

FYI: If I have not printed something you sent for this issue, I apologize in advance. My main computer and external backup had heart-attacks at the same time. So I am limping along. If it is not time sensitive send it again, please.

VOLUME 10 • 3 • Serving Bolton, Cambridge, Jericho, Underhill, Westford, and Jeffersonville, Vermont • August 4, 2011

Elizabeth Charland awarded Friends of Richmond Rescue Volunteer of the Year award



Elizabeth Charland proudly holds her award.
PHOTO BY BRENDA BOUTIN

By Brenda Boutin
Mountain Gazette Staff

On July 21, 2011, Elizabeth Charland went to a meeting at the Richmond Rescue. She was pleasantly surprised when she was presented with the Friends of Richmond Rescue Volunteer of the year award!

Charland participated in the Friends of Richmond Rescue for 10 years before her husband Paul was taken ill. She spent three years giving him loving and attentive care until he passed away.

Then last year she was contacted to run the Friends raffle again. The raffle had fallen by the wayside. Last year she raised \$300 then this year she raised \$1200.

"I gathered over one-hundred prizes last year," Charland said. "But I sold only \$300 in raffle tickets. I was disappointed."

Charland is determined to push until the raffle sales are back to the \$2000-\$3000 that were in the past.

The award reads, *Friends of Richmond Rescue present Elizabeth Charland with the Community Service Award, July 21, 2011.*

The award is an honor for exemplary service by a community member toward the continued efforts or emergency services, both locally and through our green mountains of Vermont.

At the present time, Charland is the sole member of the Friends group.

"I am so grateful to the rescue squad for all that they did for Paul when he was so sick," Charland said. And it shows as she works hard each year to raise funds that can be used to purchase extra items for the rescue to use throughout the community.

So take a moment and reflect on how you can contribute to the continuing support of Richmond Rescue and when you see Elizabeth Charland with the raffle ticket buy one.

It does the heart good to touch one life and make it better.

UPDATE ON DISPOSAL

Wild parsnips: Dispose with care!

The blossoms of wild parsnip and giant hogweed may add beauty to the roadsides, but sap from the plant can prove quite painful if you get it on your skin. Ultraviolet light (present even on cloudy days) reacts with the sap and can cause reddening, rashes, discoloration, and severe blisters and burning.

Many people know what to do to remove the plants (wear gloves and protective clothing, dig it out by the roots, remove flowers to prevent seed production, etc.), but they may not be so sure about how to properly dispose of the plants. Along with general yard and garden debris, weeds such as wild parsnip and giant hogweed are banned from landfill disposal in Vermont, but there are nine facilities in Chittenden County where you can bring them to be composted.

All material is composted at Intervale Compost Products in Williston, where compost pile temperatures are high enough to degrade the noxious compounds in the plants as well as destroy the seeds to prevent future germination. Here's the scoop on how and where to dispose of them:

- Bag the plants, ideally in a paper grocery bag or a compostable leaf bag available at many hardware stores, garden centers, and grocery stores, and drop them off at one of the facilities listed below. If you use plastic bags, you MUST empty the parsnips out of the bag at all drop-off locations, and dispose of the bag in the trash.

- Dispose of those parsnips properly at one of these locations:

Intervale Compost Products: 1042 Redmond Rd., Williston; Mon.-Sat. 8:00 AM-4:00 PM.

Disposal continued on page 12

Jericho resident Nicole Yandow, Vermont's sole rep to the 2011 Law Enforcement Torch Run Final Leg in Greece

**By Nicole Yandow
and Brenda Boutin**

From a backyard summer camp for people with intellectual disabilities to a global movement, Special Olympics has been changing lives and attitudes for more than 43 years.

In June of 1963, Eunice Kennedy Shriver starts a summer day camp for young people with intellectual disabilities at her home in Maryland to explore their capabilities in a variety of sports and physical activities.

The 1st International Special Olympics Summer Games were held on July 19-20, 1968 at Soldier Field in Chicago, Illinois, USA. 1,000 individuals with intellectual disabilities from 26 U.S. states and Canada compete in track and field and swimming.

Steamboat Springs, Colorado, hosted the 1st International Special Olympics Winter Games on February 5-11, 1977 with more than 500 athletes competing in skiing and skating events. CBS, ABC and NBC television networks cover the Games.

In June of this year the 2011 Special Olympics World Summer Games were held in Athens, Greece where nearly 7,000 athletes from 170 countries took part.

Vermont law enforcement are proud supporters of Special Olympics and raise funding for the program each year by participating in the Law Enforcement Torch Run.

In August of 2010, Nicole Yandow received a phone call from her friend and Director of the Vermont Special Olympics Law Enforcement Torch Run Committee, Derrick Kendrew, informing her that she had been selected to be Vermont's sole representative to the 2011 Law Enforcement Torch Run Final Leg in Greece. "I have been involved in Special Olympics and the Law Enforcement Torch Run since Derrick had asked me to sell some Torch Run t-shirts back in the Spring of 2002 while we were co-workers at the Essex Police Department," Yandow said.

She went on to explain that, "To give you a little background, the 'Torch Run' is, at its most basic level, a fundraising and awareness vehicle for Special Olympics. It was started by Wichita, Kansas Police Chief Richard LaMunyon in 1981 and has since become an international event. In 2008, Law Enforcement Torch Runs raised over \$34 million dollars worldwide. The Vermont Law Enforcement Torch Run is a three day relay style event held each year beginning the Wednesday before our Summer Games, which are typically the first weekend in June. We sell t-shirts and we carry the Special Olympics Flame of Hope from the four corners of the state to the Best Western Windjammer Inn and Conference Center in South Burlington. At the Windjammer, we regroup and rehydrate, then escort one torch to the Opening Ceremonies of Summer Games at UVM's Winder Field. We're noisy. We sing cadence. We blare sirens. We help spread the word about Special Olympics.

"In the beginning of July of 2010 my 5'8" frame was hauling around 260-265 lbs. I was unhappy with my body, and after seeing some photos of someone I didn't even recognize as myself, I had decided to take drastic measures to do something about it. I began a very strict, doctor supervised diet. I had shed 30lbs when I received the phone call from Derrick about Greece. I decided, after the required waiting period for the diet, to do one more round before "preparing" for the Final Leg. While on the diet, because of the low caloric intake, I was not allowed to exercise outside of some light walking. I started my second course of the diet in January of 2011. For some reason, the second round didn't go well. I was depressed and moody, and my weight wasn't really dropping like it had the first time. I also felt the deadline of the Final Leg fast approaching. As soon as I could safely stop the diet, which has strict rules about everything, I decided I was just going to have to do it the old fashioned way.

"In mid to late January I began receiving more information about the Final Leg. This included specific information on the level of fitness I should be at when I arrived in Greece on June 7th. What particularly caught my eye were two bits of information: "8-10 miles per day" and "sustained 10-12 minute mile for 3 miles". I thought to myself, "I can't even run a mile, and they want me to run three in 30-36 minutes. What have I done?" I knew it was time to get really serious about training.

"I began talking running with some of my co-workers. I wanted to know what methods they used to help train. One of my co-workers and former marathoner, Sara, mentioned that she had done a 5K running program with her sister and that I should check at Fleet Feet to see if they still did them. I also started going to Planet Fitness a few times a week to use the treadmills and weight machines and made an appointment with the personal trainer. I spoke with trainer Keith Christman who also mentioned that I



Special Olympics Athlete Josh Frost (New South Wales, Australia) and Nikki Yandow (Vermont) lighting the cauldron in Xylokastro. PHOTO BY ANDREA KRAMER

should check out Fleet Feet as they had a program for new runners and he thought one was starting soon. I admit, sometimes I'm a little hard headed, but when I started hearing the same message over and over, it didn't take long to sink in.

"Next stop...Fleet Feet. This was not my first trip to Fleet Feet in Essex. Jeff had fitted me with an awesome pair of New Balance shoes in May of 2010, just prior to the Torch Run. This time, however, I was on a serious mission. I went in and asked, and either Jeff or Joel filled me in on the No Boundaries 0-5K program. It was once a week, every week for 10 weeks, and it was specially designed for non-runners to be able to run a 5K at the end of the program. The registration fee includes race registration for the "graduation race" which for the session that was about to start was May 1st. There is homework which includes walking or running, and cross training, all laid out on a handy schedule made to accommodate each group's fitness level. You choose between a Walk/Run Group, a Run Group

or an Advanced Group. If you find you're in the wrong group, you can switch between them without hassle. In addition, each week there is a guest speaker to talk about topics such as: nutrition, stretching, road safety, and injury prevention. This was EXACTLY what I was looking for. I didn't hesitate to sign up.

"I knew after the first run that I wouldn't regret signing up for No Boundaries, and I really began to feel like I would meet the goals I needed to run successfully on the Final Leg Team. The coaches and mentors of the No Boundaries program were amazingly supportive, as were my fellow participants. Each coach or mentor had their own tips and techniques that had worked for them, or that they had heard someone else used, and they were always willing to share, but were never intrusive about it. In the beginning, I had a really hard time breathing while I ran, and always felt like I was hitting a wall after about seven minutes, that became my first goal to work through...and I conquered it. One of the coaches and I even shared some inspirational quotes with each other! In the end, I also conquered the 5K (and as a surprise to me, within the time constraints I had set for myself!). During No Boundaries, I continued to work out at Planet Fitness (and used this time to complete my homework assignments) and I also hired Keith for individual training sessions each week. My weight still fluctuates here and there, but I'm pretty well set around 215lbs. I have a whole new body, and though I still have work to do to reach my final weight goals, I no longer feel that drastic diets are the answer.

"What about Greece?? One of the most amazing experiences of my life. I was teamed up with Law Enforcement runners from all over the world as we carried the Flame of Hope throughout Greece, Turkey, and Cyprus. We lit the Torch using the rays of the sun (this was really cool) at the Sacred Site of Pnyx on June 9, then we separated into three Routes. Ours was the largest, in terms of the number of runners we had as well as the number of cities we visited. In total we had just over 40 runners, including Special Olympics Athletes from Greece, Hong Kong, Australia and Wisconsin. In 13 days, we covered 63 cities in Western Greece (including Olympia and Marathon - how cool) and the Ionian Islands. We ran approximately 110 miles. I ran. I ran over 8 miles per day. On June 24th, in 104 degree heat (can't train for this in VT in Spring!), we escorted the Flame of Hope all the way back to the Acropolis where we turned the torch over to the Presidential Guard. On June 25th, we stood guard one last time as the flame was carried in on a chariot to the Opening Ceremonies of the Special Olympics World Summer Games and relayed by Special Olympic Athletes around the Olympic Stadium to light the cauldron and officially open the games. It was an honor to have been a part of such an incredible event."

"What's next?? I've already signed up for the next No Boundaries. This time...it's Advanced 5K. Yes, I run more than 5K now, but I think it's as much for the fun and camaraderie as it is for the training (and it gets me out of the office on time at least one night a week). I will run a 10K next month and maybe another in the fall. I've just purchased my fourth pair of New Balance sneakers, and I can't wait to see where these will take me! Who knows - some day I might even run a marathon!"

Nicole, her husband Chris and son Camden live in Jericho.

More than 100 compete at State 4-H Horseshow



Mary Williams, Burlington, with the American flag leads riders in the opening flag ceremony on July 17 at the Vermont 4-H Horse Show in New Haven. Chantel Charlebois, Jericho, carries the Vermont flag and Meaghan Hughes, Jericho, the 4-H flag. They are followed by Jennifer Dickinson (center, back) and Brooke Mobbs, both of Colchester. PHOTO COURTESY OF UVM EXTENSION 4-H.

A total of 136 young equestrians from 17 different 4-H clubs competed in the annual Vermont 4-H Horse Show, July 14-17, sponsored by University of Vermont (UVM) Extension. It was held at the Addison County Fair and Field Days site in New Haven.

Caitlin Ackerman, Jericho; Hillary Fay, Westford; Alexandra Glover, Newfane; and Kyla Ward, Jericho; earned the Outstanding 4-H Member award, presented for overall achievement in the UVM Extension 4-H horse program. To be eligible for this prestigious award, individuals must be selected to participate in the New England 4-H Horse Show at Eastern Exposition in W. Springfield, Mass., three times and the Eastern National 4-H Horse Roundup in Kentucky three times.

A special award also was given to the 4-H'er with the highest point total at the show by the Ackerman family of Jericho. They presented the award in honor of their daughter Caitlin's horse Designated Hitter, who died recently. This horse helped her achieve the Outstanding 4-H Member award. This year's recipient was Alexandra Glover of Newfane.

The 4-H Club Award went to the Flying Hooves 4-H Club of Colchester. This honor is

given to the club whose members—based on the top three scores in each category—perform the best at the show in general knowledge, judging, quiz bowl, horseless general knowledge test, fitting and showmanship and 4-H project classes. The Starry Nights 4-H Club of Jericho placed second and the Horsepower 4-H Club of Castleton, third.

Debbie Danforth of Castleton won the Melissa Issler Alumni Equitation Class for 4-H alumni who competed in the show as 4-H'ers. Danforth participated in the first 4-H horse show in 1976. The award is given annually in memory of Missy Issler, a 4-H horse club member who died in 1999.

Grace Miller of Glover took home two special awards. For her first-place finish in the pleasure class, she earned the Jim Wallace Memorial Pleasure Class Award, presented to honor the memory of Wallace, a 4-H parent who volunteered at the show for many years. The 4-H'er also won the versatility class, receiving the Marci Mac plaque, given by Mary Fay, a long-time 4-H horse leader and volunteer, in memory of her horse, Marci Mac, who was shown by several 4-H members over the years as their project horse.

Winners in the Horseless Division in which participants without horses competed in quiz bowl, judging and general knowledge contests included:

HORSELESS DIVISION (ages 8-10): Champion—Evan DeMuynck, Essex Junction; Reserve Champion—Eva Joly, Underhill.

HORSELESS DIVISION (ages 11-13): Champion—TJ Beaumier, Fairfax; Reserve Champion—Katie Mayer, Bristol.

HORSELESS DIVISION (ages

14-18): Champion—Jen Carp, Colchester; Reserve Champion—Cassie Mayer, Bristol.

Individuals earning top honors in gymkhana (speed pattern racing and timed games on horseback) were:

BEGINNER: Champion—Kassidy Wyman, Cambridge; Reserve Champion—Faith Ploof, Essex.

JUNIOR (ages 13 and under): Champion—Kayla Royce, Townshend. Reserve Champion—Kayla Royce, Townshend (riding two different horses).

SENIOR (ages 14-18): Champion—Karli Knapp, Townshend; Reserve Champion—Julia Dockum, Fair Haven.

Kayla Ward, Jericho, was named 4-H Showmanship Champion. Nichole Wardwell, Hartford, was the Reserve 4-H Showmanship Champion.

The 4-H Division winners, based on points earned from Fitting and Showmanship, Judging, Quiz Bowl, General Knowledge Test and 4-H Project class were:

BEGINNER: Champion—Hailee Blades, Jeffersonville; Reserve Champion—Shea Tomlinson, Colchester.

ADVANCED BEGINNER: Champion—Linden Malmgren, Jericho; Reserve Champion—Adriana Dalto, Fair Haven.

JUNIOR (ages 13 and under): Champion—David Gringeri, West Haven; Reserve Champion—Grace Miller, Glover.

SENIOR (ages 14-18): Champion—Alexandra Glover, Newfane; Reserve Champion—Kyla Ward, Jericho. As Senior 4-H Champion, Alexandra also received the Paul Quinn Memorial Award, given annually in honor of Quinn, a staunch supporter of the Vermont 4-H Horse Show since its inception.

Top winners 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—Shea Tomlinson, Colchester; Reserve Champion—Natalie Malmgren, Jericho.

ADVANCED BEGINNER: Champion—Kerrigan Lessor, Burlington; Reserve Champion—Adriana Dalto, Fair Haven.

HUNT SEAT (ages 13 and under): Champion—Kira Clokey, Jericho; Reserve Champion—Emma Pearson, North Hero.

HUNT SEAT (ages 14 and 15): Champion—Jennifer Dickinson, Colchester; Reserve Champion—Bethany DeMuynck, Underhill.

HUNT SEAT (ages 16-18): Champion—Kayla Ward, Jericho; Reserve Champion—Stephanie Wissel, Castleton.

The following 4-H'ers took top awards in the Western division, based on combined scores from equitation, trail, performance and pleasure classes.

BEGINNER: Champion—Pauleena Kapoukranidis, St. Johnsbury; Reserve Champion—Emily Hathaway, Brandon.

ADVANCED: Champion—Anna Willenbaker, Ferrisburgh; No Reserve Champion.

JUNIOR (13 and under): Champion—Erica Hathaway, Brandon; Reserve Champion—Catherine Thrasher, Rupert.

SENIOR (ages 14 and 15): Champion—Allison Bachmann, Ira; Reserve Champion—Shannon Halnon, Castleton.

SENIOR (ages 16-18): Champion—Chantel Charlebois, Jericho; Reserve Champion—Tiffany Couture, Colchester.

The dressage high point award was won by Allison Henson of Hinesburg.

For information about the UVM Extension 4-H Horse Program and other 4-H horse events, contact Mary Fay, 4-H horse middle manager, at (802) 656-0648 or (800) 571-0668 (toll-free) or mary.fay@uvm.edu.

POLICE REPORT

On the morning of July 29, 2011 the Richmond Police Department received reports from numerous homeowners that their vehicles had been entered. As of this time seven home owners have called in with some of the victims having numerous vehicles entered all of which were unlocked except one. Stolen was electronics, money, driver's licenses, ATM cards, prescription pills, CD's, ammunition, firearms magazines and a badge and photo identification from a federal law enforcement agency. We believe these occurred sometime late Thursday evening or early Friday morning. Richmond Police recommend that area residents remove all valuables from their cars and lock them. Anyone with information is asked to call the Richmond Police Department at 434-2153.

On Thursday July 21, 2011 at approximately 7:25 PM, Vermont State Police were advised of an **assault** that took place at 18 Depot St. in Jeffersonville, VT. Upon arrival to the scene, State Police spoke with the victim a Cary Snow, 39 of Jeffersonville, VT, who said her boyfriend a Michael Barup had assaulted her, threw her to the ground and then left the area. Troopers were unable to locate Michael A. Barup, 29 of Jeffersonville, VT; he turned himself in. Barup was then taken into custody and processed for Second Degree Domestic Assault. Barup was cited into Lamoille court before making bail set at 350 dollars. CASE

July 21, 2011 at approximately 6:00 PM, the Vermont State Police responded to a report of **animal cruelty** to horses on Canyon Rd. in the Town of Cambridge, VT. The complaint alleged that several horses belonging to Rick Fletcher, 50, of Jeffersonville, VT were extremely thin and malnourished. A veterinarian specializing in large animals was called to examine the horses. As a result of the examination, it was determined by the veterinarian that the horses' lives and health were not in jeopardy, and will be monitored over the course of the next month. At this time, there are no criminal charges being filed. CASE #: 11A102999

On Thursday July 21, 2011, Vermont State

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Many of the desserts and breads are made in house by our chefs. The Stonegrill buys the best local ingredients - beef from Bill Hill in Hardwick, maple syrup from Butternut Farms, eggs from Shadow Cross Farms, wild sock-eye salmon and beefalo, seafood from Stowe Seafood and Ray's Seafood and Green Mountain Coffee Roasters to name a few.



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Why did the turtle cross the road?

By Bernard Paquette

Why did the turtle cross the road? One common whimsical answer is, "to get to shell-ter". Near my home in South Burlington, Vermont, one turtle about the size of a small hubcap crossed the road and the sidewalk in nearly a snap, but found the rest of the journey littered with obstacles.

At first mistaken for a discarded knapsack, the olive green to brown bony-shelled creature lifted its powerful jaws and agile neck garnering the first spectator. Five clawed toes on each foot seemed as fit for a badger as for this aggressive species though the long tail was most turtle like. Though not displayed as of yet, the sharp horny beak would later confirm any doubters that this was a snapping turtle. Snapping turtles cannot withdraw their large heads into their shell. With no place to hide, the large aberration continued to attract onlookers and bystanders.

The near record temperature that mid-day in June had already approached ninety degrees making even slow moving turtles question why they were out walking about. No one walking down the sidewalk could look any less happy than this snapping turtle.

How to help; from the children to the adults lining the sidewalk, discussion ranged from "do nothing" to "where to transport the creature to safety?" With little ado, our neighbor, standing behind the now aggravated visitor, reached down, grabbed the turtle by the shell as far back as possible, attempting to move the snapping turtle into a dog crate we had positioned directly in front of the snapping turtle. In a flash "Snappy" extended her thick neck back over half the length of her body. With beaked jaws opened wide enough to capture a wrist, she fell just short of clamping onto her predator's fingers.

Even now long after the successful carriage of the snapping turtle to a nearby stream in the woods I still have visions of that large gaping beaked jaw arching across the turtle's back and locking onto one of the handler's appendages.

Edward Hoagland in his essay, *The Courage of Turtles*, wrote, "Turtles cough, burp, whistle, grunt and hiss, and produce social judgments." Before leaving us, our visitor declared, "Don't trash my environment or I will snap at you".

Trash on our sidewalks, roadsides, and other public areas as well as on business properties are obstacles to our health and feeling of well being. When asked why you crossed the road, make the answer "to pick up a piece of littered trash to improve the next person's journey."

Save your fingers. Pick up littered trash wherever you see it; allow snapping turtles to cross the road on their own.

Annual VT 4-H Shooting Sports Jamboree

4-H club members will compete in six shooting sports disciplines including shotgun, rifle, pistol, air pistol, muzzleloader and archery as well as a hunting and wildlife competition that includes identification of animal skulls, furs, feathers, tracks and scat; shoot/don't shoot hunting scenarios and a timed map and compass section.

The annual University of Vermont 4-H Shooting Sports Jamboree, hosted by the Green Mountain 4-H Shooting Sports Club and the Caledonia Sharp Shooters 4-H Club in conjunction with University of Vermont Extension 4-H.

The competition will take place July 29-31 at the Caledonia Forest and Stream Club on Pierce Road, St. Johnsbury.

The University of Vermont 4-H Shooting Sports project offers kids, ages 8 to 18, an opportunity to build life skills while learning the safe operation of various firearms and archery equipment along with information on hunting and wildlife skills. At the annual jamboree they test their prowess and knowledge in competitions against other 4-H'ers from the nine 4-H shooting sports clubs in the state.

For more information contact Lisa Muzzey, University of Vermont 4-H Shooting Sports coordinator, at (802) 885-8385 or (800) 278-5471 (toll-free in Vermont) or by e-mail at lisa.muzzey@uvm.edu.

Free camping weekend for military families

Vermont military families are invited for a weekend of free camping at Camp Farnsworth in Thetford, August 12-14.

The OMK Family Camp is sponsored by Operation: Military Kids (OMK), a program of University of Vermont Extension 4-H, and the Girl Scouts of the Green and White Mountains Council, which operates the camp. Any family with a member in the Vermont National Guard or military may attend.

Space is limited to 60 participants. Priority will be given to families currently experiencing deployment.

Check-in time is 5 p.m. Friday for a weekend packed with traditional camp activities including outdoor camp craft skills, swimming, canoeing, arts and crafts, hiking and games. Campers also will enjoy family time and team-building exercises, have a chance to make new friends and participate in flag ceremonies and evening campfires.

Accommodations will be in tents or cabins. Meals in the camp dining hall are included.

August 8 is the final day to register. For more information and a downloadable registration form, log onto <http://www.uvm.edu/extension/omkcamps>.

Anyone requiring disability-related accommodations to participate should contact Dawn Thomas-Bubier at (888) 474-9686, ext. 114, or Carrie Green at ext. 147, by August 8.

For more information about OMK in Vermont, contact Stephanie Atwood, OMK coordinator, at (802) 656-0346 or stephanie.atwood@uvm.edu.

Smell

By Suzanne Kusserow

Senior Guest Columnists

"Something's burning!" says Bill.

"Oh, I can't smell anything" says Sue.

"You're kidding! The juice from that rhubarb pie is burning" says Bill, opening the oven door. Smoke billows out, with the pie unabashedly exploding wonderful syrup from its nicely-browned top.

And so begins another entry in the Senses Series. I have covered most of the corrective devices I use to improve or at least stabilize some senses: glasses that respond gracefully to gravity by sliding down my nose; hearing aids that buzz annoyingly when I am swatting a bloodthirsty mosquito; teeth that seem to put on fuzzy sweaters even in the hottest of weather. But smell is not responsive to correction; you either have it or not. And taste goes with it...the Bobbsey Twins of the cranial nerve system. Doesn't it, therefore, seem logical that with lessened smell and therefore lessened taste, one might lose some interest in food? Unfortunately, memory and habit don't support this possible excuse. The crunch of a slice of crisp cucumber; the smooth slurp of sherbet, the chewy morsel of rare steak, reach back in gastronomic memory, using sound as the trigger. And not smelling that rhubarb pie in the oven, doesn't negate the memory of the sweet/sour taste associated with spring: rosy stems and huge leaves jubilantly sprouting in the same neglected space in the back yard.

Smells are the most potent remembrances and provokers of memories. After my first husband's death, I could not enter the clothes closet; I clung to old shirts, sweaters tossed into a pile to be worn again, socks that were still stuffed into hiking boots. An October morning, crisp and sweet with red leaves and sparkling fresh-cut grass still has the power to send me back 35 years to the day of the accident. For some of us, the smell and creak of a saddle lifted off your sweaty old horse, reminds us of summer rides in the woods. And even a doggie smell can toss us either way on the love him/push-him-outside canine continuum.

It is said that pregnant women have a heightened sense of smell. Well, maybe....the first few months do produce decidedly negative reactions to garlic, wet dogs, or a future sibling with the twenty-four hour stomach bug. Of course, after that, the proverbial picas of pregnancy come in: the craving for strawberries, a bowl of chicken soup redolent with rice, celery, onion and a dash of freshly-ground pepper, an addiction to ice cubes.

I am disabled in the taste/smell sense, as part of 'the aging process' (a process that seems to have more losses than gains). And I miss the smell of rain coming, the lilacs of spring, the wet leaves of fall, the first sniff of freshly-ground coffee, smoky, peaty single malt Scotch, newly-plowed garden soil, and any flower....any place, any season, any color.

So next time you wrinkle your nose at the poor dead skunk (who never seems to smell until you pass him by on the road); or the taste of sour milk.....or, conversely, enjoy on your taste buds, the blend of pale-green olive oil, deep-maroon balsamic vinegar, pink peppercorns, sea salt and minced garlic scapes that will grace crunchy lettuce; be thankful for one of the most utilitarian and unsung heroes of our sensual world.

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Maximum 400 words; one letter per writer, per calendar month.

Must be signed for attribution,
with writer's address and phone.

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Rev. John Goodwin, 899-4288

Sunday Worship Service, 9:00 AM

Children's Sunday School, 9:00 AM

Men's Breakfast - third Sunday, 7:00 AM

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'Ear This: Ways to Combat Swimmer's Ear

By Dr. Lewis First

First with Kids

Nothing seems to take the fun out of summer more than when a child complains of an ear ache during the family's vacation at the beach. This week, let me lend everyone an ear and a few tips on something we call swimmer's ear.

While most ear infections during the winter are usually caused as a complication of a cold, swimmers ear – or *otitis externa* – is usually the result of your child spending a lot of time in pools, lakes, and water parks during the summer. Swimmer's ear occurs when the ear canal is constantly exposed to water and heat, two conditions that will cause the ear canal to become soggy, and set up an ideal environment for bacteria to grow in the ear canal. Initially the ear may seem plugged, but within a day or two it becomes quite painful especially when the earlobe is touched even gently—which is a sure sign of a swimmer's ear.

A simple home remedy for treatment, especially if you are away from your doctor's office, involves creating a mixture of equal parts rubbing alcohol and vinegar. Insert a few drops of this mixture into the painful ear. It will help clean out debris, dry the ear, and kill bacteria. If the pain only worsens with these drops, please have a doctor check the ear out.

Your pediatrician may recommend some antibiotic ear drops if the home remedy doesn't work, and some medication like acetaminophen to treat the pain. No matter whether you try the alcohol/vinegar drops or a prescription medication, your child will need to stay out of the water for 5-7 days – something that is more easily said than done so prevention is key!

If you want to prevent swimmer's ear from occurring, make sure you insist on mandatory ear drying every 1-2 hours that your child is in the water, using the corner of a soft towel to dry up the moisture that may have gotten into their ears. Ear plugs can also keep the moisture out.

Hopefully you will not find tips like this to be painful ones when it comes to knowing a little bit more about how to handle swimmer's ear this summer.

Special camping weekend offered to Vermont military families

The Country Village Campground on Route 7 in Leicester will host a special camp for military families, August 20-21, in collaboration with Operation: Military Kids (OMK). This is the fourth year the campground has invited military families to camp for free, all meals and activities included.

Registrations for the free weekend will be accepted until August 12. Space is limited, so early sign up is advised. Any family wishing to stay for two nights is also welcome to camp for free on Friday August 19. Dinner will be provided.

To register for the Fourth Annual Country Village Cares Camping Weekend, log onto <http://www.uvm.edu/extension/omkcamps>. Both tent and RV sites (with water and electric) are available.

All kids must be accompanied by an adult. Anyone needing disability-related accommodations to participate should contact Stephanie Atwood, OMK coordinator, at (802) 656-0346 or stephanie.atwood@uvm.edu by August 5.

For directions or more information about the campground, visit www.countryvillagecampground.com. To learn more about OMK, contact Atwood or check out www.operationmilitarykids.org or www.facebook.com/OMKVermon.

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389 Vermont Rte 15, Jericho

No more hay fires

By Gail Lapierre

Vermont AgrAbility Project Outreach Specialist
University of Vermont Extension

This is the time of year that spontaneous combustion in hay causes fires. This occurs when freshly cut hay is too moist when it's baled.

How do hay fires happen?

Here's the simple, short explanation. All bales heat up from respiration in the plant cells, which continues at a low rate if hay is baled at less than 15 to 20 percent moisture. This heating up process eventually ends without causing combustion.

However, if the moisture level is too high (over 20 percent), the heat from respiration combined with the moisture promotes bacterial and mold growth. The respiration of the bacteria and mold releases more heat into the bale, increasing risk of fire.

The temperature of hay, especially if it was baled at a high moisture concentration, needs to be checked twice a day for six weeks after baling. You can make a simple temperature probe using a three-quarter-inch diameter pipe.

Drill eight holes, each about three-sixteenth inch, around the diameter of the pipe about three inches from one end. Then hammer the sides of that end together to form a sharp edge.

Always check the temperature in the center of the stacked hay. Do not walk directly on the stacked hay as pockets may have already burned out under the hay surface. Instead, place boards or a ladder on the hay and walk on those.

Drive the probe from the top of the stack into the inner-most bales. Lower a thermometer to the end of the probe with a piece of light wire. After 10 to 15 minutes, pull the thermometer out and read the temperature.

George Cook, University of Vermont Extension farm safety specialist, recommends inserting a small wad of sheep's wool into the upper end of the pipe, then ramming that down to the end of the pipe prior to lowering the thermometer. It cushions the bottom and lowers the risk of breaking your thermometer.

As a rule of thumb, if the temperature is less than 130 degrees F, continue monitoring the temperature twice a day. If it falls between 130 and 140 degrees F, the temperature may go up or down. Recheck in a few hours.

If the temperature is 150 degrees F, the temperature will most likely continue to climb. Move the bales to promote air circulation and cooling. If the hay is stored inside, evacuate any livestock to a safe area and remove hay from the building. Monitor the temperature every two hours.

Fire is imminent if interior bale temperatures exceed 175 degrees F. Fire is present at temperatures greater than 200 degrees F. In either situation, call the fire department immediately. Continue probing and monitoring the temperature.

Other symptoms of hot hay or an internal hay fire include a slight caramel or strong burning odor, visible vapor or smoke, a strong musty smell and/or hay that feels hot to the touch. If any of these symptoms occur, again, call the fire department immediately.

Let firefighters take control of the situation once they arrive. Do not move hay if signs of fire are present. Moving hay exposes the overheated or smoldering hay to oxygen and may cause the fire to burn uncontrollably.

I personally have experienced two fires on our farm so know how devastating this can be to farmers. The first, a barn fire of unknown origin in 2001, changed our lives completely. We are no longer dairying although continue to make dry hay, both large and small square bales, for sale to other farmers.

Don't think that it can't happen on your farm. It can, unless you take steps to prevent spontaneous combustion in newly cut, baled hay.

COMING EVENTS

Sunday August 7

Community Breakfast, VFW Post 6689, 73 Pearl St., Essex Junction, 9:00 - 11:00 AM. Adults \$7, Children \$3. Sponsored by the Ladies Auxiliary. Call 878-0700 for more information.

Monday August 8

5th Annual Top Chef of the Champlain Valley, UVM's Davis Center in Burlington, 6:00-8:30PM. Advance Tickets are \$35 and are available at www.cvaa.org or 802-865-0360 to benefit CVAA.

Saturday August 13

Festival of the Arts, Main St., Jeffersonville, 9:00 AM-4:00 PM. Artists can register until 8/3/11. For more information contact Carol 802-644-1960 or visit our website at ArtsFestVt.com.

Saturday August 20

Kids; family activities, Come meet Ladybug Girl! Suggested age range is from 3-6 years old. 11:00AM. Phoenix Books & Café at Essex Shoppes & Cinema. Free. For more information: www.phoenixbooks.biz or 872-7111. We'll create our own bug squad and enjoy stories, crafts, and snacks - all themed around our guest of honor!

Saturday & Sunday, August 20 & 21

Annual Yard/Rummage Sale, St. Thomas Church, Underhill Center, Saturday, 9:00 AM - 5:00 PM and Sunday, August 9:00 AM - 3:00 PM. The yard sale will feature housewares, dishes, toys, miscellaneous items and, perhaps, a surprise or two. The rummage sale will feature used clothing for all ages. A new addition this year will be a food concession with lunch items, baked goods and special recipe pasta sauce. COME -rain or shine - to find real bargains, a tasty treat or a real treasure. If you have questions, please call the church rectory at 899-4632.

ONGOING EVENTS

ADULT ACTIVITIES

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

The Essex Art League holds monthly meetings at the First Congregational Church, 39 Main St., Essex Jct. For information, 862-3014.

Chittenden County Stamp Club, First Wednesday of the month 6:15-8:30 PM, GE Healthcare, 1 IDX Circle, South Burlington, VT. Everyone is welcome to come learn about stamp collecting, postage history, cachets, postcards and postage stamps or a variety of other knowledge. Lainey Rappaport (802) 660-4817.

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

Micah's Men of the United Church of Underhill meet on the 3rd Saturday of each month at the church at 7:30 AM. For more information call 899-1722.

Mt. Mansfield Scale Modelers gather on the third Thursday of the month from 6:30 to 8:30 PM. Modelers encompassing all categories of interest and skill levels are welcome. Brownell Library, Kolvoord Community Room, Lincoln Street, Essex Junction. Next meetings Thursday December 16, 2010; Thursday January 25, 2011; and Thursday February 24, 2011.

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

The VT-French-Canadian Genealogical Society - Do you have more time in the summer to start finding your ancestors? Do you need help filling in those blank spaces in your family tree? We have resources such as the VT Vital records to help with that and we can help anyone get started. The VT French-Canadian Genealogical Society library is located on Hegeman Avenue, Fort Ethan Allen, Colchester. We're open Tuesdays 3:00 to 9:30 PM and the following Saturdays, July 9 and August 13. We will be closed September 3. Parking and entrance across from the State Police. Please visit our website [Http://www.vt-fcgs.org](http://www.vt-fcgs.org), or call 802-238-5934 for

more information.

HEALTH EVENTS & GROUPS

Alcoholics Anonymous Meeting, "Wing It" group meets Sundays - 11:00 AM at Maple Leaf Farm on Stevensville Road, Underhill - it's an Open Speaker meeting followed by a Brunch (there is a \$10 charge for the brunch)

Alcoholics Anonymous Meeting, "The Firing Line" group meets Wednesdays, 7:15 PM - 8:15 PM at Maple Leaf Farm on Stevensville Road, Underhill - it's an Open Step meeting

Alcoholics Anonymous Meeting, "The Firing Line" group meets Saturdays, 8:00 - 9:00 PM at Maple Leaf Farm on Stevensville Road, Underhill - it's an Open Speaker Discussion meeting

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

Overeaters Anonymous meets 6:00 - 7:00 PM Wednesdays at the Jericho United Methodist Church, VT Rt. 15, Jericho. TOPS Chapter 145 Jeffersonville meets 6:15 PM on Thursdays at the Eagles Club, Route 109, Jeffersonville. Weigh-in 5:15- 6:00 PM.

Healing Circle Breast Cancer Network, support group for women with breast cancer, meets first Tuesday of every month at 5:30 PM, Northwestern Medical Center, Conference Room #1. RSVP at 524-8479.

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

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

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

KIDS

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

Wednesday: Bolton's Smilie Memorial School 8:15 - 10:15 AM and Richmond Free Library 8:45 - 10:15 AM

Thursday: Huntington's Brewster Pierce Memorial School 3:00 - 5:00 PM.

Friday: Underhill Central School 9:30 - 11:00 AM.

Bolton Family Play Night, in the Smilie School gym, usually the first and third Fridays, 6:00 - 7:30 PM. Free. Mostly unstructured play with the school's equipment. Contact Tim Grover, 434-4180.

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

SENIORS/COMMUNITY MEALS

Jeri-Hill XYZ Seniors meet at the Town Hall in Underhill Center on the first and third Wednesday of each month. All seniors are welcome! Dinners are served at 11:30 AM. For information, please call Bette Workman, 899-4446, Loreen Teer, 899-1363 or Doug Keith 899-2582.

Johnson Community Meal - Every 2nd & 4th Wednesday, 11:30AM-12:30pm at the United Church in Johnson. Come for a hot meal and get to know your neighbors. The meal will be followed by a community gathering. For more information, please contact: Ellen Hill: 635-1439, ellen.hill@jsc.edu.

Westford Senior lunches - Join Westford Seniors for lunch at the Red Brick Meeting House on the Common the second Monday of each month. The next senior luncheon is on Monday, September 13. There is no lunch in July or August. Lunch is served at 12:00 noon with a short meeting or presentation following. Call 878-7405 or 879-7382 for information or for a ride.

Bolton Up and Downtown Club meets the last Thursday of the month at the Bolton Fire station. Suggested \$3.00 donation. Meal at 5:00 PM. Open to adults 60 and over. Contact Doris Wheelock at 434-3769.

Huntington senior meal site - The Huntington Senior meals are served the third Tuesday of each month at 12:00 noon at the Community Baptist Church in Huntington Center.

St. Jude's Church, Hinesburg, senior meals held on second and fourth Wednesday of each month with bingo games after the dinners. Everyone is welcome including caregivers. Dinners are \$3.00 per person. For information call Ted Barrette at 453-3087.

Starksboro First Baptist Church, Starksboro - senior meals, fourth Thursday of the month, 11:30 AM, call Brenda Boutin at 802-453-6354 for more information.

SPORTS ACTIVITIES
Pliates - Wednesday eve-
Ongoingcontinued on page 5

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ART

Vladimir Vagin's watercolors are on exhibit in the Middle Room at Bryan Memorial Gallery through September 5, 2011. **Bryan Memorial Gallery** is at 180 Main Street, Jeffersonville, VT, 802-644-5100. The gallery is open daily, 11 – 5, and by appointment at other times. A preview of the work in this exhibit is available at www.bryangallery.org. There is no admission charge at Bryan Memorial Gallery.

The **Emile A. Gruppe Gallery** presents a new exhibit *Searchers*, by Michelle Safran a photographic journey. The gallery is located at 22 Barber Farm Road, Jericho, the show will hang through September 4. *Searchers* is a creative project explains Michelle and "is a series unfolding as life unfolds."

The Cambridge Arts Council and the Smugglers' Notch Area Chamber of Commerce are pleased to announce the Third Annual Festival of the Arts. The Festival showcases over 40 regional artists representing a diverse collection of art styles and mediums. The art galleries on Main Street, Visions of Vermont, and the Bryan Memorial Gallery, add to the rich variety of artistic works with their own summer art shows. Music will be by Z-Jazz, playing old style New Orleans jazz standards followed by The Green Mountain Swing Band, a favorite at the Festival. A children's art activity will be on going at the Mary Elizabeth School where young art-enthusiasts can also partake in face painting. Delicious food and drinks will be available from 158 Main Restaurant and The Sunrise Cafe. Join us in support of our local art, artists and musicians where there is something for everyone. Artist can register until 8/3/11. For more info contact Carol at or 802-644-1960 or visit our website at ArtsFestVt.com.

Habitat for Artists is a collective project that uses the idea of the artist's studio as a catalyst for mutual engagement between artists and communities. Now to September 25, three 6' x 6' x 8' constructions will be built and placed in Stowe, Morrisville, and Waitsfield, Vermont. Over the course of the exhibition, artists will inhabit these buildings, making their own work in the public realm, thus allowing for discussion with passersby.

Helen Day Art Center in Stowe, VT; Vermont Festival of the Arts in Waitsfield, VT; and **River Arts Center** in Morrisville, VT will host the studios, while Yestermorrow Design Build School will provide a class to build the Waitsfield studio. This assemblage allows three disparate, yet neighboring towns to connect for a concentrated two months. While each site will function differently, accompanying each will be a series of lectures, workshops or events, open to the public. The project will culminate in a gathering of communities September 24, 2011 at 5:00 PM. Events at Helen Day Art Center will occur Thursdays at 6:00 PM. Please check websites for further details: www.riverartsvt.org, www.vermontartfest.com, and www.helenday.com Curated by Rachel Moore.

Visual artists and writers at the Stowe site include: Natasha Bogar, Anahí Costa, Marisa Dipaola, Alisha Laramee, Carol Santa Maria, Meg McDevitt, Joshua Sevits, Julia Shipley and Brian Zeigler

September 8, 2011: 6:00 PM *Artists as Problem Solvers: a conversation with Russ Bennett and invited artists.* Bennett is founder and owner of NorthLand Visual Design & Construction Inc. (1978) in Waitsfield, VT. Bennett is a designer,



Vladimir Vagin's watercolors are on exhibit in the Middle Room at Bryan Memorial Gallery through September 5, 2011.

builder, sculptor, musician, social activist, and planner within his community. Hosted by Helen Day Art Center in Stowe, VT.

Plan to attend the evenings of September first, second and third: 9/1, Thursday, Friday and Saturday evening - 5:30 - 8:30 PM. In chemistry and condensed-matter physics, a critical point, also called a critical state, specifies the conditions at which a phase boundary ceases to exist, for example when a vapor changes to liquid. In Critical State, each combination of dancers (solos, trios, etc) and each module of sound, video, lighting, and set is a distinct phase: a theatrical vignette, a dance sequence, a video projection, a sonic event. Artists in include director Polly Motley, Composer Sam Haar, Videographer Molly Davies, Lighting Designer Stefan Jacobs, and Choreographers/Dancers Stacy Spence, Joyce Lim, Steve Paxton, Diane Madden, and Ellen Smith. This is the third year River Arts is presenting the wonderful collaboration of dance, video, lighting, music and space. Don't miss this unique and extraordinary instance of creation. 74 Pleasant Street, Morrisville, Vt, for information call (802) 888-1261.

First Friday Art Walk Citywide, Burlington, August 5, 2011, 5:00-8:00 PM. From Church Street to Flynn Avenue, from the Waterfront to Winooski, get out and see the art this August. Pick up your copy of Art Map Burlington, First Friday Art Walk's official publication, and your guide to art in Burlington or check out www.artmapburlington.com to see a list of participating venues. Got questions? Call 802-264-4839 or send email to info@artmapburlington.com.

Bryan Memorial Gallery presents the 4th in its biennial series of historic Vermont art exhibitions this summer, with Masters of Vermont: The watercolorists. Featuring 80 works in watercolor by late artists whose painting in Vermont was a compelling element of their artistic oeuvre, the artists include Lawrence Goldsmith, Walton Blodgett, Robert Blair, Hilda Belcher, Martha Wood Belcher, Paul Strisk, Lucien Day, Alden Bryan, Mary Bryan, and Ron Slayton, Genevieve Wilhelm and Charles Curtis Allen. The exhibition was curated by Bryan Memorial Gallery's executive director, Mickey Myers.

The exhibition continues through Labor Day.

Ongoing events continued from page 4

nings at 6:30 PM at MMU. Monday evenings at 6:00 PM and Saturday mornings at 9:00 AM at Dakini Studio. Call Lisa Timbers at 899-4191 for more information or visit her website at <http://timbers.wordpress.com>

Zumba - Wednesday evenings, 6:00 PM, Jericho Community Center. For more info contact Lori Preiss at 899-0343 or visit website: www.greenmountainzumba.com

SUPPORT GROUPS

CFS, Fibromyalgia, Lyme Disease, Chemical Sensitivity and Gulf War Syndrome, 1:00 to 3:00 PM every third Thursday at: The Bagel Cafe, Ethan Allen Shopping Center Burlington, VT call or visit website www.vtcfids.org or Lainey at 802 660-4817 or 800-296-1445 ask for Rik

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

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

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

Eating Disorders Parental Support Group, third 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 par-

ents. For information, Peter, 899-2554.

TOWN GOVERNMENT & ORGANIZATIONS

Cambridge Area Rotary meets on the first Thursday of the month, rotating to local restaurants, 7:00 – 8:00 AM. For information, call Anita Lotto, 793-0856, or Chuck Hogan, 644-8134.

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

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

Jericho Historical Society, second Thursday, 7:30 PM, Old Red Mill, Jericho.

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

Village of Jericho, Inc. – Please be advised that the Board of Water Commissions of the Village of Jericho, Inc. will hold its next monthly meeting Tuesday August 16, 2011, 7:00 PM.

Jericho Energy Task Force meets the third Wednesday of every month from 7:00 to 8:30 PM at Jericho Town Hall.

THRIFT SHOPS & FOOD SHELVES

The **Heavenly Cents Thrift Shop** located just east of the Five Corners in Essex Jct. on Rte 15, the hours are from 10:00 AM to 3:00 PM on Tues. and Wed., 4:00 to 8:00 PM on Thurs. Please check us out.

Westford Food Shelf, open on the third Saturday of every month, 8:00 – 10:30 AM, United Church of Westford. All are welcome. Fresh produce, meat, and non-food items available.

certs. Two performances will be held, on Saturday August 13, 2011 at 7:30 PM, at the Barre Opera House, and on Sunday August 14, 2011 at 4:00 PM in a spectacular outdoor setting at the Moose Meadow Lodge in Duxbury (grounds open for picnicking at 3:00 PM.)

Music Director Lou Kosma will lead the orchestra in these rousing performances of popular and classical favorites sure to please the entire family. The concert will be opened by the Vermont Symphonic Winds under the direction of their music director, and assistant VP music director, Lisa Jablow. Guest vocalist Ann Harvey of Waterbury will accompany the Vermont Philharmonic with Rogers and Hart's "My Funny Valentine", Bloom and Mercer's "Day in-Day out", Mercer and Carmichael's "Skylark", and Tizo's Caravan. Also appearing will be the grand prize winner of the Vermont Young Musician's Award contest.

Tickets are \$15, \$12 seniors, \$5 students, \$32 family. Tickets will be available at the door for both events. Advance tickets for the Barre Opera House concert are available by calling the Barre Opera House Box Office at (802) 476-8188, or on line at www.barreoperahouse.org. Advance tickets for the outdoor concert are available on line at www.vermontphilharmonic.org.

Third Annual Brown Cow Summer Music Series sponsored for the community by Covenant Community Church, Friday Nights – now thru August 12, 6:30 to 8:00 PM. Covenant Community Church, 1 Whitcomb Meadows Lane, Essex, just off RT 15, across from John Leo's business.

August 5 – Country Rock/Gospel (Carol Jones, Narda, Shirley and the Nation)

August 12 – Acoustic/Folk/Pop (Carrie Ferguson, Jesse Terry, Jericho Road Crew)

For more info, contact Covenant Community Church at 879-4313. Web: www.jerichocovenantchurch.org, e-mail: fellowship@jerichocovenantchurch.org.

THEATER/FILM

Shelburne Players has scheduled a free informational meeting at Pierson Library in Shelburne on Tuesday, August 23 at 6:30 pm for anyone interested in their November production "Home-steaders" by Nina Shengold. Hosted by Dick Hibbert, who will be directing the play, the meeting is open to all, including audience members, volunteers and actors. Find out and discuss with the director details of this award winning comedy/drama set in a fishing cabin in 1979 Alaska, where over the course of an eventful summer five troubled inhabitants struggle to come to terms with themselves, each other, and the past. "Home-steaders" will be presented at Shelburne Town Center November 11, 12, 13, 17, 18 and 19. More details at www.shelburneplayer.com

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**DEBORAH RAWSON LIBRARY,
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A Tiny Peak at Russia - Wed August 3, 10:30 AM. Enjoy hearing and reenacting the classic Russian folktale *The Turnip* read by Anna Vaserstein. Learn how to say a few words in Russian and then sample a traditional Russian dish. Grades 1 - 3. Registration required, call 899-4962.

Saturday August 6, 10:30 AM - Family Story Time - Reading Takes You Places. Enjoy stories from the far corners of the world, read by Heather Lebeis. Try your hand at origami and share a taste of sushi. Recommended for families with older preschool children - grade 2. Registration required call: 899-4962.

Tuesday August 9, 10:30 AM - The Traveling Story Teller returns with their delightful puppets, this time telling the tale of the Town Mouse and the Country Mouse. Recommended for families with children preschool through 3rd grade. Registration required call: 899-4962.

Wednesday August 17, 10:30 AM - Painting a View of our Nearby World at the Deborah Rawson Memorial Library Local artist Heather Meisterling will assist participants with techniques and suggestions as each person paints, or sketches the views seen from our library. Those attending are welcome to bring their own supplies or use those provided by the library. Grade 4 - adult. Registration required call: 899-4962.

Local photography group Focal Point has photographs on display for the month of August. The group meets at the library the second Monday of every month at 6:30 PM. Money from around the world can be seen in the display case. Thank you to Susan Skelly for the display.

The mystery book group is reading *The wench is dead* by Colin Dexter. They will be discussing the book on Tuesday August 16 at 6:30 PM. Please join us.

The Board of Trustees will meet Thursday August 18 at 7:00 PM. This meeting is open to everyone.

The silent auction item for August is a playground kit generously donated by Jerihill Hardware. Bids close at 6:00 PM on August 31. Stop by the library to see the kit and place a bid.

Remember, the library has downloadable audio and e-books on our website. Also Mango foreign language is available. We also now have a Facebook page so become a fan .

Please take a moment to enjoy the library grounds. Master Gardener Eric Wood has created a bulletin board to alert you of what is happening in the gardens. The board is located at the back door, which leads to picnic table, lawn chairs and the gardens; lovely place to sit and read or just enjoy the view. The perennial garden is always in bloom. The mailbox offers a detailed map of the plants size, color, when in bloom. The vegetable garden is flourishing. We have been delivering produce weekly to either Local or Williston Food Shelf. Please consider donating from your garden. You can drop off produce any Thursday before five and we will deliver to the appropriate source. Just leave by the bicycle rack. Or call 899 2742 for pick up. We are in process of creating a but-

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terfly garden. We need many hands to prepare the soil. Love to have you join us on Saturday August 13, 9:00 AM -12 noon. Other scheduled times to work in the garden: Wednesday August 3, 5:00-7:00 PM, Wednesday August 17, 5:00-7:00 PM, Saturday August 27, 9:00 -11:00 AM, Wednesday August 31, 5:00-7:00 PM. More info sadams@gmavt.net or 899 2742.

The Big Red Barn Book Sale is open from 4-6 every Thursday in August. Stop by for great deals.

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.

ESSEX FREE LIBRARY, ESSEX

For information or directions, please call the library at 879-0313 or check our web site at www.essex.org.

FAIRFAX LIBRARY, FAIRFAX

Fairfax Summer Concert Series 2011 – Every Tuesday evening at 6:30 PM, Rain or Shine. Located on the green in front of the BFA Middle School, bring your chairs. Free to all and Handicap accessible.

Accessible - The following are the August events that are taking place that the Fairfax Community Library in Fairfax, VT August 9, Tammy Fletcher; August 16, Milton Town Band. Sponsored by Vermont Arts Council, National Endowment for the Arts, Fairfax Community Library, Fairfax Park & Rec, and BFA K-12 EnrichmentFor more information call (802) 849-2420 or email fairfaxlibrarian@gmail.com.

Fairfax Community Library Summer Reading Program 2011:

Tuesday August 2, 9:30 - 10:30 AM - Summer Preschool Storytime, "Folktales from Around the World"

Thursday August 4, 10:00 – 11:00 AM, Animal Rescue worker Carol Winfield

Thursday August 11, 10:00-11:00 AM in the Middle School Gym Summer Reading Program Finale: Author and master storyteller Michael Cadudo performs, snacks are provided and the prizes are drawn.

Thursday August 11, 6:30-7:30PM, Middle School book group discussion of City of Ember by Jeanne DuPrau

Thursday August 18, 6:30 PM, Final Middle School book group discussion of *The Invention of Hugo Cabret* by Brian Selznick

For more information call (802) 849-2420 or email fairfaxlibrarian@gmail.com.

JERICHO CENTER,LIBRARY

Library hours are Monday 1:00 PM - 5:00 PM, Wednesday 10:00 AM - 12:00 PM and 2:00 PM - 6:00 PM, Friday 1:00 PM - 5:00 PM, and Saturday 10:00 AM - 1:00 PM. For more information, call the library at 899-4686, email Jerichotownlibrary@gmail.com, or visit the library website at www.jerichotownlibrary.org.

**VARNUM MEMORIAL LIBRARY,
JEFFERSONVILLE**

All ages are encouraged to participate in our summer reading program, "Read around the World". The Varnum Memorial Library hopes everyone is getting a good dose of reading in. To help track your reading, there are reading logs designed for kids (One world, many stories) and young adults (You are here). Adults can choose either log. After you read a book, let us know at the desk and we'll give you a raffle ticket (audiobooks or being read to count, too). You'll be entered into the giveaway for the themed t-shirts. The theme for adults is *Novel Destinations*. A variety of sizes are available for each shirt theme.

We've been promised that our *Listen Up Vermont* subscription will be activated by the time this paper comes out. If you want to take advantage of this free downloadable audio and e-book service, you'll need to get your library card bar-coded. Visit us soon to take care of that update.

The Savvy Seniors theatrical group will visit the library on Tuesday August 16 at 10:00 AM. The free program is a comical performance on the serious issue of outsmarting investment fraud. Learn how big the problem is, understand fraud risk factors and who is at risk, and learn how to prevent fraud. Please come and bring a friend.

Our new computers from the e-Vermont grant are up and running. That brings us up to five computers available for patron use. We still have the ECHO pass, as well as passes for: the Shelburne Farms Museum, Vermont Historical Society, Vermont State Parks, and the Vermont State Historical Sites for our users to borrow. We're open Mondays and Tuesdays 1:00-8:00 PM, Wednesdays and Fridays 4:00-8:00 PM, Thursdays 9:00 AM – 8:00 PM, and Saturdays 9 - noon. We're at 194 Main St. in Jeffersonville. Call us at 644-2117. Like us on Facebook and check there for updates.

WESTFORD LIBRARY, WESTFORD

Upcoming Events:

August 4: No Storytime. Families are welcome to enjoy the craft supplies and other activities in the Children's Area.

August 11: No Storytime. Families are welcome to enjoy the craft supplies and other activities in the Children's Area.

August 18: 11:00 AM: Early Literacy Storytime. Stories and activities utilizing early literacy concepts for ages birth-preschool. Theme: Librarian's Whim

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August 24: 6:00-7:00 PM: Book Discussion: *The Shadow of the Wind* (Ruiz Zafon).

August 25: 11:00 AM: Early Literacy Storytime. Stories and activities utilizing early literacy concepts for ages birth-preschool. Theme: Back to School.

August 26: 6:00 PM: Strategy & Board Games for Teens & Adults. Hosted by Matt Taylor.

The library is open Wednesday 1:00-7:00 PM, Thursday 10:00-6:00 PM, Friday noon-6:00 PM, and Saturday 10:00 AM-200 PM. We can be reached at 878-5639, westford_pl@vals.state.vt.us, www.westford.lib.vt.us.

DOROTHY ALLING MEMORIAL LIBRARY, WILLISTON

Summer Story Hour: Tuesday at 11:00 AM, August 9. Last summer Stories and a craft. All ages. No pre-registration.

Music with Raphael: Mondays, 10:45 AM & Thursdays, 10:30 AM. Come sing, dance, and clap your hands with Raphael and his guitar. Children participate and experience traditional and original folk music. Up to age 5 with a caregiver. No preregistration. Limit: one weekday session per week per family.

Jeh Kulu Drum & Dance Theater: Thursday August 4, 2:00 PM. Celebrate traditional West African music and dance . All ages. No pre-registration.

Magic Show with Tom Joyce: Summer Reading Finale & Raffle drawing. Monday August 8, 6:30 PM. An evening of comedy and magic for all ages. Pick up your certificate and free book. On the lawn, inside if it rains.

Dorothy Alling Memorial Library, 21 Library Lane, Williston, VT. www.williston.lib.vt.us

Copley welcomes hospitalist Robert Cochrane, M.D.

Copley Hospital is pleased to welcome Dr. Robert Cochrane to the hospital's medical staff. Dr. Cochrane joins Dr. Jennifer Peters in Copley's Hospitalist program. He is board certified in Internal Medicine and brings nearly five years experience as a Hospitalist, coming most recently from Springfield Hospital in Vermont.

"We welcome Dr. Cochrane to Copley's medical community," states Copley Hospital President Mel Patashnick. "We feel Dr. Cochrane's experience and bedside manners make him a wonderful addition to our community hospital." Patashnick notes that this is not Dr. Cochrane's first visit to Copley. Two years ago he served as a per diem Hospitalist helping Copley start the program.

A graduate of the University of Vermont College of Medicine, Dr. Cochrane completed his Residency Program in Internal Medicine at Fletcher Allen Health Care in 2006.

At Springfield Hospital, Dr. Cochrane was responsible for starting up the Hospitalist Program. In addition to caring for patients on the Medical Surgical and ICU units, he consulted with physicians in the Emergency Department. Prior to Springfield Hospital, Dr. Cochrane served as Medical Program Director at Northwestern Medical Center in St. Albans.

Copley's Hospitalists are available 24 hours a day, seven days a week to care for patients that are hospitalized. They are specialists in Internal Medicine and are skilled in the latest inpatient diagnostics and treatments. Hospitalists work closely with the patient's primary care physician and coordinate care with nursing staff and other in-hospital care providers such as physical therapy, laboratory, dieticians and patient and family services. They are available to respond quickly to any changes in your medical condition, provide timely updates resulting medical tests, and meet with your family.

Patashnick explains that the program benefits more than our inpatients; it extends into the greater community as it enables primary care providers to spend more time in their clinics, increasing access to care for everyone.

Please join Copley Hospital in welcoming Dr. Cochrane to the Copley community.

News from the United Church of Underhill

By Pat Richmond

Summer worship at the United Church of Underhill, located at the park on Route 15 in Underhill Flats, is at 9:30 AM through September 4; it will return to 10:30 AM on September 11. The summer sermon series is entitled "WWWG: Women Wrestling with God," which will look at some well-known and some lesser-known women of the Bible who dared to wrestle with God. Dates and sermon titles: August 21 - Martha (Luke 10:38-42 & John 11:1-27); August 28 - the Bleeding Woman (Mark 5:24b-34); and September 4 - The Canaanite Woman (Matthew 15:21-29).

During summer worship, school-aged children have their own activities — VeggieTales videos. These videos use vegetable cartoon characters to teach Bible lessons and life lessons for young people.

If you haven't registered your child(ren) for Vacation Bible Camp yet — now is the time! "Shake It Up Cafe" allows children entering grades K - 8 to explore and experience recipes for living out God's Word.

This fantastic fun will take place on August 15 - 19 from 9:00 - 11:30 AM at the United Church of Underhill. The Jericho United Methodist Church and the Essex Center Methodist Church are co-sponsors of the camp. There is no charge for Vacation Bible Camp, but we ask that you register so we have enough supplies for everyone. You can register on-line at www.unitedchurchofunderhill.com or call Julianne Nickerson at 899-3798.

The United Church of Underhill is collecting new or gently used backpacks and all kinds of school supplies through the summer to be distributed through the church's Partners in Service ministry. The backpacks will be blessed during worship on August 21 and given out during the following week. If anyone would like to add to the church's collection, you may do so during Sunday morning worship or by contacting the Church at 899-1722. School supplies would include (but are not limited to) paper, folders, binders, notebooks, pens, pencils, rulers, scissors, colored pencils, highlighters, calculators, glue sticks, erasers, crayons, white-out, and pencil cases.

Send us your news! mtgazette@earthlink.net

Free job training and a job are the promise of eight-week training program at Johnson State College

The unemployment rate in Lamoille County stands to drop nearly 1 percent thanks to a job-training program initiated and funded by the food-service provider at Johnson State College (JSC).

Modeled after a similar initiative developed by the Chittenden Emergency Food Shelf and the Vermont Foodbank, the eight-week program is training 10 of the estimated 1,100 unemployed Lamoille County residents in the culinary arts and kitchen skills. Trainees attend class and work side-by-side with professional chefs at JSC, helping to run the kitchen and create meals served at JSC and other events.

The idea for the program started last winter, when ARAMARK, the company contracted to provide food services at JSC, began providing the meals for the Johnson Community Meals program. That program offers a free lunch to residents on the second and fourth Wednesdays of the month at the United Church of Johnson.

"We were committed to the program and wanted it to grow, so we came up with a food-training aspect to make the program more self-sufficient," says Tadd Stone, director of ARAMARK at JSC. Now in addition to helping to prepare and serve the food at JSC, participants prepare and serve the food at the biweekly community luncheons.

As Stone explains, the training program at JSC evolved from an understanding that a lot of people were out of work in Lamoille County and that his organization was able to help. "Basically, we saw the need to help some of our out-of-work neighbors trained and back in the workforce," he says. "In addition, we struggle to find good candidates each fall to open up for the school year. We decided to offer this eight-week course to meet both of these goals."

Stone and ARAMARK Assistant Director James Consentino created the training curriculum and presented it to JSC, which enthusiastically signed on. The college provides the kitchen and covers related expenses, while ARAMARK provides the training, the food and uniforms for each of the participants – as well as a set of professional kitchen tools and knives for each to keep.

Stone and Consentino are committed to 100 percent job placement at the end of the program. "We're working with local businesses to arrange internships, and we expect many of them will want to hire our participants," says Stone. ARAMARK itself plans to hire four to five of the trainees at JSC after classes begin August 22.

The program started June 20. Under Consentino's direction, participants are learning food preparation, basic knife skills, kitchen safety, professional presentation and demeanor, and related topics.

On Wednesday, July 27, the group prepared and served the Johnson Community Meal at the Johnson United Church. The following week, each participant completed a four-day internship with a Lamoille County business or restaurant. The group will graduate August 12, after which participants will be qualified to apply for *ServSafe* certification, a nationally accredited program sought by food-service employers.

As the end of the program approaches, Stone and Consentino are making plans to continue and even expand the initiative next summer. At this

point all four of the Vermont state colleges — Lyndon, Castleton and Vermont Tech in addition to JSC — are planning to host a similar program, with Consentino as overall coordinator. "If you figure 10 to 20 students in each class, we'll be helping 40 to 80 Vermont residents find employment," Stone notes.

JSC Dean of Administration Sharron Scott says that Johnson State College is fully committed to the program. "What we've seen so far has been amazing," she says. "We've seen individual participants really blossom from their very first day here, to how they're feeling behind the line now. The program is a wonderful opportunity for individuals who are currently unemployed, and it is great opportunity for the college to give back as well."

Be proactive - take precautions to avoid hay fires this season

By Gail Lapierre
Vermont AgrAbility Project Outreach Specialist
University of Vermont Extension

This is the time of year that spontaneous combustion in hay causes fires. This occurs when freshly cut hay is too moist when it's baled.

How do hay fires happen?

Here's the simple, short explanation. All bales heat up from respiration in the plant cells, which continues at a low rate if hay is baled at less than 15 to 20 percent moisture. This heating up process eventually ends without causing combustion.

However, if the moisture level is too high (over 20 percent), the heat from respiration combined with the moisture promotes bacterial and mold growth. The respiration of the bacteria and mold releases more heat into the bale, increasing risk of fire.

The temperature of hay, especially if it was baled at a high moisture concentration, needs to be checked twice a day for six weeks after baling. You can make a simple temperature probe using a three-quarter-inch diameter pipe.

Drill eight holes, each about three-sixteenth inch, around the diameter of the pipe about three inches from one end. Then hammer the sides of

that end together to form a sharp edge.

Always check the temperature in the center of the stacked hay. Do not walk directly on the stacked hay as pockets may have already burned out under the hay surface. Instead, place boards or a ladder on the hay and walk on those.

Drive the probe from the top of the stack into the inner-most bales. Lower a thermometer to the end of the probe with a piece of light wire. After 10 to 15 minutes, pull the thermometer out and read the temperature.

George Cook, University of Vermont Extension farm safety specialist, recommends inserting a small wad of sheep's wool into the upper end of the pipe, then ramming that down to the end of the pipe prior to lowering the thermometer. It cushions the bottom and lowers the risk of breaking your thermometer.

As a rule of thumb, if the temperature is less than 130 degrees F, continue monitoring the temperature twice a day. If it falls between 130 and 140 degrees F, the temperature may go up or down. Recheck in a few hours.

If the temperature is 150 degrees F, the temperature will most likely continue to climb. Move the bales to promote air circulation and cooling. If the hay is stored inside, evacuate any livestock to a safe area and remove hay from the building.

Monitor the temperature every two hours.

Fire is imminent if interior bale temperatures exceed 175 degrees F. Fire is present at temperatures greater than 200 degrees F. In either situation, call the fire department immediately. Continue probing and monitoring the temperature.

Other symptoms of hot hay or an internal hay fire include a slight caramel or strong burning odor, visible vapor or smoke, a strong musty smell and/or hay that feels hot to the touch. If any of these symptoms occur, again, call the fire department immediately.

Let firefighters take control of the situation once they arrive. Do not move hay if signs of fire are present. Moving hay exposes the overheated or smoldering hay to oxygen and may cause the fire to burn uncontrollably.

I personally have experienced two fires on our farm so know how devastating this can be to farmers. The first, a barn fire of unknown origin in 2001, changed our lives completely. We are no longer dairying although continue to make dry hay, both large and small square bales, for sale to other farmers.

Don't think that it can't happen on your farm. It can, unless you take steps to prevent spontaneous combustion in newly cut, baled hay.

CVAA Meals

The Champlain Valley Agency on Aging offers an ongoing series of specials meals for groups of senior at a variety of restaurants in the area. The schedule is listed below. All seniors are welcome to join the group and enjoy lunch with neighbors and friends. Participating seniors must be 60 years old or the spouse of someone at least 60 years old. Suggested donation for meals is \$3 at the Covenant Church and United Church; for meals at the other sites, \$5. Transportation may be available if needed. Reservations are required for these meals and may be arranged ahead of time by calling 865-0360.

Thursday August 4 – St. Michael's College, Colchester, 11:00 AM check in, 11:30 AM lunch. Buffet.

Friday August 5 – Hinesburg Meal Site, 11:30 AM.

Monday August 8 – Covenant Church, Essex Center, 12:00 noon. Baked beans, hot dogs, Mustard, coleslaw, hot dog rolls, watermelon.

Tuesday August 9 – Pizza Hut, Susie Wilson Road, Essex Jct., 10:30 AM check in, 11:00 AM lunch. All you can eat pizza.

Wednesday August 10 – Ponderosa, Williston, 10:30 AM check in 11:15 AM lunch. All you can eat buffet.

Thursday August 11, So, Burlington, 11:00 AM check in, 11:30 AM lunch. Turkey dinner.

Friday August 12 – Spirit of Ethan Allen luncheon cruise, 11:30 AM check in, 12:00-1:30 PM. \$20.00 tickets required. Please see Pat Pike.

Monday August 15 – Covenant Church, Essex Center, 12:00 noon. Shepherds pie, summer vegetables, whole wheat roll, fruit mousse.

Tuesday August 16 – T-Bones, Hampton Inn, Colchester, 10:30 AM check in, 11:00 AM lunch. Cold salad plate.

Wednesday August 17 – Essex Grill, Essex Jct., 10:30 AM check in, 11:00 AM lunch. Open-faced turkey sandwich, mashed potatoes, gravy, vegetable, dessert.

Thursday August 18 – Pizza Hut, Susie Wilson Road, Essex Jct., 10:30 AM check in, 11:00 AM lunch. All you can eat pizza.

RECIPES BY MARIAN TOBIN

Asparagus Aspic

1 ½ cups cooked asparagus spears
1 package lemon gelatin
1 cup hot water
2 tablespoons vinegar
1 cup (8 oz.) V8 juice
¼ cup
¼ cup sliced stuffed olives

Dissolve gelatin in hot water, add vinegar and V8 and allow to cool. When slightly congealed, mix in drained asparagus, celery and olives. Refrigerate until firm, serve on lettuce or salad greens.



Leon Walls of Underhill elected to VPT Community Council

Leon Walls of Underhill, VT, has been elected to Vermont Public Television's Community Council, an advisory group that helps the statewide public television network respond to the needs and interests of Vermonters.

Walls is an assistant professor in the University of Vermont Department of Education. He is active in the community as a board member of

State-Wide Environmental Education Programs (SWEEP).

John King, president of Vermont Public Television, said, "We are delighted to have Leon join the Community Council. Council members play a vital role in helping VPT serve the state, connecting with people in their local communities on our behalf."

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COLLEGE NOTES

The following Student(s) received award(s) from Clarkson University at the University Recognition Day ceremony during the spring semester:

Raychel Rieder of Jericho, VT, a freshman majoring in Engineering & Management: Emerging Leaders Program Award.

Margaret Davis of Underhill, VT, a junior majoring in Financial Information & Analysis: Phalanx Commendable Leadership Award.

Math experts from around the Northeast spent two days exploring the place of mathematics in crystals, graphs, voltage assignments and any number (!) of other areas. Professors from Smith, Williams, George Washington, UVM, Worcester Polytechnic, and other institutions gave talks for the 80 participants during the Discrete Mathematics Days conference at Saint Michael's College in Vermont, June 15-16.

Saint Michael's College student, **Jessica Adams**, daughter of David and Sherrie Adams of Underhill, made a poster presentation on "Knotted Crystals in the Octet Truss". Adams, a junior engineering major, received funding through a grant from the National Science Foundation to carry out this project. Adams graduated from Mount Mansfield Union High School before coming to Saint Michael's.

Saint Joseph's College of Maine hosts "Summer Day," an open house for prospective high school students and their families on Friday, August 12, at its lakeside campus in southern Maine. The day runs from 11:00 AM to 2:00 PM and features a campus tour, lunch and information sessions on Admissions, Financial Aid, Student Life and Academics. Saint Joseph's, a liberal arts college founded by the Sisters of Mercy in 1912, offers more than 30 majors and programs at its campus in Standish, Maine. For additional information or to register, please call 800-338-7057.

Permalink: <http://readme.readmedia.com/Saint-Josephs-College-of-Maine-hosts-summer-open-house/2861501>

Colby Main, a resident of Jericho, VT, has enrolled at Saint Joseph's College of Maine beginning in the fall semester. Main, a student from Mount Mansfield Union High School will major in Exercise Science.

Lydia Johnson of Cambridge, VT, daughter of Katherine and Gregor Johnson, has graduated from Hartwick College with a Bachelor of Arts degree in English.

Samantha Merrill, daughter of Mark and Susan Merrill of Jericho, VT, was one of 40 Saint Michael's College students to be awarded grants to do research with a professor this summer. Merrill, a senior journalism and mass communication major, graduated from Mount Mansfield Union High School before coming to Saint Michael's, which is located in Burlington, VT, one of the top 10 college towns in America.

Meghan Begins, a resident of Jericho, VT, has been named to the Dean's List for the 2011 spring semester at Mount Ida College in Newton, Massachusetts.

Know the whereabouts of your locally owned propane dealer? *You don't know, you say?*

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McClain. Jazzlyn McKinstry was the flower girl.

Darin Harvey was the best man. The ushers were Paden Davis and Ryan Allendorf. Jayce McLain was the ring bearer.

A reception was held at the Essex Center Grange, after which the couple took a honeymoon trip to Bermuda.

Mrs. Harvey graduated from Flagler College in St. Augustine, FL. Her husband graduated from Embry-Riddle Aeronautical University in Daytona Beach, FL, and works at Turbo Solutions Engineering, LLC.

The couple resides in East Thetford, VT.

SMITH-WELLS

Shannon Kelly Smith, daughter of Thomas and Dianne Smith of Westford, VT, and James Ian Wells, son of Jonathan and Alice wells of South Hero, VT, were united in marriage on Saturday, June 25, 2011.

The Rev. Katherine Arthaud officiated at the double-ring ceremony in at Westford United Church in Westford, VT.

The bridesmaids were Jamie Broe, Lina Emanuelsson, Molly Fogg, Kellie Gonyar, Rachel Keener, and Cassandra Munro.

The ushers were Dan Falby, Peter Falby, Jim Bruoley, Lee Baker, Brian Fernandes, and Jim Dennean. Benjamin Alexander was the ring bearer.

The reception was held at the Wells' home in South Hero, after which the couple took a honeymoon trip to Bar Harbor, ME.

Mrs. Wells graduated from the University of Vermont and Fisher College, and is enrolled at UVM in the speech language pathology graduate program. She is a teacher at Pine Forest Children's Center. Her husband graduated from Champlain College and is a merchandiser for Baker Distribution.

The couple resides in Colchester, VT.

ROWLAND-HOWE

Alexandra Rowland, daughter of Charles and Sarah Rowland of Lake Bluff, IL, and C.V. Howe, son of Peter and Kit Howe of Jericho, VT, were united in marriage on Saturday, June 25, 2011.



The Rev. Clark Grew of Boston, MA officiated at the double-ring ceremony in Stowe, VT.

Steelie Jenkins was the maid of honor. The bridesmaids were Jenny Rowland, Lydia Howe, and Alexis Gagne.

Justin Obbagy was the best man. The groomsmen were Thomas Rowland, Nick Rowland, and Henry Rowland. The ushers were Fred Rizzo and Tim Fitzsimmons.

A reception was held at Hidden Valley, after which the couple took a honeymoon trip to Vancouver Island, British Columbia.

Mrs. Howe graduated from St Lawrence University and works at St. Mark's School. Her husband graduated from Mount Mansfield Union High School and St. Lawrence University. He works at Avery Brewery.

The couple resides in Brighton, MA.

The World Leader in Obstacle Racing, Spartan Race comes to Killington Resort

Registration is open for participation in the Aug. 6 Spartan Beast Race at Killington Resort at Snowshoe Base Lodge, 3800 Killington Rd., Killington, VT.

The Spartan Race is the world leader in obstacle racing and designed to test participants' resilience, strength, stamina and ability to laugh in the face of adversity. The unique obstacle course will demand every ounce of strength, ingenuity, and animal instinct a competitor thinks he/she lost three generations ago.

For those unsure if they can finish The Spartan Beast Race there will be a 'dignified exit' at mile 3. This will also serve as the ultimate test of resolve for those who plan on doing the full event. Each racer will have to confront choice between luxury and relaxation or facing 9 more challenging miles.

A portion of all money raised in the Spartan Race Series will go to building a home through Homes For Our Troops, a national non-profit that assists severely injured Servicemen and Servicewomen and their immediate families.

For sign-up information please see www.spartanrace.com.

Spartan Race is the world leader in obstacle racing and the only race series that can lift anyone off of their couch and provide them the experience to thrive when facing any mental or physical challenge. Spartan obstacle races have pushed our participants to their fun and physical limits, the state where they learn what they are really made of while grinning ear to ear (total fun!). The Spartan Obstacle Race Series includes the SPRINT (approximately 3 miles with +10 obstacles), the SUPER (approximately 8 miles with +15 obstacles), the BEAST (10-12 miles) and the Spartan DEATH RACE... (totally unexpected, and the totally insane!).

\$20,000 goes to the Spartan who can win the remaining races in the 2011 Spartan Race (domestic US) series. For details please see www.spartanrace.com.

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Contact Tina Rozzi

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HS students recognized for engineering accomplishments

"Energy Saver", "Ecological Remediation", "Low Carbon Use", and "Developing World" were some of the unique titles for awards presented to the 87 students enrolled in the UVM/GIV Engineering Institute. The UVM/GIV Engineering Institute is sponsored by the UVM College of Engineering and Mathematical Sciences and is one of seven summer institutes provided by The Governor's Institutes of Vermont each summer. During the week long program, students designed and created automated robots, rockets, and prototypes for solar panels and biomass stoves.

Awards listed below were given in five different engineering project categories: The Renewable/Sustainable Energy, Robotics, Aerospace Engineering, Engineering Design, and Earth Systems Science, as well as for Sand Arches built at Burlington North BeachA 'sprinkling of cash' was showered upon student winners of the written Technocratic Oaths**that reflected their life purpose, and for Poetry that reflected their experience during the UVM/GIV Engineering Institute.

Governor Shumlin Initiative Announcement - *Governor Shumlin visited during the Institute and announced an exciting new initiative to provide Vermont students with \$1500/year for five years for taking engineering jobs in Vermont after their graduation from College.

5th International Earth Science Olympiad (IESO) - Of the 87 students enrolled in the Institute, eight (from VT, NY, and VA) will represent the United States at the 5th International Earth Science Olympiad (IESO) September 5-14, 2011 in Modena Italy. The 2011 U.S. high school student representatives are: _TEAM U.S.A.: Kenny Micklas, Lincoln, VT; Riley Chapman, Ticonderoga, NY; Avni Nahar, So, Burlington, VT; Hannah Marshall, Huntington, VT — _Alternates: _Rebecca Brookes, Colchester, VT; Sam Clement, Perkinsville, VT; Maddie Smith, Norwich, VT; August Stevens, Waterbury, VT — _Reserve Team: _Chris Suh, Oakton, VA; Calvin Dixon, Stowe, VT

The focus of the IESO is on sustainability issues such as climate change. Mentored by Tom and Beth Tailer from Essex, VT, co-directors of the UVM/GIV Engineering Institute, the learning will continue for the IESO high school students who will have the opportunity to work with international students on the world's environmental problems.

The 5th IESO is hosted by the University of Modena in Italy. Italy will also mark its 150th unification anniversary in 2011 at this event. To contribute towards travel and conference fees for these students, contact Tom Tailer, Educational Consultation to UVM CEMS; Co-Director, UVM/GIV Engineering Institute, IESO International Committee, and Physics Teacher, Mount Abraham High School.

Local students who won awards were:

WIND & BIOMASS AWARDS

Best in Category - WIND & BIOMASS

TEAM: BIOFLOW: John Sciortino, Jeffersonville, VT

Developing World Award - WIND & BIOMASS:

Most Original Award - WIND & BIOMASS

Most Massive Prototype Award - WIND & BIOMASS

TEAM: BLADE RUNNERS: Nate Babcock, Jeffersonville, VT;

Keith Martin, Waterville, VT

AEROSPACE AWARDS

Best in Category Award- Aerospace

WINGS OF GLORY: Brendon Giroux, Richmond, VT

ROBOTICS AWARDS

Best Presentation Award - Robotics

TEAM: ROBOT JAMZ: Jeff Ouellette, Westford, VT

EARTH SYSTEMS ENGINEERING AWARDS

Best in Category Award — Earth Systems Engineering

ALTERNATIVE FUELS: CREATING A CLEANER FUTURE

FOR SHELBYNE FARMS

Hannah Marshall, Huntington, VT

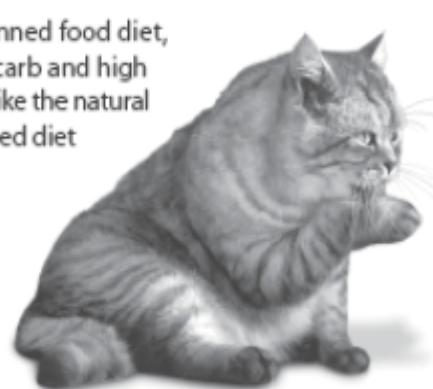
St. Joseph's College to hold open house

Saint Joseph's College of Maine hosts "Summer Day," an open house for prospective high school students and their families on Friday, August 12, at its lakeside campus in southern Maine. The day runs from 11 a.m. to 2 p.m. and features a campus tour, lunch and information sessions on Admissions, Financial Aid, Student Life and Academics. Saint Joseph's, a liberal arts college founded by the Sisters of Mercy in 1912, offers more than 30 majors and programs at its campus in Standish, Maine. For additional information or to register, please call 800-338-7057.

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Students work in teams of two, using their e-readers to do "paired reading" sessions.

Camp invention – summer school can be fun

The nationally acclaimed Camp Invention program is at Chittenden East Supervisory Union (CESU) this summer as part of their Summer School program. Created for children entering grades one through six, the Camp Invention program at CESU is a two-week adventure in creativity that immerses its participants in engaging, hands-on activities in science, technology, engineering, and math (STEM), as well as history and the arts. Each day, children rotate through five integrated modules that employ creative thinking to address real-world challenges. Children learn vital life skills such as problem solving and teamwork through imaginative play.

"When we were exploring curriculum for our summer school program, we looked at ways to incorporate 21st century learning, while encouraging participation in summer school that is fun and exciting. The Camp Invention program does just that! It nurtures creative thinking, providing students with open-ended opportunities to explore ideas, make mistakes, and invent solutions," explains Beverly White, Special Services Director and Summer School Coordinator. "Finding innovative ways to teach students creative thinking and problem solving skills is exactly what's needed to encourage their success."

In addition to the Camp Invention program, summer school students in grades three through six are using the latest technology to improve their reading skills through the use of NOOKs. NOOKs, also called e-book devices or e-readers, are electronic devices that are designed primarily for the purpose of reading digital books. CESU purchased 55 e-readers for summer school students to use and then take home for the remainder of the summer. Each e-reader is downloaded with several books at a student's reading level. The students will return the e-readers in the fall and be leaders in their classrooms, helping other students learn to use this new technology. Additional books will be downloaded as needed. E-readers can hold several hundred books at one time. "The really unique aspect of the e-readers is that a student's reading level is not apparent to others. This allows struggling readers to just enjoy reading!" explains White.

CESU also collaborates with the Richmond based, Our Community Cares Camp (OCCC), which provides breakfast and lunch to the summer school participants. The OCCC is a non-profit organization that provides eligible students from Huntington, Richmond and Bolton, a traditional summer camp experience consisting of arts, crafts, games, sports and two meals a day, at no charge.

The CESU Pre-Kindergarten through High School summer school program serves approximately 150 students and offers academic intervention, as well as life and social skills programs. Students are referred for summer school based on data collected during the school year. Students receive pre and post assessments to determine their progress as a result of attending summer school. Students also receive summer services based on their educational needs through their Individualized Education Program (IEP). These services vary in terms of duration and are based on individual student needs.

If you would like more information about this topic, please contact Beverly White at 802-434-2128 or email Beverly.White@cesu.k12.vt.us

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MMU lacrosse roundup

By Dan Linde
Girls Varsity Head Coach

It was an exciting year for Mount Mansfield Girl's lacrosse. This year's cougar team was highlighted by a standout group of eight seniors, most of whom played on varsity as a starter their sophomore year. After a year of rebuilding and a year of growth, this seasons 12-4 record was well worth the wait.

Thanks to the support of their parents, the team travelled to Orlando Florida during April vacation for spring training at Disney's Wide World of Sports. It was a welcome reprieve from our snow-covered fields. From a coach's perspective the highlight of the trip was having the opportunity to scrimmage three outstanding teams from New York, Virginia and Pennsylvania (ranked #12 in the nation.). Considering these teams were of the highest caliber in the country, I was very proud of the determination and spirit with which our Cougars played. A special thanks to chaperones Joanne Heath and Paul Wintersteen, without whom the trip would not have been possible.

Here's a brief rundown of lacrosse's class of 2011:

Emma Oliver (Capt.)- At first home is the "quarterback" of the team, Emma was responsible for setting the offensive pace and excelled at high pressure passes. 2nd team All-State and 2nd Team Metro League.

Danielle Allendorf- Starting for three years at the D-wing position, Danielle combines excellent speed with a great field sense. She was instrumental in defending, carrying the ball through the midfield, and contributing to the team offense. Honorable Mention All-State, 2nd Team Metro League/ VT Twin State Team.

Hannah Nichols- Back after taking a year off for AAU Basketball, Hannah filled the missing gap in our deep defense. Formerly an attack player, she used her height and speed to switch gears and come up big for us on the other end of the field.

Tess Bugbee- Tess was the anchor of our defense. Working a sometimes thankless job, she forced countless turnovers and was key in controlling the ball up the field. 2nd Team All-State, 2nd Team Metro League.

Avery Marcus- No one works harder than Avery. As a defender she gave 110%, 110% of the time. This was best seen in our 9-7 victory over eventual state champs South Burlington, in which Avery was the unofficial MVP. Honorable Mention All-State, 2nd Team Metro League, Team Outstanding Defensive Player.

Kaleigh Heath- Known state-wide as a ruthless defender, Kaleigh proved her versatility by being the team's #3 scorer with 25 goals. 2nd Team All-State, 1st Team Metro League, MMU White Letter recipient/ VT Twin State Team.

Halley Fisher (Capt.)- Dominating the mid-field at center, Halley led the team in draw controls, interceptions, and assists. Also a scoring powerhouse, Halley made it to the #3 all-time spot for single season goals with 74, and also holds school records for goals in a single game (10) and total points in a season (92). 1st Team All-State, 1st Team Metro League, Team MVP, MMU White Letter recipient/VT Twin State Tea.

Kim Liberty (Capt.)- The most dominant scorer in MMU history, Kim tallied 77 goals this year to finish her career with 221. She is the best at dodging challenging triple teams and making impossible shots. Kim holds the school record for career goals and single season goals (81). 1st Team All-State, 1st Team Metro League, Team's Outstanding Offensive Player, MMU White Letter recipient, VT Twin State Team and MMU's first ever All-American recipient.

All in all it was an amazing season ending in a suspenseful semi-final defeat. This team will go down as one of Mount Mansfield's finest ever.

MY SINCERE APOLOGIES!

When my computer and external hard drive died at the same time,
I lost the nearly completed version of the 2011 phone book.

I am recreating it this week and I will be making some repeat phone calls for up dates.

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Left to Right Anton Kelsey, Bucky Brandt, Danielle Morin, Eric Barker (2012 Coaches)

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Coach Barker and his students

PHOTO BY KIM MARTIN PHOTOGRAPHY

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Finley Barker, Coach Danielle Morin, Hattie Barker

PHOTO BY DANIELLE ALLENDORF



CCSS Soccer Campers

PHOTO BY MEGHAN DECATUR

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Coach Barker and his daughter Finley

7000 kids have taken part in the CCSS program - Thank you goes out to Grant

Allendorf and his coaches for years of service to the youth of our area.

CCSS completes 31st year of soccer school

Grant Allendorf announced that he was stepping down as owner/director of the Chittenden County Soccer School. He started CCSS over 31 years ago. Allendorf said he will miss all the students but the school is in very capable hands with Eric Barker, Anton Kelsey, Danielle Morin and Bucky Brandt continuing to serve as coaches. Over 7,000 area youngsters have attended CCSS in the past 31 years and it has been a tradition for many families to attend year after year. Grant would like to thank all the participants and parents for their support of the school over the years. Any questions about the 2012 CCSS School please e-mail Eric Barker at Eric.Barker@cesu.k12.vt.us.

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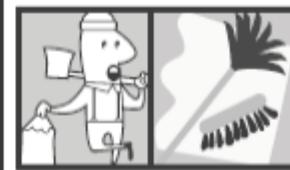


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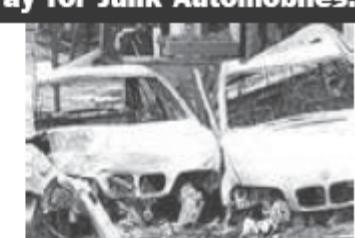
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Kim Martin Photography is beginning its 7th Wedding Season in 2011. Kim and Chip Martin are the owners of KMP and currently live in Jeffersonville with their three daughters, Violette, Saige and Olive. Kim grew up in Jericho and Essex, before moving to San Francisco. There, Kim studied filmmaking. She worked in San Francisco and New York in the film industry before moving back to Vermont to go to graduate school. She received her Master's in Education from Johnson State College in 2007 and is a licensed Art Educator.

Here's what Kim has to say about her style of art, "For me, photography is a window into my subjects' lives and world. I use photography to capture a slice of life. My passion for the captured image is evident in my work and the reason why I have chosen to specialize in *Wedding Photography, Portraiture, and Life Events*.

"For a bride and groom on their wedding day, it is one of the most important days of their lives. My role as photographer is to capture every special moment as it unfolds, whether it is a stolen kiss, a falling tear, or a tender moment between guests; all of those candid moments that perhaps would be missed by the bride and groom. I don't become an obtrusive part of your wedding day, but moreover approach the event with a stylized, more photojournalistic method. The day can fly by in a blur; it is my job to capture the details of the day so the happy couple can look back upon their wedding album with great joy and sentiment.

"When working with children, families, and individuals, I try to create an insight into who these people truly are. Seniors and adolescents are at a pivotal time in their lives, often searching for definition into whom they are and who they are becoming. I believe that as a photographer, working with my subjects and understanding the things that are important to them allows me to portray the true self of the subject. Often, the portraits of children that I photograph radiate their personalities. I try to capture them during times of play and exploration in order to achieve this. Additionally, working with new parents and their babies has allowed me the opportunity to be a part of a special new relationship and capturing this very special time into eternity. As a mother, I cherish these special moments of interaction between me and my newborn, as well as the bonding process unfolding between the other important people in their lives. Children grow up so quickly in today's world, so I work to stop time for parents, encapsulating those moments in my photographs."

Make sure you stop by and say hello to Kim and Chip at the Harvest Market in Underhill in September. Kim showcases her collection of local landscapes along side her portrait work. She'd love to show you her photographs and introduce you to her family.



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Green Mountain Bike Club August Rides

These are the GMBC rides for the month of August. All riders with the GMBC must wear helmets and obey the rules of the road by not riding 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. Rides marked E are easy, M rides are moderate and S rides are strenuous.

Saturday August 6 - Introductory Ride for new riders. We will go 12-20 miles at a leisurely pace for folks new to road cycling. Our goal is to teach new cyclists the rules of the road and how to ride in a group. Meeting Time: 9:00 AM. Meeting Place: Dorset Park, South Burlington, dirt parking lot. Leader: Viola Chu - 735-7924 / hviolachu@gmail.com; Co-Leader: Lou Bresee - 658-0597 / lakelou@adelphia.net.

Saturday August 13 - Montgomery Magic - The 45 mile (M/S) loop from Montgomery includes challenging hills on Route 105 and 242. End the day at any one of the number of eateries in Montgomery. There is also a 36 mile (M) option. Meeting Time: 9:00 AM. Meeting Place: Montgomery Town Hall. Leader: Bob Ray - 735-5101 / rray.post@yahoo.com (this ride has NO co-leader).

Sunday August 14 - St. Albans Explorer - Light, rolling hills with beautiful views by the lake. The 35 mile (E/M) route goes to St. Albans Bay Park and returns, while the 50 mile (M) route continues on to Swanton and back. Meeting Time: 8:45 AM; Meeting Place: Georgia Park and Ride - For those coming from the Burlington area, we suggest carpooling at the Colchester Park and Ride at Exit 17 off I-89 or perhaps meeting at UVM or Dorset Park in South Burlington. Leader: Larry Coletti - 865-2383 / lvcoletti@hotmail.com.

Sunday August 21 - NEW Hardwick Highlights - The short ride (30 E/M) goes to Craftsbury Common while the medium (60 M/S) continues to Orleans and the long ride (80 S) heads all the way to Newport. Meeting Time: 9:00 Meeting Place: Hardwick Elementary School on Route 14. Leader: John Bertelsen - 864-0101 / jo.bertel@gmail.com; Co-Leader: Karla Ferrelli - 864-0101 / karma.ferrelli@gmail.com.

Sunday August 28 - Waitsfield and Waterfalls - Enjoy a scenic tour through the countryside of Waitsfield and Warren with a visit to Moss Glen Falls. Turn around at the falls for a 35 mile (M) ride or continue up Middlebury Gap with a stop at Texas Falls before turning around for a 60 mile (M/S) ride. A stop at the Warren Store is always popular and the general store in Hancock provides an additional respite for those on the long ride. Meeting Time: 8:45 AM. Meeting Place: Waitsfield Elementary School (on the left traveling south on Route 100). For those coming from the Burlington area, we suggest carpooling at the Richmond Park and Ride at Exit 11 off I-89. Leader: Leslie Carew - 865-2805 / carew@champlain.edu; Co-Leader: Lou Bresee - 658-0597 / lakelou@adelphia.net.

Disposal continued from page 1

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- Essex Drop-Off Center: 218 Colchester Rd.; Tues. 9:30 AM-5:00 PM, Wed.-Sat. 8:00 AM-3:30 PM
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- Richmond Drop-Off Center: 80 Rogers Ln. (off River Rd.); Tues. & Sat. 8:00 AM-3:30 PM
- PM, Thurs. 9:30 AM-5:00 PM
- South Burlington Drop-Off Center: 87 Landfill Rd. (off Patchen Rd.); Mon., Tues., Thurs. & Sat. 8:00 AM-3:30 PM; Fri. 9:30 AM-5:00 PM
- Williston Drop-Off Center: 1492 Redmond Rd.; Mon.-Sat. 8:00 AM-3:30 PM
- McNeil Wood & Yard Waste Depot: 111 Intervale Rd., Burlington: Tues., Thurs., Fri. & Sat. 8:00 AM-4:00 PM (load limit: 6 cubic yards)

For more information, contact the Chittenden Solid Waste District at 872-8111; info@cswd.net, or visit us online at www.cswd.net.

Let's try this again!

Bridal Section
to run August 18, 2011
Deadline August 11, 2001

I haven't returned emails because although I can receive them, I cannot send out replies. New computer coming to a newspaper near you...SOON!