

## Bolton Market Day on September 17

By Phyl Newbeck  
*Special to the Mountain Gazette*

On Saturday, September 17, the citizens of Bolton are going to find out what their neighbors are up to when the newly created Economic Resource Committee holds their first Bolton Market Day. The event will be held at the Smilie School from 9:00 AM – 1:00 PM. The committee has invited every Bolton business – from Bolton Valley Resort down to single individuals working from their homes – to come to the school and explain what they do to their friends and neighbors.

Deb Shelby said the idea started last year when the Planning Commission held a series of outreach events while preparing revisions to the Town Plan. The last meeting included a number of business people who agreed that it would be great to have a committee to discuss the issues faced by businesses in town. After a few unofficial meetings, the town launched the seven-person Economic Resource Committee, which has been meeting monthly since the start of the summer.

One of the first things the committee tried to do was get a list of all the businesses in town, no small feat when you realize that Bolton doesn't have its own zip code and that many businesses are one-person, home-based operations without a sign or a storefront. The group pored through listings in Waterbury, Jonesville, Jericho, and Richmond and came up with names of 60 establishments which were invited to attend the inaugural Bolton Market Day. Using *Front Porch Forum*, the *Bolton Gazette*, and a mailing that included a self-addressed stamped envelope, the group was able to get 20 responses. "This way we have a better understanding of who is in the community," Shelby said. "We have more accurate data for the Town Plan. If we want to help businesses, we have to know who's out there."

In addition to businesses, the Economic Resource Committee is reaching out to organizations that have bases in Bolton like the Green Mountain Club, snowmobile clubs, Fellowship of the Wheel, and climbing groups, and inviting them to take part in Bolton Market Day. The event will be free for those attending as well as those with tables. Smilie School was chosen because it is a central location and known to just about everyone in town. "The goal was to make it free and easy," said Shelby, "and if it's successful, we'll do it again. We're trying to help our residents keep their money in Bolton."

The committee will be raffling off two major prizes: a ski pass from Bolton Valley Resort, and a golf foursome from the West Bolton Golf Club. The money collected will go towards the senior baskets, which are distributed around the holidays. In addition, other businesses will provide door prizes. At this juncture, 15 businesses have said they will attend but Shelby is confident that the number will be closer to 25 when they reach their deadline. "So far businesses have been enthusiastic about the event," she said. In addition to the bigger names, there will be purveyors of honey, maple syrup, firewood, and other local products. "We want to educate our community about who is around," said Shelby. "We're building community, educating the community, and helping businesses survive."

For more information, go to [www.boltonvt.com/boards-minutes/economic-resource-committee/bolton-market-day](http://www.boltonvt.com/boards-minutes/economic-resource-committee/bolton-market-day).

## The Clutter Barn

It is with hearty and grateful thanks for all who have so generously supported the United Church of Underhill Clutter Barn during its 2016 donation and tag sale season that we begin to "wind down" and prepare for the culminating event, The United Church of Underhill Old Fashioned Harvest Market. We will continue to accept donations of gently used items on Saturdays, September 3 and 10 from 8:30 AM – 12:00 noon; then we will be closed for about two weeks while we organize and prepare to open our doors for Harvest Market, which takes place on Saturday and Sunday, September 24 and 25. Watch and listen for further news on this spectacular annual weekend event!

With the support of our outstanding community, the Clutter Barn has fulfilled its mission of offering fine quality, useable merchandise for sale at the most reasonable prices around! We have also assisted the carrying out of in-house and outreach programs of the United Church and aided charities and those people who are victims of circumstances and natural disasters who have reached out to us. We repeat our thanks – and look forward to serving you again in 2017.

## WNRCD Fall Trout Sale

The Winooski Natural Resources Conservation District (WNRCD) announces our Fall 2016 Trout Sale. Anyone interested in purchasing can print the required order form at [www.winooskinrcd.org](http://www.winooskinrcd.org). Proceeds from the sale will benefit conservation projects within the District.

We are offering both Brook Trout and Rainbow Trout in the following sizes: 3-5" and 8-10". Orders of fingerlings (3-5") must be picked up on Thursday, October 20. Orders of 8-10" trout will be delivered by the trout farm to your location any time on October 20. Order deadline is Monday, October 3.

Stocking trout into local ponds is a great way to utilize natural resources. Individuals are able to supplement food sources by providing healthy, contaminant-free food. Many District residents utilize their land to grow produce, or raise sources of meat. Raising fish is another sustainable practice. By stocking trout, property owners are able to utilize their water resource and provide a low-fat, low cholesterol, high protein, heart-healthy fish product. Not to mention the enjoyment of fishing in your private pond.

For information, visit our website [www.winooskinrcd.org](http://www.winooskinrcd.org), or email [info@winooskinrcd.org](mailto:info@winooskinrcd.org) for an order packet.

## Have you seen the Silver Bullet in Jeffersonville?

By Devin Colman

How did a house originally built on a mountain in Warren, VT end up on a farm in Jeffersonville, VT? And, more importantly, does it still exist today?

Back in the early 1970s, architect Barry Simpson was fresh out of the Yale School of Architecture and had relocated to Warren. At the time, the Mad River Valley was the epicenter of what has come to be known as the architectural "design-build" movement, in which a small group of architects took on the task of both designing and building their structures. The goal was to control costs, express themselves creatively, and engage in the physical construction of their architectural ideas. Many of the projects were built on Prickly Mountain in Warren, including a small house that Simpson designed, built, and occupied. Nicknamed the *Silver Bullet* for its rounded ends and silver-painted exterior, this early "tiny house" measured just 230 square feet when it was completed.

Simpson and his family lived in the *Silver Bullet* for ten years, but eventually outgrew the cramped quarters. In the early 1990s Simpson sold the *Silver Bullet* to a young couple who lifted it up, put it on a truck, and moved it to their farm in Jeffersonville. That's the last Simpson ever saw of it.

As an architectural historian with an interest in 20<sup>th</sup> architecture and design, I'm trying to locate the *Silver Bullet* to find out



what became of it. Is it still parked in a farm field somewhere in Jeffersonville? Has it been moved yet again to another location? Or has it been disassembled and discarded? If you have any information regarding the *Silver Bullet* and its whereabouts in Jeffersonville, I'd love to hear from you. Please contact me at [devincolman@icloud.com](mailto:devincolman@icloud.com) if you remember seeing, visiting, or hearing about the *Silver Bullet* in Jeffersonville.

## Cambridge Community Center awarded \$125K grant

The Cambridge Community Center (CCC), a public-private enterprise in the heart of historic downtown Jeffersonville, recently received a \$125,000 grant from the Schwartz Family Foundation. Over the past few years, the CCC has been supported by a broad cross-section of community members under the auspices of local nonprofit Cambridge 360 (C360), which serves as the project's fiscal sponsor.

C360's founder Phil Rogers explains that this latest grant – the biggest yet – has virtually assured that the CCC will soon be able to open its doors to the public, although fundraising efforts will likely continue for some time to come. "We are extremely grateful to the Schwartz Family for supporting our long-held dream for our community," says Rogers. "This generous grant will allow us to outfit our fieldhouse with the multipurpose flooring needed to provide a first-class experience to those participating in all sorts of sports, from soccer to tennis to basketball to lacrosse to you-name-it. We'll also be able to purchase netting and upgrade our lighting system to assure a safe, comfortable recreational experience for all."

Established in 1950 by two immigrant brothers who settled in the central NY region and worked their ways to highly successful careers, the Schwartz Family Foundation aims to support worthy projects located where the current family members have chosen

to live. According to Brad Schwartz, son of one of the founders and a retired lawyer who now owns and runs a bed and breakfast in Fairfax, his father and uncle originally wanted to give back to their own community for the opportunities it afforded them to succeed. Over the years, their descendants spread across the U.S. and the foundation's mission broadened. Brad and his son Mark, who lives in Jeffersonville, are inspired by what the Cambridge Community Center will add to the recreational, social, and cultural life of the local area and so, along with their other family members, are pleased to support it with their foundation's substantial award.

According to local physician John Dunn, the leading partner in the CCC enterprise, Mark Schwartz made an individual donation last year. As he learned more about the effort, he decided to approach his family's foundation for even more needed funding. "It's people like Mark and Brad who help make this project so rewarding," says Dunn. "Whether they have money to donate, time to spare, or expertise to share, we welcome all to pitch in to create the best center possible for our community." Dunn says the fitness gym component of the project will open to the public on Labor Day, Monday, September 5, with a grand opening ceremony that will include the official christening of the "Schwartz Fieldhouse Arena."

## VT French-Canadian Genealogical Society celebrates 20 years

For the past twenty years the Vermont French-Canadian Genealogical Society has been helping Vermonters solve family history mysteries, find answers to questions about their ancestors, and learn about their roots here in Vermont and elsewhere.

On Saturday, September 10 from 10:00 AM – 4:00 PM, the public is invited to join our members for an open house at our library, The Vermont Genealogy Library, in Colchester. We'll celebrate just how far we have come in twenty years. John Fisher, past president and current board member of the Vermont French-Canadian Genealogical Society reminisced recently about the early days of the society. "We started out with seven friends of French-Canadian descent who were interested in learning how to fill in our family trees. Back in 1996 we started with two milk crates of donated books to share and pour over. Today we have about 500 members who trace their ancestry to many different places including England, Scotland, Ireland, Germany, and Canada to name a few. We can often trace our ancestors back to the 1600s, learning history and stories about those who came before us."

Thanks to the work of our dedicated volunteers, our library has grown to over 4500 volumes of genealogical resources. Library visitors can search Vermont vital records on microfilm from 1760 to 1941. More than a dozen library computers provide access to subscription research databases that would cost about \$700 annually if one were to purchase them from home. A full schedule of classes and special interest groups held throughout the year help beginning and experienced genealogists alike learn about finding records, organizing research, using DNA testing to answer questions about our ancestors, and much more.

Our library is open on Tuesdays from 3:00 – 9:30 PM and on Saturdays from 10:00 AM – 4:00 PM. We are located on Hegeman Avenue in Fort Ethan Allen, Colchester. Please see our websites [www.vtgenlib.org](http://www.vtgenlib.org) and [www.vt-fcgs.org](http://www.vt-fcgs.org) to learn more.

## Free forest ecology workshop for family forest owners

A free full-day workshop will be held Saturday, September 24 for private landowners with 25 or fewer acres who want to learn how to manage their forest land more sustainably and ecologically.

Family Forestry 101: Woodlot Rewilding and Cropping gets underway at 8:30 AM at the New Haven Town Hall (78 North St.) with brief presentations by forestry and conservation experts. The workshop continues at Little Hogback Community Forest in Monkton with demonstrations and hands-on training focusing on forest ecosystem conservation practices.

Pre-registration is requested. For details or to register, go to <http://familyforests.org/public-education/events.shtml>. To request a disability-related accommodation, contact Mark Isselhardt at 802-899-9926 by Friday, September 2.

Throughout the day, participants will learn about tools and techniques that will help them better manage their forest to enhance and conserve wildlife habitat, forest health, flood resilience, and water quality. The workshop also will cover basic forest ecology; crop tree release; sustainable maple sap production; forest crops; safe, eco-friendly tree felling and bucking; and optimal conservation practices for harvesting and removing timber.

Presenters include Dave Birdsall, Northeast Woodland Training woods educator; David Brynn, Vermont Family Forests executive director; Mark Isselhardt, University of Vermont (UVM) Extension maple specialist; John McNeerney, a family forest owner from Monkton; Lisa Sausville, Vermont Coverts executive director; and Kristen Underwood, a hydrogeologist with South Mountain Research and Hydrology in Bristol.

The event is sponsored by Vermont Family Forests in collaboration with UVM Extension, Vermont Family Forests Foundation, Cornell University Cooperative Extension and Northeast Woodland Training in Middletown Springs.

## COMING EVENTS

**Sunday, September 4**

**Sundays for Fledglings, 2:00 – 3:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Kids explore the world of birds from feathers to flying, from art to zoology. Develop mad skillz in observation, research, and goofing around. Earn a Junior Birder Badge! Perfect for kids aged 5-10 (siblings welcome), this program is offered as a series on almost every Sunday from May to October. Our September (4, 11, 18, 25) theme is: Changes for the Birds. Free with admission; donations welcome. Pre-registration helpful, 802-434-2167 or [museum@birdsofvermont.org](mailto:museum@birdsofvermont.org).**

**Monday, September 5**

**Poster Girl documentary on women in combat, 6:00 PM, Johnson State College, Bentley Hall room 207, Johnson. This oscar-nominated documentary (2011, for Best Documentary – Short Subject) will be followed by a discussion with Robynn Murray, the subject of the documentary, and director-producer Sara Nesson. Murray is an Iraq combat veteran. The documentary traces her struggles with post-traumatic stress disorder and her involvement with art and poetry to address her PTSD. The film was selected in 2011 as Best Documentary – Short by the International Documentary Association. Free and open to the public. For more information, <http://www.postergirlthemovie.com/>.**

**Wednesday, September 7**

**How the Media Impacts Our Thinking, 7:00–8:00 PM, Johnson State College, Bentley Hall room 207, Johnson. Dr. Sawyer Alberi, who teaches in Johnson State College's Wellness & Alternative Medicine program, will talk about the media's influence on our lives, centering on how people consume media and how it shapes the way we think, as part of a larger focus on creating inclusive communities. Alberi is the lead instructor for Wilderness Medical Associates, through which she teaches freelance journalists how to respond to medical emergencies on the battlefield. She has worked for United Nations forces in Africa and within the U.S. military, helping to increase awareness of gender diversity in general and as its portrayed by the media. She is a retired veteran of the VT National Guard who served as a flight medic in Iraq in 2006 and a combat medic and female engagement team leader in Afghanistan in 2010. Free and open to the public.**

**Thursday, September 8**

**Readings, discussions with Green Writers Press authors, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join us in welcoming John Elder, Sheila Post, and Sara Dillon. These three authors explore the spirit of place from the Green Mountains to the Emerald Isle in their most recent titles from *Green Writers Press*, a vibrant Vermont publishing company founded with the mission to help spread a message of hope and renewal through the words and images they publish, to help facilitate the gift of words, and to help foster a sustainable environment. Tickets \$3 per person include coupon for \$5 off a book by one of the featured authors. Coupons expire at closing the evening of the event. Seating is limited. Information: [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 448-3350.**

**Friday, September 9**

**Contra Dance, 8:00 PM, Shelburne Town Hall, 5376 Shelburne Rd., Shelburne. Queen City Contrás' regular dance with music by**

*Kick'Em Jenny*; Bob Bletchner will be the caller. All are welcome, all dances taught, no partner or experience necessary. Beginners' session, 7:45 PM. Admission \$9 adults; under 12 free. Please bring clean, soft-soled shoes for dancing. Information: 802-371-9492 or 802-343-7166; [www.queencycontras.org](http://www.queencycontras.org).

**Saturday, September 10**

**Annual Chicken Pie Supper, 5:00 PM until all are served, Waterville Elementary School, Waterville. Hosted by the Waterville Union Church and community. For information contact Joan Tobin, 802-644-6596.**

**Fall Volunteer Work Party, 10:00 AM – 2:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Come for an hour or all day – bring yourself, a friend, a family. Lots of outdoor and indoor tasks from window netting, cleaning, trail work, prepping for Open Studio, and more. All are welcome! Lunch provided to those who preregister. If you can't come this day, please consider a couple of hours, another day, a weekly rotation, or something else! Whether you are out in the meadow, helping visitors at the front desk, or deep in the office, we would love your company and assistance. We train, too. 802-434-2167 or [museum@birdsofvermont.org](mailto:museum@birdsofvermont.org).**

**Sunday, September 11**

**Huntington Chicken BBQ, servings 11:00 AM – 2:00 PM or till all are served, Brewster-Pierce Elementary School parking lot, Huntington Center. The Lacaillade family grills the chickens for this event to benefit HELD, the Huntington Endowment for Library Development, which supports the Huntington Public Library. The meal features a slow-roasted half chicken, baked beans, fresh dinner roll, homemade pie, beverage, and a choice of seven fresh salads made with local vegetables and fresh herbs. A variety of choices are to be had to suit the needs of all; vegetarian option available. \$12 half chicken dinner; \$9 salads dinner; \$6.50 under-12 child's chicken dinner. Tickets available at the door or reserve your meal by calling 434-4583 or 434-2690. Takeouts available. Half chickens for the freezer will be available for \$7 and whole pies will be available for \$16, beginning at 12:30 PM.**

**Wild Mushrooms of Autumn, 1:00–3:00 PM, Audubon Vermont, 255 Sherman Hollow Rd., Huntington. Join Ari Rockland-Miller of The Mushroom Forager ([www.themushroomforager.com](http://www.themushroomforager.com)) for an introduction to gourmet and medicinal wild mushrooms of autumn. Then, head into the woods around the Green Mountain Audubon Center to seek the mushrooms on the ForageCast, including porcini, lion's mane, yellowfoot chanterelles, and hedgehog mushrooms. Participants will receive a September ForageCast handout for the region. For ages 12 and up. Members: \$25; non-members \$30. For more information and a link to registration page <http://vt.audubon.org/events/wild-mushrooms-autumn> or 434-3068.**

**Tuesday, September 13**

**Discovery Time in the Nestlings Nook, 10:30 – 11:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Theme: Bird Seasons. Discover birds through stories and investigative play. Books, crafts, music, nature walks, and more. Free with admission; donations welcome. 802-434-2167 or [museum@birdsofvermont.org](mailto:museum@birdsofvermont.org).**

**Wednesday, September 14**

**Embroiderers' Guild meeting, 9:30 AM, living/dining room,**

The Pines, 5 Aspen Dr., S. Burlington. The Green Mountain Chapter of the Embroiderers' Guild of America welcomes people of all abilities to come and learn about Portuguese Embroidery. First meeting is complimentary. Bring a bag lunch. Car pooling available from many areas. For information, 372-4255 or [gmc.vt.ega@gmail.com](mailto:gmc.vt.ega@gmail.com).

**Thursday, September 15**

**Water in Plain Sight, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Author Judith D. Schwartz presents a refreshing perspective on water that transcends zero-sum thinking. By allying with the water cycle, we can revive lush, productive landscapes. Like the river in rural Zimbabwe that, thanks to restorative grazing, now flows a mile further than in living memory. Or the mini-oasis in West Texas nourished by dew. Animated by stories from around the globe, *Water In Plain Sight* is an inspiring reminder that fixing the future of our drying planet involves understanding what makes natural systems thrive. Tickets \$3 per person include coupon for \$5 off a book by the author. Coupons expire at closing the evening of the event. Seating is limited. Information: [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 448-3350.**

**Critter Construction, 9:00 – 10:30 AM, Audubon Vermont, 255 Sherman Hollow Rd., Huntington. Have you wondered how a beaver builds a lodge or a squirrel builds a drey? We'll explore different styles of critter construction and work on creating our own cozy hideaways. No hammers or nails necessary! For ages 3-5 with adult. Members: \$8 adult-child pair, non-members \$10; for both, \$4 each additional child. Preregister at [vermont@audubon.org](mailto:vermont@audubon.org) or 434-3068.**

**Saturday, September 17**

**Craft Fair and Flea Market, 9:00 AM – 3:00 PM, Hinesburg Fire Department, Hinesburg. Sponsored by Life's Helpers Inc. to benefit the fire department. There will also be a bake sale and raffle. There are still spaces available; if interested or for information, call Penny, 802-434-6053.**

**Wednesday, September 21**

**Logger Turns Storyteller, 7:00 PM, Memorial Hall, Essex Center. Essex Community Historical Society presents Essex native Bill Torrey, who will share his thoughts on the rugged heritage of his family and his experiences as a student growing up in Essex. Bill has won several local competitions. This should be an interesting evening!**

**Friday-Sunday, September 23-25**

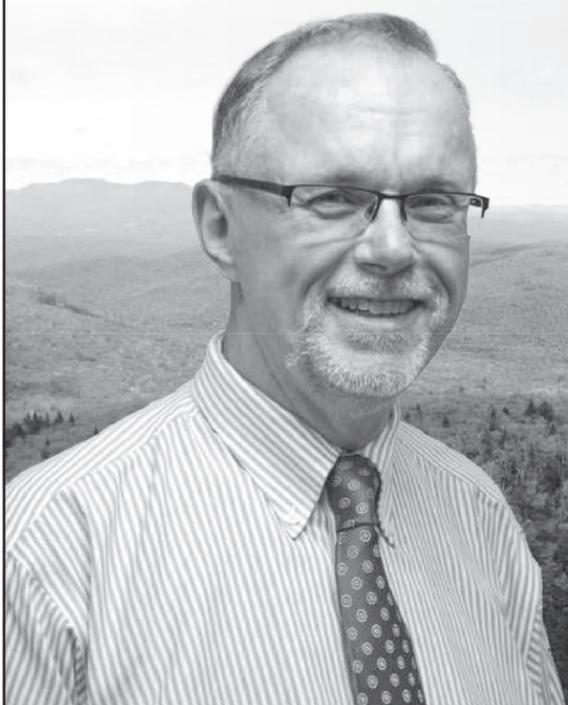
**Tag Sale, Friday-Saturday 9:00 AM – 4:00 PM, Sunday 10:00 AM – 3:00 PM, Calvary Episcopal Church, VT Rt. 15, Jericho. Something for everyone! Clothing, books, furniture, household items, tools, toys and games, DVDs, CDs, movies, and much more. Information: 899-2326.**

**Saturday, September 24**

**Bird Monitoring Walk, 8:00 – 9:00 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Join fellow birders for this monthly monitoring walk on the Museum property. Most fun for adults, older children; birding experience optional. Please bring your own binoculars. Free; please pre-register. 802-434-2167 or [museum@birdsofvermont.org](mailto:museum@birdsofvermont.org).**

## As Chittenden-3's representative in the House, Bill will be your voice to:

- ▶ Reduce the ever-increasing tax burden on the middle class
- ▶ Empower local communities with more control— from energy siting decisions to education
- ▶ Say NO to the carbon tax



**Jericho  
and  
Underhill**

## As a resident of Underhill, Bill has spent the last several years advocating for the issues that matter the most to the hard working families in our state.

- ▶ I have lived in Underhill for the past 14 years.
- ▶ I attended Canisius and Siena Colleges studying Political Science.
- ▶ Recently retired after 30 years in the hotel and airline business, managing both full and limited service hotels in the Northeast, along with being a Brand and Opening Specialist Director for 16 years with Choice Hotels International.
- ▶ Active in St. Thomas Church, in Underhill Center, as well as the Knights of Columbus #7810.
- ▶ Serves on the Audit Committee for the Essex-Jericho-Underhill Ecumenical Ministry Food Shelve.
- ▶ Owner of the WJLawrenceConsulting, LLC.

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## COMMUNITY COLUMNS

## One of Those Days

By Sue Kusserow

Special to the Mountain Gazette

Rainy, misty, humid, somewhat claustrophobic... one of nature's strait jackets to keep you in place. I wake early, but take one of the few advantages of old age: I don't immediately get up; my dog lifts her head, decides there is no need for her to jump out of bed (an interesting expression, not practiced by many, even at a younger age). So, she puts her head down, grunts audibly and goes back to sleep.

I mentally review my day, which, without a view of the scratches on my calendar, is a haphazard undertaking, interspersed with snatches of light sleep. There is a delightful word for that: hypnagogic... "leading to sleep"... that light, dreamy, unconcerned state, when the world does not call too loudly. I do figure out that I have the whole morning "off," which means free of definite, listed and written appointments. But my puritanical roush push me out at 8:00 AM. I am still a slave to my early upbringing. *Work for the Night is Coming* is a dour Calvin-inspired hymn that my mother, remembering her days on a South Dakota farm, used to tease me out of bed. I don't make the bed; I don't even pull the coverlet back over the cuddly flannel-lined nest I had until just a minute ago. It is a minutely-satisfying form of rebellion. I consider going back to bed for just a few minutes, but I can hear my mother singing... and she had an awful voice! The lure of a hot cup of coffee is driving me down the hall. I trip over the clothes I dropped in one place, too tired to politely sort them. I wonder why we bother to hang up clothes in such precise primness. As it is, I could just step into my jeans; they're so perfectly aligned. Could I redefine neatness as a time-saver?

I stop at the bathroom, looking at my bangs standing straight up, after a night of sleeping on my face. I don't look like me; I look

like an old lady with puffy eyes and genuine wrinkles and a pimple right on the tip of my nose. I stick my tongue out at this person, and move on.

The small coffee pot bubbles away and the dogs gather beneath the aromas from the toaster and plead, beg, half-dying from hunger. They are both yellow labs: fat, happy beasts, who have used up most of their bag of tricks to illustrate how close they are to imminent starvation. I step into my well-aligned jeans, listen to the beeping phone which tells me that I missed a dentist appointment yesterday, and would I please submit a check, the penalty imposed for wasting his time. My coffee is hot; the dogs had a nibble (well, actually a half of my piece of toast), and now I'm giving myself permission to write. The dishes in the sink are reproachfully wallowing in coffee grounds and cold water. I add a few plates, just to be mean. They are almost verbal in their puritanical protestation about hard work, standards of cleanliness, solidarity against going AWOL, social roles stretched into the vaster commandments of morality. I do sneak a few marks on the crossword puzzle, hoping that I can excuse my neglect of the dishes. After all, I can count that as mental push-ups, certainly acceptable as a worthy excuse.

I have been writing for awhile now, wondering whether I should drop such a mundane topic as "My Day" and switch to something more erudite. Maybe next time! My coffee is now cold, the writing pen is wearing out, and the dogs have introduced realism by scratching at the door to go out, in a sudden state of urinary retention. So it has been one of those days... or half days... or an hour... when I can stage my personal mini-rebellion against the solid citizenry of the world who have gone before me, bearing brooms, shovels, kitty litter and huge bags of salmon-infused dog food. So, this afternoon I will return to being a normal, reasonably-fettered person of the real world.

And next week will be a tome on philosophy!

## Tease-proofing your child

By Lewis First, MD  
Chief of Pediatrics at UVM

I don't poke fun at parents who ask me what to do when their child is being teased. So be gentle and considerate as I provide information on this topic and some suggestions worth keeping in mind.

Teasing and making fun of a child is never okay. And yet kids will experience teasing, find it difficult to handle, and not know how to respond. So step one in helping your child deal with this issue is to create a supportive environment where your child can comfortably tell you that they are being teased, where you can listen calmly, and then can tell your child you understand their feelings and then can help them deal with this problem.

What might you suggest?

The goal to tease-proofing your child is to give them skills to be able to handle teasing. Once they gain the ability to feel good about themselves and handle being teased, the teasers will start looking for someone else to bother.

For example, you might try teaching your child to use a confident voice to tell the child doing the teasing to stop. A way to do this is to point out what your child does well each day, which will help improve their sense of self-worth and self-confidence so they gain that confidence in their voice.

Another approach to teach your child is to try calmly ignoring or walking away from the teaser. It is important to teach your child to not react, since reacting to the teasing just encourages the teasers to do it again. You might encourage your child to be accompanied by a friend when coming in range of a teaser, since there is support in numbers to prevent the teasing from occurring.

Role playing with your child to practice these responses can make them more comfortable. Most importantly, you need to

stress that your child should not tease back, fight back, or say something hurtful in return, which can only make matters worse. It is worth seeing whether or not your child's school has a program to reduce teasing and bullying – and to potentially help your child.

And finally, parents, be good role models and don't make fun of your children in hurtful ways or tease them about things where you know they will be overly sensitive.

Hopefully tips like these will not be made fun of when it comes to helping your child overcome teasing.

Mountain High  
Pizza Pie

Monday - Thursday

11:00 AM - 8:30 PM

Friday

11:00 AM - 9:00 PM

Saturday

11:00 AM - 8:30 PM

Sunday

4:00 - 8:00 PM

899-3718

Route 15, Jeri-Hill Plaza  
Jericho

## COLLEGE NEWS AND NOTES

**Bryce Bernardine** of Jericho, VT will attend Wilkes University, Wilkes-Barre, PA, in September 2016 as a member of the class of 2020.

**Erik Hurley** of Jericho, VT received a bachelor of science in Chemical Engineering from the University of Rhode Island, Kingston, RI at commencement ceremonies held Saturday-Sunday, May 21-22, 2016.

Free forest ecology workshop  
for family forest owners

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Presenters include Dave Birdsall, Northeast Woodland Training woods educator; David Brynn, Vermont Family Forests executive director; Mark Isselhardt, University of Vermont (UVM) Extension maple specialist; John McNerney, a family forest owner from Monkton; Lisa Sausville, Vermont Coverts executive director; and Kristen Underwood, a hydrogeologist with South Mountain Research and Hydrology in Bristol.

The event is sponsored by Vermont Family Forests in collaboration with UVM Extension, Vermont Family Forests Foundation, Cornell University Cooperative Extension and Northeast Woodland Training in Middletown Springs.

**Skylor Widschwentner** of Waterbury, VT, a member of the class of 2017 majoring in English at Colby-Sawyer College, New London, NH, completed the college's internship requirement this summer at Helen Day Art Center in Stowe, VT.

Storytelling for Social Change  
workshop at VT Folklife Center

The Vermont Folklife Center is hosting a daylong workshop, *Storytelling for Social Change*, on Friday, September 9, 10:00 AM – 4:00 PM, led by Director of Education Kathleen Haughey.

Storytelling, oral history, and ethnography can be powerful tools for the documentation of voices, memories, and histories. They can also be catalysts for activism and social change. In this workshop we will explore the ethics and techniques of oral history, ethnography, and storytelling as activist research methodologies.

Attendees will be introduced to these three merging methodologies through a combination of short media pieces and discussions, and will learn the basics of corresponding skills such as interviewing, story circle facilitation, and ethnographic observation. We will also cover the technical aspects of storytelling for social change, providing an introduction to minimal resource audio recording tools.

In addition to developing attendees' collaborative research abilities, this workshop seeks to expand attendees listening skills – and by extension, interviewing skills – while also encouraging attendees to consider the challenges, possibilities, and ethics of representation. The workshop will conclude with a discussion of project ideas.

Kathleen Haughey is the VT Folklife Center's Director of Education. She has a diverse background in education, ethnomusicology, collaborative ethnography, and public humanities administration. As a PhD student in Ethnomusicology at Brown University, Kathleen co-led an audio and video documentary project with Mbyá-Guarani musicians in southern Brazil. Kathleen also has years of experience as an educator, having taught in both K-12 and higher education settings.

The tuition for this workshop is \$95, and the registration deadline is Thursday, September 8. To register, call 802-388-4964. This workshop will be held at the Vermont Folklife Center's headquarters building, 88 Main St., Middlebury.

## LIBRARIES

DEBORAH RAWSON MEMORIAL LIBRARY  
UNDERHILL

Book Sale! The barn is clean and we are ready to start collecting books for our annual book sale. We will be accepting donations on Saturdays, September 3, 10, and 17 from 10:00 AM – 12:00 PM at the big red barn next to Mills River Park. Please, no: textbooks, magazines, encyclopedias, computer manuals, Reader's Digest Condensed Books, religious books, travel books more than four years old, video or cassette tapes. Limit three boxes per family. We also need volunteers to help with our sale during Harvest Market. Look for sign up sheets at the barn on donation days and at the library, or call the library 899-4962.

Tai Chi for Health and Wellness (for those 50+) offered by the Champlain Valley Agency on Aging (CVAA) Once again, CVAA Tai Chi will be held at DRML on Tuesday and Thursday mornings, from 9:00 – 10:00 AM starting on Tuesday, September 13. Tai Chi is recommended by the Centers for Disease Control and Injury Prevention (CDC) so you can stretch and bend without injury, pain, or fear of falling. It has been proven to reduce arthritic pain, while increasing both lower and upper body strength and improving balance and agility. CDC reports this program reduces falls by 55% and recurrent falls by 70%. Additional research shows Tai Chi can help reduce symptoms for people with Parkinson's, fibromyalgia, diabetes, hypertension, lower back pain, and depression. Take a step toward maintaining your safety, health and independence. Classes are offered at no charge to adults 50+, but you must register. Call Karen at CVAA, 1-800-642-5119 ext.1019 or email [rachael@cvaa.org](mailto:rachael@cvaa.org) or [taichi@cvaa.org](mailto:taichi@cvaa.org) to register. Classes are led by certified instructors.

Seated Tai Chi, CVAA's "Seated Tai Chi for Health & Balance," is being offered again (for those 50+) at DRML on Tuesday and Thursday mornings from 10:00 – 11:00 AM starting on Tuesday, September 13. The class is a starter level course for older adults interested in improving or maintaining strength, balance, agility,

and flexibility while increasing pain-free range of motion for persons with inflammatory joint conditions. This seated form is also beneficial for people with chronic conditions such as Lupus, Parkinson's, MS, and Fibromyalgia. The combined slow, continuous movement, deep breathing techniques, positive visualization, and mindfulness exercises reduce stress and help maintain an overall sense of well-being. Classes are free, but you must register for the class. To register, call Karen Hatn at CVAA at 1-800-642-5119 ext. 1019, or email [taichi@cvaa.org](mailto:taichi@cvaa.org). Open to anyone age 50+. There is no charge for classes, but donations to sustain the program are most welcome and can be mailed directly to CVAA, 76 Pearl St, Suite 201, Essex Junction, VT 05452.

Deborah Rawson Book Lovers (DRBL) – Tuesday, September 13 at 7:00 PM. DRBL is an adult book discussion group that meets monthly at the library. This month's selection is Crank by Ellen Hopkins. New members are always welcome to drop in on any meeting, which is always the second Tuesday of the month at 7:00 PM. For more information, contact [Christine@cstaffa.com](mailto:Christine@cstaffa.com).

Libraries continued on page 6

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## The Mountain Gazette

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Deadline: September 8, Publication: September 15

Brenda Boutin publisher/ad sales /delivery

News writer - Phyl Newbeck, Editing - Sara Riley

Letters Policy:

Maximum 450 words; one letter per writer, per calendar month.

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

Send your news to

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## Area Worship Services

## JERICHO CONGREGATIONAL CHURCH

"An Historic Church Proclaiming an Eternal Message"

On the Green in Jericho Center, VT

Senior Pastor David Coons and Youth Pastor Glenn Carter

Summer schedule of Sunday services at 8 am &amp; 10 am

(June 19th through September 4th)

Nursery care provided

Fellowship at 9:30 am

Youth group 6:15 pm Sundays in Sunday school building

Signing for the deaf upon request

899-4911; [officejcc@comcast.net](mailto:officejcc@comcast.net); [www.jccvt.org](http://www.jccvt.org)MOUNT MANSFIELD UNITARIAN  
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A Liberal Spiritual Community 195 VT RT 15, Jericho, VT 05465

Phone: 899-2558 [website www.mnuuf.org](http://www.mnuuf.org)

We gather at 9:30 AM at the newly renovated space at 195 VT RT 15,

Jericho (red barn across from Packard Road)

All are welcome.

## ST. THOMAS ROMAN CATHOLIC CHURCH

"Worshipping God in Spirit and in Truth in the Holy Sacrifice of the Mass"

On Green Street in Underhill Center Weekend Masses:

Saturday 4:30 PM Sunday 8:30 AM

Pastor: Rev. Charles "Rick" Danielson

Deacon: Peter Brooks Religious Ed. Coordinator: Laura Lynch Wells,

899-4770 Parish Secretary: Theresa Gingras Phone: 802-899-4632,

email: [stthomas5@myfairpoint.net](mailto:stthomas5@myfairpoint.net), Website: [www.stthomasvt.com](http://www.stthomasvt.com)

## UNITED CHURCH OF UNDERHILL

"Welcoming, Worshipping, Working for God"

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[www.unitedchurchofunderhill.com](http://www.unitedchurchofunderhill.com)

Worship and Sunday School 10:30 AM

Local and Global Mission and Service Outreach Opportunities

for families, men, women and youth Streaming audio sermons:

[www.becauseyoumay.com](http://www.becauseyoumay.com)

HEALTH INFORMATION

**Help prepare the blood supply this National Preparedness Month**

During National Preparedness Month in September, the American Red Cross encourages eligible donors to give blood to help ensure a readily available blood supply for emergencies.

Whether blood is needed for a chronic condition such as sickle cell disease, a routine surgery, a traumatic accident, or a large-scale emergency, it's the blood already on the shelves that helps save lives. Donors of all blood types are needed.

Donations decline around summer holidays like Labor Day.

To thank those who come out to give Sept. 2-6, the Red Cross is providing a branded duffel bag, while supplies last.

To make an appointment to give blood, download the Red Cross Blood Donor App ([www.redcrossblood.org/bloodapp](http://www.redcrossblood.org/bloodapp)), visit [www.redcrossblood.org](http://www.redcrossblood.org), or call 1-800-RED CROSS (1-800-733-2767). Donors are encouraged to make appointments and complete the RapidPass online health history questionnaire at [www.redcrossblood.org/rapidpass](http://www.redcrossblood.org/rapidpass) to help reduce wait times.

Here are some upcoming blood donation opportunities in our area:

- Thursday, September 1, 12:00 – 5:00 PM, The Rock of Greater Burlington, 73 Thompson St., S. Burlington
- Friday, September 2, 9:30 AM – 2:30 PM, Temple Sinai S. Burlington, Swift and Dorset Sts., S. Burlington
- Friday, September 2, 10:00 AM – 3:00 PM, Stowe Area Assoc., 51 Main St., Stowe
- Sunday, September 4, 10:00 AM – 4:00 PM, Copley Country Club, 377 Copley Country Club Rd., Morrisville
- Thursday, September 8, 1:00 – 7:00 PM, UVM Patrick Gym, 97 Spear St., Burlington
- Thursday, September 8, 12:30 – 6:00 PM, St. Jude's Parish Hall, VT Rt. 116, Hinesburg
- Friday, September 9, 11:00 AM – 4:00 PM, Keller Williams, 302 Mountain View, Suite 300, Colchester
- Saturday, September 10, 11:00 AM – 4:00 PM, Essex Cinema, 21 Essex Way, Essex
- Saturday, September 10, 10:30 AM – 4:00 PM, University Mall, 155 Dorset St., S. Burlington
- Tuesday, September 13, 1:00 – 7:00 PM, UVM Waterman Building, S. Prospect St., Burlington

**Champlain Valley Prostate Cancer Support Group**

Prostate cancer newly diagnosed? Or recurrence? Talk with

prostate cancer survivors. It is one of the more survivable cancers. The group meets from 6:00 – 8:00 PM on the second Tuesday of each month, this month on September 13, at Hope Lodge, 237 East Ave., Burlington.

At the September meeting Dr. Peter Holoch, a urologist at UVM who specializes in prosthetics for erectile dysfunction and stress urinary incontinence in men post-prostate surgery, will review current practices. You are welcome to join us.

For more information, contact Mary L. Guyette RN, MS, ACNS-BC, at 802-274-4990.

**5K Run for the Heart kicks off Rocktoberfest**

Registration is open for Copley Hospital's 5K Run for the Heart. This annual run/walk on Saturday, October 1 kicks off Morrisville's annual Rocktoberfest Street Festival Celebration. Online registration is available at [www.copleyvt.org/runfortheheart](http://www.copleyvt.org/runfortheheart).

The 5K run/walk starts at the Oxbow Park and utilizes the Lamoille Valley Rail Trail. Runners/walkers of the 5K will be issued chipped bibs providing an accurate timed race. Immediately following the 5K kick off, members of Copley's Respiratory team will lead participants of the one-mile health walk around the Oxbow park path.

The goal of this family-friendly event is to promote healthy decisions, specifically focusing on a healthy heart. Why?

- In Lamoille County, heart disease is one of the top leading causes of death for ages 25+
- Heart disease is one of the top causes for inpatient hospitalizations, and is a prevalent chronic condition
- Heart disease is preventable and can be avoided with healthy lifestyle choices
- Almost all of us have been touched by someone with heart disease

All proceeds benefit Copley Hospital's heart health programs including cardiology, cardiac rehabilitation, and wellness programs.

Event day registration for walk-ins and those who pre-registered opens at 9:00 AM. Presenting sponsor Community National Bank will be serving up coffee, cider, and muffins. In addition to Community National's support, Kinney Drugs Foundation is also a leading sponsor. Following the race, participants are encouraged to participate in the many festivities that Rocktoberfest offers.

Form a team, join a team, or run/walk in honor of a loved one. Advance 5K registration for adults and students is \$25 and one-mile health walk \$10 (both include t-shirt). Kids 6 and under are free; t-shirt not included. You also have the choice of a "Virtual Race Kit" where you can race on your own time and in the location of your choice and still receive a t-shirt and a Copley Champion Certificate. Race day registration fees are slightly higher.

For more information or to register for Copley's Run for the Heart visit [www.copleyvt.org/runfortheheart](http://www.copleyvt.org/runfortheheart).

Copley Hospital is greater Lamoille County's non-profit community hospital and one of the area's largest employers. Visit [www.copleyvt.org](http://www.copleyvt.org) or call 802-888-8888 for more information.

**Health workshops sponsored by Northwestern Medical Center**

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

**Fit Moms**, Wednesdays, 7:00 – 8:00 PM. Get in shape for a strong birthing experience. Join other moms as we prepare our bodies for labor. Please consult a physician before beginning this exercise program. Stephanie Preedom, AFAA. NMC Wellness & Fitness Room. Pre-registration required; contact Stephanie, 802-288-1141 or [stephanie.preedom@gmail.com](mailto:stephanie.preedom@gmail.com) to register or for more information. Free to Northwestern OB/GYN patients.

**Healthy Weight Support Group**, every Monday, 12:00 – 12:30 PM. This weekly support group for those working on weight management combines behavioral and nutritional strategies to increase physical activity and decrease calorie intake. It will provide you with techniques to help you manage your eating behaviors. Come 15 minutes early for a weight check. Northwestern Medical Center, Grand Isle Room. Speakers Kay Tran, Registered Dietitian, MS, CDE, and Leslie Gardzina, Registered Dietitian, Northwestern Medical Center. Free. No registration required, just drop in to attend.

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

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

**Chronic Disease Support Group Workshops**, held at various locations and dates. Are you or someone you know living with a chronic health condition? Then this workshop is for you! Learn to feel better by learning how to deal with frustration, fatigue, and pain, manage symptoms and medications, and improve strength and flexibility. Each session is 2½ hours once a week, for six weeks. Pre-registration required; contact Deb Robertson, 524-1031 or [drobotson@nmcinc.org](mailto:drobotson@nmcinc.org). Free.

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

**Baby Bumps Support Group for Mothers and Pregnant Women** – Pregnancy can be a wonderful time of your life. But it can also be a time of stress that is often compounded by hormonal swings. If you are a pregnant woman, or have recently given birth and feel you need some help with managing the emotional bumps

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PETER SHAW, EDEN MILLS

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

Peter Shaw injured his finger while rebounding a basketball. His misfortune brought him to hand specialist Dr. Joseph McLaughlin where he "felt instantly comfortable." Dr. McLaughlin discussed treatment options and Peter decided to have the surgical procedure. Today, Peter is almost at 100% with hand strength and flexibility.

"I'm a very active person. I coach girls varsity lacrosse, so reaching my 100% was critical. Thanks to Doctor Joe, I am back to doing the things I enjoy the most."



Peter Shaw has regained hand strength and flexibility with help from Mansfield Orthopaedics.

Our orthopaedic specialists: Nicholas Antell, MD; Brian Aros, MD; Bryan Huber, MD; John Macy, MD; Joseph McLaughlin, MD; and Saul Trevino, MD

To make an appointment with a Mansfield Orthopaedic Specialist at Copley Hospital, call **802.888.8405**



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EXCEPTIONAL CARE. COMMUNITY FOCUSED.

**Volunteer – give the gift of time**

By Sue Alenick

**United Way Volunteer Columnist**  
United Way of Northwest Vermont's mobile-friendly Volunteer Connection search platform connects you to hundreds of volunteer needs with local nonprofits. Search by age, date, county, or interest; find nonprofits by causes that are important to you. Now volunteers have even more ways to stay connected to community needs. Go to [www.unitedwaynwvt.galaxydigital.com](http://www.unitedwaynwvt.galaxydigital.com) or contact us at [volctr@unitedwaynwvt.org](mailto:volctr@unitedwaynwvt.org) or 860-1677.

**OPEN STREETS** – Burlington Parks & Recreation will host Open Streets BTW where residents are invited to bike, stroll, skate, and celebrate Burlington's streets. Volunteers are needed to make this event happen by watching over closed intersections, redirecting vehicle traffic, and providing information to participants. Two shifts on Sunday, September 11. Sign up at <http://signup.com/go/jJBvW9> or contact Rowan Cignoni, 557-7077 or [rowan.bprw@gmail.com](mailto:rowan.bprw@gmail.com).

**ON THE BOARD** – The Alliance Française of the Lake Champlain Region needs a new Treasurer. You don't have to speak French! Candidates should have finance and budgeting background and tasks include writing/depositing checks, providing financial reports at board meetings, inputting invoices into a QuickBooks accounting system, etc. Training provided. About five to seven hours a month with a one- to two-year commitment. Contact Sandrine, 735-1122 or [Sandrine@after.org](mailto:Sandrine@after.org).

**HOSPICE IN ST. ALBANS** – Franklin County Home Health will begin Hospice Volunteer training on Thursday, September 8. Hospice volunteers help provide care to people at the end of life by providing respite for family members and companionship for patients. The 10-hour training is

Volunteer continued on page 5

NMC continued on page 5

## INVITATION TO BID

The Jericho Underhill Park District is seeking bids for the snow plowing of park property for a contract period of one year. Each bid must include at least three references with contact information. Please visit our website at [www.millsriversidepark.org](http://www.millsriversidepark.org) for bid information.

All bids shall be sealed and clearly marked "PARK SNOW PLOW BID", and are due by 4:00 PM on Monday September 19, 2016. Bids should be sent to the Jericho Underhill Park District at P.O. Box 164 Underhill, VT. 05465



## Volunteers continued from page 4

required and begins September 8 at 5:30 PM (there is a \$45 fee for the training). To register contact Nancy Dulude, 393-6721 or [info@fchha.org](mailto:info@fchha.org).

**FOOD TRUCK** – Chittenden Emergency Food Shelf is looking for volunteers to help prepare meals to be served at the Community Truck and to help serve and clean up at stops in Milton on Wednesdays from 4:00 – 7:00 PM, or in S. Burlington on Thursdays from 11:00 AM – 2:00 PM. Contact Anna McMahon, 658-7939 or [amcmahon@cvoeo.org](mailto:amcmahon@cvoeo.org).

**A DRIVING NEED** – United Way of Northwest Vermont needs volunteer drivers to use their personal vehicles to transport seniors and persons with disabilities to life-sustaining and enriching activities. Drivers from Milton, Colchester, and Jericho are most needed. A safe vehicle, valid driver's license, registration, and insurance are needed, and a background check is required. Flexible scheduling. Contact Leah Soderquist, 861-7833 or [leah@unitedwaynwvt.org](mailto:leah@unitedwaynwvt.org).

**SPREAD THE WORD** – Help the Laura Kate Winterbottom Memorial Fund end sexual assault by promoting Laura's March to End Sexual Assault on Saturday, September 10. Volunteers can put up posters on campuses, downtown Burlington, libraries, coffee shops, etc. Contact JoAnn Winterbottom, 914-234-9759 or [jjpw22@gmail.com](mailto:jjpw22@gmail.com).

**ENTERTAINERS NEEDED** – Two local groups are looking for talented performers to entertain groups of seniors: VNA Adult Day Program invites singers, dancers, instrumentalists, etc. to help entertain groups of 15-20 seniors. Background check required. Contact Donna LaFromboise-Perretta, 860-4458 or [lafromboiseperretta@vnares.org](mailto:lafromboiseperretta@vnares.org). Cathedral Square Corporation is seeking volunteers to play the piano, sing, share a craft, and more at numerous locations in Chittenden and Franklin Counties. Contact Beth Alpert, 859-8819 or [alperts@cathedralsquare.org](mailto:alperts@cathedralsquare.org).

## NMC continued from page 4

in the road that can come with motherhood, please come to this free support group lead by an experienced pediatric registered nurse. This group is for both pregnant women and mothers. Second and fourth Tuesdays of the month from 5:30 – 6:30 PM, Birthing Center, Northwestern Medical Center, St. Albans. For more information, contact Rhonda Desrochers at Franklin County Home Health Agency, 802-527-7531. This program is presented jointly by Franklin County Home Health Agency, Northwest Counseling and Support Services, Northwestern Medical Center, and the VT Department of Health.

**Shadows Of The Moon Autism Support Group** – for 1:1 phone support, please call Cheryl, 802-868-3658, or Laura, 802-849-2817.

**Alzheimer's Support group** – This group for those with Alzheimer's and caregivers, family members, and friends meets the last Tuesday of each month at NMC in the Green Mountain Room from 6:00 – 7:00 PM. For information, contact Amanda Wilson, 527-7531.

**Free monthly events for pregnant and nursing moms:**  
**Breastfeeding Moms Group**, first Wednesday of each month, 10:30 AM – 12:00 PM. Meet once a month for snacks, crafting activities, making baby blankets, and get information from the experts. Call 393-6591 for location and to register.  
**Breastfeeding and Infant Massage Group**, second Wednesday of each month, 9:30 – 11:15 AM, Alburgh Library. Join other moms and babies to learn how to massage your baby and discover more about breastfeeding and parenting. No registration necessary.  
**Latch On! Discussion Group**, third Saturday of each month, 10:00 AM – 12:00 PM, Family Birth Center, Northwestern Medical Center. Learn about breastfeeding and share your stories. Enjoy light refreshments and connect with other Moms. No registration necessary.

**Foot Clinics** – Regular care of your feet can prevent problems. If you are an elderly and/or disabled person who is unable to do your own foot care, please consider attending a Foot Clinic.

## OBITUARY



**Stanley O. Gokey, Jr.**, 70, of West Bolton, VT. Stan passed away at home in the late afternoon of Saturday, August 13, 2016. It was a rainy but warm summer afternoon with the peaceful sound of the Mill Brook coming through the windows. His fight against lung cancer was finally over as he took his last breath knowing he was surrounded by his family. He was the son of Stanley and Elizabeth (Murray) Gokey (both deceased) and born February 12, 1946 in Colchester, VT. He is survived by his wife Selma; and by three children: his daughter Jennifer Ryan her husband Patrick and their children Patrick, Megan, and Timmy, his son Jeffrey Gokey and partner Theresa Child and his two children Jacob and Bailey, and his daughter Danielle DeLong and her partner Patrick DiLello and her two children Samantha and Abbi. He is also survived by three great-grandchildren: Morgan, Bralynn, and Jacob; and also Selma's two sons: Steven Drew and wife Janice and their children David and Lydia of Gorham, ME, and Adam Drew and fiancée Christina Miles of Angier, NC. He also leaves his loving siblings Gary and partner Dan Grant of Crescent City, FL, Duane and wife Susan of Milton, VT, David and wife Shawna of Starksboro, VT, and Brian and partner Jenny of Fremont, CA; brother-in-law Robert Marshall of Palm Coast, FL, brother-in-law and sister-in-law Reg and Marge Carpenter of Jeffersonville, VT, sister-in-law Eleanor Carpenter of Charlotte, VT; aunts, uncles, nieces, and nephews. He also leaves the most wonderful, caring, and loving small community of West Bolton... so many friends and neighbors that will always remain in our hearts. He was predeceased by his parents and by his sister, Dolores Marshall. Stan graduated from Essex Junction High School, Essex Junction, VT in 1965, entered the U.S. Navy and served aboard the USS St. Paul in Viet Nam and was also a member of the Vermont Air National Guard. He was employed by Burlington Electric Department and as a "retirement" job drove school bus for Mountain Transit. Stan was a typical Vermonter – loving the land, being in the woods, hunting, fishing, loving his family, and just rocking on the front porch. One of his favorite traditions was spending every deer season with his brothers and son-in-law at deer camp. Not many deer were ever shot but there were plenty of good memories made and stories told. A memorial service was held on Monday, August 22, 2016 at the Catalyst Church, Raceway Rd., Jericho, VT. A graveside service will take place at the Vermont Veterans Memorial Cemetery in Randolph, VT at a later date. In lieu of flowers, please consider expressions of remembrance be sent to the VNA Hospice, 110 Prim Rd., Colchester, VT 05446 in Stan's name.

**Doris C. Raymond**, 88 passed away on Thursday, August 18, 2016 at her home in Cambridge, VT. Per the wishes of Doris no visiting hours will be held. A Mass of Christian Burial was celebrated on Tuesday, August 23, 2016 at St. Mary's Catholic Church in Cambridge, with Reverend Christopher Micale officiating. Burial followed in the family lot in St. Luke Cemetery, Fairfax, VT. The family invites you to share your memories and condolences by visiting [www.awrfh.com](http://www.awrfh.com).

Franklin County Home Health Agency offers monthly Foot Clinics throughout the year in St. Albans, Swanton, Franklin, East Fairfield, and Enosburg. To schedule an appointment, please call our office at 802-527-7531. The cost for Foot Care Clinics is \$20.

**Start the Conversation – End of Life Planning.** We plan for all life's milestones – marriage, birth, retirement. But few of us have plans in place for our end of life. Planning for end-of-life starts with understanding your care options, including hospice and palliative care options. An advance directive can provide this information for your family and physician. Start this conversation with your family before you are in a health crisis. Information and materials to help facilitate your conversation are available on a new website for the Start the Conversation statewide initiative, [www.starttheconversationvt.org](http://www.starttheconversationvt.org). You can also call Franklin County Home Health Agency to learn more about your hospice and palliative care options, 802-527-7531, or visit our website [www.fchha.org](http://www.fchha.org).

**Stronger U Workshops**, Mondays and Wednesdays, September 12-November 16, 9:00 – 10:00 AM, Northwestern Medical Center Conference Center, St. Albans. This strength building exercise program helps aging women battle the losses in strength and bone mass, which occur naturally as one ages. Other positive effects include increasing muscle tone, generating greater postural support, and helping to increase metabolism. A physician authorization is required. Pre-registration required; contact Faith, 524-1217 or [fdubois@nmcinc.org](mailto:fdubois@nmcinc.org) for more information. Fee: \$99 for 10-week session.

**Gentle Yoga for Seniors**, Tuesdays, September 13-November 15, 9:00 – 10:00 AM, Northwestern Medical Center Conference Center, St. Albans. A safe and slower-moving class designed for seniors and people of all ages with physical challenges or those who might be recovering from an injury. We work gently to increase range of motion in shoulders, back, hips, and legs, and to develop better balance, core awareness, and breath awareness. Each class

## JUST MARRIED



*Eileen Kara Bergeron, the youngest of Jericho, VT residents Kathy and Bob Bergeron's family, was married to Griffin Burnett on Sunday, July 3, 2016. They had an outdoor ceremony and the reception was held at The State Room in Albany, NY. The couple met while attending SUNY Plattsburgh (NY). Kara is now a teacher at KIPP Academy Elementary School in the South Bronx, NY. Griffin is a Regional Manager for Wells Fargo in Westchester, NY.*

PHOTO CONTRIBUTED

## WELCOME HOME

## CAMBRIDGE

**(Amadon, Niles)** Katie Amadon and Robert Niles had a daughter, Willa Debbie Niles, on Tuesday, June 14, 2016 at Copley Hospital, Morrisville, VT.

## WESTFORD

**(Elliot)** Kristen (Kimball) and George Elliot had a daughter, Isabella Elliot, on Tuesday, June 14, 2016 at the University of Vermont Medical Center, Burlington, VT.

## Recommended by the editor

Check out this audio program about the Vermont accent – very interesting!

<http://digital.vpr.net/post/cow-or-ke-ow-past-present-and-future-vermont-accent#stream/0>

has time at the end for quieting the mind to reduce anxiety and stress and provide relaxation and renewal. Chair modifications will be made for those who are not comfortable getting on and off the floor. A physical authorization is required. Pre-registration required; contact Faith, 524-1217 or [fdubois@nmcinc.org](mailto:fdubois@nmcinc.org) for more information. Fee: \$50 for 10-week session.

**Tai Chi Classes**, Mondays, September 12-November 14, 5:00 – 6:00 PM, Northwestern Medical Center Conference Center, St. Albans. Tai Chi is a form of gentle, guided movement that is sometimes referred to as "meditation in motion" and can aid in reducing stress and anxiety. It has also been found to improve balance and promote a sense of well-being. This 10-week program is open to all ages. A physical authorization is required. Pre-registration required; contact Faith, 524-1217 or [fdubois@nmcinc.org](mailto:fdubois@nmcinc.org) for more information. Fee: \$80 for 10-week session.

**Breastfeeding and You** – the VT Dept. of Health's FREE breastfeeding prep class for new moms, family members, and moms-to-be will be held Thursday, September 22, 6:00 – 7:30 PM at Northwestern Medical Center, Family Birth Center, St. Albans. Personalize your breastfeeding plan, line up your support, go over the basics, ask questions, and get real-life answers. You can do it, WIC can help!

**Saturday Childbirth Education Workshop**, Saturday, September 10, 8:30 AM – 4:30 PM, Franklin County Home Health Agency, 3 Home Health Circle, St. Albans. Join other expectant parents in a day-long Saturday workshop to prepare for the birth and care of your baby. You will learn about labor, birth, medications in labor, and relaxation and breathing techniques. You can also enroll in an optional breastfeeding class held on the Monday evening following your workshop. Pre-registration required; call 527-7531 or visit [www.fchha.org](http://www.fchha.org) for registration form. Fee: \$90.



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 or call Brenda  
 at (802) 453-6354  
 for more information.



## Libraries continued from page 3

## For Children and Families

StoryHour – Beth London, formerly of Poker Hill School, will be offering song and story hour on Friday mornings in September and October. Beth will bring a favorite story and follow that with songs for singing and dancing accompanied by her guitar, ukulele, and other instruments. Children of all ages are welcome to join her at 11:00 AM. No registration needed.

Crazy 8's Math Club - Thursdays, September 1, 8, 15, and 29, October 6, 13, and 20, 3:00 – 4:00 PM. For grades 3-5. Crazy 8's is a recreational after-school math club that helps kids enjoy the math behind their favorite activities. It's math gone wild, nothing like your usual math club! Kids build glow-in-the-dark structures, crack secret spy codes, and play games like Toilet Paper Olympics. This is an eight-week program. Please call 899-4962 for more information.

Please note: Our Sunday hours will start Sunday, September 11. We will be open from 1:00 – 4:00 PM.

The library will be closed the weekend of Harvest Market, Saturday-Sunday, September

24-25.

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

**JERICHO TOWN LIBRARY**

## Community Programs and Events

Tai Chi for all ages and all levels: Wednesdays, 10:00 – 11:00 AM. Join instructor Shaina Levee on the Jericho Center Green to learn and practice Tai Chi, a powerful healing art, moving meditation, and martial art all in one. This series is open to all ages and all levels. Wear loose, comfortable clothes. Free and open to the public. Rain location is the Jericho Community Center.

Soul Collage: Monday, September 19, 6:00 – 8:00 PM. Fall SoulCollage® Gathering To Exploring Inner Spaces with Beth Hopwood, a certified SoulCollage® Facilitator. Learn to make a personal deck of cards that speak from your soul and tell your personal story. This creative process opens doorways to your inner wisdom,

giving visual and poetic expression to the unique tapestry of your life, while it slowly illuminates energetic patterns of one's personal mythology. This process is easy and fun (no experience necessary).

Youth Programming  
Dungeons & Dragons:  
Wednesdays, 4:30 – 6:30 PM. Players ages 10 and up. No experience necessary but a commitment to the group is needed in order to follow the ongoing story line.

All library programs are free and open to the public.

News from the JTL Board of Directors

The next meeting of the Board of Directors will be Monday, September 12 at 7:15 PM. Everyone is welcome to attend.

For more information on programs and library services, please visit our website at [www.jerichotownlibraryvt.org](http://www.jerichotownlibraryvt.org) or give us a call at 899-4686.

**VARNUM MEMORIAL LIBRARY,****JEFFERSONVILLE**

Story Hour and Crafts with LN, every Thursday, 10:00 – 11:00 AM. Come hear stories from a gifted and talented storyteller, and she does a craft with kids!

Weekly Crafting Circle, Mondays, 5:00 – 7:00 PM. Come and enjoy fiber and fabric with craft novices, as well as folks who have enjoyed handwork arts for their lifetimes! Have a project you're already working on? Bring it in and share your expertise and enthusiasm.

The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville, 802-644-2117; [thevarnum@gmail.com](mailto:thevarnum@gmail.com). Please visit Varnum Library's website, <http://thevarnum.org>.

Hours: Mondays and Tuesdays 12:00 – 7:00 PM, Wednesdays 3:00 – 7:00 PM, Thursdays 9:00 AM – 7:00 PM, Fridays 2:00 – 5:00 PM, and Saturdays 10:00 AM – 3:00 PM. Closed Sundays.

**WESTFORD PUBLIC LIBRARY**

Early Literacy Storytime for birth to preschool age children is every Thursday, 11:00 AM. No registration needed. Several stories

around a theme, and a theme-based craft. All ages and levels of attention are encouraged to come. Don't worry if they fidget – they are still getting a lot out of it!

Playgroup every Monday, 9:30 AM!

Tai Chi 2, every Tuesday and Thursday, 9:00 – 9:45 AM.

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

**RICHMOND LIBRARY**

Knit Night, Wednesdays, 6:30 – 8:00 PM. Bring your knitting project and join other knitters in the Mezzanine Lounge. Don't knit? Then bring your tatting, crochet, embroidery, needlepoint, quilting, or whatever is keeping your hands busy!

Lego Club: Come join other Lego enthusiasts. We have lots of Legos to build with and our collection is growing thanks to donations from the community. Lego Club is appropriate for youth age 5-10. No registration is required, just come play on Wednesdays from 3:00 – 4:00 PM.

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

And, of course, browse [www.rfl.kohavt.org](http://www.rfl.kohavt.org) to discover new audiobooks, movies, and books for all ages! The catalog will also search downloadable ebook and audiobook titles from ListenUp Vermont.

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

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

**FAIRFAX COMMUNITY LIBRARY**

All events are free unless noted. Pre-registration encouraged. Call or email [libraryprograms@fwsu.org](mailto:libraryprograms@fwsu.org).

Saturday, September 3, 10:00 AM – 12:00 PM: Edible/Medicinal Plants Walk. Laurie DiCesare leads this walk around the rec trails across from the school to look at the native plants and discuss the botany, habitat, ecology (plant/animal and plant/insect interactions), edible/medicinal and useful aspects, Native American and Colonial uses, and a sprinkling of folklore. Meet at the parking lot of the rec park for a little show-and-tell preceding the walk. (Rain date: Sunday, September 4.) Cost: \$8; please register.

Tuesday, September 6, 6:00 – 8:00 PM: Family Game Night. Join us for this fun monthly tabletop game event! Bring a favorite game or come and learn a new one. Drop in. Ages 5+.

Thursday, September 8, 6:30 – 8:00 PM: Book Group shares what we read over the summer. Bring in copies of your favorites and tell everyone a little about them. We will also distribute our October pick: Water: A Natural History by Alice Outwater.

Saturday, September 10: 10:00 AM – 12:00 PM: Fall Leaf Pendant. Make a beautiful beaded pendant in this hands-on class led by local jeweler Elizabeth Finstad. Cost: \$10. Recommended ages 16+. Please register.

Tuesdays, 9:30 – 10:30 AM: Preschool Story Hour. September 13: Camping. September 20: Insects. September 27: Fall and Colors. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for story hour.

Wednesday, September 14, 3:00 – 4:00 PM: LEGO Club. Ages 6+ enjoy themed Lego play after school. Please register.

Saturday, September 17, 9:00 – 11:00 AM: Tech Help: intro to email and Facebook, plus Q&A. Come at 9:00 AM for small group learning about email and Facebook basics, and stay for individual tech questions from 10:00 – 11:00 AM. You can ask any tech question and/or bring in a device with which you need help. You will be ably assisted by our techie, Josiah.

Monday, September 19, 3:00 – 4:00 PM: Crafternoon: Fire Breathing Dragon. Kids 6+ will create this awesome interactive costume/toy out of cardboard and paper. Must register.

Thursday, September 22, 5:30 – 7:30 PM: Tea and Bristles Kids! This painting party is for children and youth ages 8+. These budding artists will create glow-in-the-dark paintings of flowers and fireflies. Led by Julie Griffiths of Blue Jay Creative Common. Cost: \$25 for materials and snacks. Must register.

Saturday, September 24: 10:00 – 11:30 AM: NEW! SciFi/Fantasy Book Group. Explore new worlds with this brand new book group. Coffee and snacks provided. Our first book pick will be Six of Crows by Leigh Barduro. Limited copies available at the library, additional digital copies available on ListenUp Vermont or purchase your own. We will also vote on a fun name for our group.

Monday, September 28, 3:00 – 4:00 PM: STEM club: Kids age 6+ will investigate jet propulsion using tethered balloons. Must pre-register.

The library is open Monday and Wednesday 8:30 AM – 5:30 PM, Tuesday and Thursday 8:30

AM – 8:00 PM, Friday 8:30 AM – 3:15 PM, Saturday 9:00 AM – 1:00 PM.

For up-to-date info about programs, visit our website: [www.fairfaxvlibrary.org](http://www.fairfaxvlibrary.org), where you can also find a link to the interactive Google calendar.

**DOROTHY ALLING MEMORIAL LIBRARY, WILLISTON**

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

Preschool Music: Mondays, 11:00 AM with Peter Alsen; and Thursdays, 10:30 AM with Marcie Hernandez. For children up to age 5 with a caregiver. No pre-registration. Limit: one session per week per family.

Summer Story Times: Tuesdays at 10:30 AM. All ages. No pre-registration.

## Programs for Adults

Venture Vermont Outdoor Challenge: All summer. Download a score sheet; record outdoor activities between April 1 and October 15, 2016 and receive your VIP gold coin – good for entry into Vermont State Parks for the rest of 2016, and for all of 2017! Details at <http://www.vtstateparks.com/html/venturevt.htm>.

Dorothy Alling Memorial Library, 21 Library Lane, Williston. 802-878-4918, [www.williston.lib.vt.us](http://www.williston.lib.vt.us).

**BROWNELL MEMORIAL LIBRARY, ESSEX JCT.**

Library Closed Saturdays until September 10.

Thursday, September 1, 3:30 – 4:30 PM: Making Crab Apple Sauce. We'll harvest crab apples from the tree behind the library, then cook and strain them into a batch of beautiful red applesauce. A warm and tasty treat! For kids in grades 1-5.

Fridays, September 2, 16, 30, 10:00 – 10:30 AM: All Ages Story Time. Come listen to picture book stories and have fun with puppet, finger plays, and rhymes. For ages birth-5.

Friday, September 2, 30, 6:00 – 8:00 PM: Magic: The Gathering. Whether you know the game or are curious to find out more, come have tons of gaming fun! Grades 6 and up.

Saturday-Monday, September 3-5: Library closed for Labor Day weekend.

Fridays, September 9, 23, 10:00 – 10:45 AM: Songs and Stories with Matthew. Matthew Witten performs songs about our world and tells adventurous tales. Funded by the Friends of Brownell Library. All ages.

Fridays, September 9, 23, 6:00 – 8:30 PM: Dungeons and Dragons. Embark upon imaginary adventures. Our Dungeon Master serves as the game's referee and storyteller. Grades 6 and up.

Fridays, September 9, 30, 6:30 – 8:30 PM: Maggie's Fiber Friday for adults. Maggie Loftus, veteran knitter, will be settled in front of the fireplace in the Main Reading Room. She invites adult knitters and crocheters to join her with their projects and engage in conversation. Bring patterns to share if you'd like. If you wish to contact Maggie: [6maggie2@myfairpoint.net](mailto:6maggie2@myfairpoint.net).

Saturday, September 10, 9:00 AM – 5:00 PM: Saturday hours resume.

Monday, September 12, 6:30 – 7:30 PM: Must Read Mondays! Middlesex by Jeffrey Eugenides: three generations of a Greek American family find themselves plagued by a mutant gene which causes bizarre side effects in the family's teenage girls. Pick up a copy of the book at the main desk.

Monday, September 12, 7:30 – 9:00 PM: Vermont Astronomical Society. Emu in the Night Sky: Exploring the Southern Stars. During this talk we'll take a look at the constellations and special sights that only appear south of the equator. Learn a little history of how the southern constellations came to be and some of the stories associated with the stars. We'll also take a look at the night sky through the eyes of Australia's Aboriginal people to see how they viewed the stars for thousands of years before the arrival of Europeans. Hear about the Southern Cross, the Magellanic Clouds, the Jewel Box, and the Coalsack and Carina Nebulas so that you can plan a trip south!

Friday, September 16, 6:30 – 8:30 PM: Family movie. Free popcorn and drink. All ages.

Monday, September 26, 7:00 – 8:00 PM: Dog Safety with Dogs Rock Vermont. Is this dog friendly? An introduction to dog safety by Laurie Lawless, Professional Dog Trainer. Nation wide, shelters and rescues are working towards the "no-kill" movement – a movement described by the No Kill Advocacy Center as, "an end to the killing of all non-irremediably suffering animals," or animals in physical pain. On the surface, "no-kill" sounds great, but animals have more than physical needs and as professionals we are beginning to see more dogs with behavior and aggression problems being placed into homes. What does this mean? This presentation will focus on dog body language basics, stress behaviors and absolute warning signs that a dog is asking for space immediately.

Wednesday, September 28, 3:00 – 4:30 PM: Lego Fun. Participate in fun and friendly building with LEGO. For kids entering K and up. (Kids under 5 are welcome to participate with parental supervision).

Wednesday, September 28, 6:00 – 7:30 PM: Why have a mortgage? With so many financing options available, if you are struggling to determine what loan is best for your unique

Libraries continued on page 7

**AUCTIONS****Court Ordered Sale: 94± Acres  
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Friday, September 30 @ 3PM  
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All riders must wear helmets and obey the rules of the road. Please do not ride two abreast if there is traffic in either direction. For mornings with questionable weather, please call the ride leader to make sure the ride is still taking place. Ride leaders are obligated to go to the starting point and provide maps but may choose not to ride if the weather is miserable. Riders below the age of 18 must be accompanied by a parent. E indicates an easy ride, M is for moderate, and S is for strenuous. Rides begin promptly 15 minutes after the meeting time. Social rides are more leisurely versions of the mapped ride – usually the shorter route – with longer food breaks. Always contact the social ride leader before the ride to make sure those versions of the ride are taking place.

Sunday, September 4: Jericho Jubilee. This hilly ride starts out on scenic Pleasant Valley Road with a rest stop at The Cupboard in Jeffersonville. A 45 mile (M) option returns via VT Rts. 104 and 128, while the 65 mile (S) option heads north to Bakersfield and then to Fairfield, Fletcher, and Fairfax before returning through Westford and Essex. Meet at 9:15 AM, Mount Mansfield Union High School, Jericho. Leader Phyl Newbeck, 899-29088 or [phyl@together.net](mailto:phyl@together.net).

Saturday, September 10: NEK weekend – Day 1: Moose Country Meandering. 67 (S) loop up through Norton and Canaan on VT Rts. 114, 102, and 105 with (hopefully) more moose than cars. Meet at 9:30 AM, Island Pond fishing access, or along VT Rt. 105 in front of the Irving store. Leaders Pat Stabler and Tom Evers, 781-929-9085 or [everstab@verizon.net](mailto:everstab@verizon.net). Camping is available at Pat and Tom's house just outside East Burke; early birds get beds or floor space in the house. BYOB drinks and/or potluck BBQ for anyone who is interested on Saturday afternoon/evening. There is also the Tiki Bar in East Burke, which is not to be missed.

Sunday, September 11: NEK weekend – Day 2: Willoughby Wanderings. 47 mile (M/S) ride up through Sutton and Barton, along the shore of Lake Willoughby and through part of Willoughby

State Forest. A 30-mile (M) version of the ride returns to Burke via US Rt. 5. Meet at 9:15 AM, Kingdom Trails parking area. Leaders Pat Stabler and Tom Evers, 781-929-9085 or [everstab@verizon.net](mailto:everstab@verizon.net).

Sunday, September 18: Century Day. Three rides, all following the same route for the first 25 miles, with a food stop in Bristol. The Metric Century is 62 miles (M) via Bristol and Vergennes. The full Century is 100 miles (S) traveling down to the Crown Point Bridge and returning through the Champlain Valley. Those looking for an extra challenge can do the Double Gap Century, which is 113 miles and includes the Middlebury and Appalachian Gaps. Meet at 7:30 AM, Wheeler lot, Veterans Memorial Park, S. Burlington. Leader Matt Kuivinen, 881-9045 or [mattkui@earthlink.net](mailto:mattkui@earthlink.net); co-leader Brian Howard, 505-1148 or [bjhowd@gmail.com](mailto:bjhowd@gmail.com); Metric Century leader Kevin Batson, 825-5816 or [kevbt@gmail.com](mailto:kevbt@gmail.com).

Sunday, September 25: 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. Meet at 9:45 AM at Waitsfield Elementary School (on the left traveling south on VT Rt. 100). For those coming from the Burlington area, we suggest carpooling at the Richmond Park and Ride at Exit 11 off I-89. Leader Mark Dupuis, 864-5567 or [mdd514902@yahoo.com](mailto:mdd514902@yahoo.com).

### Libraries continued from page 6

situation and the financing that best meets your current and future financial goals, this seminar is for you!

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

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## ART / MUSIC / THEATER

## ART/PHOTOGRAPHY

Call to artists: The Art of Horror – the S.P.A.C.E. Gallery and Back Space, 266 Pine St., Burlington is looking for artwork that best defines the “art of horror.” The work should represent the beautiful side of decay, the finer points of bloodletting, and that special something inside a depraved mind. Artwork should be thematically appropriate and must display a reasonable degree of skill and ability. We will accept 2-D, 3-D, and photography. The “Art of Horror” is a juried show, with curators Beth Robinson and Sarah Vogelsang-Card who will choose pieces that best define the “art of horror.” The chosen collection will be on exhibit at S.P.A.C.E. Gallery and Back Space from October 1-29. The kick-off party will be Saturday, October 1, 6:00 – 11:00 PM with fire, dance, burlesque, vaudeville, bands, DJs and possible cricket eating. Deadline for entries is Monday, September 12 at midnight.

This is a firm deadline. Submit your entry online: <https://form.jotform.com/62167415147152>. All entries must be for sale except for special circumstances (i.e., conceptual /performance art). Up to five entries per artist. Work must be ready to hang on wall or install on a pedestal. Submission fee \$15 does not guarantee placement in the show. Performance art wanted! Please submit a proposal of performance art to be executed at the Saturday, October 1 opening kick-off to Sarah Vogelsang-Card, [s.vogelsang@hotmail.com](mailto:s.vogelsang@hotmail.com). We are looking for dark, creepy, and highly entertaining and/or conceptual acts to celebrate the Art of Horror. More information at [www.facebook.com/artofhorrorvt/](http://www.facebook.com/artofhorrorvt/).

Bryan Memorial Gallery presents Robert Douglas Hunter and his students in its Main Gallery, through Monday, September 5. The exhibit includes 24 landscapes and still life paintings by Hunter, considered the Dean of the Boston School of Painting in the 20<sup>th</sup> century. It also includes 60 works by 20 of his students in over 40 years of teaching. A digital preview of this exhibit can be seen at [www.bryangallery.org](http://www.bryangallery.org). Bryan Memorial Gallery, 180 Main St., Jeffersonville; 802-644-5100. Gallery hours: 11:00 AM – 5:00 PM daily, and by appointment at any time.

*In Layers: The Art of the Egg* is a community art show focused on the beauty, biology, and essence of eggs at the Birds of Vermont Museum, 900 Sherman Hollow, Rd., Huntington daily through October 31. Let the work of almost two dozen artists, amateur and professional, young, old, and in-between, hatch feelings of passion, delight, commitment, and discovery in you. Artists gathering and reception Saturday, September 10, 10:00 AM – 3:00 PM where you can meet and celebrate the art and artists; light refreshments provided; donations welcome. Admission included with museum admission. For information, 434-2167, [museum@birdsofvermont.org](mailto:museum@birdsofvermont.org), or [www.birdsofvermont.org](http://www.birdsofvermont.org).

The annual outdoor sculpture show, Exposed, continues at Helen Day Art Center in Stowe. Prints and Drawings by Pat Steir will be on exhibit in the main and east galleries through Sunday, November 13. Video of Steir by Stowe artist Molly Davies will accompany the work. On Thursday, September 30 at 6:00 PM, guest lecturer Suzy Spence will present Steir's work in the context of art history and contemporary art. In the west gallery is Beyond the Far Blue Mountains, a remastered, digital HD projection of the original 16mm film by Molly Davies. Through September 4, Vermont based artist Tara Thacker will present her ceramic sculpture and installation along with new large scale photography work in the West Gallery; September 16-November 13, Sally Gil will exhibit her collages in the West Gallery. Helen Day Art Center, 90 Pond St., Stowe; open Wednesday-Sunday, 12:00 – 5:00 PM and by appointment.

## MUSIC

World Flute Master and Cultural Storyteller Gary Stroutsos will perform in the Round Church in Richmond on Sunday, September 25 at 3:30 PM. Gary performs world flute music drawn from many traditional cultures. Evoking a spirit of place and the voices of the land, his work includes internationally-acclaimed recordings at

## CVAA Community Senior Meals

Call CVAA, 865-0360, if you have questions or to make reservations for the following month, on or after the 22<sup>nd</sup> of a month at 10:00 AM. If the 22<sup>nd</sup> is a weekend day, reservations may be made the following Monday. Reservations are on a first-come, first-serve, month-by-month basis only. Milk is served with all meals. Donations are accepted for all of these meals.

Tuesday, August 30 – Jackie Labounty Memorial Day at the Fair, Beer Tent, next to Grandstand. Tickets required; contact Pat Long, 865-0360.

Wednesday, August 31 – JP's Diner and Deli, River Rd., Essex Junction, 10:30 AM check-in, 11:00 AM lunch. Chicken 'n biscuits.

Thursday, September 1 – Dutch Mill, Shelburne Rd., Shelburne, 10:30 AM check-in, 11:00 AM lunch. Baked stuffed chicken, mashed potatoes, vegetables, bread, strawberry shortcake.

Monday, September 5 – Labor Day holiday, no meal.  
Tuesday, September 6 – Pizza Hut, Susie Wilson Rd., Essex Junction, 10:30 AM check-in, 11:00 AM lunch. All you can eat pizza buffet.

Wednesday, September 7 – IHOP Lunch, University Mall, S. Burlington, 10:30 AM check-in, 11:00 AM lunch. Pot roast, mashed potatoes, green beans, wheat bread, ice cream sundae, juice.

Thursday, September 8 – Holiday Inn, S. Burlington, 11:00 AM check-in, 11:30 AM lunch. Turkey stew, mashed potatoes, vegetable medley, salad bar, buttermilk biscuit, choice of assortment of desserts.

Tuesday, September 13 – Ray's Seafood, Essex Jct., 10:30 AM check-in, 11:00 AM lunch. Fish and chips, cole slaw, squash, roll, creemee.

Wednesday, September 14 – Athen's Diner, Colchester, 10:30 AM check-in, 11:00 AM lunch. Cold plate: ham, Swiss, lettuce, cottage cheese, tomato, cucumbers, cole slaw, dinner roll, warm apple sauce with cinnamon.

sacred sites, using the unique acoustics and history of each great space as the starting point for musical exploration. Admission to the concert is by a suggested donation of \$10. The Round Church is handicapped accessible. For more information about the concert: 802-434-3654 or [rhs@oldroundchurch.com](mailto:rhs@oldroundchurch.com); to learn more about Gary Stroutsos: [www.garystroustos.com](http://www.garystroustos.com).

Vermont musicians and dancers will perform each weekend during the Eastern States Exposition in West Springfield, MA in the Big E's Vermont Building, including on Vermont Day, Saturday, September 24. Vermont musicians and dancers who will be performing at the Vermont Building at the Big E will include Gerry Grimo and *The East Bay Dixieland Quintet* on Saturday, September 17 with authentic '20s and '30s era dixieland jazz in a classic preservationist style. Sunday, September 18, Steve Hartmann brings contemporary folk with acoustic songs about life and friendship in a variety of tones. Saturday, September 24 is Vermont Day – Pipers' Day: 10:00 AM – 12:00 PM, the VT Institute of Celtic Arts with pipers Iain MacHarg and Hazen Metro; *Heather Morris Celtic Dancers* perform Scottish Highland, Irish Step, and Cape Breton step dance; 1:00 – 4:00 PM brings *Prydain*, a Celtic rock band from northern Vermont with bagpipers Iain MacHarg, Andy Smith on bass, Caleb Bronz on drums, Hazen Metro on guitar, and vocals by Aron Garceau. Sunday, September 25, *Yankee Chank* brings their passion for traditional Cajun French and Zydeco two-steps and waltzes featuring Bob Naess (fiddle and vocals), Cannon Labrie (accordion and vocals), Jim Burns (guitar), June Drucker (drums), and Mark Sustic (bass and percussion). Saturday, October 1, *Pete's Posse* plays traditional and roots music with twin fiddles in tight, wild harmony over hi-powered guitar and pounding footwork with mandolin, clawhammer banjo, jawharp and rocking keyboards adding their voices to the mix. Members include Pete Sutherland, Oliver Scanlon and Tristan Henderson. Sunday, October 2, Young Tradition Vermont Day, traditional music featuring the *Sugarsnap Trio* – Collin Cope on harmonica, keys, and vocals; Luke Hausermann on upright bass and vocals; and Chris Page on guitar and vocals. For more information, [www.thebige.com](http://www.thebige.com).

## THEATER

Shelburne Players' fall comic farce *Rumors* by Neil Simon comes to Shelburne Town Center, 5420 Shelburne Rd., Shelburne on Friday-Saturday, September 23-24 and Thursday-Saturday, September 29-30 and October 1 at 7:30 PM, and at 2:00 PM on Sunday, September 25. *Rumors* opens at a large, tastefully appointed Sneden's Landing townhouse, where the Deputy Mayor of New York has just shot himself. Though only a flesh wound, four couples gathered for a tenth wedding anniversary are about to experience a severe attack of Farce. Tickets (\$15 evening shows; \$12 Sunday matinee) are available in advance at Shelburne Market, or reserve at [www.shelburneplayers.com](http://www.shelburneplayers.com) or by calling 343-2602. Open seating. More information: <http://www.shelburneplayers.com>.

Thursday, September 15 – IHOP breakfast, University Mall, S. Burlington, 87:30 AM check-in, 9:00 AM breakfast. Two eggs, hash browns, choice of breakfast meat, pancakes, small juice.

Monday, September 19 – Papa Nick's, Hinesburg, 3:00 PM. Tomato-topped meatloaf, mashed potatoes, vegetable of the day, creemee.

Tuesday, September 20 – Ray's Seafood, Essex Jct., 10:30 AM check-in, 11:00 AM lunch. Fish and chips, cole slaw, squash, roll, creemee.

Wednesday, September 21 – American Legion, Colchester, 10:30 AM check-in, 11:00 AM lunch. Open-faced hot turkey, mashed potatoes, carrots, fruited jello.

Thursday, September 22 – Pizza Putt, S. Burlington, 10:30 AM check-in, 11:00 AM lunch. Spaghetti and meatballs, tossed salad, garlic bread, ice cream cake.

Tuesday, September 27 – Athen's Diner, Colchester, 10:30 AM check-in, 11:00 AM lunch. Pork roast, mashed potatoes, carrots, roll, warm applesauce with cinnamon.

Wednesday, September 28 – JP's Diner and Deli, River Rd., Essex Junction, 10:30 AM check-in, 11:00 AM lunch. Meatloaf, mashed potatoes, peas, strawberry shortcake.

Thursday, September 29 – IHOP Lunch, University Mall, S. Burlington, 10:30 AM check-in, 11:00 AM lunch. Pot roast, mashed potatoes, corn, wheat bread, ice cream sundae, juice.

For the following special restaurants requiring ticket, the suggested donation is \$5 per ticket; this non-returnable and non-exchangeable universal ticket is available the first of each month and must be used in the month it is purchased. The tickets are available from Pat Long at the different meal sites, or at the CVAA office (the office has a limited amount of money available to make change) located at 76 Pearl St., Suite 201, Essex Jct. – in the plaza with the post office and Big Lots and across the parking lot from Kinney's (across from the fairgrounds). There is an elevator on the side across from Kinney's. Tickets must be presented before ordering. Restaurants have the right to offer limited menus.

Athens Diner, Colchester: Monday-Saturday, 6:00 AM – 4:00 PM; Sunday, 6:00 AM – 3:00 PM.

Dam Diner, Milton: Breakfast served all day. Sunday-Thursday, 7:00 AM – 8:00 PM; Friday-Saturday, 7:00 AM – 9:00 PM.

Dutch Mill, Shelburne Rd., Shelburne: every day, 7:30 AM – 2:00 PM.

Holiday Inn, Williston Rd., S. Burlington: Early Bird Dinner, Monday-Sunday, 5:00 – 7:00 PM with choice of one of four entrees (chicken, haddock, quesadilla, or soup and sandwich

IHOP, University Mall, S. Burlington: Monday-Friday, 11:00 AM – 9:00 PM – breakfast served all day; order off special senior menu.

Pearl St. Diner, Pearl St., Burlington: Tuesday-Friday, 6:30 AM – 3:00 PM, breakfast served all day; Saturday-Sunday, 8:00 AM – 3:00 PM.

Pizza Putt, Airport Parkway, S. Burlington: lunch or dinner, seven days a week – choice of spaghetti with marinara or baked ziti with tomato sauce and cheese. Each with salad, garlic bread or roll, soda, coffee, or milk.

St. Michael's College, Colchester: Monday-Friday, breakfast 7:15 – 8:30 AM; lunch 11:30 AM – 1:30 PM; dinner 5:00 – 6:30 PM. Saturday-Sunday, brunch 11:30 AM – 1:00 PM, dinner 5:00 – 6:30 PM.

Trader Duke's, S. Burlington: Mondays, 4:00 – 6:30 PM – choice of grilled chicken or meatloaf meal.



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