

# MOUNTAIN GAZETTE

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## Four new principals in our area

By Phyl Newbeck

Special to the Mountain Gazette

There's been a bit of turnover in the schools covered by the *Mountain Gazette* with four educational institutions hiring new principals. Three of the schools are in the Chittenden East School District, while one is in Chittenden Central. Two of the new principals aren't new to their schools, having been promoted from Assistant Principal, while the other two are newcomers to their district. Here's your chance to get to know them.

**Michael Weston**

**Mount Mansfield Union High School**

Michael Weston isn't a new face at MMU. He spent six years as Assistant Principal and jumped at the opportunity to move up to Principal when Jen Botzjourns joined the Superintendent's office. Weston is proud of the work that was done during his tenure as Assistant Principal regarding what he described as the "culture of the building," making sure that students make good choices. A former history teacher, Weston was also involved with building the U.S. History curriculum although he stressed the teachers were the ones most responsible. "It's more of a support role," he said of his time as Assistant Principal. "It's a way to allow teachers to do the great jobs that they do."



Weston is a native Vermonter who received his B.S. in business from UVM followed by a Masters in Education. He spent ten years teaching in the Burlington School District, first as a special educator and then as a history teacher. He continues to live in Burlington with his wife who teaches in Richmond, a 12-year old daughter and 10-year-old twins with whom he enjoys swimming and camping.

MMU recently received its ten year accreditation from the New England Association of Schools and Colleges. Weston said the process generally leads the school to embark on two and five year action plans. MMU is trying to come up a rubric for looking at what touchstones students have after four years of school. The hope is they will be able to communicate, solve problems, and work together. Weston would like to create a data system that is useful for teachers to gauge their students' progress.

This year, every MMU first year student received a laptop computer; something Weston hopes will be continued. "As they move in life," he said "working with a computer will likely be a tool to help them get their job done." The goal is to have teachers integrate the computers into their class use but also to allow technology to extend the school day. "They shouldn't just be for taking notes and writing papers," Weston said. "Students can continue to learn with them outside the classroom. We're trying to prepare them for life after high school."

Weston is happy to have the chance to stay at MMU. "I would have been a fool to turn this down," he said. "The community and the culture of the school made me stay. The students look out for one another and they work together. It's a comfortable environment for students to learn and adults to work. It's almost like Garrison Keillor's Lake Wobegon in that all the students are above average. It's a great place." Weston believes MMU teachers do a good job

of engaging their students and are willing to try new techniques. "When you don't have to spend a lot of energy on managing behaviors you can try different things," he said.

Weston stressed that his door is open both figuratively and literally. "I really encourage people to talk to me if they have questions," he said. "It's their high school and I'd like to reflect what they want."

**Kevin Hamilton**  
**Browns River Middle School**

Like Michael Weston at MMU, Kevin Hamilton became Principal at Browns River Middle School after serving a stint as Assistant Principal. Hamilton received his B.S. in Geography from SUNY Geneseo. He moved to Vermont in 1990 to work with at-risk youth, first as a Residential Counselor at the Bennington School and then as Assistant Director of Residential Services at New England Kurn Hattin Homes in Westminster. Hamilton subsequently obtained his teaching certification through Vermont's Peer Review program and went on to get a Masters from UVM. He ran a program for at-risk kids in grades K-6 in Starksboro and then spent four years as Assistant Principal at Crossett Brook Middle School before joining the administrative staff at BRMS three years ago.



Hamilton is happy to have the opportunity to stay at Browns River. "It's a great community for teachers, students and parents," he said. "It's a supportive community where people work together and it's a rich community in terms of wealth of knowledge and expertise and we try to tap into that and utilize it." Hamilton describes Browns River as a healthy community but notes that his work with at-risk kids is still good background because, as he put it, "kids are still kids." Hamilton believes the underlying skills of working with at-risk children - patience, understanding, empathy, firmness and being clear about expectations - apply to all students, but he noted that he finds the Browns River kids' behavior enjoyable for middle school kids.

Hamilton lives with his family in Essex Junction but enjoys spending time on the trails of Jericho and Underhill on his mountain bike. He has convinced several members of his staff to join him on a 50-mile ride that takes place annually at Mt. Ascutney. When he's not on his bike, Hamilton enjoys introducing the world to his 2-year-old son. Hamilton's belief in fitness extends to his students and he is looking forward to International Walk to School Day on October 3, as well as convincing more kids to walk to school as part of the Safe Routes to School program.

Browns River students have a history of activism and Hamilton hopes to continue that. Last year students planted trees along the river bank to prevent erosion while other kids worked with the maintenance director to weather strip the windows. The latter task proved so rewarding that they went to Camel's Hump Middle School to help with the process there. Hamilton sees these types of activities as providing real world opportunities for his students.

Hamilton is looking forward to the start of the school year. Although several popular teachers have left, he believes the hiring process

has brought great new staff to the school. He hopes he and the new staff can continue the BRMS tradition of being open and welcoming to everyone. Hamilton praised local parents and others for the volunteer work they did over the summer, weeding and mulching the gardens and cleaning up the playground. He noted that several teachers came to school on their own time to paint their classroom walls. "We're tying everyone in," he said "including administrators, teachers and staff to make sure it's a big community here. It's not everybody doing a single job, but everyone doing lots of jobs and taking ownership of the building. We're trying to build on the positive energy we have."

**David Wells**

**Underhill ID School**

David Wells has made an easterly move, leaving his position as Principal of the Westford School to take charge of the Underhill ID School. Wells received his B.A. from UVM and his Masters from Castleton State College. He taught at Williamstown Elementary School and served as Principal for Doty Memorial in Wooster and Albany Community School before taking the position in Westford.



Wells is most proud of bringing the Westford School's technology education into the 21st century. The process, which covered grades from kindergarten through eighth, involved introducing the school to new tools and instituting a training program. During Wells' tenure, the Westford School received state-wide attention when it was visited by U.S. Secretary of Education Arne Duncan.

After five years in Westford, Wells began looking for the opportunity to work in a smaller elementary school. "I've always admired the Chittenden East School District," he said "and I knew [Superintendent] John Alberghini from when we were both principals. I wasn't looking for just any school." One of the things Wells likes about the Underhill ID School is the supportiveness of the community. "People have been very positive and very welcoming," he said. "The spirit of the community and their care for the school really shows."

This year, Wells plans to work with teachers on a science theme for the school year: Inquiring scientists want to know. The goal is to build science inquiry skills and to help boys and girls envision all the different fields of science and go beyond stereotypes. There will be guest scientists visiting the school and the project will culminate with a science fair.

Wells thinks the size of the Underhill ID School is an ideal one. "A school of about 100 is a sweet spot for a sense of community," he said, noting that the school population is 110. Wells believes there are some advantages to a K-8 school like Westford but added that combining middle and elementary school students can also result in some compromises. "At this point in my career," he said "I like separating the two to give middle school kids a true middle school experience and elementary school students their own experience."

In addition to his duties at Underhill ID, Wells teaches a course at CCV in special education and serves as Secretary for the board of VITA-Learn which is part of the International Society for

Technology in Education. In the latter capacity, he will participate in a national panel which will take place in October.

Wells and his wife have three children and two dogs, one of which is a rambunctious puppy. They enjoy travelling, as well as spending time locally in the woods of Vermont with their canine companions. Wells is very happy with the reception he has received in Underhill. He noted that in Vermont, Principals begin their school year in July which can involve two months of sitting in an empty school. Instead, he was gratified to receive visits from parents and other members of the community. "Everyone has been very welcoming," he said.

**Marcie Lewis**

**Westford School**

As David Wells leaves for Underhill, Morrison "Marcie" Lewis will take the reins at the Westford School. Lewis' previous position was Principal of the Lyman C. Hunt Middle School in Burlington. Her southern lilt gives away her background from western North Carolina.



Lewis attended school there, receiving her undergraduate degree from the University of Western Carolina and Masters' degrees in school counseling and school administration from Gardner-Webb University.

Eight years ago, Lewis and her husband visited friends who had relocated to Vermont and they were hooked. Over the next three years, they spent summer and winter vacations camping and skiing in Vermont and plotting how they could move to the state. "This is our fifth year in Vermont," Lewis said "and we think it's a fantastic place." Lewis said the Green Mountains bear a physical resemblance to the Blue Ridge Mountains where she grew up and she doesn't mind the temperature change. "I love the summers here," she said "and I've learned to dress appropriately for winter so I can enjoy all the winter sports. It's all good."

In North Carolina, Lewis was the Director for Alternative Education Programs in her district. Upon moving to Vermont she got a job as Assistant Principal in St. Albans City School before getting the principalship at Hunt where she worked for two years. Lewis is most proud of the work she did at Hunt to maintain the programs and activities connected to community and multi-culturalism. While she did not initiate those programs, she did expand upon them and enjoyed the varied ethnic make-up of her students. "It was nice to be in building with a lot of diversity," she said. While Lewis was at Hunt, the students improved by 6% on their math scores on the NECAP exam.

Lewis is excited about coming to Westford, noting that town demographics are such that most children come to school well rested, with healthy snacks and ready to learn. "There are a shared set of values which puts us at a real advantage," she said. Lewis particularly enjoys the fact that the school is used well beyond the duration of the school day. "It's a gift for the school to be at the heart of the community," she said, lauding the nature trails behind the school which are used by community members. "Anytime you have the same visions and goals, it's much better. It's powerful what you can do with kids learning."

## Harvest Market promises fun for all ages



Just an old fashioned sack race, but what fun.

PHOTO CONTRIBUTED

By Deirdre Goldenbogen

The 2012 Harvest Market will be held the weekend of September 29 and 30 at the United Church of Underhill, located at the intersection of Route 15 and Park St. Harvest Market runs from 9:00 AM until 4:00 PM on Saturday and from 10:30 AM-4:00 PM on Sunday, with a special worship service at 9:30 AM.

What is there to do at Harvest Market? Well, the fun begins even before Harvest Market officially starts! The annual Harvest Market 5K Fun Run and Walk begins at 8:00 AM at Mills Riverside Park. All ages are invited to participate. Registration begins at 7:30 AM at the pavilion at Mills Riverside Park.

The parade is the official kickoff for Harvest Market, beginning at 9:00 AM on Saturday morning. The parade begins at Browns River

Middle School, proceeds down River Road, turns left onto Park Street, and ends at the park. Watch the parade to see who this year's Citizen of the Year and Parade Marshal will be! Participants can line up in the parking lot of Browns River Middle School at 8:45 AM.

After that, what you do depends on your interests.

There are many, many great activities for kids at Harvest Market. All day on both Saturday and Sunday, kids can visit the Children's Games Area to take a turn in the bounce house and to try all sorts of old-fashioned activities, such as stilt walking, a ring toss, hoop rolling, and even a dunking booth. Nearby, the National Guard will have its climbing wall set up for you to try - climb to the top and ring the bell!

In addition to these activities that are available

all day, there are some fun races that will be held from 1-3 on both days. Stop by to join in on hoop races, sack races, a three-legged race, wheelbarrow races, and a water balloon toss. At 3:00 PM, the sawdust candy scramble begins. This popular fast-paced event is broken down into the following groups to make sure all ages have a fair shot at finding plenty of pieces of candy in the big sawdust pile: preschool & 1<sup>st</sup> grade; 2<sup>nd</sup> & 3<sup>rd</sup> grade; 4<sup>th</sup> & 5<sup>th</sup> grade; 6<sup>th</sup> & 7<sup>th</sup> grade; and 8<sup>th</sup> grade plus anyone who missed their slot.

At noon on Sunday, children ages 12 and under are encouraged to bring their favorite pet to show off at the Pet Show - all entries receive a prize. Additionally, if you and your kids are feeling creative, decorate a zucchini at home

Harvest Market continued on page 6

**POLICE REPORTS**

On Saturday September 15, 2012 at approximately 1:17 AM, Trooper Amber Haag of the State Police barracks in Middlesex was traveling south on VT Rt. 100 in the town of Waitsfield. She was en route to back up Sgt. Ray LeBlanc, who was out with an intoxicated driver in Warren, who was also the suspect of an LSA in Waitsfield earlier. While coming through Waitsfield Village in the vicinity of Champlain Farms, Trooper Haag took her eyes of the road momentarily to look at her GPS to see what the quickest route was to get to LeBlanc. When she looked back up, she realized that someone had put a picnic table and a steel bike rack across the road, blocking both lanes. Haag was unable to stop before colliding with the picnic table. Upon exiting her vehicle, she observed that other debris was across the road just south of her location.

The picnic table was destroyed and the cruiser, a 2009 Chevrolet Impala, sustained damage to the right front end, and hood. The steel bike rack and other debris were removed from the road.

Haag was not injured and the cruiser was able to be driven from the scene.

Haag was approached by a passerby who reported seeing a group of youths running from the vicinity just prior to the crash. Anyone with information is asked to contact Sgt. Ray LeBlanc at the State Police barracks in Middlesex at 802-229-9191, or to call Central Vermont Crime Stoppers at 800-529-9998.

Per Department Policy, the crash will be sent up for review by Internal Affairs.

CASE#: 12A304094

On Friday September 14, 2012 at approximately 2:15 PM the Underhill/Jericho Fire Department contacted the Vermont State Police and requested assistance with several injured hikers.

The initial information obtained was that rescue personnel were notified of a 51 year old female with an ankle injury near the summit of the Sunset Ridge Trail - approximately 2.3 miles from the base of the trail head.

While responding to the scene rescue personnel were advised of a 12 year old female with an ankle injury on the same trail system. During the initial ascent rescue personnel came across a 12 year

old male with an ankle injury. This male was escorted off the trail, evaluated by Essex Rescue personnel and was transported from the scene by his father.

During the continued ascent rescue came across a 50 year old male with a leg injury and then an unrelated 12 year old female with a wrist injury. The 50 year old male and the 12 year old female were each escorted off the trail. The 12 year old female with the ankle injury was subsequently transported to Fletcher Allen by Essex Rescue.

Rescue personnel have located the 51 year old female at the summit of the trail. Due to the steep and hazardous conditions members of Vermont State Police Search and Rescue, Underhill/Jericho Fire, Colchester Rescue, Waterbury Back Country Rescue, Stowe Mountain Rescue, Saint Michael's Fire, Essex Fire, Johnson Fire, Williston Fire and the Stowe Mountain Ski Patrol are hand-carrying the female to the base of the trail head.

CASE#: 12A103590

On Thursday September 6, 2012, between the hours of 3:45-5:00 PM someone entered a garage at 139 Route 109, Cambridge where they stole tools. Tools stolen from the garage were a Stihl Chainsaw and an assortment of tools. Anyone with information is asked to contact the State Police. CASE#: 12A103473

On the Saturday September 8, 2012 at 11:01 PM, Vermont State Police initiated a motor vehicle stop involving Nicole Jennison, 40 of Underhill, VT. During the traffic stop, State Police confirmed that Jennison's license was criminally suspended. Jennison was taken into custody and transported to the State Police Barracks in Williston. She was cited to appear in Chittenden Superior Court on November 27, 2012 and released. CASE#: 12A103505

**ART / MUSIC / THEATER**

**ART/PHOTOGRAPHY**

**Saturday, October 6, Fall Open Studio Weekend Art Reception** from 6:00 to 8:00 PM, at the Gallery at Phoenix Books Essex at Essex Shoppes & Cinema, at the intersections of Rtes. 15 and 289, Essex. Free. More info: [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 872-7111

**Saturday October 7 Fall open studio weekend art demo**, Elizabeth Llewellyn, an open studio demo on layering with colored pencil from 11:00 AM to 12:00 PM, at the Gallery at Phoenix Books Essex in the Essex Shoppes & Cinema, at the intersections of Rtes. 15 and 289 Essex. Free. More info: [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 872-7111

**Gallery Exhibit: Alison Bechdel: Dykes, Dads, and Moms to Watch Out For.** Exhibit runs through Saturday October 27; Amy E. Tarrant Gallery, Flynn Center, Burlington; Exhibit is open to the public on Saturdays from 11:00 AM to 4:00 PM and during First Friday Art Walks.

The Delight of Decoys Art Exhibit, **Bird Museum of Vermont**, Huntington, daily, through October 31, 2012, 10:00 AM to 4:00 PM. Free with admission.

**MUSIC/DANCE**

**English Country Dance** - First and Third Fridays at the Elley-Long Music Center, 223 Ethan Allen Avenue, Colchester, VT. Live music. For adults and teens. Newcomers welcome. All dances are taught and prompted. Come with or without a partner; we'll change partners throughout the evening. Casual dress, flat-heeled shoes. Bring a sweet or savory finger food to share. 7 to 7:30 - choose a workshop (basic skills/warm-ups for all or challenging dances for experienced dancers). 7:30 to 9:30 PM - dancing for all. \$10 (\$8 student/under 30). Website: [www.burlingtoncountrydancers.org](http://www.burlingtoncountrydancers.org) Info, 802-899-2378 or 802-879-7618 or [valandtom@myfairpoint.net](mailto:valandtom@myfairpoint.net). Dates (all Fridays): Sept. 21, Oct. 5 & 19, Nov. 2 & 16, Dec. 7 & 21.

The **Vermont Symphony Orchestra** 2012/2013 Masterworks Series opens with the acclaimed Kalichstein-Laredo-Robinson Trio performing Beethoven's Triple Concerto for Violin, Cello and Piano. The concert, the first of five Masterworks Series concerts this year, will be held at the Flynn Center in Burlington on Saturday October 27 at 8:00 PM.

For additional information or tickets, please visit the FlynnTix Regional Box Office website at [www.flyntix.org](http://www.flyntix.org), telephone (802) 86-FLYNN (863-5966), or visit the VSO website at [www.vso.org](http://www.vso.org).

**Westford Music Series** presents *Bread and Bones*, Sunday October 14, Westford UCV white church, 4:00-5:00 PM. *Bread*

**4th Annual Jericho/Underhill Energy Tour**

Would you like to learn more about how you can convert your leaky old farmhouse into a warm, energy efficient home? Would you like to visit a state-of-the-art, super-efficient, extremely low energy house? Would you like to explore how you could use the free energy of the sun to heat your hot water or generate your electricity? Would you like to get some first-hand knowledge about what it's like to commute in a 100% electric car?

If you answered Yes to any of these questions, the fourth annual Jericho/Underhill Energy Tour may be for you. Sponsored by the Jericho Energy Task Force and the Underhill Energy Committee, the energy tour is a free, self-guided tour of buildings in Jericho and Underhill showcasing efficiency improvements and energy technologies that can help homeowners reduce their energy costs and their environmental impact. Hosts will be available to share information about their homes on Saturday October 6, from 10:00 AM to 4:00 PM.

Tour participants are invited to begin their tours at "energy fair" at the Jericho Community Center. From 9:00 AM to noon, vendors, installers, and energy companies will share information about energy efficiency and renewable energy products and services. Detailed descriptions of each energy tour site and a map will be available.

For more information, please visit <http://tiny.cc/uenery>.

**2013 local barn calendars available**

2013 calendars featuring beautiful photos of local barns are now on sale at Jeri-Hill Hardware, the Jericho Center Country Store, Emile Gruppe Gallery, and the Old Mill Craft Shop. The large calendar with 14 full color photos by local photographers is a fundraiser for the Community Center in Jericho. Cost is \$15. Great for gifts or keeping track of your appointments.

**LETTERS TO THE EDITOR**

**Attorney General Sorrell vs. Vt. Yankee**

To the Editor,

Our attorney general just keeps adding to Vermont's legal bills. Instead of accepting the decision handed down by a federal judge affirming the federal government's jurisdiction over Vermont Yankee's continued operation, Attorney General Sorrell is challenging that call.

I might have bought Sorrell's argument that the Vermont Senate's vote to shut down Vermont Yankee wasn't based on safety concerns if those very words - safety concerns - had not been repeated over and over again in the media, during campaigns, and in the Statehouse hallways. You really cannot deny what is on the public record, especially when those statements include gems like Senate pro tem Peter Welch's declaration that that his vote was entirely motivated by safety.

As the lawyer for Entergy pointed out, she didn't need to "cherry pick" quotes about legislators' concern for safety - she had a whole cherry orchard of statements to choose from.

The fact is, the State's appeal is based on revisionist theories and contentions, and anyone who has followed the Vermont Yankee issue knows that. Such dissembling in the State's name is expensive, counterproductive, and a little embarrassing.

An appeal should at least be marginally credible.

Heather Sheppard, Cambridge VT

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NEWS BRIEFS

**UNDERHILL JERICHO FIRE DEPT.**

By Kitty Clark

**EMERGENCY CALLS:**

August, 29, 2:21 PM, EMS in Underhill  
 Sept. 1, 7:52 AM, Responded to a report of a pickup in the brook near 483 VT RT 15, Underhill  
 Sept. 1, 9:22 PM, Responded to a brush fire at 221 River Rd., Underhill  
 Sept. 1, 10:21 PM, Responded to 151 Cilley Hill, Jericho for the smell of propane  
 Sept. 2, 11:31 AM, Responded to the area behind the Red Mill, Jericho for a smoldering camp fire  
 Sept. 2, 9:35 PM, Responded near 707 VT RT 15, Underhill for a car vs. bear accident  
 Sept. 3, 2:25 AM, Responded to Mt. Mansfield, Underhill on the Nabrasca Notch Trail, woods fire  
 Sept. 3, 7:02 AM, Responded to a report of smoke at 16 Pratt Road, Jericho  
 Sept. 3, 12:35 PM, Responded for a lift assist in Underhill  
 Sept. 3, 7:55 PM, Responded to the area of 80 Packard Rd, Jericho for an outside burn  
 Sept. 6, 2:13 PM, Responded to River Road, Underhill for lift assist for a person thrown from horse  
 Sept. 10, 6:48 PM, Responded to Ethan Allen Rd, Jericho at our training site for a fire  
 Sept. 11, 3:41 PM, EMS call in Westford on VT RT 15  
 Sept. 11, 4:58 PM, EMS call in Jericho  
 Sept. 12, 6:58 PM, Responded to Repa Road, Underhill for smoke investigation  
 Sept. 12, 8:35 PM, C2 responded to our Jericho Fire Station, Good Intent call  
 September 3. Labor Day BBQ, a beautiful day, chicken cooked by Bill Wetherbee was delicious as usual, a good turnout from all over the area. Thanks to Reba LeGrand who helped us in the kitchen. A big thank you to Tricia Stevens, Chairperson of the BBQ and her committee, Travis Hale and Sean McCann and all our members and family members who helped out all day.  
 We started our day at 2:25 AM with the fire on Mt. Mansfield, turned out to be a very long day with the last members and apparatus signing off at 12:00 Midnight.

September 4, monthly maintenance night was held at both stations

September 11, a brief memorial service was held at the Underhill Station with the siren sounding at the times that the Twin Towers fell. We will Never Forget the 343 Firefighters that lost their lives that terrible day.

At 7:00 PM the regular Tuesday drill was held with guest speaker Matt Stevens, who gave a class in propane and propane fires.

Next Tuesday will be a live propane drill in Jericho.

**SAFETY MESSAGE:** "A home escape plan with 2 ways out is your key to surviving a fire."

Rabbits build their burrows with 2 ways out so they will always be able to escape if they sense danger. Pretty smart, don't you think?

It is important for us to have 2 ways out of every room in our homes in case there is a fire. So HOP to it, make an escape plan and make sure that we are all "RABBIT READY" and remember to "PRACTICE FIRE SAFETY EVERYDAY".

**CIRC Alternatives Task Force meetings**

Since the Governor's May 20, 2011 announcement that the Circumferential Highway - as originally conceived - would not be built, the Chittenden County Regional Planning Commission (CCRPC) Metropolitan Planning Organization (MPO) staff has been coordinating with VTrans, the "CIRC Communities" (Colchester, Essex, Essex Junction, and Williston), and other stakeholders to examine alternatives. The Governor asked the MPO to coordinate a process to identify projects and planning activities to address mobility, congestion, transportation demand, safety, livability, and economic development in the region.

The CIRC Alternatives Task Force will meet on Wednesday September 26 from 6:30-9:00PM at the Williston Town Hall.

The public is welcome to attend.

Detailed information is available at <http://www.circtaskforce.org/>. The public is encouraged to submit comments via the website. Information on signing up for notification of CIRC Alternatives-related meetings can also be accessed through the website or by contacting Diane Meyerhoff of Third Sector Associates at 802.865.1794.

For additional information contact CCRPC Assistant/MPO Director, Michele Boomhower ([mboomhower@ccrpcvt.org](mailto:mboomhower@ccrpcvt.org)) 802.846.4490 x15.

**Richmond Rescue offers CPR and First Aid class**

Richmond Rescue is offering CPR and First Aid training on Friday September 21. CPR training is from 3:00 to 4:30 PM. First Aid training is from 4:30 to 6:00 PM. The cost is \$30 each or \$50 for both. Certification card and book will be provided for each class. Class will be held at Richmond Rescue, 216 Railroad St. Preregistration is required at [cprcenter@richmondrescue.org](mailto:cprcenter@richmondrescue.org).

**Class teaches the ABCs of running a childcare business**

Interested in becoming a family childcare provider? Learn how to get started at a free class offered through the Childcare and Youth Training and Technical Assistance Program (CYTTAP) in collaboration with University of Vermont Extension at three locations this October.

The three-hour class will cover various aspects of running a home-based daycare including the pros and cons, financial side and ways to childproof a home and supervise children of different ages and stages of growth. Participants also will hear what other family childcare providers have done to develop a successful business and get suggestions for caring for children from military families. Frasier Zahniser, a CYTTAP instructor from Penn State, will teach the class.

Workshop dates and locations are as follows:

Oct. 10 - Northwest Counseling and Support Services at the Family Center, 130 Fisher Pond Rd., St. Albans; 6:00 to 9:00 PM.

Oct. 11 - Central Vermont Medical Center, Conference Room 3, 130 Fisher Rd., Berlin; 6:00 to 9:00 PM.

Oct. 13 - Child Care Resource of Chittenden County, 181 Commerce St., Williston; 9:00 AM to noon

To register go to <http://extension.psu.edu/cyttap> and click on "State Training." Then select "Vermont" and the desired location. Registrations will be accepted up until the day before the workshop.

If requiring a disability-related accommodation to participate, contact Frasier Zahniser at (724) 662-3141 or by e-mail at [fbz1@psu.edu](mailto:fbz1@psu.edu) by Oct. 1. For more information contact Frasier or Dianne Carter, Vermont military child care liaison, at (571) 303-2335 or [Dianne.Carter@naccrra.org](mailto:Dianne.Carter@naccrra.org).

**VT National Guard live fire exercises at Ethan Allen Training Site Firing Range**

The Vermont National Guard has scheduled several live fire training exercises during the month of September at the Ethan Allen Training Site in Underhill/Jericho. During periods of training, firing will end no later than 10:00 PM Mondays through Saturdays and no later than 4:00 PM on Sundays. Illumination flares will be fired in conjunction with the exercises during the evening hours only. The training periods will begin after 7:30 am during this period with the exception of Sundays when the training will be from 10:00 AM to 4:00 PM.

September training periods are as follows:

- 21 Small Arms / Machine Gun
- 22-23 Small Arms / Machine Gun
- 24-28 Small Arms (Weekend)
- 29-30 Small Arms

\*No Artillery firing on Sunday

The entire Ethan Allen Firing Range is closed to the public and is posted OFF LIMITS to all nonmilitary personnel at all times in the interest of safety due to the inherent safety risks that exist during these firing periods.

Live ammunition firing is normally conducted daily at Ethan Allen Firing Range during daylight hours.

**The Mountain Gazette**

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

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 Sports writer - Richard Mindell

**Letters Policy:**

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

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899-4911; [www.jccvt.org](http://www.jccvt.org)

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[jerichoumc@jumvt.org](mailto:jerichoumc@jumvt.org) [www.jumcvt.org](http://www.jumcvt.org)

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## COMMUNITY COLUMNS

## Health

By Suzanne Kusserow  
Senior Guest Columnist

Such a simple word! But let's try to define it! Lately, it seems to be used most often in the phrase 'health care', which is a gross misnomer; what is currently meant in that context is 'disease treatment'. Like most 'simple', oft-used words, this one has many variations, and takes on the personalized history that we give to all words, based on our past experiences.

Here is an exercise that helps to illustrate how words spread and morph into their particular meaning-of-the-moment. Please try this:

On a scrap of paper, draw the first image that comes to your mind, when you hear the word WATER. Nothing fancy, no art work, just the first impression when you hear the word. A group of students doing this will come up with a variety of sketches: a glass of water, a waterfall, a drop, a lake, an ocean, a garden hose to water the lawn (using the word as a verb), a dripping cloud, etc. When all of these uses are gathered together, it makes quite a list. Yet, water is considered to be a low-level abstraction word....one that everyone understands the same way. Not true, according to our lengthy list! Then, consider a word with a high level of abstraction, such as freedom, responsibility, loyalty, curfew, maturity, etc.... that becomes even more subject to individual interpretation. This exercise concludes with the lesson: **The meanings of words are not in the words themselves, but in the meanings given by the people who use them.**

So we come to the word health. To enlarge one's definition: health is a relative term. It is not a strict classification (either/or), but follows a broader, comparative gradation (more or less, increase/decrease). So, we need to be aware that there are no conclusive standards of health. But there are models that we, as individuals, tend to follow as a baseline or standard of our particular definitions of the concept of health. Probably the one most-commonly followed is the medical/clinical model: the presence of absence of disease or disability, as identified by presence or absence of pain, symptoms, scientific inquiry. "If the doctor says I am healthy, then I guess I am." Often, though, we feel guilty if, despite his no-illness conclusion, we still don't feel "well". This model compares

the mechanisms of the human body to the operation of a complex machine: are the parts merely functioning, or are they 'running' at greatest effectiveness? This usually uses the skin as a boundary for diagnosis....what is happening inside the body and mind. It is actually a 'reverse' definition of health because it emphasizes the idea of illness, not of health.

The next models go beyond 'the skin' and into the real world. Our next usage of the word health is often called role-performance. It is a rather common-sense way of defining health: am I able to do my job? Am I healthy enough to be paid for my performance; can I 'earn my keep'? Of course it becomes obvious that this is a very practical way to fit health into our expected social and work roles. And it does not take into account other criteria such as maturing and adapting in ways other than the working-world idea of input and output. A man goes to work every day of every week, but gets drunk on the weekends. Is he healthy? Not in our social definition, yet he is performing his expected role.

Some definitions of health are based on how one adapts to one's world....how much direction does one take to effectively interact with one's social and physical environment? This brings into play the idea of preventive medicine and education: food, water, air, recreation, which goes beyond the 'simple' definition of disease. And here comes the idea of self-correction: how much do we try to adapt to make our surrounding environs 'healthier'? In this adaptation model, disease is defined as a failure in adaptation; it is a breakdown in the ability of the organism to cope with changes in its environment. It tests our ability as humans to self-correct. An example would be a woman who realizes the dangers of years of smoking, and finally makes that adjustment or adaptation.

And lastly, there is the model of health that expresses an ideal of human nature and personality; measuring up to our best and wisest aspirations and ideas of fulfillment of our potential. This is not a cause-and-effect mechanistic view, but advances beyond that to ideas of wholeness and best uses of ourselves in making wise choices. This is more than the usual view of health and includes stress on the job, achievements and rewards as part of our view of health. The extreme of this model is an exuberant well-being based more on self-realization, than on cause-and-effect and the body functioning as a machine. It is the realization of human potential in a complex and civilized culture; he/she can continuously grow into a more mature and loving personality.

You can see that these views of health form a scale....an expansion of the word health. The first is based on disease and malfunctioning of the body. The other three add to this basic model by bringing in the more positive qualities of life. We are changing all the time and thus each model will have dominance at different times in our lives. At times we want to be stable, to stay the same; at other times we want to change and grow.

So, we can see that a simple word can be stretched by each of us, in many different directions. That brings us back to the basic caveat as stated in the beginning of this essay: **The meanings of words are not in the words themselves, but in the people themselves and the meanings they give to them.**

## Body Logic's new Cambridge location bigger, more comfy

Change is sometimes necessary, often desirable, and always inevitable. - MZBradley

All these past 21 years, Vickie Shirley has operated *Body Logic Massage* in a storefront along VT Rt. 15 in Jericho, across from the Jericho East development. Now the owner is reconfiguring the building, so Vickie began to look for a new home for her small business. Beginning Monday, October 29, Vickie will move *Body Logic* into a building she will share with *Country Glitz*, an established hair salon in Cambridge Village.

At the new location, *Body Logic* will be in a larger space, with a comfortable and inviting reception area and a dedicated room for therapeutic massage. The phone number will be the same - 899-1184 - and gift certificates will still be available at Jacob's Family Market, 899-2511.

Vickie Shirley is a 1991 graduate of the Vermont Institute of Massage Therapy, and is a longstanding member of ABMP (Associated Bodywork and Massage Professionals). Her experience allows her to cover a range of healthful, helpful massage goals.

You may need a soothing massage to relax and evaporate stress, or a reparative massage as part of the response to a chronic or acute injury. Perhaps you need a restorative massage to banish the soreness of muscles overtaxed by seasonal excesses of enthusiasm for hiking, skiing, or yard work. You may require a regular maintenance massage, due to a physically challenging job. Or you may want to "give the gift of relaxation" - a gift certificate - to a friend or loved one.

Change can be both good, and hard. Vickie extends heartfelt thanks to her Jericho / Underhill clients and looks forward to welcoming friends, old and new, in *Body Logic's* new home. To help celebrate the reopening in Cambridge, *Body Logic* will offer a variety of special promotions at the new location - watch for coupons in the *Mountain Gazette!*

## Take the Bite out of a Dog's Bark

By Dr. Lewis First

Chief of Pediatrics at Vermont Children's Hospital

With kids and dogs out and about this summer, something is bound to happen when the two groups encounter each other, particularly if a child provokes a dog, resulting in a dog provoking a child. Believe it or not, there are over 4.5 million dog bites a year. If you want to take the bite out of a dog's bark, let me provide a few suggestions.

First, teach your children to be careful around pets. They should ask permission from a dog's owner before petting the dog and never approach a strange dog they do not know. Remind them never to bother a dog that's caring for puppies, sleeping, or eating, and never leave a baby or small child alone with a dog. It is also important to make sure if you own a dog, that your dog is vaccinated against rabies.

If a dog appears threatening, teach your children to stay calm, and avoid eye contact. They should stay still or back away slowly until the dog leaves, but never turn and run. If a dog knocks a child down, he or she should curl into a ball and keep their hands over their face and neck.

If a bite does occur, apply pressure to stop the bleeding and then wash it out with soap and water under running water for several minutes. Then, cover it with sterile gauze or a band-aid and seek medical attention to determine whether further treatment such as stitches, antibiotics or rabies prevention is indicated.

If your child has received a bite and in the days that follow, you notice that it appears hot, swollen, red, drains pus or your child develops a fever, you should seek medical attention because this may represent an infection brewing as a result of the bite.

Hopefully, tips like this will cover any pet-ticular issues you have, and avoid any cat-tastrophes when it comes to worrying about your child getting bitten by dogs.

## The Business Plan—Don't Start Your Business without It

People with GPS units in their cars love the convenience of simply entering locations and receiving step-by-step directions for getting there safe and sound

Entrepreneurs have their own "GPS" to help find small business success—the Business Plan. But unlike its electronic counterparts, a business plan doesn't come with a pre-programmed route to "Easy Street." It's up to every aspiring small business owner to collect and analyze information related to a small business idea. Only then can one determine the best way to get that idea from Point A to Point B and beyond.

The prospect of preparing a business plan may seem rather intimidating. Though it does require a lot of time effort, most aspiring entrepreneurs soon find the exercise enjoyable and self-sustaining—the more they explore the opportunities and challenges for their idea, the more they want to know. They also realize that just as a poorly programmed GPS will result in getting lost, a poorly prepared business plan will doom their small business dreams.

Preparing a business plan has never been easier. There are plenty of software tools and templates available to guide you through the various sections (e.g., the market analysis; the proposed company description, organization, and management; customer base; financial projections; etc.).

There's also room for creativity, particularly since the business plan may be used to get banks and others potential investors excited about supporting your venture. For that reason, entrepreneur and nationally syndicated columnist Rhonda Abrams suggests "spicing up" a business plan with features such as PowerPoint slides, relevant charts and graphics, and even a website or video.

"Whether you present your plan in person or by email, readers' attention spans are short," Abrams explains. "You need to get key information across quickly."

And just as in-car GPSs require regular updates, a business plan is a work in progress. That's because a small business should always evolve and adapt in response to national and local economic changes, new technologies, and shifts in consumer preferences.

Abrams suggests the following schedule for business plan reviews/updates:

1. Annually. A basic evaluation. Look for changes in your target market, areas that may need to be reprioritized, and ways to improve the efficiency of your operations.
2. Every 3-5 years. A more comprehensive review where the goal is significant growth in sales or revenue.
3. After a major shift in your industry or other critical event. Examples include a new regulatory requirement, a natural disaster or act of terrorism, entry of a major new competitor, etc.

For free local business planning services from SCORE, contact <http://champlainvalley.score.org> or email [champlain.valley@scorevolunteer.org](mailto:champlain.valley@scorevolunteer.org).

## Prepare for flu season - Copley Hospital flu clinics

Copley Hospital will be offering flu shot clinics for the public in the hospital's main lobby conference room on the following dates: October 8, 9:00 AM - 1:00 PM; October 24, 4:00 - 6:00 PM and October 29, 11:00 AM - 1:00 PM.

An additional vaccine clinic will be held in Stowe at Copley Woodlands on October 15 from 2:00 - 3:00 PM. CopleyWoodlands is located at 125 Thomas Lane in Stowe.

Should you have any questions regarding the seasonal flu vaccine, or dates and times of Copley's Flu Vaccine clinics, contact the Hospital's Wellness Center at 802-888-8369 or visit us online at [www.copleyvt.org](http://www.copleyvt.org). There is a charge for the vaccine, unless you are covered by Medicare Part B which is billable.

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COMING EVENTS

**Saturday September 22**  
**Harvest Supper** - Monkton friends Methodist Church will hold their annual Harvest Supper on September 22 from 5:00-6:30 PM. Price is \$8 for adults and \$4 for children over age of 3. Meal features homemade baked beans, rolls, squash, beets, hash, plus homemade pies and cakes.

**Irish Genealogy - Research in the U.S.** - Ed McGuire will present a talk on Irish genealogical research at the Vermont Genealogy Library from 10:30 AM to noon. He will discuss Scots-Irish and Catholic immigration waves, techniques for locating Irish records in this country, key repositories and online databases. Classes are \$5.00. The Vermont Genealogy Library is located on Hegeman Ave, Fort Ethan Allen, Colchester, across from the State Police Building. Please visit our website [www.vt-fcgs.org/vtgen.html](http://www.vt-fcgs.org/vtgen.html) or call 802-482-3075 for more info.

**Sunday September 23**  
**North End Studios, the Vermont International Festival, and the Vermont Council on World Affairs** will be presenting a fifth international dinner at 5:00 PM showcasing the culture of Turkey. This evening will feature Turkish cuisine and Turkish and Middle-Eastern entertainment. The cost is \$12 in advance or \$15 at the door for dinner and entertainment. This festive celebration of the Turkish culture will be held at Studio A, 294 North Winooski Avenue in Burlington.

**Thursday September 27**  
**Author talk, book signing**, Janet Hubbard, a book talk, book signing, and cash Champagne bar at 7:00 PM, the Cafe at Phoenix Books Essex, Essex Shoppes & Cinema. Free. More info: [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 872-7111

**Educators' Appreciation Day** for Teachers and Librarians at 6:00 PM (reception) and 7:00 PM (author event), Phoenix Books Burlington, 191 Bank Street, Downtown Burlington. Free. More info: [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 448-3350.

**Author signing**, Keith Herkalo, a discussion and book signing at 7:00 PM, Phoenix Books Burlington, 191 Bank Street, Downtown Burlington. Free. More info: [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 448-3350.

**Friday & Saturday September 28 & 29**  
**Giant Fall Harvest Tag Sale** - The Jericho United Methodist Church on Rt. 15, next to the Town Hall, is holding a giant tag sale on from 9:00 AM - 6:00 PM and Saturday, September 29 from 9:00 AM - 3:00 PM featuring household items, books, toys, clothes, food and much more. For more information, call 899-3093.

**Saturday & Sunday September 29 & 30**  
**37th Annual Barn and Bake Sale**, 8:00 A.M. - 5:00 P.M. Saturday, 10:00 A.M. - 3:00 P.M. Sunday, Route 15, Underhill Flats. Enormous 45-family barn sale to benefit Saxon Hill School. Excellent selection of gently used, high quality children's clothing, outdoor gear, toys, books, movies, houseware and much more. Don't forget to stop by our popular bake sale for a delicious treat. Look for our signs and bake sale table on Route 15 in Underhill.

**New England Genealogy Research: Using AmericanAncestors.org** from 10:30 AM to noon, Ed McGuire will discuss using AmericanAncestors.org to find your New England ancestors. Learn to use America's best website for in-depth research into early New England settlers and their ancestry, including over 30

million vital records. The unique collections in this site also cover early settlers in NY, NJ, VA and PA. This subscription database can be searched for free from our library. Classes are \$5.00.

The Vermont Genealogy Library is located on Hegeman Ave, Fort Ethan Allen, Colchester, across from the State Police Building. We are open for research Tuesdays 3 to 9:30 p.m. and Saturdays from 10 to 4. Please visit our website [www.vt-fcgs.org/vtgen.html](http://www.vt-fcgs.org/vtgen.html) or call 802-482-3075 for more info.

**Author signing**, Rosemary Gladstar, Herbs for Winter Health: A talk and demonstration at 7:00 PM, Phoenix Books Burlington, 191 Bank Street, Downtown Burlington. Free. More info: [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 448-3350. Learn about herbs for winter health with Rosemary Gladstar, the "godmother of modern herbalism."

**Wednesday October 3**  
**Chicken Pie Supper**, Richmond Congregational Church To make your reservations, please call 434 - 2516 between the hours of 1:00 and 8:00 PM. Prices are \$10 for adults, \$5 for age 12 & under, free for preschoolers. Seatings are at 4:30, 5:30, 6:30, and 7:30.

**Thursday October 4**  
**New Science and Spirituality Seminar at Deborah Rawson Library**, from 6:30 to 8:00 PM, in the fireplace lounge of the library. This seminar will consist of four group discussions on Wednesday evenings during the month of October. The book we will be using is *The New Science and Spirituality Reader*, edited by Ervin Laszlo and Kingsley Dennis (2012). This book is made up of 28 short essays by pivotal thinkers on the frontiers of science, philosophy, and quantum consciousness. All of the essays are thought-provoking and "out there" on the further reaches of our understanding of humanity in the light of scientific discoveries about our universe. The discussion leader is John Michael McKnight, PhD, a professor at Champlain College and resident of Underhill Center. We will have books available at no charge for the first twenty people to sign up. Call the library at 899-4962.

**Children's Story Time**, Read for the Record at Phoenix Books Essex at 6:30 PM, Phoenix Books Essex, Essex Shoppes & Cinema, Essex. Free. More info: [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 872-7111.

**Children's Story Time**, Read for the Record at Phoenix Books Burlington, 191 Bank Street, Downtown Burlington. Free. More info: [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 448-3350.

Books Burlington, 6:30 PM, Phoenix Books Burlington, 191 Bank Street, Downtown Burlington. Free. More info: [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 448-3350.

**Friday & Saturday October 5 & 6**  
**Rummage Sale**, Grace United Methodist Church, 130 Maple Street, Essex Junction VT. Friday 9:00 AM - 5:00 PM, Saturday 8:00 AM - 1:00 PM.

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# 38<sup>TH</sup> ANNUAL OLD FASHIONED HARVEST MARKET

## Saxon Hill Scholl to host Barn Sale

Saxon Hill School hosts their 37<sup>th</sup> annual Barn and Bake Sale at the Underhill Harvest Market September 29<sup>th</sup> and 30<sup>th</sup>. Last year, Saxon Hill raised almost \$8,000 from the sale, thanks to the generous support of the community. All proceeds benefit the school.



Serving



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### Energy Information at Harvest Market

The Jericho Energy Task Force and the Underhill Energy Committee will share information about how you can save energy and money at this year's Harvest Market on Saturday and Sunday, September 29 and 30. Visit the booth for hands-on demonstrations of energy efficiency and information about energy in general. You can also pick up the map for and information about the 4th annual Jericho/Underhill Energy Tour.



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Route 15 and Park Street in

### Opening activities -

#### 5K Fun Run

Registration begins at 7:30 AM  
Race begins at 8:00 AM

Race is held at Mills Riverside  
Park. Follow the signs to the  
pavilion.

**SATURDAY:**  
10-11 Hanaford's Fife & Drum (Music Tent)  
11-12:15 Calloway Taxi (Music Tent)  
12:30-1:30 Fairfax, Fletcher, Westford Band (Music Tent)  
2-4 Larry Lee Ebere (Music Tent)

**SUNDAY:**  
10:30-11:30 Mr. Ed (Music Tent)  
12-1:30 Michele Fay Band (church sanctuary)  
1:30-2:30 Charlotte & Shane Brodie (church sanctuary)  
2:30-4:00 PW & the Arrowhead Ramblers (Music Tent)

Music

All kid's activities are held in the Children's Games area unless otherwise noted

**BOTH DAYS:**  
All day bounce house  
All day old fashioned kids' games (stilt walking, ring toss, pitch, hoops, nail drive, bowling, and dunking booth)  
All day National Guard climbing wall (field behind flea market)  
11-4 hay rides (field behind flea market)  
1-3 organized kids' games (sack races, etc.)  
3:00 sawdust candy scramble

**SUNDAY:**  
NOON pet show  
1:30 judging of the zucchini decorating contest

Kids' Activities

(Friendly competitions, of course)  
**SATURDAY:**  
8:00 Harvest Market Fun Run 5K (Mills Riverside Park)  
12:30 cross-cut log sawing (beside Children's Games area) - training and equipment are provided  
1-3 organized kids' games (sack races, etc.)

**SUNDAY:**  
NOON pet show (AGES 12 AND UNDER)  
1:30 judging of the zucchini contests: largest home-grown, heaviest home-grown, best decorated

Competitions

More information on these events, along with a printable schedule or pick up a schedule and map

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Stop in and check out the  
**1<sup>st</sup> Annual Craft Fair**  
**Browns River Middle School**  
20 River Road, Jericho, VT

Saturday September 29 • 10:00 AM - 5:00 PM  
Sunday September 30 • 10:00 AM - 3:00 PM

Wonderful Crafters - Delicious Food  
Crafters space is still available.  
Please call Stacie 899-5027 for more information.

Proceeds go to benefit BRMS Enrichment Program

# HARVEST MARKET - SEPT. 29-30

## 38<sup>th</sup> Annual Harvest Market

Organized by the United Church of Underhill  
September 29 & September 30  
9:00AM to 5:00PM  
10:30AM to 4:00PM  
with a special worship service 9:30  
on Sunday. ALL ARE WELCOME!

The fair is centered at the United Church of Underhill, at the intersection of  
Main Underhill, and features two days of entertainment, food, and fun.

### Saturday morning

#### Opening Parade

Lineup begins at 8:45 AM  
Parade begins at 9:00 AM

Parade begins at Browns River Middle  
School, runs down River Rd, then left  
onto Park St to the United Church.

Stop by the United Church  
of Underhill's info booth in  
the Country Store tent for  
FREE fresh baked bread!!

### Food

- Fresh baked cookies
- Fresh squeezed lemonade
- Fresh hand-cut French fries
- Fresh squeezed cider and donuts
- Burgers, hot dogs, soda, chips
- Homemade soup and chili
- REAL maple cotton candy

### Shopping

Over 100 vendors will be displaying their wares at this  
year's Harvest Market. Make sure to check out both  
the indoor AND outdoor vendor spaces for:

- Vermont crafters
- artisans
- antiques dealers
- community organizations
- ...and much more!

Check out the wide variety of items available at the  
**Silent Auction** – get your bids in by 2:00 on Sunday!

...and of course, make sure to stop by the **Clutter Barn**  
for an eclectic mix of clothing, books, toys, games,  
puzzles, small appliances and electronics, sports  
equipment, kitchen items, linens, towels, curtains AND  
MORE!



### PARKING

The nearest parking lot is next to the church –  
look for the sign near the fire station or at the  
end of Harvest Run Rd. Proceeds benefit  
MMU soccer.

For free parking, park at either Browns River  
Middle School (on River Road, just off Rte 15)  
or Mills Riverside Park (on Rte 15). Free  
shuttle bus will run both days.

Additional parking information, including  
handicapped parking locations, can be found  
at [underhillharvestmarket.com](http://underhillharvestmarket.com).

Schedule & map, can be found at [www.underhillharvestmarket.com](http://www.underhillharvestmarket.com)  
at the Harvest Market Info Booth.

## Harvest Market

continued from page 1  
and bring it to the Harvest Market's zucchini decorating  
contest. Let your imagination fly! Kids are encouraged to  
decorate a zucchini – either store bought or home grown.  
Use other veggies, paint, glitter, whatever! Some zucchinis  
may be available to decorate "on the spot" at Harvest  
Market. Entries will be accepted all day Saturday and  
Sunday until 1:30 PM. Winners will be announced shortly  
after. Both the pet show and the zucchini decorating contest  
are held at the children's games area.

There are many other activities available for young and  
not-so-young alike. If your garden is overflowing with  
zucchinis this year, then bring your biggest ones to Harvest  
Market! In addition to the zucchini decorating contest  
described above, there are also contests for the longest and  
the heaviest home-grown zucchinis. Drop your zucchinis  
off by 1:30 PM on Sunday.

Whether you are competing or want to cheer the  
competitors on, stop by the cross-cut log sawing  
competition on Saturday at 12:30 PM beside the Children's  
Games area. Teams of two compete for the best time, and  
no experience is necessary – the saw and training are  
provided!!

For a more leisurely activity, you may be interested in  
a relaxing hay ride, offered from 11:00 AM-4:00 PM on  
both days. The hay rides are held in the field behind the  
fla market.

Shopping – or at least browsing – is one of the  
favorite activities at Harvest Market. There are over 100  
vendors, including crafters, artisans, antiques dealers, and  
community organizations, who have booths at Harvest  
Market, with something for everyone! Be sure to spend  
some time both inside the church and outside in the flea  
market area. The Clutter Barn is full of great items this  
year, and has a brand new set of stairs to make it easier  
to visit the second floor – come check it out! Many of the  
United Church of Underhill's volunteers at the Clutter Barn  
and at the food venues will be wearing new pins this year –  
look for them and ask for details! The Silent Auction, held  
outside near the entrance to the cookie factory, has a wide  
range of items. Make sure to get your bids in by 2:00 PM  
on Sunday.

After all these great activities, you're sure to get hungry.  
Fortunately, Harvest Market has lots of great food, too! At  
various venues around Harvest Market, you can try fresh  
squeezed cider and donuts, fresh squeezed lemonade, fresh,  
hand-cut French fries, homemade soup and chili, burgers,  
hot dogs, baked potatoes, pizza, REAL maple cotton  
candy, freshly baked cookies, and MORE! You  
can also get pies, jams,  
jellies, Vermont cheese,  
and fresh garden produce  
to bring home, and be sure  
to check out the United  
Church of Underhill's  
welcome booth in the  
Country Store tent for  
free fresh baked bread all  
weekend long!

For more information  
on all of these great  
activities, including a full  
schedule and map, visit the  
Harvest Market website at  
[underhillharvestmarket.com](http://underhillharvestmarket.com).



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**MMUUF to hold Annual Barn Yard Sale**  
The Mt. Mansfield Unitarian Universalist Fellowship, Rte 15,  
Jericho (Red Barn opposite Packard Rd) will hold its annual Barn  
Sale on Friday & Saturday, September 28 and 29, Friday 6:00  
- 8:30 PM, Saturday 8:00 AM - 5:00 PM. Giant multi-family  
sale with lots of great stuff! Includes housewares, kitchen items,  
clothing, furniture, collectibles, crafts, gardening supplies, DVD/  
CDs, and more. Everything priced to sell! Proceeds benefit the  
MMUUF.

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## EVENTS

## ONGOING EVENTS

## ADULT ACTIVITIES

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

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

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

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

**Essex Art League** meets the first Thursday of the month, from 9:00 - 11:00 am, at the Essex Junction Congregational Church on Main Street. The meeting agenda includes a business and social time, and features a guest artist presentation. A detailed calendar of meetings is published on the League's website: [www.essexartleague.com](http://www.essexartleague.com).

The **Green Mountain Chapter of the Embroiderer's Guild of America** will meet at the Pines Senior living community, 7 Aspen Dr, South Burlington, VT 05403. First meeting is complimentary. Bring a bag lunch. Contact number 372-4255.

**Handbell ringers**, Tuesday evenings, United Church of Underhill. Two ensembles; opportunity for small groups/shorter time periods. We ring a variety of music in a variety of settings and look forward to new faces joining us. Beginners welcome. Call Roger, 899-3106, **INFOMicah's Men of the United Church of Underhill** meet on the 3rd Saturday of each month at the church at 7:30 AM. For more information call 899-1722.

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

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

The **VT Genealogy Library** is located on Hegeman Ave, Fort Ethan Allen, Colchester, across from the State Police Building. We are open Tuesdays 3 to 9:30 and Saturdays from 10 to 4. Call 802-238-5934 for more details or check our website [www.vt-fcgs.org](http://www.vt-fcgs.org). We have many exciting classes this fall.

**Smugglers Notch 55+ Club** meets every Wednesday at Smugglers Notch for a social time then break into groups to ski. We start with a brief organizational meeting, coffee and rolls, and then we head out to the trails in self-selected ability groups,

gather informally throughout the summer for a wide variety of outdoor activities. Membership benefits include various discounts at Smuggs. For more information call Deborah at 644-5455 or just attend a meeting at the Morse base lodge starting at 9:00 AM every Wednesday.

## HEALTH EVENTS &amp; GROUPS

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

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

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

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

**International Cesarean Awareness Network** supporting mothers and families recovering from or learning about cesareans and vbac's. ICAN support groups next meeting is October 14 at 4:00 PM at Maitri Health Care in Bouth Burlington with special guest Polly Perez. For more information email [ICANvt@gmail.com](mailto:ICANvt@gmail.com) or call Jessilyn at 644-6700.

**American Cancer Society Man to Man Prostate Cancer Support Group Meeting**, Tuesday July 10, 6:00 to 8:00 PM. Hope Lodge, Lois McClure-Bee Tabakin Building, 237 East Ave., Burlington, open discussion. Discussion topics may include prostate cancer treatment options and the current research studies; latest management for side effects of your treatment of choice; personal anecdotes; exercise, diet and nutrition; and the latest internet buzz. Faciliator, Mary L Guyette, RN, MS, ACNS-BC, Men newly diagnosed, men dealing with recurrent prostate cancer, men dealing with the side effects of treatment, and men who have been successfully treated for the disease. Any men dealing with advanced prostate cancer are also encouraged to attend in order to benefit both themselves and others through the sharing of experiences. For more information contact Mary L. Guyette RN, MS, 802-274-4990, [mary@aol.com](mailto:mary@aol.com) or Sophia Morton, American Cancer Society, 802-872-6308 or [Sophia.morton@cancer.org](mailto:Sophia.morton@cancer.org).

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

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

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

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

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

## KIDS

**Playgroups** are free of charge and open to all children birth through age 5 and their caregivers. For more information on any of the playgroups, please contact Heather Lebeis at 899-4415 or [underhillplaygroup@yahoo.com](mailto:underhillplaygroup@yahoo.com).

Mondays: Jericho Community Center, 9:30-11:00 AM  
Wednesdays: Richmond Free Library, 8:45-10:15 AM  
Thursdays: Bolton's Smilie School, 9:00-11:00 AM the 1st and 3rd Thursdays of the month

Thursdays: Huntington, 11:00 AM-12:30 PM at Huntington Public Library

Fridays: Underhill Central School, 9:30-11:00 AM

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

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

## SENIORS/COMMUNITY MEALS

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

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

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

**Bolton Up and Downtown Club** meets the last Thursday of the month at the Bolton Fire station. Suggested \$3.00 donation. Meal at 5:00 PM. Open to adults 60

and over. Contact Doris Wheelock at 434-3769.

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

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

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

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

## SPORTS ACTIVITIES

**Ongoing Pilate classes** at Dakini Studio in Underhill. Mon and Thurs at 6:00 PM call 899-4191 to register. Find more information and other scheduled classes at [dakinistudio.wordpress.com](http://dakinistudio.wordpress.com).

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

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

**Zumba Fitness**, Monday evenings only, 5:30 - 6:30 PM, at the River Arts Center in Morrisville. Zumba Fitness with certified instructor, Karen Machia. No registration required, drop in. Call 888-1261, or visit our website: [www.riverartsvt.org](http://www.riverartsvt.org) for more details.

**ZUMBA(r) Fitness** with Lori. Wednesdays 6:00-7:00 PM, Jericho Community Center. For more info contact Lori Preiss 899-0343, [lori@greenmountainzumba.com](mailto:lori@greenmountainzumba.com) or check out my website [www.greenmountainzumba.com](http://www.greenmountainzumba.com)

## SUPPORT GROUPS

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

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

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

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

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

## TOWN GOVERNMENT &amp; ORGANIZATIONS

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

**Westford Fire Department**, Mondays, 7:00 PM, at the fire station next to the Town Garage. For information, email John Quinn, [jquinnmvt@aol.com](mailto:jquinnmvt@aol.com)

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

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

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

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

**Jericho Water District** next meeting is Tuesday September 25, 2012 at 7:00 PM, RT 15, Jericho at the Red Mill.

## THRIFT SHOPS &amp; FOOD SHELVES

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

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



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- \* Hear about our plans for the future
- \* Review Community Health Needs Assessment Report
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**LIBRARY NEWS**

**DEBORAH RAWSON LIBRARY, UNDERHILL**

Fall Story Times - Stories, songs, fingerplays, snack and craft for preschoolers and their caregivers. Drop in, no registration needed. Wednesday at 10:30 AM: September 26, October 3, 10, and 17; Thursday at 10:00 AM: September 27, October 4, 11, and 18.

Intergenerational Chess Club - October 2 will be the first meeting of the newly formed Chess Club at DRML followed by a second session on October 23. It will be an informal opportunity to meet other chess plays in the community of all ages and abilities. It is our hope that proficient plays, while enjoying the opportunity to play, will also share their skills with other members. We will meet from 6:30-8:00 PM. If possible please bring a chess board. No advance registration needed.

Evening Story Time for Families - Parents with older preschoolers and children in kindergarten through second grade are invited to join us for stories, a seasonal craft and light refreshments. Advance registration required call, 899-4962, Thursday October 11 at 6:30 PM.

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.

**FAIRFAX COMMUNITY LIBRARY**

September Events at the Fairfax Community Library

Gardening tips for the fall! Kelly Wakefield, local master gardener, will offer enlightening advice on fall and spring bulbs, and how to clean up perennial and vegetable gardens in the autumn. Don't miss out on this free event on September 27 at 6:30 PM in the library.

Fairfax Community Library Story Hour; Tuesdays from 9:30 - 10:30 AM. Join us for stories, crafts and activities! For ages 0-6. September 11, September 18, and September 25.

Library News: <http://www.bfafairfax.com/pages/communitylibrarynews.html>. Facebook page: <http://www.facebook.com/home.php?#/pages/Fairfax-Community-Library>. School Year Library Hours: Monday, Wednesday 8:00 AM - 5:30 PM; Tuesday and Thursday 8:00 AM - 8:00 PM; Friday 8:00 AM - 3:15 PM; Saturday 9:00 AM - 1:00 PM.

**JERICHO CENTER, LIBRARY**

Plant Sale - Since Fall is the best time to dig up, divide, and transplant perennials, we will be holding a plant sale on the Green in front of the Jericho Town Library on Saturday September 22, to raise money for books and programs.

Bring donated plants and digging rights to the Green at 8:30 AM. The sale will start promptly at 9:00 AM and will be done by 9:30 AM. This is a great chance to pass on some of your own perennials as well as pick up some new ones at a good price. The more you buy, the less they cost. In addition, ARCANA will be donating some plants again this year. You never can resist ARCANA's beautiful, healthy plants!

Please call Linda Campbell (899-2798) with any questions. If you have plants to donate but can't attend, she would be happy to dig/pick them up for you. Please help spread the word about this fun event!

Get Acquainted Brunch - Do you know someone who is new to Jericho, has a new baby in the family or has just never been to our town library? If so, please tell them about the Get Acquainted Brunch that we will be hosting at the Library on Saturday September 22 from 10:00 AM - 11:00 AM (right after the plant sale!). The brunch will provide an opportunity for folks to learn about the library, meet local children's book author and illustrator Tracey Campbell Pearson, listen to music from local musician

Derek Burkins and meet and greet their neighbors, all while enjoying some light refreshments. No RSVP is necessary -- come meet your neighbors at the Library!

Author Event - On Monday September 24 from 6:30-8:00 PM, local writer Sarah Ward will be visiting the Jericho Town Library to talk about her writing process and experience with publication. Sarah has published poems and short stories and is now in the process of publishing her a young adult (YA) novel. This event is free and open to the public. Suggested ages: 16- adult. Aspiring writers come one come all! Please contact Elise Doner at 899-2644 or email [busyfeet4kids@gmail.com](mailto:busyfeet4kids@gmail.com) for more information.

"Like" the Library on Facebook - If you're a Facebook user, be sure to "Like" the Jericho Town Library page -- it's a great way to keep up on all the latest news and events as well as engage with your neighbors on library-related topics.

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

**RICHMOND FREE LIBRARY, BRIDGE STREET, RICHMOND**

To "breaking news" sign up for the RFL mailing list on the library homepage, [www.richmondfreelibraryvt.org](http://www.richmondfreelibraryvt.org) Search our catalog at [rfl.kohavt.org](http://rfl.kohavt.org).

**VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE**

Hours: Mondays and Tuesdays 12:00 to 7:00 PM, Wednesdays and Fridays 3:00 to 7:00PM, Thursdays 9:00 AM to 7:00 PM, Saturdays 9:00 AM to 12:00 PM. School Year Preschool Story Hour: every Monday 11-noon.

**WESTFORD PUBLIC LIBRARY, WESTFORD**

The library is open Wednesday 1:00-7:00 PM, Thursday 10:00-6:00 PM, Friday noon-6:00 PM, and Saturday 10:00 AM-2:00 PM. We can be reached at 878-5639, [westford@plavt.state.vt.us](mailto:westford@plavt.state.vt.us), and [www.westford.lib.vt.us](http://www.westford.lib.vt.us).

**DOROTHY ALLING MEMORIAL LIBRARY, WILLISTON**

Film Screening: "Mother Nature's Child: Growing Outdoors in the Media Age": Monday October 1, 5:30-7:30 PM. Film followed by Q & A with Liz Thompson, featured in the film. Refreshments and childcare provided. Sponsored by Williston Green Initiatives & Dorothy Alling Memorial Library. Pre-register at 878-4918.

**MMUSIC Events**

MMUSIC Annual Citrus Fundraiser - Picked right off the tree and shipped up here to Vermont during peak Citrus season Navel Oranges and Grapefruit from Indian River Groves Florida in time for Thanksgiving break! Band and Orchestra members selling until October 17 and they will deliver the order to you before Thanksgiving break. Or call Mary Bauer at 858-1614 to place an order.

MMUSIC is hosting the 2012-2013 Vermont All-State Music Festival. The MMU music department is looking for help with many aspects of the festival. If you are interested in helping with a committee please contact Mary Bauer at 858-1614.

Be a MMUSIC host family! We will be looking for host families for many students for two/three nights on May 8, 9, and 10. Please consider hosting a music student for two/three nights so they can participate in such an amazing event. If you have any questions please contact Mary Bauer at 858-1614

**CVAA SENIOR MEALS**

**Thursday September 20**

**Dutch Mill**, Shelburne Rd. Shelburne, 10:30 AM check in, 11:00 AM lunch, Grilled Chicken Breast

**Friday September 21**

**United Church**, Hinesburg, 12:00 noon, Salisbury Steak, Baked Potato with Sour Cream, Harvard Beets, Wheat Bread, Molasses Drop Cookies

**Monday September 24**

**Covenant Church**, Essex Ctr., 12:00 noon, Chicken with Mushroom & Onion Gravy, Brown Rice, Summer Vegetable, Marble Rye Bread, Pineapple

**Tuesday September 25**

**Ray's Seafood, Essex Jct.**, 10:30 AM check in, 11:00 lunch Seafood Haddock

**Wednesday September 26**

**Ponderosa, Williston**, 11:00 AM check in, 11:15 AM lunch "All you can eat Buffet"

**Friday September 27**

**Holiday Inn, So. Burlington**, 11:00 AM check in, 11:30 AM lunch, Turkey Dinner

**Monday September 28**

**United Church**, Hinesburg, 12:00 noon Meatball Sub, Tossed Salad, Kidney Bean Salad, Watermelon

**Fall Foliage Trip, Jeri-Hill Seniors- Oct. 3**

Join us for a ride on a Premier Coach from Underhill on the "old road" to White River, lunch, then train ride to Thetford, return to White River. Then take coach back to Underhill. Seating limited but not limited to Senior citizens, all adults welcome. For detailed information call Dorothy Blodgett at 899-3505 or Loreen Teer at 899-1363.

**Recipe by Marion Tobin**

**Beef Stew Bake**

- 1½ pounds stew beef (browned in oil)
- 1 can mushroom gravy
- 1 cup tomato juice
- ½ envelope dry onion soup mix
- 1 tsp. horseradish
- 4 medium potatoes, peeled and quartered
- Add four ingredients above (gravy to horseradish) to meat; simmer with meat 15 minutes. Place potatoes in bottom of a two-quart casserole. Pour meat mixture over top.
- Bake covered at 350°F for 1½ hours or until potatoes are tender. Stir or turn once or twice during baking.
- Can add other veggies like carrots and onion.



**Sun saves CHMS \$\$**

By Mark Carbone

**Principal, Camels Hump Middle School**

Camels Hump Middle School experienced another banner month of solar power generation! The solar array installed in 2011 cut our school's electric bill by 50% for the month of June—a \$2,000 savings! The savings was even more significant for July—\$3,700. We anticipate similar savings for August and hopefully September.

The school's physical plant went through its annual rigorous preparation for the start of school including new carpeting in the PIT and the eighth grade wing, installation of eleven LCD projectors and painting of approximately a quarter of the building. Our parking lot has received a final coat of blacktop.

The CHMS 1:1 computer initiative has expanded this year. Last year half of the 8<sup>th</sup> grade class was assigned laptops. This year, all 7<sup>th</sup> and 8<sup>th</sup> graders are using this technology as an academic tool expanding their learning beyond the four walls of the school. Eighth graders have more responsibility for the machines and may take them home; seventh graders will leave the tools on campus.

Camels Hump Middle School continues to be identified as a school in need. We are following the accepted improvement plan. Math instruction at CHMS has evolved into a much more critical process versus rote memorization for students. The district continues to offer after school supplemental services for those receiving free or reduced lunch. This program gives kids access to extra tutoring throughout the year in reading and math.

The school's teams have taken new shape. Matt Hayes and Anna Kovaliv will join Deb Higgins in the newly created eighth grade team, Viva. Mr. Hayes is teaching Language Arts and Social Studies. He moved to Vermont in 2000 after camping in the area with his wife. They have a two-year-old son, Lennon. Ms. Kovaliv is teaching Math and Social Studies for the team. Her favorite past times are baking, "hanging out in nature", traveling, reading, and watching any Boston sports team.

Other exciting changes include the addition of special educator, Leah Licari, and the movement of Rebecca Toll to the school's math specialist. Ms. Licari will be working mainly with Mr. Hylind on NOVA, a 5<sup>th</sup> grade team, as well as Mrs. Livingston and Mr. Jensen on Kaleidoscope, an 8<sup>th</sup> grade team. Prior to joining CHMS, Ms. Licari worked at an alternative high school in VT as a special educator. She is originally from MA but moved to VT to study secondary education and math at UVM. She "loved it so much", she went back and earned a masters of education at UVM in special education.

The Enterprise team students have been involved in an ongoing inventory of amphibians and reptiles at the Monitor Barn Property in Richmond. The

purpose of this ongoing study is to collect information about populations of snakes, frogs and salamanders and the impact humans have on their environment. These students were also involved in habitat restoration at the River Shore Preserve by helping eliminate invasive species. Through service learning, Enterprise students working with community leaders and local ecologists now understand the impact of invasive species on our community.

Sequoia students have taken on the following service learning:

- Japanese knotweed removal along the Winooski River for The Nature Conservancy, Richmond Conservation Commission and Richmond Land Trust.
- Amphibian crossing species inventory and rescue on Sherman Hollow Road and Wes White Hill Road in Huntington for the Huntington Conservation Commission and Vermont Reptile and Amphibian Atlas Program.
- Vernal pool inventory for the Jericho Research Forest.
- Teaching ELF science concepts (cell microscopy, ponds, streams, and amphibians) to Jericho Elementary students in grades K-4.
- Planting and maintenance of the Native Garden at CHMS.
- Virtual Tour Project website for the Audubon Center of Vermont.

Camels Hump Middle School continues to look for parent and community volunteers to help in the education and success of our students. Math and reading volunteers are needed to support math and literacy development skills. Math volunteers will help with basic calculation and computation skills. Literacy volunteers will assist with reading fluency and comprehension. Training is provided and schedules are flexible.

Volunteers are always needed to help bring more local and farm fresh foods to the kids at CHMS and Richmond Elementary School. CHMS classroom activities include: taste tests, cooking in the classroom, and nutrition lessons. In the 800 sq. foot garden at CHMS, volunteers and students work together to plant, weed, and harvest garden produce to be served in the schools' cafeterias.

Please consider volunteering. You can make an impact on the future of a child. For more information, please call 434-2188 or email: [mark.carbone@cesuvt.org](mailto:mark.carbone@cesuvt.org).

The next CHMS/MMU school board meeting will be held on October 11 at 7:30 PM at Camels Hump Middle School. The public is welcome, and encouraged, to attend.

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SPORTS NEWS

# Mother Nature can't disrupt 2012 Cougars' coming out party as MMU upsets powerful Rutland, 7-0

By Richard Mindell  
Special to the Mountain Gazette

Coming off a 1-9 season is difficult enough, but having to start the very next season with your first six games against top-ten teams is a challenge few programs would welcome. But that was the reality for Mount Mansfield's varsity football team as it faced off against powerful Rutland, ranked number six in Vermont, last Saturday at the Cougars' home field in Jericho.

MMU has had a tough run since moving up to Division 1 last year. Last season, their first as a D-1 team, the young Cougars morphed backwards from a perennial playoff team and D-2 title contender to a team that seemed to lose its confidence as loss piled upon loss against the tougher D-1 opponents. In fact, since moving up to Division 1, the Cougars are 2-11. But this year's team is different. This year's team can't wait to get on the field against the bullies of Vermont, the elite teams that represent the finest of Vermont high school football. This team plays defense, as in DEFENSE.

Neither rain nor sleet... From the opening series it was clear this was going to be a defensive struggle. The MMU players looked sharp and it looked like they believed they could stop Rutland's offense and actually win this game. The only question was, where would the points come from? The Cougars were unable to get anything going offensively. In fact, the MMU offense has failed to produce a single point so far this season (three games), including their game against Hartford this past Friday night (see below).

With four minutes remaining in the first quarter, MMU had a first and ten from the Rutland 11 yard line, thanks to a forty two-yard scamper off right tackle by Dakota Jones, a four-yard dive up the middle by Matt Merchant and a six-yard run by Marcello Moska. The Cougars were poised to score the game's first TD only to find themselves, two plays later, with a third and thirty one from midfield thanks to two drive-killing penalties on MMU players. That pattern repeated itself throughout the game, as time after time, drive after drive, whenever the Cougars seemed to gain some momentum offensively, one of the Cougars would be called for holding or jump offsides before the snap and voila, another flag, another five, ten or fifteen yards backwards and... "They (the offensive unit) are shooting themselves in the foot - both feet," MMU assistant coach, Norm Lozier said after another untimely flag.

Head Coach Marty Richards couldn't find anything positive to say about the offense. "The linemen didn't block, the runners didn't hit the holes..." And oh those penalties.

"We've outplayed them, but the penalties have killed us," MMU assistant, Jim Driscoll added.

"We should be up 16-0," Head Coach, Marty Richards, mumbled at one point as he looked down and shook his head after

one particularly upsetting Cougar penalty had killed yet another drive against Rutland.

While the offense sputtered the defense played inspired, tough football, swarming over the Rutland ball carriers like a pack of wolves sets upon its prey. The Cougars gang tacked the Rutland players in waves. On almost every play the MMU pressure upset Rutland's timing, thanks to a superb point-of-attack effort by nearly every player on the defensive side of the line. The attack was led by linebackers, Carter Glen, Andrew Young and Dan Hibbs and defensive backs, Justin Sanguinetti and Luke Dolan. The pursuit was relentless, reminding some of the tremendous effort displayed by the 2012 Cougars' basketball team as they swarmed over their opponents on their way to winning the state championship last winter.

"We played excellent defense," Coach Richards said after the game. "We defended the pass, we rushed the quarterback, we covered well. Everybody did their individual jobs to make for a great team effort."

Asked to explain the transformation of the defense into a game-changing unit, senior Luke Dolan offered without hesitation... "Hard work. We attack. We're aggressive."

The first half ended in a 0-0 tie with neither team able to put any points on the board. The prospect of a tie - while a victory in some sense against an opponent like Rutland - seemed like a hollow victory at best. The Cougars, especially the defense, had tasted success, and they were out for the win. A tie would not be good enough.

As the players from both teams came back onto the field to start the second half, coaches, fans, game officials and school personnel couldn't help notice the heavy storm clouds moving in from the west. But the officials let the teams play and the defensive struggle resumed, with neither team able to mount a sustained drive.

MMU continued to play inspired defense. Rutland tried to pound the ball inside against the MMU defensive line with little success. With five minutes left in the third quarter, Justin Sanguinetti intercepted a Rutland screen pass deep in MMU territory to kill a Rutland drive. Andrew Young stopped another Rutland drive by causing a fumble that was recovered by the Cougars, and on yet another Rutland possession Marcello Moska unceremoniously introduced a Rutland ball carrier to the ground with a jarring tackle in front of the MMU bench, a tackle the Rutland ball carrier will surely remember.

With just over two minutes left in the third quarter Rutland took possession on their own 40 yard line after an MMU punt had sailed out of bounds. The score was still knotted at 0-0 and neither team seemed able to mount any offense. But this was Rutland so no one on the MMU sideline was willing to relax. That's when the MMU defense took matters in their own hands. On Rutland's first play from scrimmage Carter Glen stepped in front of a Rutland receiver, picked off the pass and ran the interception back into the Rutland end zone for a 6-0 MMU lead. It would be the winning TD and the only score of the game. The Cougars converted the PAT and MMU led 7-0. The MMU faithful went wild. Could this really happen? It reminded many of the upset overtime win over Essex two years ago on the same field. Were we witnessing another incredible upset over a traditional Vermont powerhouse in the Cougars' short but storied history?

By the end of the third quarter with lightning and thunder getting closer and reports of a dangerous storm cell over Williston headed in the direction of Jericho, officials decided to stop the game and wait to see if the storm would pass. When it became apparent lightning was imminent, they ordered the players and coaches off the field and instructed the fans to empty the bleachers.



The Cougars' # 83 Carter Glen scampers into the Rutland end zone after intercepting a Red Raider's pass in the third quarter of last Saturday's home game in Jericho. Glen's TD was the only score of the game and powered MMU's impressive 7-0 shut-out victory over one of Vermont's top teams. PHOTO BY CATHERINE LOZIER

Many people left, figuring the teams would play the fourth quarter sometime later in the week, after school. But once the storm passed, game and school officials decided to play on. The MMU players were psyched. No, not even Mother Nature could stop them now.

After the rain subsided the officials decided to continue the game so Rutland would not have to travel all the way back to Jericho just to play the fourth quarter. With MMU nursing their 7-0 lead everyone was nervous the Cougars might come out flat after the rain delay and suffer a letdown in intensity. This was Rutland, and Rutland was, after all... Rutland. "They're a dangerous team," one of the officials said just before the game was resumed.

It looked like the MMU lead was in jeopardy as the fourth quarter began. Rutland moved the ball better than they had all game and the determined MMU defense showed signs of cracking. When Rutland drove all the way down to the MMU 20 yard line with a first-and-ten things looked pretty bad for the Cougars. That's when Kyle Merk and Luke Dolan decided to end the suspense. On Rutland's first play from the MMU 20 Merk stripped the ball from a Rutland ball carrier and Luke Dolan pounced on the fumble. The Cougars had possession of the ball and their first win of the season.

The previous week in their season opener, MMU fell to Middlebury High School, 28 - 6. Middlebury is currently ranked number two in Vermont. When asked to sum up the game and the reason why the Cougars couldn't get on the scoreboard, Coach Norm Lozier answered with just two words, two words that have become, so far in this young season- unfortunately - the watchwords of this team... mMental mistakes."

The schedule doesn't get any easier with upcoming games against top-ranked and defending state champs, Hartford, followed by perennial power, Essex, then number nine, Colchester, and number six, South Burlington.

The Cougars (1-2) are not ranked in the top twenty, although that may change this week. When you defeat a team like Rutland and avoid the perils of Mother Nature on the same day, you must be pretty good. Neither rain nor sleet...

Go Cougars!

**Late Breaking News... Cougars fall to # 1 Hartford, 36-0**

This past Friday night the MMU Cougars traveled to Hartford to play their third game in a row against one of the best high school football teams in Vermont. This time it was defending state champs Hartford High School who provided the challenge. Hartford is currently ranked number one in the state. The Cougars, despite a game effort, couldn't handle the Hartford running attack and fell behind 16-0 by the end of the first half. Hartford continued to pile up yardage on the ground and scored three more TDs to put the game out of reach in the second half.

Once again the Cougar offense suffered the penalty bug. Time after time, as the MMU offense seemed to gain confidence in their ability to move the ball, someone would jump offsides or commit a holding penalty and another Cougar drive would end in frustration. In what has become a regular sentiment from the MMU coaching staff after another game in which the Cougars ruined their chances of victory with silly, unnecessary penalties, Head Coach Marty Richards echoed what he has said too often this season; "The mental mistakes hurt us."

About the only positive observation Coach Richards could muster from the Hartford game was the play of the special teams. "The kids on our special teams played well," Coach Richards said. "They gave us good field position all night."

Hopefully the Cougars will shed the penalty bug when they take on Essex High School in the latest chapter of the Rte 15 Rivalry, this Friday evening (Sept 21) at Essex High School. Kickoff is at 7 PM. Be there, Cougar fans!

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**HELP WANTED**

**PART-TIME CHURCH ADMINISTRATOR**- Mount Mansfield Unitarian Universalist Fellowship, a liberal religious congregation in Jericho seeks a home-based part-time Administrator to handle routine administrative functions. The administrator works closely with the MMUUF Steering Committee an average

Classifieds continued on page 11

**AUCTIONS**

**Absolute Auction - Foreclosure Former "Eden General Store"**

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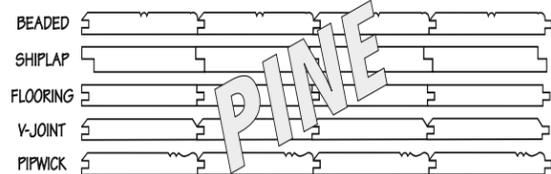
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# 7/8 Wolverines A Team

By Jim Driscoll and Abby Hallock

The 7/8 Chittenden East Wolverines opened the 2012 season with two impressive wins over Division 1 opponents: Chittenden South and Colchester. On September 1, the Wolverines traveled to Chittenden South to take on the Buccaneers. The playing conditions were fantastic with clear skies and abundant sunshine. The Wolverines gave up a quick score on the second play of the game to give Chittenden South a 6-0 lead. The Wolverines responded quickly behind the solid running of Raymond Wilson and Cole Carrier and put up two scores to take a 12-6 lead at the half. The second half was all Wolverines as they scored the first 20 points to take a commanding 32-6 lead. Strong running by Ray Wilson, Cole Carrier, and Kenny Thurgate proved to be a little too much for Chittenden South. The running game was very solid because of the outstanding line play of Paul Marshall, Clayton McMahon and company. Everyone contributed and the defense led by Johnny Benvenuto, Andrew Villeneuve, Charlie Myers and friends held the Buccaneers in check. The final score was Chittenden East 39, Chittenden South 12. Jacob Pratt, Kyle Leggett, Austin Combs, Nate Lozier, Jacob Wechsler, Shea Fitzgerald, and Darcy Benoit all had outstanding performances.

Following the Purple squad, the 7/8 Gold squad defense shut down the CSSU JV offense, allowing no points to be scored, thanks to the help of Spencer Barton, Mason Maeder, Ben Jiron, Jacob Davis who combined for 10 tackles. Connor Kasprick had a 10 yard loss sack. The offensive line blocked the entire game for Adam Fischer and Jack Glanville to rack up 123 rushing yards. Final Score: 25-0.

On Saturday September 8, the Wolverines hosted the Colchester Catamounts at beautiful Mills Riverside Park before a wonderful crowd. The Wolverine defense was the story in this game. The continually shut the Catamounts down, giving the offense excellent field position all game long. Entering the 4<sup>th</sup> Quarter, the Wolverine defense had held the Catamounts to zero net yardage. It's hard to point out one individual on defense because everyone was focused and ready to play. The highlight for the defense was Dylan Charter's fumble recovery and scamper for 30 yards and a touchdown.

The Wolverine offense behind the strong running game of Raymond Wilson and Cole Carrier and the passing of Kyle Leggett put up two scores in the first half, one on a beautiful reverse in which Cole Carrier went 30 yards for a touchdown. The second half was highlighted by Ray Wilson's 40 yard touchdown in which he refused to go down. The Wolverines put three scores on the board in the second half leading to a 32-0 victory and a 2-0 start of the 2012 season.

The Wolverines have their hands full as they host the undefeated Burlington Seahorses on Sept 15, followed by Milton on Sept. 22. The Wolverines want to especially thank all the parents, students, and teachers who came out to cheer us on.

## 5/6 Wolverines B Team

Wednesday September 5, the Colchester JV squad came to Jericho to take on the Wolverines Gold squad's gritty defense. Colchester got an opening drive touchdown. The Wolverines then shut down the Catamounts for the remainder of the game. Wolverines Running Back Dominic Lewis rumbled down the



Wolverine 7/8 running back Ray Wilson flies through the Colchester defense for a touchdown. PHOTOS BY CATHERINE LOZIER



Wolverines 7/8 offensive linemen Charlie Myers, Clayton McMahon and Paul Marshall hold back the big Colchester defense.

sideline for a 45 yard touchdown run. The Wolverines took the lead for good on a Quarterback keeper, and Nolan Barber came through with the extra point. Corey Peoples, Matt Reinfurt, and Finn Whelan combined for over 80 yards rushing. The defense did the rest and forced two fumbles which were recovered by Luke Reed in the last 5 minutes and earned the 7-6 victory. A huge game ball mention goes to the entire defense.

Saturday September 8, the Colchester Catamounts Varsity Squad returned. The Wolverines Offensive backs Jaden Elsinger, Meggan Sulikowski, Gary Whalon, Silas Diamond and Bryce DiNardo ran

the ball, gaining multiple first downs, and combined for over 120 yards. Josh Martelle ran up the middle through Colchester's defense to score 6 points. The Wolverines destructive Purple squad's defensive line of Mark "Caboose" Howland, Tucker Tarrant, Jehric Hackney, Riely Amerosa, Zach Korth, Danny Weidman, Bailey Piper, Patrick Burke, Asa Carlson, Danny Weidman and Jake Underwood held off Colchester the entire first half. Early in the second half Colchester got lucky and scored, adding a 2 point conversion to making it an 8-6 loss for the Wolverines.

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