proceeds will benefit Hunger Free VT. 6308 Shelburne Rd. (US RT. 7), Shelburne. For information, www.shelburnevineyard.com.

Also at Shelburne Vineyard, on Friday, August 21 from 6:00 PM till dusk, Burlington-based Bluegrass group *Hardscrabble* will wrap up the season. The band's talents include acoustic strings and tight vocal harmonies. Bring family and friends and a blanket or

lawn chairs. This is a family friendly event; free; Bluebird BBQ Food Truck will be on site as well as Queen City Pops.

Four-time Canadian Grand Master Fiddler Louis Schryer, accompanied by Erin Leahy and Siobheann Donohue (and dancers), will perform at the Barre Opera House in a Master Fiddler Concert from 7:00-9:00 PM on Saturday, August 15. For tickets (\$28; seniors/students, \$25) call 802-476-8188 or visit www.barreoperahouse.org; or at the Opera House before the show and at the door. The concert will benefit Community of Vermont Elders (COVE), a state-wide, non-profit organization working to protect and enhance the quality of life for Vermont's elders through public policy education and advocacy.

THEATER/FILM

St. Michael's Playhouse's summer theater – next on the Playhouse stage is *Woody Guthrie's American Song* in a matinee at 2:00 PM on Saturday, August 8. Single tickets range from \$34-44. The Playhouse is located at McCarthy Arts Center on the campus of Saint Michael's College, VT Rt. 15, Colchester. Tickets may be purchased at the Playhouse box office, by calling 802-654-2281, or online at www.saintmichaelsplayhouse.org.

Auditions for the thriller *Wait Until Dark*, to be presented by the Lamoille County Players. Auditions are Saturday-Sunday, August 15-16, 1:00 PM at the Hyde Park Opera House. Show dates are November 13-15 and 20-22. Character descriptions and more information can be found at www.LCPlayers.com.

Vermont artist seeks votes

Vermont artist Matthew Chaney is asking for votes for his T-shirt design.

Chaney's artwork was accepted to the T-shirt design website [threadless.com](http://www.threadless.com), where it will go through a ten-day voting process that ends Saturday, August 8.

Chaney grew up in middle Tennessee and graduated from Dickson County High School, where he served as the Vice President of the Art Club his senior year and won the Art Department Award. Chaney attended the Savannah College of Art & Design, and Nashville Tech, before transferring to Goddard College in Plainfield, VT to study abstract oil painting. Chaney made stickers of his design at Goddard and passed them out for free to fellow students and the community. Chaney works as a graphic designer in Morrisville, and shares an apartment with his large brown ceramic cat, Vinegar. You can vote for Chaney's design at <https://www.threadless.com/designs/face-design-2>.



PHOTO CONTRIBUTED

Efficiency Vermont

Sometimes, a
COOL RECEPTION
CAN BE VERY WELCOMING.

A heat pump cools your home like an air conditioner. And in the winter, it heats your house more efficiently than oil or gas systems. We can help you decide if one is right for your home.

TO FIND OUT IF A HEAT PUMP MAKES SENSE FOR YOUR HOME, GET STARTED WITH US TODAY.



www.EfficiencyVermont.com



855-388-9477

Libraries continued from page 5

Through October, our wonderful library assistant Keagan will be on maternity leave, and so you will be seeing our amazing substitute Mary Lou at the front desk. Mary Lou subbed for Keagan during her last maternity leave and also subs for vacation and sick days, so she knows the ropes! This summer you may also meet our summer student assistant, Alex Hamel.

If you have kids, don't miss our Summer Reading Finale on Thursday, August 6, 11:00 AM – 12:30 PM in the BFA Middle School Gym. Tom Joyce will entertain us with a magic show called *Books Come Alive Like Magic*, and there will be cake! Also, we will do the drawing for the summer reading grand prizes. All are welcome to the event, even if you did not register for Summer Reading.

The Fairfax Community Library is a Classical Connections Grant Winner! The library was awarded a grant from the VT Public Library Foundation to help expose middle-schoolers to classical literature through a fun and engaging program. The five-week program will kick off this fall, pairing a graphic novel version of *Treasure Island* with a modern classic, *The Great Wide Sea*.

Thursday, August 6, 6:00 – 8:00 PM: Tech Help. Sign up for a 30-minute session or drop in from 6:00 – 7:00 PM. You can ask any tech question and / or bring in a device you need help with. You will be ably assisted by our young volunteer techie, Josiah. He is up for troubleshooting or showing you how to do a variety of things such as setting up an email account, learn to Skype, use your device for downloading ebooks, manage photos, and lots more.

Wednesday, August 12, 10:00 – 11:30 AM: Summer Science: Flying Machines. Kids 6+ make wingless planes, rotocopters, boomerangs, and parachutes. Please register.

Thursday, August 13, 6:00 – 7:00 PM: DIY Henna. Learn how to use henna to create temporary designs on the skin. Come with a friend and make a design on each other. Must pre-register. Under age 18 must also have a parent's written permission, as these last up to two weeks.

Thursday, August 20, 4:00 – 5:00 PM: READ to a DOG. Kids ages 5-10 can read a book of their choice to a fuzzy, friendly dog. Call to reserve a 15-minute slot

Saturday, August 22, 10:00 – 11:30 AM: *Tree of Life* Pendant-Making Workshop. Create a one-of-a-kind pendant using wire and stone beads. All materials provided. Must pre-register. Recommended ages 16+.

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.

For up-to-date information about programs, visit our website www.fairfaxvtlibrary.org, where you can find a link to our interactive Google calendar. Fairfax Community Library: 75 Hunt St., Fairfax, VT, 05454; 849-2420. Program Planner Karyn Norwood, knorwood@fwsu.org; Library News: www.bfafairfax.com/pages/communitylibrarynews.html.

DOROTHY ALLING MEMORIAL LIBRARY, WILLISTON

All events are free. Preschool Music: Mondays at 11:00 AM and Thursdays at 10:30 AM. For children up to age 5 with a caregiver. No pre-registration. Free.

Summer Story Time Series: Tuesdays, 11:00 AM. August 4: Read with a Police Officer. All ages. No pre-registration. Free.

T-Shirt Hacks! Thursday, August 6, 1:00 – 3:00 PM. Upcycle your t-shirt! Sew LEDs into fabric and make simple circuits. Bring

a t-shirt or other clothing to hack. Ages 11 & up. Pre-registration required.

Manage Your Money in Your Teens & 20s! Wednesday, August 12, 6:00 – 7:30 PM. A quick introduction to manage your money to meet your goals. 82% of people who attend find ways to save money. Pizza provided. No registration necessary.

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

BROWNELL MEMORIAL LIBRARY, ESSEX JCT.

Summer Reading Clubs: "Every Hero Has a Story!" for Kids & "Unmask!" for teens. Still time to participate in activities at Brownell Library featuring art, games, drama, books!!

Through Friday, August 31 – Candy Brick Count – Estimate the number of candy bricks in a big jar at the Youth Desk. Closest guess wins them! Winner could build an edible Superhero.

Wednesday, August 5, all day – Teddy Bear Sleepover. Children all ages drop off their stuffed animals sometime during the day. Teens come in 6:30 – 8:30 PM to take pictures, have pizza, and make cards for the kids coming the next day. Teens register in advance.

Mondays, August 10, 24, and 31, and Wednesdays, August 5, 12, 19, and 26, 12:00 – 1:00 PM – Tech Help with Cliff. Offering one on one technology help. Bring in your new gadget or gizmo and Cliff will sit with you to help you learn its ways! Reservation required. Please call 878-6955 at least 24 hours in advance.

Wednesdays, August 5 and 12, 2:00 – 3:00 PM – Reading Buddies. Kids read for an hour with teen mentors. Bring a favorite book or choose one here. Math activities, too! Register in advance. Grades K-5.

Thursday, August 6, all day – Pick up your stuffed animals today!

Thursday, August 6, 12:00 – 2:00 PM – Teens Raid the Garden and Cook at Senior Center. Teens will participate in a multi-generational event. They will "raid the garden" and then go next door to prepare and eat a meal with seniors. Register in advance. Grades 6 and up.

Fridays, August 7 and 21, 10:00 – 10:45 AM – Songs and Stories with Matthew. Matthew Witten performs songs about our world and tells adventurous tales. For all ages. Funded by the Friends of Brownell Library.

Friday, August 7, 6:30 – 8:30 PM – Family Movie. Free popcorn & drink.

Monday, August 3 to Friday, August 31 – Parents, ask at the Youth Desk for the special Champlain Valley Exposition Summer Reading Incentive.

Monday, August 10, 4:00 – 5:00 PM – Summer Chess Club. Join teen chess lovers from our library for an hour of play. We provide chess sets and you provide strategy. Register in advance. All ages. (8 & under, please bring an adult)

Monday, August 10, 6:30 – 8:00 PM – Must Read Mondays: *Wild: From Lost to Found on the Pacific Crest Trail* by Cheryl Strayed. At twenty-two, Cheryl Strayed thought she had lost everything. In the wake of her mother's death, her family scattered and her own marriage was soon destroyed. Four years later, with nothing more to lose, she made the most impulsive decision of her life. With no experience or training, driven only by blind will, she would hike more than a thousand miles of the Pacific Crest Trail from the Mojave Desert through

California and Oregon to Washington State – and she would do it alone. Pick up a copy of the book at the Adult Desk and join us for an informal discussion in the Main Reading Room.

Tuesdays, August 11 and 18, 9:30 AM – 12:00 PM – Fresh from the Garden, Good Food for Kids. Every Tuesday young Garden Heroes walk to our garden at Summit Street School to tend plants, pull weeds, and harvest fresh vegetables. We return to the library to prepare delicious dishes from vegetables we picked. Learn food prep and taste something new! Register in advance. Grades 1 and up.

Wednesday, August 12, 3:30 – 5:00 PM – Maker Space, Unmask a Hero. Use pliers, screwdrivers, and more to find out what's inside small appliances. Perhaps you can even use the parts to create your own super hero! Grades 6 and up.

Fridays, August 14 and 28, 10:00 – 10:30 AM – Drop-In Story Time for kids of all ages. Babies, toddlers and preschoolers are welcome to come listen to picture book stories and have fun with finger plays and action rhymes.

Friday, August 14, 3:30 – 5:00 PM – Axis and Allies. Play a WW II game of strategy using battleships, air fleets, and submarines to decide the fate of the World. Grades 6 and up.

Fridays, August 14 and 28, 6:00 – 8:30 PM – Dungeons and Dragons. Embark on imaginary adventure. Our Dungeon Masters serve as the game's referees and story tellers. Grades 6 and up.

Fridays, August 14 and 28, 6:30 – 8:30 PM – Maggie's Fiber Friday for Adults. Maggie Loftus, veteran knitter, will be settled in front of the fireplace in the Main Reading Room. She invites adult knitters and crocheters to join her with their projects and engage in conversation. Bring patterns to share if you'd like. If you wish to contact Maggie: 6maggie2@myfairpoint.net.

Tuesday, August 18, 7-9pm – Brownell Library Trustees Meeting

Wednesday, August 19, 2:00 – 3:15 PM @ ADL – Final Summer Reading Party. No Strings Marionette Company performs *The Hobbit*. Kids get an achievement certificate and a free book after the puppet show. Register at Youth Desk starting August 1. This party is for all kids who have shown us their Reading Records at the library, so we can count their books. Register in advance.

Wednesday, August 19, 6:30 – 7:30 PM – Kindergarten Story Time. A story time for students entering Kindergarten this fall. Come and meet new friends and listen to stories about going to school. Sponsored by Building Bright Futures.

Thursday, August 20, 5:00 – 7:00 PM – After Hours Teen Volunteer Party. All teens who have volunteered to help with programs over summer are invited to a pizza party, scavenger hunt, and raffle drawing for prizes. Grades 6 and up. Register in advance.

Friday, August 21, 6:00 – 8:00 PM – Magic: The Gathering. Whether you know the game or are curious to find out more, come have tons of gaming fun! Grades 6 and up.

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

PEOPLE IN THE NEWS

BERGERON - BURNETT



Kathy and Robert Bergeron of Jericho, VT are proud to announce the engagement of their youngest daughter, Kara Bergeron of Jericho, to Griffin Burnett of City Island, NY. He is the son of Bruce and Debbie Burnett of City Island. Kara graduated from Mount Mansfield Union High School in Jericho in 2007. The couple graduated from SUNY Plattsburgh and now reside on City Island. Griffin is a financial advisor at Wells Fargo, and Kara is a teacher in the South Bronx. Kara is currently getting her masters in special education. Griffin proposed on a boat filled with family and friends in front of the Statue of Liberty. A July 2016 wedding is planned in Albany, NY.

PHOTO CONTRIBUTED

NG Advantage promotes Andrea Sheredy to Senior Accountant

Andrea Sheredy of Jeffersonville has been promoted to Senior Accountant at NG Advantage LLC. Andrea has been with NG Advantage since 2013 and during that time has handled all the daily financial transactions of the company, including billing as the company grew from a startup to a company with over \$17,700,000 in sales in 2014.

In her new position Andrea will continue to be the lead in daily accounting activities but will add responsibility for helping the Controller and the Executive Team with financial analysis, budgeting, and tax reporting.

NG Advantage provides a service that was not available to the managers of remote manufacturing plants in the U.S. before the company began operation in 2013. Being able to convert to burning natural gas instead of oil is a game changer for companies that do not have access to a pipeline. They lower the cost of producing their product by a substantial amount and greatly improve their carbon footprint.

NG Advantage CEO Tom Evslyn applauded Andrea. "Andrea Sheredy has been a key part of the NG Advantage Team from our startup days. She has been responsible for the accuracy of our billing and accounting. Her understanding of our business and our customers will make her analysis of our operating results particularly helpful as we continue to grow and innovate in service delivery. Andrea literally promoted herself."

Rice HS honor roll

Rev. Msgr. Bernard W. Bourgeois, principal at Rice Memorial High School in S. Burlington, proudly announced that the following local students achieved Honor Roll status for the fourth quarter:

From Jericho, Robert Hopwood, Sophia Rossi, and Sarah Sem earned Second Honors; Honorable Mention: Eliza O'Grady.

From Jericho Center, Christopher Aselin earned Second Honors.

From Underhill, Mahntra Hennessey earned First Honors; Second Honors: Allison Babbitt, Kyle DeCoster, and Bradley Eldred.

You'll count the smiles, not the hours.

If you are passionate about caring for others, working as a home health aide may be for you. VNA educators will prepare you to confidently provide care to people in their homes.

Put your caring to work.

We have full- and part-time openings for all skill levels. No experience is necessary. Learn more at:

www.vnacares.org/smiles



Discover Vermont Dependability...

PATTERSON Fuels.com

Heating Oil • Service • Propane

WARMTH - From Our Family to Yours!

- Dependable, Automatic Heating Fuel Deliveries
- 24 Hour Emergency Service & Service Contracts
- Fully Staffed In-House Heating Technicians - No Subcontractors!

Call Us! 1-800-427-WARM

70 Years- Family Owned & Operated

ONGOING EVENTS

ADULT ACTIVITIES

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

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

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

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

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

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, 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 St., Essex Junction.

The Women of the United Church of Underhill meet the 2nd Saturday of the month, 8:00 AM at the Church, 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 Wednesdays at Smugglers' Notch for a social time, then breaks into groups to ski. Brief organizational meeting, coffee and rolls, and then head out to the trails in self-selected ability groups. Gather informally in summer for a wide variety of outdoor activities. Membership benefits include various discounts at Smuggs. Information: Deborah, 644-5455 or just attend a meeting at the Morse base lodge, 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, Thursdays 10:00 AM, and Saturdays, 10:00 AM.

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

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

Alzheimer's support group, monthly on the 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.

Brain Injury Support Group – a place for survivors and family members, caregivers, friends, and the community to receive valuable resources and information about brain injury. The support group is a place to share experiences in a safe, secure, and confidential environment. 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.

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.

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.)

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.

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

Healthy Weight Support Group, Mondays, 12:00 – 12:30 PM, Northwestern Medical Center, Conference Room 3, St. Albans. For those working on weight management. Behavioral and nutritional strategies to increase physical activity and decrease calorie intake; 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. Information: 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.

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

TOPS Chapter 145 meets Thursdays 6:15 PM, 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: 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. Information: Fern Mercure, 524-0719.

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

KIDS

Saturday Story Times at Phoenix Books, 191 Bank St., Burlington. Every Saturday through August 29, 11:00 AM; free. Enjoy timeless tales and new adventures with your little ones. Wondering what we'll read? Each week a new picture book, a classic, or a staff favorite. We might even take audience requests!

Playgroups free of charge and open to all children birth-5 years, and their caregivers. Stories, songs, crafts, free play, local events and information, and more – an opportunity to play with the children in your life, meet other playmates, and connect with other parents and caregivers. Playgroups follow the school calendar. Come to any or all groups that fit your schedule. For information on any playgroup, contact Heather Lebeis, 899-4415 or underhillplaygroup@yahoo.com. Mondays: Jericho Community Center, 9:30 – 11:00 AM; Wednesdays: Richmond Free Library, 8:45 – 10:15 AM; Fridays: Underhill Central School, 9:30 – 11:00 AM; Fridays: Huntington Public Library, 11:00 AM – 12:30 PM.

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, Westford Public Library. Stories and activities using early literacy concepts for ages birth-preschool. Drop-in; no registration needed. New families welcome. Information: Victoria, 878-5639 or westford_pl@vals.state.vt.us, or visit www.westford.lib.vt.us and click on Events @ Your Library.

SENIORS/COMMUNITY MEALS

Jeri-Hill XYZ Seniors meet at the Catalyst Church on the Raceway, Underhill on the 1st and 3rd Wednesday of each month.

All seniors welcome. Dinner served at 11:30 AM. Information, Bette Workman, 899-4446, Loreen Teer, 899-1363, or Doug Keith, 899-2582.

Johnson Community Meal – 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 followed by community gathering. Information: 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. Lunch, 12:00 noon; short meeting or presentation after. 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+. 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 senior meals, Hinesburg, 2nd and 4th Tuesday of each month. Bingo games afterward. Everyone welcome, including caregivers. Dinners \$4 per person. Information: Ted Barrette, 453-3087.

Starksboro First Baptist Church senior meals, Starksboro, 4th Thursday of the month, 11:30 AM. Call Brenda Boutin, 802-453-6354 for more information. (No meals in November and December.)

"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, Tuesdays, 5:30 PM, Red Brick Church, Westford, with Heather Sanders, \$5, first class free; Saturdays, 9:15 AM, BFA, Fairfax, \$5; Sundays, 9:00 AM, Meeting House, Fletcher, \$5; with Kathy Bourdeau Mondays, 7:30 PM, BFA, Fairfax, \$5; Wednesdays, 7:00 PM, BFA, Fairfax, \$5.

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.

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. 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. Information: John Quinn, jquninvt@aol.com.

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

Jericho-Underhill Water District meets 1st Monday of the month, United Church of Underhill, Underhill Flats, 7:00 PM. 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. Information: 899-2693.

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

THRIFT SHOPS & FOOD SHELVES

Clutter Barn: Donations are accepted on Saturdays, 8:30 AM – 12:00 PM, through Saturday, September 12. The Clutter Barn is located in Underhill Flats, between the Brick House and the United Church of Underhill.

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

Westford Food Shelf, open monthly, 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.

GARDENING INFORMATION

First case of downy mildew on basil

The first case this year of downy mildew on basil was diagnosed by the UVM Plant Diagnostic Clinic on July 23. The infected plant sample came from a home garden in Burlington.

Growers and home gardeners should be on the watch for this destructive disease. The most notable symptom is a yellowing of the foliage, often confused with a nutritional deficiency.

The gray spores of the fungus, giving the undersides a "dirty" appearance, is another indication of downy mildew. Even if not visible, if the pathogen is present, the spores will be evident within a day if suspect basil leaves are placed in a plastic bag with a moist paper towel in a dark location overnight.

The pathogen can be seed-borne or spread by air-borne spores and prefers wet or humid conditions. Growing basil where it gets plenty of sun and is not overcrowded may help.

However, once the disease is present, it spreads rapidly and management is difficult. Often the infection results in total crop loss.

Less susceptible basil species are available, but these do not offer the same flavor or leaf color as the common sweet basil (*Ocimum basilicum*) that most gardeners prefer for pesto and other uses. Plant breeders currently are trying to develop new



Yellowing of the upper surface of affected basil leaves often occurs in sections of the leaf delineated by veins because the downy mildew pathogen cannot grow past major veins in leaves.
PHOTO CONTRIBUTED

downy mildew-resistant varieties.

Fungicides can be used to manage the disease but would need to be applied before the symptoms appear and be repeated often. Basil crops should be turned under or destroyed as soon as possible after the infection is found to eliminate this source of inoculum for other plantings.

For more information on the disease or to view images, go to <http://vegetablemendonline.ppath.cornell.edu/NewsArticles/BasilDowny.html>.



Ace Glass and Windows

Family Owned and Operated for over 30 Years
237 Brooklyn St., Morrisville • 4968 VT 15, Jeffersonville
1-800-624-9059 • 802-888-5406 • 802-644-2905
www.aceglassvt.com • Mon.-Fri. 8-5 • Sat. By Appointment





Auto Glass and a Whole Lot More

Quality Glass Service for Over 30 Years

Auto Glass: All your auto glass needs; from a small chip in your windshield, to a total replacement, back and side glass as well as side view mirrors. We also do commercial auto glass, including buses, trucks and heavy equipment.

Glass for Your Home: We are a full-service glass shop providing services including: Glass Repair, including insulated glass replacement, storms and screens; Home Improvements: tub and bath enclosures, custom showers and mirrors; Energy Efficiency: Vinyl replacement windows using the highest insulating value available; Porch Enclosures: WeatherMaster Vertical Window Systems.

Commercial Glass: From storefront plate glass windows and doors to office walls of glass to wall size mirrors and beyond, we can service.

PEOPLE IN THE NEWS



There is still time to host a Fresh Air child!

This summer, share the beauty of your community with a Fresh Air child while enjoying the pure joys of summer in your own backyard! Thousands of volunteer host families in rural, suburban, and small town communities across 13 states from Virginia to Maine and Canada open their hearts and homes to New York City children from low-income communities through The Fresh Air Fund's Volunteer Host Family Program. The Fresh Air Fund, an independent, not-for-profit agency, has provided free summer experiences to more than 1.8 million New York City children from low-income communities since 1877. The Fresh Air Fund is currently seeking more families to give inner-city children a Fresh Air experience this summer.

Host families open their homes to children who might not otherwise be able to enjoy a summer away from New York City. Fresh Air children experience simple pleasures like running barefoot through the grass, swimming in a cool lake, and gazing at star-filled skies. Through the eyes of Fresh Air children, families often rediscover the beauty of their own communities.

For more information on how you can make summer special for a Fresh Air child, contact Mary Sherman at 802-782-5426 or visit The Fresh Air Fund at www.freshair.org.

CAMPUS HONORS

Bradley Adair of Jericho, VT has been named to the Dean's List for the spring 2015 semester at the University of Delaware, Newark, DE.

Maia Buckingham of Jeffersonville, VT has been named to the spring 2015 Dean's List at Roger Williams University, Bristol, RI. She is majoring in Graphic Design Communications.

Andrew Lange of Jericho, VT has been named to the spring 2015 Dean's List at Roger Williams University, Bristol, RI. He is majoring in Visual Art Studies.

Jaclyn Meshako of Jericho, VT has been named to the spring 2015 semester Dean's List at Ithaca College, Ithaca, NY. Meshako is a Business Administration major in the School of Business.

COLLEGE GRADUATE

Maia Buckingham of Jeffersonville, VT has graduated from Roger Williams University, Bristol, RI with a Bachelor of Arts in Graphic Design Communications.

United Way Lamoille to open Volunteer Center

The United Way of Lamoille County launched the new "United Way Volunteer Center" on July 1. The reason for this addition to their programming is the volume of requests received in the office from people looking for volunteer opportunities, indicating there is a community need.

Lamoille County is already home to RSVP and the Volunteer Center, which serves volunteers 55 and older. In the past, United Way has funded their work to provide volunteer matches for those 55 and under. United Way found, however, that they could save thousands of dollars annually by providing this service themselves. The money saved will be used to fund other programs in the community.

United Way is set to launch a new website to house local volunteer opportunities. Until the website goes live, they will match volunteers with opportunities by hand.

If your non-profit agency has a need for a volunteer, or if you are 55 and younger and looking for a local volunteer opportunity, please call Brett or Dawn at 888-3252. If you are over 55, please contact RSVP and the Volunteer Center at 888-2190.



Karola "Kitty" DiNicola of Jericho, VT passed away on Monday, July 13, 2015, surrounded by friends and family. She was born on July 17, 1928 in Worcester, MA, the daughter of John A. Andrych and Bertha (Russell Hawes) Andrych. She was an accomplished watercolor artist and crafter. Kitty studied under well-known artists such as Edgar Whitney and Helen VanWych. She also spent many summers painting on Maine's famed Monhegan Island. Kitty was a member of The Copley Society of Boston, Nashua Artists Association, Arizona Watercolor society, and The Essex Art League. Kitty spent much of her life in Merrimack, NH before moving to Searsport, ME, where she traveled around the state painting. She moved to Jericho 15 years ago, where she continued to pursue her love of art. Kitty also loved to travel, which she shared with her husband, Nick. Together they visited every state except Hawaii and Alaska. She also traveled to Europe, visiting Germany, Italy, and Austria. Kitty is survived by her daughter Nikki DiNicola and husband Richard Slez of Swanville, ME; granddaughter Tina Lander and husband Shane Lander of Colchester, VT; grandson Jason Rioux and wife Holly Rioux of Manchester, NH; great-grandchildren Nicole LaBelle and partner Steve Richer, Lisa LaBelle and partner Ross Wynans, Casey Lander and fiancée Daniel Hansen, Chantel Rioux, and Angelina Rioux; great-great-grandchildren Halie LaBelle, Emily Ashline, and Ramsey Wynans; and many nieces, nephews, and close friends. Kitty was predeceased by her parents; husband Nicholas DiNicola; their daughter Carol Rioux; and two sisters, Eunice Sauter and Charmian Babella. Kitty was truly a remarkable person we love with all of our hearts. The family also invites you to share memories and condolences by visiting www.awrfh.com.



Stella Joyce (Place) Charland, 80, of Jericho, VT passed away on Tuesday, July 14, 2015. Born in Hinesburg, VT on April 8, 1935, she was the daughter of the late Irwin and Margaret Place. Stella is survived by her son Larry and wife Lisa Charland of Fairfax, VT; grandchildren Dustin and Taylor Charland, who were her pride and joy; and brothers Irvin "Wade" Place of Bristol, VT and Giles "Bud" Place of Ulm, MT. She was predeceased by her brothers Harlow, Malcolm, and Alton; and sister Marlene. Stella will be remembered for her fun-loving personality and larger-than-life character. Stella enjoyed her fresh springtime dandelion greens and listening to the birds sing. "Star" was a dedicated listener of all of her favorite local radio shows and personalities. She was an avid reader and enjoyed staying on top of all current news events. She loved to celebrate the holidays and her decorations were a well-known spectacle at her apartment at Jeri-Hill in Jericho. There are no calling hours. A private graveside service was held on Monday, July 20, 2015, in Jericho.



Dr. William J. "Bill" Lewis, Professor of Sociology, Emeritus, University of Vermont, passed away at home in Burlington, VT on Wednesday, July 8, 2015 from an age-related illness. Bill was born September 22, 1923 in Twin Groves, ID, the first child of William J. and Elsie (Roberts) Lewis. He attended schools in St. Anthony, ID, nurturing his love of words through the dramatic arts, and as a champion debater at St. Anthony High School. Old scrapbooks reveal he was well respected and popular, with a charming wit, and that his dance cards were always full. Bill enrolled at Brigham Young University. His course work was interrupted when, during World War II, he joined the U.S. Navy. Learning continued, at Midshipman School at Columbia University, Communications School at Harvard University, and while he served as Communications Officer aboard the aircraft carrier USS Shamrock Bay. After WWII, Bill returned to Brigham Young, earning B.A. degrees in Speech and Physics. In 1948, he obtained his M.A. in Mass Communication from Northwestern University, and in 1955, a Ph.D. in Rhetoric and Public Address from the University of Florida, this while helping to produce radio and television programs at WRUF in Gainesville, FL and WJXT in Jacksonville. He engaged in the above pursuits as a young husband, discovering life's adventures with his first wife, Roberta Jean (Watson) Lewis, and their growing family. Bill spent school years in the classroom and summers as a ranger at Yellowstone National Park. Wherever he was, he was teaching. Whatever he was teaching, he was good at it. Bill loved to share his experiences and insight, whether on special, private hikes through Yellowstone, or while helping unravel life's twists and turns during heart to heart talks. In 1954, after a year as an Instructor in Speech at Pennsylvania State University, Bill began his distinguished career at the University of Vermont, first as a professor in the department of Communication. In conjunction with that role, as the department's Director of Radio and Television, he hosted the program *Living and Learning* on local CBS affiliate WCAX-TV. He served as head of UVM's Mass Communication Division, and as Interim Department Chair. The scope of his contributions to Vermont's educational landscape is broad and historic. Bill was the founder and first station manager of WRUV, and the Director of a project report sponsored by the Ford Foundation that was instrumental in bringing public television to the state of Vermont. On a sabbatical leave during the 1967/68 school year, Bill was a lecturer at San Francisco State University, while assisting noted semanticist S.I. Hayakawa. As he would for more than half a century, he continued his work for the National Park Service, primarily at Yellowstone, as a ranger,

naturalist, and a trainer of naturalists. His book *Interpreting for Park Visitors* is considered a classic and a must-read for anyone in the field of interpretation and communication. In 1981, Bill became a professor in UVM's Department of Sociology. Students who kept in touch with him, and there were many, inevitably commented that his courses in General Semantics, Interpersonal Communication, and others were some of the most memorable and rewarding they had experienced. In 1988, Bill was the recipient of a Fellow Award from the National Association of Interpretation for his written and oral achievements. He was cited as "... The most knowledgeable and experienced oral communication specialist in the nation, and, perhaps, the world." In 1989, the year of his retirement from UVM, he received the college's George V. Kidder Award for excellence in teaching and motivating students. In retirement, Bill remained active. Friends and family fondly recall trips to Yellowstone, Lewis family reunions, weddings, birthdays, outings to local music and theater events, and the "standing room only" carol sings hosted each winter by Bill and his wife, Sue, at their home in Underhill Center, VT. Until his move to Burlington in 2014, Bill was a familiar sight on Beartown Road, walking to the post office, accompanied by his devoted Labrador retriever, Eddie. He will be remembered, too, for his generous support of the community, through gifts of time and resources. Bill is survived by his wife, Suzanne Kusserow of Underhill Center; her children, Paul, Karl, and Adrie Kusserow, and their families; his children, daughter Kathy Scerra and her husband Chet of Webster, NY; son Britt Lewis and his wife Mila of Gardiner, MT; son Jim Lewis and his wife Chiyoko of Livingston, MT; son Roger Lewis and his wife Thea of Burlington, VT; and siblings, sister Marilyn Jones and her husband Glen of Reno, NV; sister Carla Hicks and husband Jerry of Reno, NV; brother Robert and his wife Phyllise of Redmond, WA; and sister Karen Tarwater and her husband Mack of Tempe, AZ. Bill is also survived by dozens of adoring grandchildren, great-grandchildren, nieces and nephews, and many dear friends, including his first wife, Roberta Jean Lewis of Sierra Vista, AZ. A sister, Margaret (Lewis) Ellis predeceased him in 2003. Bill's family would like to offer special thanks to the Converse Home in Burlington, and the staff of Home Instead, for their friendship, care and consideration. A celebration of Bill's life will be held at a later date, and a tree will be planted in his honor at Moore Park in Underhill Center, with a notice of gathering and remembrance announced sometime in September. Arrangements are in the care of the Cremation Society of Chittenden County, a division of the Ready Family, Burlington. To send online condolences, please visit www.cremationsocietycc.com. Those who wish may make contributions in his memory to The Craftsbury Chamber Players, P.O. Box 37, Craftsbury, VT 05826 (www.craftsburychamberplayers.org); or to the Greater Yellowstone Coalition, 215 South Wallace Ave., Bozeman, MT 59715 (www.greateryellowstone.org).

Services have been arranged for **Peter Anthony Williams** of Huntington, VT - Please join family and friends in a celebration of life for Peter Anthony Williams, 54, who passed away on Wednesday, March 4, 2015. The services will be held on Saturday, August 22, 2015 at 3:00 PM. Please email celebratingpeter@gmail.com to RSVP. Donations in his memory can be made to his family's fund at <http://gfwf.at/lyqoOjz>.



Janet Burnor, 78, of Jeffersonville, VT passed away unexpectedly at her home in Jeffersonville on Thursday, July 16, 2015. She was born February 28, 1937, the daughter of G. Donald and Kathleen (Sweeney) Bugbee in St. Albans, VT. Janet graduated from Bellows Free Academy in 1955, and was one of Doc Comi's star basketball players. In 1957, she married Duane E. Burnor. She worked as a telephone operator for New England Telephone Co., US Immigration Service, and, in later years, Lorraine's in St. Albans. Janet was known for her wonderful sense of humor, her beautiful flower gardens, and especially her love for her family. She loved family holiday celebrations, with Halloween one of the favorites. The grandchildren would look forward to the decorations and the haunted house "Nan" would have for them each year. Janet was an avid reader and enjoyed many hobbies. She is survived by her husband of 58 years, Duane Burnor; children Debra Burnor, David Burnor, Steven Burnor, and Sharon Brahmstedt; grandchildren Dylan Slayton, Brooke Slayton, Paige Slayton, Warren Burnor, Wren Burnor, Wendell Burnor, Colin Brahmstedt, and Connor Brahmstedt; and great-grandchildren Serena Hanley, Archer Hanley, and Lillian Blair. She is also survived by her sisters Jean Kelley and Donna (Tim) Rath; brother John Bugbee; brothers-in-law Allard Burnor and Terrace (Shirley) Burnor; and many nieces and nephews. A private memorial service will be held in the fall, Janet's favorite time of year.

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

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

UNITED WAY VOLUNTEER CONNECTION LISTINGS

By Sue Alenick

United Way Volunteer Columnist

Choose one of the options below or go to www.unitedwaycc.org/ volunteer to check out more than 300 other volunteer options from local nonprofits, schools, and public partners or call us at 860-1677.

JOIN US TO TALK ABOUT VOLUNTEERING – United Way's Volunteer Connection staff will host a "volunteering" open house at the Carpenter-Carse Library in Hinesburg on Wednesday, August 5. Stop by anytime between 4:00 – 5:30 PM to explore the wide range of volunteer opportunities available and learn about our Signature Programs for adults age 55 and over.

FIRE PREVENTION – The American Red Cross needs volunteers for an educational outreach campaign to prevent home fires. Volunteers may go door-to-door to talk about smoke alarms and promote a free installation service; organize canvassing events; help residents develop a fire escape plan; or install smoke alarms, replace batteries, and teach people how maintain their alarms. Training and a background check are required. Contact Dan Lavilette, 660-9130 Ext. 105 or dan.lavilette@redcross.org.

TOUR GUIDES – Ethan Allen Homestead Museum is looking for tour guides and greeters to help bring Vermont history to life. Volunteers serve three hours/week. Enthusiasm and an appreciation for history are important. Contact Mary Kelsey Trumps, 865-4556 or vc@ethanallenhomestead.org.

GLEANERS – Volunteer gleaners help gather food remaining in fields and get it to low-income Vermonters; programs include:

• **The Intervale Foundation** – Food is harvested from the Intervale farms and distributed to the hungry in our community. Volunteers work every Thursday and Friday through October 16 in two-plus hour shifts. Groups of up to 10 are welcome. Contact Chelsea Frisbee, 660-0440 Ext. 113 or chelsea@intervale.org.

• **Vermont Youth Conservation Corps** in Richmond – Food from this program goes to the Health Care Share CSA program for low-income Vermonters. Volunteers can work every Tuesday or Wednesday through October 14, four-hour shifts at 8:00 AM or 1:00 PM. Groups of up to 40 are welcome. Contact Jackie Bishop, 434-3969 Ext. 113 or jackie.bishop@vycc.org.

CVOEO Health Connect – A couple of key volunteers are needed for the Health Insurance Navigator program. The volunteers would e-trained and certified to offer in-person health insurance literacy education, counseling, and enrollment support to Vermonters of diverse backgrounds. In addition to training and certification, a background check is required. Contact Tatum O'Malley, 8601417 Ext. 115 or healthconnect@cvoeo.org.

HELP STUDENTS LEARN – RSVP of Chittenden County is looking for caring adult volunteers to help with academic support programs during and after the school day or in community mentoring programs. Volunteers with a professional background in science, technology, engineering, and math are especially needed. Training and supervision provided. References and background check required. Contact Phet Keomanyvanh at 861-7821 or phet@unitedwaycc.org.

COMING EVENTS – Two local groups are planning special events in coming weeks and are seeking volunteers to help make their efforts a success:

• **Turning Point Center** – Help with registration, silent auction and raffle, and golf-related competitions at the Hank Schaefer Memorial Golf Tournament. Friday, August 7, 8:00 AM – 1:00 PM. Contact Gary DeCarolis, 861-3150 or director@turningpointcenter.org.

• **Vermont Foodbank** – Help at the Harpoon Point to Point cycling fundraiser, which begins and ends in Windsor. Volunteers can help cyclists along the route, work at registration, stock supplies at rest stops, act as course marshals, and/or help at the post party. Receive a T-shirt and join the fun! Saturday, August 8, shifts between 7:00 AM – 6:00 PM. Contact Nicole Mitchell at 477-4146 or nmmitchell@vtfoodbank.org.

GET THE PICTURE – Vermont Senior Games Association is in need of a volunteer amateur photographer to capture the excitement and success of statewide competitions through October 3. Choose the dates that work for you! Contact Janet Nunziata, 656-4220 or jnunziata@uvm.edu.

LAWN MOWING – HOPE Works is looking for a volunteer to mow their lawn once a week during the summer and fall. Lawn mower is provided. Contact Federica Velutini-Hoffman, 864-0555 or Federica@hopeworksvt.org.

GRANDPARENTS NEEDED – United Way's Foster Grandparent Program needs volunteers age 55 and over to make a difference in the lives of children in Chittenden, Franklin, and Grand Isle Counties. Foster Grandparent volunteers serve 15-40 hours a week at preschools, childcares, Head Starts, and elementary schools under the supervision of teachers and staff. They may help with tutoring, mentoring, and self-esteem building activities appropriate for the age of the child. In Chittenden County, volunteers are particularly needed for schools in Burlington, Milton, Essex, and Hinesburg, but many other locations are available. A small non-taxable stipend is provided. Contact Susan Abell, 861-7823 or susana@unitedwaycc.org.

BLOOD DONOR SERVICES – American Red Cross Blood Services has need of volunteers at their Burlington Donor Center and at blood drives throughout Chittenden County. Reception volunteers help welcome donors and answer the phone, registration volunteers help register donors and respond to questions, and canteen volunteers serve refreshments and chat with donors to be sure all is well. Shifts vary depending on the position. Interview and background check are required for all. Contact Alice Drislane, 497-6807 or alice.drislane@redcross.org.

AUGUST CLASSES AND WORKSHOPS AT NORTHWESTERN MEDICAL CENTER

Cancer Exercise Rehab Group, ongoing every Tuesday and Thursday, 11:00 AM to 12:30 PM, NMC Rehab gym, Cobblestone Building. A physical therapy evaluation is required to assure that the client is able to participate. This class pinpoints the common needs of patients. This includes decreased range of motion, decreased strength, cancer related fatigue and lymphedema. Wendy Lawrence, certified NMC Oncology Rehab Physical Therapist. Pre-registration required, call 524-1064 to register or for more information. Free for the first eight weeks, then \$40 for open gym access.

Vermont Quit Network: Freshstart (tobacco cessation class), Thursdays, August 6, 13, 20, 27, 4:00 – 5:00 PM, Northwestern Medical Center, Franklin Room. Join this four-session 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. As a Vermont resident, you can get free patches, gum and lozenges. To sign up for a session call Char, 524-8480.

Healthier Living with Chronic Pain, Thursdays, August 13-September 17, 12:30 – 3:00 PM, St. Albans Primary Care. Are you or someone you know living with a chronic pain? Then this Healthier Living Workshop is for you! Learn to feel better by learning how to deal with frustration, fatigue, and pain, and manage symptoms and medications. Free. Pre-registration required; call 782-5323 or 524-1031 to register or email hmessier@nmcinc.org.

AARP Smart Driver Course, Monday, August 17, 4:30 – 9:00 PM, Northwestern Medical Center, Green Mountain Room. This four-hour refresher course is open to all drivers 50 years and older. The curriculum addresses the normal physical changes brought on by the aging process, how these changes can affect driving ability, and then offers ways to compensate for those changes. The course also addresses changes in vehicles, regulations, and roads. Participants will also learn how to interact with other road users including truckers, bikers, pedestrians, and distracted drivers. Doug Masson, AARP instructor. Preregistration required, call Doug, 802-644-8310. Course fee: \$15 for AARP members, \$20 for non-members.

Breastfeeding and You, Tuesday, August 4, 6:00 to 7:30 PM, Northwestern Medical Center, Family Birth Center Conference Room. You are invited to the VT Dept. of Health's FREE Breastfeeding Prep class. Learn how your body makes milk, what to expect, tips for getting nursing off to a great start and whom to call if you need support or help. Personalize your breastfeeding plan, line up your support, go over the basics, ask questions and get real-life answers. Speaker: VT Department of Health staff. Pre-registration required; call 524-7970 to register.

Saturday Childbirth Education Workshop, Saturday, September 12, 8:30 AM – 4:30 PM, Franklin County Home Health, 3 Home Health Circle, St. Albans. Join other expectant parents in a day-long Saturday workshop to prepare for the birth and care of your baby. You will learn about labor, birth, medications in labor, and relaxation and breathing techniques. You can also enroll in an optional breastfeeding class held on the Monday evening following your workshop. \$90; Pre-registration required, call 527-7531.

Foot Clinics – Regular care of your feet can prevent problems. If you are an elderly and/or disabled person who is unable to do your own foot care, please consider attending a Foot Clinic. Franklin County Home Health Agency offers monthly Foot Clinics throughout the year in St. Albans, Swanton, Franklin, East Fairfield, and Enosburg. To schedule an appointment, please call our office, 802-527-7531. The cost for Foot Care Clinics is \$20.

Parkinson's Disease Outreach group meets monthly. The Support Group provides an opportunity for people with Parkinson's and their families and care givers to give and receive support and share information. Participants can learn from each other, meet new people, have discussions, and listen to presentations. Call Pat Rugg, 524-5520, to get the meeting date, time, and place.

Healthy Weight Support Group, every Monday, 12:00 – 12:30 PM, Northwestern Medical Center, Grand Isle Room. This is a weekly support group for those working on weight management. It combines behavioral and nutritional strategies to increase physical

activity and decrease calorie intake. It will provide you with techniques to help you manage your eating behaviors. Come 15 minutes early for a weight check. Speakers: Kay Tran, Registered Dietitian, MS, CDE, and Leslie Gardzina, Registered Dietitian, Northwestern Medical Center. Free; no registration required, just drop in to attend.

Start the Conversation – 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. Planning for end-of-life starts with understanding your care options, including hospice and palliative care options. An advance directive can provide this information for 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 on a new website for the *Start the Conversation* statewide initiative, www.starttheconversationvt.org. You can also call Franklin County Home Health Agency to learn more about your hospice and palliative care options, 802-527-7531, or visit our website, www.fchha.org. Start the Conversation today. It's a gift.

DIABETES SUPPORT GROUP

The Diabetes Support Group meets the second Monday of every quarter (March, June, September, and December) in The Green Mountain Room at Northwestern Medical Center. The lunch session starts at 11:30 AM (complimentary lunch provided); topic is from 12:00 – 1:00 PM. The evening session starts at 5:00 PM (complimentary dinner provided); topic is from 5:30 – 6:30 PM. There is usually a guest speaker. Call Debbie Robertson to indicate which session you would like to attend, 524-1031.

Are you breastfeeding? Thinking about it? Come and join other moms, babies, and families at one of our regular breastfeeding support/social group. The group is offered by the VT Dept. of Health and is free to all. You can ask questions and get help, join in group discussion, and most important – meet Moms just like you and share your experiences. There are four meeting times each month. First Saturday of each month, 9:30 – 11:30 AM, Bent Northrop Memorial Library, Fairfield (by Fairfield Center School); second Wednesday of each month, 9:30 – 11:30 AM, at the Family Center in Alburgh; or third Thursday of each month, 10:00 AM – 12:00 PM, in the Family Birth Center conference room, Northwestern Medical Center. Call 524-7970 for more information.

Have you lost a loved one to suicide? 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 at 802-393-6503.

Grief and Recovery Support Group – Experiencing a loss can be painful to face alone. Franklin County Home Health's Grief and Recovery Support Group serves as a safe place to share feelings with others who are coping with grief. This support group is offered free of charge to anyone who would like to talk to others and help one another. It also provides a resource for grief education in our community. The Group meets the first and third Wednesday of each month from 7:00 – 8:00 PM at the Franklin County Home Health office in St. Albans, 3 Home Health Circle. For more information, contact Lori Wright, lwright@fchha.org, 527-7531, ext. 268.

New program for 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.

Mountain Views!

OFFERED AT \$369,000 JEFFERSONVILLE

You will enjoy the privacy of this 3 bedroom, 3 bath home nestled among 30 acres of wooded land with fantastic views of Mt. Mansfield. Open floor plan with hardwood and tile, dining nook with floor-to-ceiling windows and walkout lower level with sauna. 45 Minutes to Burlington!

MLS# 4426051

Jane Kiley, REALTOR®
Your Right Choice in Any Market
Call/Text (802) 343-9980
JaneKileyRealEstate.com
Jane@JaneKiley.com

COLDWELL BANKER
HICKOK & BOARDMAN REALTY

Foreclosure: Great Country Home w/Views
Newer Waterville 4BR House

AUCTION
Wednesday, August 26 @ 3PM

1850 Codding Hollow Road, Waterville, VT

• Great Home w/Views! • Detached 2-Story Barn
• 4BR, 1.5 Baths on 6± Ac. • Room to Grow & Roam

Thomas Hirschak Co. • THCAuction.com • 800-634-7653

CASTLE PORTER REAL ESTATE

Thinking about selling?
Don't Make a Move
...until you talk with your
Neighborhood Specialist.

Call Today!

Jennifer Giordano, Realtor
802-999-9960
vermonthouses4sale@gmail.com
StartingHome.com

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

BUSINESS DIRECTORY

AUTOMOTIVE



Phil's Automotive
Specializing in SUBARU

- Automotive Service and Repair
- Scheduled Maintenance
- Struts
- Tires
- Brakes & Exhaust
- Windshield Repair and Replacement
- VT State Inspection

Phil Potvin • 899-3305
27 Moose Run, Pleasant Valley Rd, Underhill
Factory Subaru Trained and Certified

Visa / Mastercard / Discover

EXCAVATING



CHARLES W. WIEGAND
Excavation & Landscaping Services

- Excavator
- 2 Backhoe Loaders
- New Lines Installed
- Old Lines Rehab
- Curbside Trench Work
- Drainage Improvement
- Trenching & Backfilling
- Gravel Driveways
- Excelsior & Rebuild
- Swamp Removal
- Rebuilding Field Cuts
- Trucking
- Top Soil / Gravel
- Compact / Bark Blotch
- VT State Approval Underground Fuel Oil Tank Removal

899-4735
P.O. Box 86
Jericho, VT 05465
Fully Insured

FORESTRY MANAGEMENT

NATURAL RESOURCES CONSULTING • FOREST MANAGEMENT PLANNING



Providing forest management services for over 20 years

Scott Moreau
PO Box 39
Westford, VT 05494
office 802-849-6629
cell 802-343-1566

www.GLForestry.com
GLForestry@aol.com

GREENLEAF CONSULTING, INC.

HOME IMPROVEMENT

Dan Marcotte Construction LLC

Replacement Windows and Vinyl Siding
Building, Remodeling, Repairs

899-2926 355-1092
danieljmarcotte@aol.com • Jericho



H.R. THURGATE & SON BUILDERS
899-4613

- Customs Homes
- Remodeling
- Design
- Handyman

23 Kristie Lane
Jericho, VT 05465
www.thurgate.com





TREETOP BUILDERS

Custom Homes, Remodeling & Timber Frames

Roy Dunphy
20 Stevensville Rd., Underhill, VT
Cell 802-363-9881
www.TreetopBuilders.com

CARTER CARPENTRY
REMODELING & DESIGN

HOME REMODELING
KITCHENS & BATHS • BASEMENTS

Tom Carter
38 Hanley Lane, Jericho VT 05465 • 802-899-5070
email: tcarter1@comcast.net • www.cartercarpentry.com

Business Directory Ad Pricing

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

HOME IMPROVEMENT

Randy Bishop Construction LLC

Superior Quality Building

- Residential / Commercial
- Custom Finish Work
- New Construction
- All Phases of Construction
- Remodeling & Additions
- Roofing / Siding
- Custom Building & Design
- Top Quality Building Materials

Free Estimates
802-899-4442
Cell 363-7467

Licensed & Fully Insured
Serving the Champlain Valley

Lumber Mill Direct Superior Quality Great Prices
Kiln Dried 6-8%

HARDWOOD FLOORING
3/4" finished thickness. Random length 4' - 12' (some longer) tongue and groove, recessed back (not end matched). MAPLE, CHERRY, OAK, BIRCH
Price & availability can vary. Call ahead to confirm.

HARDWOODS ROUGH
Hard & Soft MAPLE, CHERRY, Red & White OAK, ASH, BASSWOOD
MAHOGANY, WALNUT & YELLOW POPLAR. No quantity too small.

ALMOST WHOLESALE
500' BF pkg of lumber - Hard Maple, Yellow Birch, Cherry & Red Oak.
Select & better. Ask Ken for details.

BEADED
SHIPLAP
FLOORING
V-JOINT
PIPWICK

DRESSED 4 SIDE

Cash & Volume Discounts
Great Specials • Friendly Service

The A. Johnson Co.
WHOLESALE • RETAIL
LUMBER

995 South 116 RD
Bristol, VT 05443
802-453-4884
7am - 4pm Mon-Fri

All Pine is Kiln Dried
Pitch set @ 170"

LANDSCAPING/PROPERTY MAINTENANCE

All Phase Property Maintenance, LLC

Free Estimates Residential 24 Hour Service Commercial

Lawn Care & Gardens, Fence Installation/Repair, Pressure Washing, Stone-Concrete Walkways, Walls and Patios, Firewood, Light Trucking, Driveway Installation & Repair, Yorkraking, Brushhogging, Snow Plowing, Sanding & Salting, Electrical & much more....

Office: 899-2919 - Cell: 734-8247

Stephan Griffiths Jr. - Owner
Fully Insured allphase87@gmail.com Essex, VT 05452



Creative Landscaping & Garden Center
113 RT 15 • JERICHO • 899-8900

Growing well rooted plants and relationships since 1983
Design • Stonework • Planting • Patios • Water Features

www.creativelandscapingvt.com • Like us on @ creative LGC

ROBERT SCHANTZ HORTICULTURALIST
113 Route 15, Jericho, VT 589
robertschantz@msn.com

Ph 802-899-8900
Fax 802-899-4957
Cell 802-363-4445

TRUCKING - METAL RECYCLING



YOU CALL! WE HAUL!

We Pick Up and Pay for Junk Automobiles!

Route 15
Hardwick
802-472-5100

3842 Dorset Lane
Williston
802-793-9133



TRUCKING - RUBBISH REMOVAL

AT YOUR DISPOSAL TRUCKING
Residential Rubbish Removal
Underhill / Jericho / Essex

\$20 a month
Every other week pickup

\$30 a month
Every week pickup
65 Gal. Totes Available



Nate Guay • (802) 279-1367
snowguay@yahoo.com • Route 15, Underhill

Roll Off Dumpsters & Full Service Junk Removal

TRUCKING - TOWING

Anytime Towing

Owner operator Matt Norton

Specializing in Emergency
Towing and Recovery • 878-8467

24 Hours a Day
• Wreckmaster Certified

- NATA Certified in Light and Medium Duty
- 4x4 Wrecker with Plow • Flatbed w/Side Puller
- Accident Scene Restoration
- Specializing in Dealing w/Insurance Companies

Anytime Towing Snowplowing
Call 878-8467 now for Winter 2015

Farmers will go for the gold at the first "Farmer Olympics"

Teams from all over Vermont are invited to come together from 4:00 – 8:00 PM on Wednesday, August 12 at the Maple Wind Farm in Bolton to compete in a wide range of events designed to challenge farmers' field skills. More importantly, the first annual *Farmer Olympics*, hosted by the Northeast Organic Farming Association of Vermont (NOFA Vermont), is a chance to take a mid-season break and enjoy some great food and refreshments along with some healthy competition.

"You work hard, now play hard!" said event organizer Mimi Arnstein, who is also a NOFA Vermont board member. "We invite all finely-trained farmers for a farm competition that will go down in the annals of history. Fast and furious, technical and serious, slow and silly... these events will make you laugh while testing your farm team's skills and pride."

Farmers will show off their skills in events ranging from physical to cerebral to plain ridiculous, competing in events like "Chicken Tractor Pull," "Rock Hump," "Plumbing Puzzle," "Chuckin' Eggs," and the "Deer Fence Limbo."

Farmer-Olympians will enjoy treats provided by Citizen Cider, Ben & Jerry's, and wood-fired, fresh pizza made in the NOFA Vermont mobile oven.

Farm teams are invited to register online at www.nofavt.org/ows. The registration rules dictate that teams must have a minimum of



It's a weeding contest! Farmers from across the state are invited to send a team to the first annual *Farmer Olympics*, Wednesday, August 12 at Maple Wind Farm, Duxbury Rd., Bolton. For information and to register, www.nofavt.org/ows. PHOTO CONTRIBUTED

three and a maximum of six people to enter. Each team member must be a part of the farm crew or staff of an agricultural organization. Multiple farms may partner to create a joint team but they must identify something in common (e.g., Farmers Under 30; Left-Handed Farmers). Teams should wear a team identifier such as a t-shirt, hat, or bandana.

The Farmer Olympics will take place at Maple Wind Farm, 1647 Duxbury Rd., Bolton. Teams are asked to arrive at 4:00 PM to check in and warm up. The competition events are from 4:30 – 6:30 PM, followed by pizza, cider, and celebrations.

Green Mtn. Bicycle club bike rides

All riders with the GMBC must wear helmets and obey the rules of the road. Please do not ride two abreast if there is traffic in either direction. For mornings with questionable weather, please call the Ride leader to make sure the ride is still taking place. Ride leaders are obligated to go to the starting point and provide maps but may

choose not to ride if the weather is miserable. Riders below the age of 18 must be accompanied by a parent. E indicates an easy ride, M is for moderate, and S is for strenuous. Social rides are more leisurely versions of the mapped ride – usually the shorter route – with longer food breaks.

Sunday, August 9, Double or Triple Ferry Ride – This ride starts with the ferry to Port Kent and heads north to the recreation path through the old air base into Plattsburgh. From Plattsburgh, riders will take the ferry across to Grand Isle and down to South Hero. Riders then have the option of taking the Local Motion ferry to Colchester and the Burlington Bike Path (43 E/M with packed gravel), or following the Champlain Bikeway on US Rts. 2 and 7 (50 M). Bring money for the ferries. The ride will be followed by a picnic at Auer's Boathouse just off the bike path. There is room in the fridge there if folks want to bring refreshments before the ride. Meet at 7:45 AM for the 8:10 AM ferry, at Burlington Ferry Dock. Leader: Matt Kuivinen, 881-9045 / mattkui@earthlink.net; co-leader Brian Howard, 598-3857 / bjhowd@gmail.com; social ride leader: Donna Leban, 862-1901 / lightspd@comcast.net.

Sunday, August 16, Covered Bridges of Franklin and Lamoille County - The hilly 41-mile loop (M) goes through Eden and Johnson, while the 55-mile ride (M/S) passes more covered bridges in Montgomery Center, returning through Bakersfield. Meet at 8:45 AM, Jeffersonville Fish and Wildlife Access (.3 mile north of VT Rts. 15 and 108 intersection, across the bridge). Leader: Phyl Newbeck, 899-2908 / phyl@together.net; co-leader: Michelle Patrick, 363-5281 / mlpatrick89@gmail.com.

Sunday, August 23, Buck Hollow and Beyond - The 40-mile (M) route goes north to Fairfax, through Buck Hollow into Fairfield, returning via St. Albans. The longer loop (58 M/S) continues into Sheldon. There are potential food stops in St. Albans, Georgia, and Fairfax. The social ride will go in the opposite direction. Meet at 8:45 AM, Milton High School. Leader: Joyce McCutcheon, 893-1690 / mellowmitten@aol.com; co-leader: Dave Merchant, 825-3808 / dpierschand@comcast.net.

Saturday, August 29, NEK weekend - Day 1 - Moose Country Meandering - 67 (S) loop up through Norton and

Canaan on VT Rts. 114, 102, and 105, with (hopefully) more moose than cars. Meet at 9:30 AM, Island Pond Visitor Center. Leaders: Pat Stabler and Tom Evers, 427-3193 / everstab@verizon.net. Camping is available at Pat and Tom's house just outside East Burke; early birds get beds or floor space in the house. BYOB drinks and/or potluck BBQ for anyone who is interested on Saturday afternoon/evening. There is also the Tiki Bar in East Burke which is not to be missed.

Sunday, August 30, NEK weekend - Day 2 - Willoughby Wanderings - 47-mile (M/S) ride up through Sutton and Barton, along the shore of Lake Willoughby and through part of Willoughby State Forest. A 30-mile (M) version of the ride returns to Burke via US Rt. 5. Meet at 9:15 AM, East Burke Sports; parking is available (check www.kingdomtrails.com) at East Burke Sports (not customer spots), Pub Outback and East Burke Storage parking lots. No parking in Chappy's/River Garden parking lot. Leaders: Pat Stabler and Tom Evers - 427-3193 / everstab@verizon.net.

Who am I?

By Sue Kusserow

Special to the Mountain Gazette

Going through emails the other day, I read: "John L. has added another picture to his Facebook page." So, I opened it and was, frankly, devastated. There were photos of all sorts: clouds, flowers, occasional glimpses of scenes that I could recall, and photos of groups of people, none of whom I recognized. I saw other names that had no particular meaning, but their photos were there, and listings of happenings in their lives, with comments from others. I am sure you are familiar with this, but I had never been on Facebook. (Incidentally, spell check tells me that there is no such connected word; shows how old my computer is!) There was a whole world that I had never known about, never been a part of... and it seemed as if I had not known the lives of these people, even those who were part of my daily life. It was as if I had discovered another layer of computer-driven recognition, had opened the door into another world, had been on the surface but now was diving underwater... to a new space and a new reality. Everyone had been busy and I was not a part of it. So much had gone on and I had been living my current life in ignorance... without being involved. I felt neglected; why hadn't someone told me? I was outside looking in, as if I were watching a hive of bees that were busy with their own tasks... and I, who had thought myself worthwhile, had been writing a bad novel, with no knowledge of the characters, the plots, the action. I discovered, too, that there was an entry for me: my name, with a place for a photo. It was blank, with a silhouette for a face.

I had been uninterested in Facebook, turned off by the invitations I had gotten from various people whom I didn't know, asking to be my 'friend.' My idea of the word friend had a different meaning. A friend was someone you cared about, whom you cultivated and appreciated. But that was my definition, and it became quite clear that it was old-fashioned. Communication was not expected to be meaningful or considered, leading to some hopeful closing remarks, but practical, and mercifully to-the-point. So, besides finding that I did not know the people whom I thought I knew, even in a casual sense, I also rediscovered that the meanings of words were different. There is a well-used rule in communication, particularly in teaching: "The meaning of words are not in the words themselves, but in the people who use them." Ask ten people to quickly sketch their first thought, when you say the simple universal word WATER. There will be stick figures of people drinking a glass of water, a rain cloud, a waterfall, a brook, watering the lawn, etc. etc. Therefore, do not presume that the class you are teaching shares your meanings. Validate your use of the word. I realized also that I had not responded to anyone, that my idea of polite discourse needed to change. I felt I needed to apologize to all these people who had not included me in their daily conversations, because I had been impolite enough to not be there... possibly creating a feeling of not caring. How gross!

Of course, this was a highly exaggerated reaction when I first 'discovered' this underground (which of course was widely known and used above-ground). But it did hurt to know how out of touch I was. I felt like the student who feels herself well-informed, reasonably conversant, and then opens a new door to a new school where everyone else is at least four grades ahead of her. Or a little like the person who uses an abacus, or a writer who scribbles notes in pencil and files them into a mess of disorganization.

And I am beginning to see minute things that imprint even further my lack of modernity: I asked a clerk in a store if I could look up a number in the phone book. She grinned with the universal "You're a nice little old lady" smile and pointed to the computer: "It's all here, dear. Give me the name and I'll look it up." And another example: buying a light bulb (if they are still called that). I wanted a grow light of 120 watts, but watts aren't listed anymore, unless in translation to lumens.

Is it worth writing about such small catastrophes, except to jolt me into realizing that what I write is probably relatively meaningless in today's world? My essays have generally been about the physical and mental changes of aging, the joys and growth of my old and new family members, the wood and meadow walks: "Sometimes it is necessary to relearn a thing its loveliness." – *Galway Kinnell*. Words, forming ideas like pieces of a puzzle, sometimes fit together in a new pattern. Those are the wonderful 'Aha!' moments. The sole 'good' that this essay does is to illustrate how one sudden small turn can change how you define words, how you see your own lack of growth, the hesitations of aging, the domination of technologies in every facet of one's life... where I do not feel brave enough to defend myself.

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

GARRY'S BARBER SHOP

BAINDETERRA - \$25

Liters, Duo Shampoo & Conditioner

LANZA - \$60

Liters, Duo Shampoo & Conditioner

FAIRY TALES

Shampoo, Conditioner & Repellent

HAIR CUTS \$15.00

CASH ONLY. While supplies last. No rainchecks.

Govern yourself accordingly. Instock only.

Garry Montague

Mon. 9 AM - 6 PM • Tues.-Fri. 7:30 AM - 6 PM

Sat. 7:30 AM - 2 PM

87 Pearl St, Essex Junction, VT
(802) 878-4010

CALL NANCY TODAY!

Nancy Jenkins Real Estate
120 Kimball Ave., Suite 110
South Burlington, VT 05403
802-846-4888 - 888-567-4049



Fairfax - \$885,000
1 owner, meticulously maintained, truly MOVE-IN ready! Great rm w/ custom FP adjoining dining room & kitchen. Top of the line cooks kitchen. Master suite up with vaulted ceiling & incredible bath. 2 add'l bdrms up with large bonus room.



New Price!! Jericho - \$425,000
Great sunset views! 4 bdrm plus den home with 3400 sqft. Open kitchen, breakfast nook, hardwood floors and FP in family room. 1st floor den with potential for guest suite. Lg master with WI closet and bath. 3 add'l bdrms up.



Underhill - \$279,000
Great Mount Mansfield views! 3 acres perfect for gardening. 1st floor with softwood floors, back to back stone hearth with FP in living room. Eat-in kitchen. Master with bath on main level. 2 bedrooms + den & bath on 2nd level.



Fairfax - \$269,000
Prvt 3 bdrm contemporary farmhouse with 30+ acres. Newly updated master with gorgeous oversized master bath. Vaulted ceilings. Beautiful family rm w/ exposed beams. Large open kitchen/dining freshly painted and redone.

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



the NEW PRESCHOOL IN UNDERHILL

Half Day Mornings Ages 3 - 5

- Tenured staff & licensed teachers
- Play-based curriculum
- Field trips to ECHO, the Flynn Theater, Shelburne Farms & more!
- 25% discount on Y membership



Contact Barbarajean Goska at 652-8147
or bgoska@gbymca.org