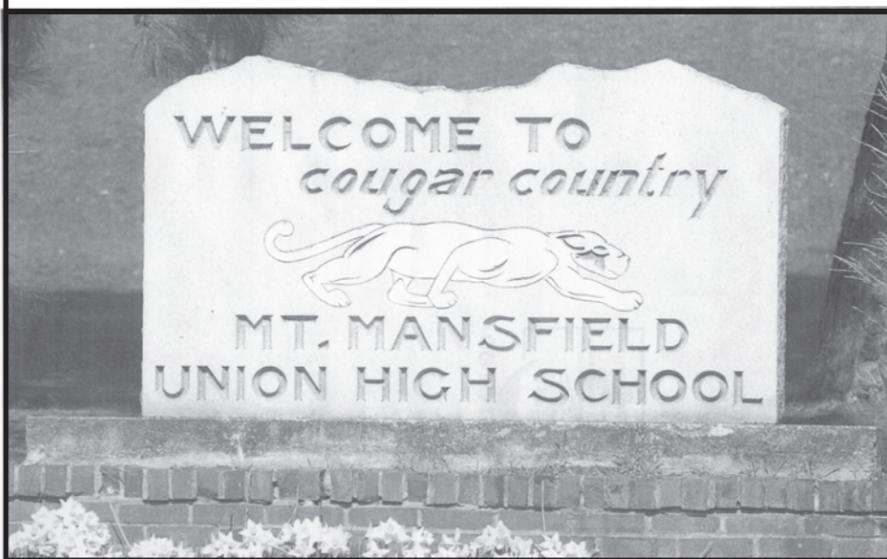




**Mountain Gazette
turns 10 years old
July, 2011**

VOLUME 9 • NO. 23 • Serving Bolton, Cambridge, Jericho, Underhill, Westford, and Jeffersonville, Vermont • June 16, 2011

**Lamoille Union High
School Graduation
Saturday June 18, 2011
11:00 AM
Senior Class Photos
pages 5-8**



**Mount Mansfield Union High
School Graduation
Saturday June 18, 2011
Patrick Gym, UVM
10:00 AM**

Senior Class Photos pages 9-16

**Huntington, Richmond defeat
CESU's merger proposition**

*By Ted Tedford
Special to the Mountain Gazette*

A committee whose proposal to create a single school district for the five towns in the Chittenden East Supervisory Union was thwarted has not given up.

The Chittenden East Voluntary Merger Committee met June 8, a day after voters in Huntington and Richmond turned down the single-district plan and decided to keep tying, scheduling another meeting for October 6.

Voters in Bolton, Jericho and Underhill and the Underhill I.D. District approved the merger plan, but it needed approval from all the towns in the Chittenden East Supervisory Union (CESU) to create a district run by a single 15-member school board.

Huntington voters soundly defeated the proposal, 365 to 85, while Richmond voters turned it down by a closer margin, 374 to 317.

During the post-mortem discussion several members urged the committee to keep working, despite the outcome.

"Huntington voters wanted to retain control over their (school) budget," said Breck Knauft, representing that town, but he urged the committee to keep working. "We need another discussion about this," he said.

"We should go back to our school boards and discuss this," said Jon Millazo, member from Richmond, but he said the committee should not ask voters to consider the proposal that was defeated.

"The (individual) boards have to talk and the executive committee has to talk and that will take awhile," Robert Letovsky, chair of the merger committee, said in an interview this week. He also said the committee is waiting for the results from exit polls taken during voting in the five towns by the Vermont School Board Association.

"We have to study the data and we have to respond to the majority of the voters," he added. "A message was sent but we aren't sure what the message was."

Among possible options for the committee to look at were: modify the plan presented to voters June 7, scrap a merger effort and find efficiencies in the present CESU system, form a structure of a "coalition of the willing" — a new district that might exclude one or more towns who again vote no. That would mean those towns would tuition their students to Mt. Mansfield Union High School. Another option voiced was forming a single district in the Jericho, Underhill Town and Underhill I.D. school districts.

Letovsky said he was pleased by the voter turnout and that there were so many people behind this proposal. The combined five-town vote was 1,241 in favor, 1,224 against.

After deciding by straw vote not to disband, the committee considered exploring more efficiencies in the supervisory union's schools to save money, reconfiguring some kind of merger and creating a single school district from the districts in Jericho, Underhill Town and Underhill I.D. That idea has been broached several times before.

Merger continued on page 3

**CHMS students investigate
vernal pools and wetlands**



*By Marcus Stevens, Zach Haviland, and Chance Lister
Camel's Hump Middle School students*

On Tuesday April 10, Tuesday April 23, and Saturday, May 7, the 7th grade students of the Sequoia team at Camel's Hump Middle School investigated what we thought to be a vernal pool at the Jericho Research Forest.

A vernal pool is a depression in the landscape that fills with rain water and snowmelt in the spring and dries up by midsummer. Because of this, fish can't live in the pool and eat the frogs' and salamanders' eggs and tadpoles/juveniles. But that doesn't mean that there are no dangers. Leeches, an abundance of Eastern newts and other terrestrial predators eat the eggs, as well as the juvenile salamanders and frogs.

Armed with buckets of equipment, nets and enthusiasm, we hiked up to the ridgeline to survey this wetland. As we neared the pool, the "quacking" chorus was deafening. This pool, in the middle of the forest, was teeming with wood frogs that were singing their quack-like mating call. These wood frogs require this pool to carry out part of their lifecycle. They migrated several nights before, and a few days later will return to their habitat—under the leaf litter in the forest.

While in the pool, male wood frogs are looking for mates. They will latch onto almost anything, including sticks, salamanders, other males, toads and almost anything else they can get their legs around. Spotted salamanders, on the other hand, do these complex mating dances when afterwards the male leads the female to his sperm packet called a spermatophore. Male frogs just spray the eggs with sperm and leave to go find another mate.

Vernal pools have many different biotic and a biotic elements. Some a biotic elements to vernal pools include an acidic pH, high levels of nitrogen and low levels of dissolved oxygen. Even though these materials are important to the vernal pool ecosystem, biotic

CHMS continued on page 22

**Jim Carter honored
with National Award
of Excellence for Organ
Donation Advocacy**

Perhaps you know Jim Carter as a friend, neighbor or a baseball coach but there are a lot more folks who know him for his continued advocacy for organ donations. On November 4, 1990 Andrea Carter, daughter of Jim and Sue Carter was killed in an automobile crash. She was a multiple organ donor, donating corneas, her kidneys, liver, and heart. Jim has tirelessly traveled the roads of Vermont speaking to students and parents alike to get his message across.

Another award has been bestowed on Jim and in his quite manner he said, "I am humbled and honored to receive the award. Anytime I can spread the word about organ donation whether it be in a classroom of kids or at the national level I am thrilled to do it."

Take a moment and read through the article and then sign up to be an organ donor. If you have any questions give Jim a call at 899-4767

In February of 2000 Jim Carter, along with Melissa Jewett, initiated a program in Vermont high school driver education classes, focusing on the importance of wearing seatbelts and explaining the organ donation option on the back of the Vermont driver's license. Melissa, due to health problems, was not



Carter continued on page 22

**Brown leaving administrator
position for top finance job
at Goddard College**

*By Ted Tedford
Special to the Mountain Gazette*

Interim town administrator Faith Brown is leaving to become chief finance and administrative officer at Goddard College in Plainfield.

Brown replaced Christine Murphy in October 2009 to become part-time town administrator. Murphy left to become town administrator in St. Albans.

The Select Board is seeking a person with five to 10 years experience in a "multi-faceted organization" to coordinate the Selectboard's day-to-day activities, including oversight and manage-

Brown continued on page 19

Mobbs Farm committee thanks volunteer, receives \$20,000 grant

On May 14, the Jericho Mobbs Farm Committee held a very successful Trail Day to help clean up the Mobbs Farm trails of this winter's wind storm debris. Thank you to the large group of volunteers who helped to clear logs and branches, rake trails, clean out drainage ditches, and remove one of the crushed bridges down by the river. Thank you, too, to the Fellowship of the Wheel for providing tools and helping organizing volunteers. Finally, a big thanks to the Garden of Eatin' Café of Williston for providing delicious sandwiches, desserts and drinks for all our hungry volunteers. The committee has recently received notification that their grant application for \$20,000 to the Vermont Recreational Trails Program has been approved. This money will go toward improving trails and helping to replace bridges at Mobbs Farm this summer. For more information about Mobbs Farm, please go to the Jericho Town Website, email mobbscommittee@hotmail.com, call Heather Furman at 899-1303, or post to the Mobbs Farm facebook page.



Volunteers gathered May 14 to clean and refurbish trails on the Mobbs Farm.

PHOTO CONTRIBUTED

Come say thank you to Sue Carter

Friends, Family and Community Members please join the Underhill I.D. School Board and PTO in the U.I.D. multi-purpose room on June 23, 2011 from 4:00 - 6:00 PM as we thank Sue Carter for 23 years of service as Secretary and Superwoman at the U.I.D. Elementary School. Please bring a snack or a non-alcoholic beverage for our snack table. Write down a favorite memory or drop a card into our thank you box. We look forward to seeing you there.

Nominations for Citizen of the Year

The Harvest Market Ministry of the United Church of Underhill has started its planning for the 37th annual event on September 24 and 25. The Ministry is asking community members for nominations for us to honor as Citizen(s) of the Year. This person or persons should have done something outstanding in the communities of Underhill and/or Jericho.

Please send your nominations with back-up information to the church at P.O. Box 265, Underhill VT 05489 or e-mail to Pat Richmond at richmondtp@juno.com.

POLICE REPORT

Thomas L. Davis, 74, of Cambridge, VT, was driving north on Barber Farm Road in Jericho when he struck bicyclists Douglas Paulsen. Paulsen was thrown into the grass. Davis did not stop and was located about a half an hour later in Cambridge. Paulsen, 57, of Essex Junction, VT, was taken to the hospital for minor injuries. Davis was cited into court to answer charges.

Justin M. Lucia, 26, of Bolton, VT, has been ordered to appear in Vermont Superior Court in Barre on July 11 to face 10 counts of retail theft at Billings Mobil, Waterbury. CASE#: 11A102300

Upon arrival to the scene, the operator **Clinton Bowser**, 62, Waitsfield, VT, was standing outside of his 2003 Nissan Pathfinder and advised he was not injured. State Police noted however that the vehicle's front end was crushed into the rock ledges with extensive damage to include the front wheel axle broken in two.

Investigation revealed that Bowser was traveling too fast for the current road conditions and due to this lost control of his vehicle on the water covered road and crashed. No other vehicles were involved in this incident.

Bowser advised due to a recent "Click it or Tick it" event, he just started wearing his safety belt last week. This safety belt resulted in him walking away from this scene.

Vermont State Police want to remind all drivers that heavy rain storms area just as dangerous as snow storms and always drive with cushion in any inclement weather. CASE#: 10A102377

On Monday June 6, 2011 at approximately 6:30 AM the Vermont State Police with the assistance of the Vermont Department of Motor Vehicles investigated a single vehicle crash on Vermont Route 15 at the intersection of Plains Road in Jericho. **Joseph Simpson**, 42, Newport, VT, was operating a 2002 Kenworth tractor trailer, and he was hauling trash from Williston to Coventry. Simpson failed to negotiate the sharp curve at that location and overturned his vehicle which resulted in the blocking of the east bound lane of traffic. The morning commute was then completely interrupted with traffic being re-routed for several hours when both lanes of traffic had to be closed to remove the vehicle, and remove the trailer's contents. The trailer's contents had spilled onto a private lot located at #50 Vt. Route 15.

The initial investigation found that speed was a factor in the cause of this crash. There was substantial damage to both the truck and trailer and the vehicle had to be towed from the scene. There were no injuries involved in this crash. The crash remains under investigation.

A 40-year-old Plainfield man, who became nauseated and dehydrated while hiking the Long Trail on Camels Hump was led

Please help our neighbors affected by the recent floods

The United Way of Lamoille County will be delivering donated items each Friday for the next few weeks. If you would like to help, please drop your donation off at the United Way office located in the TD Bank building in the Northgate Plaza. See below for list of items needed. For more information, call the United Way office at 888-3252.

The following items are desperately needed: Canned food and non-perishable boxed food items, new or clean, used, sorted seasonal summer clothing and shoes, bottled water, laundry detergent, hygiene items (i.e. soap, toothpaste, toothbrushes, shampoo, toilet paper etc.), new unopened packages of socks, underwear, coolers, blankets, bedding, trash bags, cleaning supplies, gloves, infant supplies (formula, baby food, diapers, baby wipes), packaged snack items (granola bars, pretzels, cookies, etc.), small toys (stuffed animals, dolls, chalk, bubbles, cars, coloring books, crayons, puzzles etc.)

down to safety Sunday evening, the head of the Waterbury Backcountry Rescue Team said.

"The man, whose name was not released, was treated on the mountain and walked the rest of the way out on the trail," said Brian Lindner, Waterbury's team leader. He said the hiker was not transported, but believed he was going to seek further medical attention.

"The man was hiking with a physician's assistant and a nurse, who were able to help him after they used a cell phone to call public safety officials at about 2:17 PM." Lindner said.

"We had excellent information," Lindner said referring to the hiking companions' providing health and location details for the Waterbury crew, which also sought help from Stowe Mountain Rescue and Colchester Technical Rescue.

He said 18 volunteers from the three squads participated in the rescue, which wrapped up at about 7:15 PM

Lindner said the command post for the rescue teams was about one-third of a mile from the trail's head on Camels Hump Road because the road had been washed out by recent heavy rains.

On Sunday June 5, 2011 at approximately 1:50 AM Vermont State Police were summoned to a motor vehicle crash on VT Rt. 108S in Jeffersonville. Investigation showed a 2002 Chevrolet SUV was traveling north on Rt. 108 when the operator, **Melody Brooks**, 28, of Jeffersonville, VT, fell asleep at the wheel. She left the roadway striking a mailbox and then a parked truck head on, which was unoccupied. There was airbag deployment and her vehicle came to rest in the intersection of Rt. 108 and Notch Glen Dr. Brooks was transported to Copley Hospital in Morrisville for evaluation. Both vehicles sustained extensive damage to the front end. CASE#: 11A102289

On Friday May 27, 2011, at 10:11 PM, the State Police were called and asked to respond to a single vehicle motor vehicle crash at Main Road in Huntington near Moody Road. Upon arrival the trooper learned that the uninjured operator, **Benjamin Willoughby**, 49, of Huntington, VT, had been drinking alcohol prior to the crash. Willoughby was subsequently arrested and processed for suspicion of driving under the influence of alcohol. An evidentiary breath sample collected at the State Police Barracks revealed that his BAC was greater than .08%. The vehicle involved in the crash, a 2001 Toyota Tacoma, suffered damage as a result of partially rolling after going off the road. CASE #: 11A102174

On Thursday June 2, a car crash in Westford cut power in the area for several hours, Vermont State Police in Williston said. The car driven by **Luke Aupperlee**, 31, of Wolcott, VT, was headed eastbound on Vermont 15 when it went off the road and hit a utility pole, causing heavy damage. A transformer on the pole caught fire, said Vermont State Police. Vermont 15 was closed for about an hour, because of the safety hazard involving the fire and downed wires. Aupperlee was evaluated for facial injuries but refused medical treatment. Aupperlee told them he fell asleep at the wheel just before the crash.

Thomas L. Davis, 74, of Cambridge, VT, was cited into court Wednesday afternoon for allegedly running a bicyclist off the road. According to State Police, Davis was driving north on Barber Farm Road in Jericho when he struck Douglas Paulsen. Paulsen was riding his bike north on the right side of the road. Davis did not stop and was located about a half an hour later in Cambridge using a description of his truck from another driver. Paulsen, 57, of Essex Junction was wearing a helmet.

On May 30, 2011, the Vermont State Police responded to a residence on Tanner Road, Jeffersonville, VT, for a report of a burglary. Items stolen from the residence include a variety of hunting equipment, hunting clothing, radios, and coins.

Anyone with information regarding this incident is asked to contact Sgt. Julie Cooper of the Vermont State Police at 802-635-7036 or 802-878-7111. CASE #: 11A102201

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COMMUNITY COLUMNS

Houses In and Houses Out

By Suzanne Kusserow
Senior Guest Columnist

I am sitting on a graying old bench in front of a grand house: Tudor style, 3 stories in stone, with stained-glass windows, slate floors and a winding staircase leading to four more bedrooms, should you have a grand sleeper. The houses extend up and down this wide elegant, southern street...brick mostly, with wide, swooping steps leading up to a sculptured portico, with the 'eyes and eyebrows' above it: square eight-by-eight windows, with heavy curtains draped equally on either side. The sun is playing peek-a-boo: hot when out, pleasant when in. Bushes are selected for color and sized, with mounds of Hosta surrounding lush bright flowers. A walker goes by, angling his head to get a look at my sitting on the stone entry steps. He really can't tell anything from a glance, and quickens his pace. A delivery van stops; the driver trots up to a house and drops a package. Dogs pull their owners along down the center of the street; a couple of bikers, bent double over their racing bikes, helmets flaring out over their necks, silently pedal by; one waved. A car pulls out, expertly maneuvered down the curved driveway; an older woman waves...the subtle camaraderie of white hairs.

We wonder, those of us on the outside, what happens in these houses. Are the families within subject to the same stresses? And do we, looking only at the façade, become envious precisely because we cannot see further? We can imagine that money takes care of paint, lawn-mowing and ennui, and sometimes even despair. Worry about money provides a necessary preoccupation for those of us who don't have it. Worry, whether sensible or deserved or a substitute for contentment, finds money to be one of the easiest quantifications to hang one's woes on. Those who are inside don't say anything; those who are outside, wonder what goes on inside these well-tended facades. Can the residents avoid what we of 'houses out' know to be our stressors? In all reasoning, we know that is not possible. Yet we also know that a giant TV, a trip to the orthodontist, organic lettuce in the fridge, and a pleasant picture in a pleasant room with a pleasant glass of white wine are buffers that are provided by money. But more than that, it gives a sense of self-esteem, success, imagined and real rewards.

How do the families of houses in seek help? Their routines are relatively predictable and tied to social rewards and punishments. The idea of stoicism, of a stiff upper lip, has been touted as the British standard for so long, that complaining to someone - a professional father figure - is hard, when you already have 'everything'. Sometimes we all can talk plainly, as if protected by the confessional, to your seatmate on a plane, whom you will never see again. Can we be trained beyond our social milieu, to be either content and chatty and honest with ourselves, or reach out of our houses, not so much as a matter of charity but of self-preservation?

A lawn mower starts; a large truck full of brooms and blowers and rakes is clipping the lawn of 3-story stucco with a mansard roof tiled in slate. The owners will look out and see the conventional beautification and know that the bill will automatically be charged to their Visa account. They will have padded their lives sufficiently to protect their status. So too, do 'houses out'. Who has the clearer goal, the easiest path, the time and the choice to rest? The houses are sheltered by huge trees, monoliths of a southern clime, pruned, fat and ancient.

A pair of small dogs that came by an hour ago, are slower now, but still trotting along on short legs, on a leash held by the owner...or a hired helper? I can't tell and guess it really doesn't matter to the small dogs trotting along on short legs...or to me. We all find our own way past conjecture and curiosity seeking what makes us most content, whether it be money or good works or even sitting here and observing.

The sun comes out again, this time too hot to stay on the graying garden bench. I take the owner's small dog with short legs, whom I am caring for, and head for the Tudor house with the stained-glass windows and the air conditioning. It's a nice switch every now and then!

Should your little ones dive into swimming lessons?

By Dr. Lewis First
First with Kids

With summer here, parents have been pooling their thoughts and asking me whether it is okay for their infants and toddlers to be enrolled in swimming classes. Well, let me dive right in and provide some information on these swim programs.

More than 5-10 million infants and toddlers participate in water instruction programs annually. Despite their popularity, it is important to remember that the main purpose of these programs is for young children and infants as young as 6 months of age to enjoy some fun time together with their parents, and not to teach these children how to swim or be safe. While there are a few small studies suggesting that children between the ages of 1 and 4 may be less likely to drown if they have had formal swimming instruction, the studies don't define what type of lessons work best, so the American Academy of Pediatrics (AAP) is not recommending mandatory swim lessons for all toddlers.

Instead, parents should make the decision on enrolling young children over the age of one year in swim lessons based on a child's frequency of exposure to water, their physical abilities and emotional development, and any health conditions - such as someone who might be allergic to chemicals used in cleaning the water in swimming pools. It is important to note that the AAP still does not recommend water safety programs for children less than one year of age. Why? We know infants can experience hypothermia (body cooling), and infant swimmers could be prone to getting water poisoning from swallowing too much water, and/or can spread communicable diseases in the pool unless they are wearing very tight, waterproof diapers.

So what kinds of programs do I recommend for teaching toddlers how to get used to the water? I like programs that follow YMCA guidelines where instructors all know CPR and infants and toddlers are never submerged. Parents should also be CPR trained if they are going to have their little ones in the pool.

Speaking of supervision, never just depend on the instructors to supervise infants and toddlers in a pool. The parent role is critical. If you are taking your child into the water at any time, make sure you are within an arm's length and able to touch the swimmer at all times - and that includes when your young child is in the bathtub. Remember that you cannot water-proof a young child, not even with water wings and swimming lessons.

Hopefully, tips like this will make a big splash when it comes to knowing how to keep your young child -safe while having fun together in the water this summer.

Lewis First, M.D., is chief of Pediatrics at Vermont Children's Hospital at Fletcher Allen Health Care and chair of the Department of Pediatrics at the University of Vermont College of Medicine.

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Must be signed for attribution,
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Sunday school students to be honored, signup for vacation bible school

The United Church of Underhill, located at the park on Route 15 in Underhill Flats, will honor its Sunday school students on Sunday June 19, during its worship service starting at 10:30 AM. The students will take part in the worship service and will receive recognitions for their attendance during this past year. The Sunday school teachers will also be honored during the service. Community members are welcome and urged to attend the service to learn about what the children have been studying this year.

Communion for the month of June will be served on Sunday June 19, during the recognition of Sunday school students. Communion is usually served on the first Sunday of the month, but due to scheduling changes, it had to be moved to June 19.

Starting on Sunday July 17, at 9:30 AM, summer Sunday school will move to a more casual mode, and feature VeggieTale videos. For those who are not familiar with VeggieTales, they star cartoon vegetables that tell and act out tales illustrating Bible stories and moral fables. Children of all ages enjoy the videos and songs, which often feature storytelling on 2 levels. All children and families are welcome to attend church at the United Church of Underhill during the summer to enjoy Bob the Tomato and his friends. For more information, call Julianne Nickerson at 899-3798.

Following up with more children's news, the United Church of Underhill will be hosting Vacation Bible School in conjunction with the Jericho United Methodist Church and the Essex Center United Methodist Church on August 15 - 19 from 9:00 - 11:30 AM *Shake It up Cafe!* will allow children in grades K - 8 to explore and experience recipes for living out God's word. Vacation Bible School is free and is open to all children in our communities. We ask that you please pre-register so we will have the appropriate amount of supplies; registration is on-line at www.unitedchurchofunderhill.com, or call Julianne Nickerson (899-3798) for more information.

During worship on June 19, the United Church will receive its annual Blankets Offering. This is a special mission opportunity which provides funds to help people in need around the world, including the U.S. For over 60 years, Church World Service has worked in partnership with local communities to identify their needs and access the resources they need to build the foundation for a more viable future, including blankets, tents, food and other emergency supplies in the wake of a disaster; tools and seeds for refugees returning home to replant their fields; wells for families living in drought prone areas to provide clean, safe water to drink and to irrigate crops and gardens; and literacy training and microcredit for women struggling to realize their potential. If you would like to help with this effort, contact the church at www.unitedchurchofunderhill.com or 899-1722.

This spring the Church did a survey of people's favorite hymns and has been including them in worship. Some of the most popular hymns are *In the Garden*; *How great Thou art*, Joyful, joyful we adore you, Lord of the dance,, and other old favorites.

On Sunday July 17, the United Church of Underhill, jointly with the Jericho United Methodist Church, Calvary Episcopal, Covenant Community Church, and Good Shepherd Lutheran Church, will hold an outdoor worship service at 9:30 AM. The location will be announced shortly. Everyone in the community is invited to come, sing some of those old hymns, and experience God in His original setting. For more information about the United Church of Underhill, visit our website at www.unitedchurchofunderhill.com or call 899-1722.

Merger continued from page 1

Voting in favor of the RED were Bolton, 110-96, Jericho, 342-132, Underhill I.D., 150-89, Underhill Town, 237-168. The vote would have combined CESU's seven school boards into one 15-member board. Presently there are 45 members on all seven boards.

The CESU vote was the first under Act 158, the law calling for reducing the number of school districts statewide. The Addison Northwest Supervisory Union voted to approve a merger before the law was passed, but it was subsequently overturned on a petition.

Education -

Mike Audet
Certified Master Tutor
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Underhill, VT 05489
(802) 899-3235

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EVENTS

COMING EVENTS

Thursday June 16

Hot Dish Supper, Binghamville United Methodist Church, Fletcher, 5:00 PM until all are served. Menu includes a variety of hot dishes, baked beans, hash, salads, rolls, pickles, and pie. Adults \$8.00, children under 12 \$4.00, families welcome.

Friday June 17

The Richmond Farmers' Market will host Vermontica the calf and Dairy Day plus, story tellers, Gigi, Joni and Michelle bring the wisdom of stories to life; delighting audiences of all ages on stage from 5:00 to 6:00 Lienne Bick, a talented face painter, will be on hand at 5:00. The Market is open from 3:00 to 6:30 on Volunteers Green in Richmond. Come and meet your Local Growers and Buy Local. For further information, contact Carol Mader at 434-5273 or cmader@surfglobal.net. Check out our website at www.RichmondFarmersMarketVT.org. The Richmond Farmers' Market participates in the Farm to Family Program and now accepts EBT and Debit cards.

Sunday June 19

Father' Day Breakfast Buffet, Eagles Club, RT 109, Jeffersonville, 7:00 to 11:00 AM. Adult \$8.00, 6-12 yrs \$6.00, Children under 6 FREE, Seniors (65+) \$6.50. A non-profit event. For more info: 899-3130 and ask for Reba Legrand

Community Father's Day Breakfast, VFW POST 6689, 73 Pearl St., Essex Junction, 9:00 - 11:00 A.M. Menu includes Eggs any style, Pancakes, Bacon or Sausage, Home fries and Toast. Adults, \$7, Children, \$3. Sponsored by the Ladies Auxiliary. Call 878-0700 for more info.

Country Breakfast for Father's Day, St. Thomas Knights of Columbus Council #7810, 8:00 to 11:00 am in the parish hall. The buffet style breakfast will include juice, fruit, eggs, pancakes, sausage, bacon, home fries, and coffee or tea. The cost is by donation. All are welcome. For more information call the church office at 899-4632.

Friday June 24

Richmond Farmer's Market, Volunteer's Green, Bridge Street, Richmond, from 3:00 to 6:30. For further information, contact Carol Mader at 434-5273 or cmader@surfglobal.net. Check out our website at www.RichmondFarmersMarketVT.org. The Richmond Farmers' Market participates in the Farm to Family Program and now accepts EBT and Debit cards.

Saturday June 25

Underhill/Jericho Country Garden Tour 2011, sponsored by the Community Center in Jericho, 9:00 AM to 2:00 PM ticket

holders will enjoy a complimentary tea and self guided tour of seven gardens. This year, Reduce, Recycle and Reused will be the theme in each garden. Tickets \$12 can be purchased at the Jericho Center Country Store, Old Mill Craft Shop in Jericho, Irish Family Farm and Underhill Country Store. On the day of the tour tickets are sold only at the Jericho Center Country Store. Information: 899-3853.

Strawberry Festival, the Jericho-Underhill Lions Club will have its annual Strawberry

Festival on Saturday June 25 at the United Church of Underhill from 5:00 to 8:00 PM. This is an all you can eat affair with all proceeds going to support the many activities that the Lions Club helps in the 2 communities. Come and enjoy good food and friendships while supporting the local Lions Club. For further information call Jim Carter at 899 4767.

Tuesday June 28

Solo cello recital, St. Michael's College Chapel, 1 Winooski Park, Colchester, 12:30 PM, featuring Johnathan Torolano. The program includes two monumental compositions for unaccompanied cello.

Thursday June 30

Good food for All, Homemade soup and bread supper, Calvary Episcopal Church, RT 15, Underhill, 5:00 to 7:00 PM. Free

Saturday July 9

Beekeepers workshop, Charles Andros, former NH/VT Apiary Inspector, 1:00-3:30 PM, 18 MacLean Road, Alstead. Look for the "BEE" sign on the south side of Walpole Valley Road. The topics of discussion will be taking off and extracting honey, wax processing, treatment of mites and foulbrood, and making propolis tincture. Bring a veil, if you have one, as we shall be opening some colonies. We'll be inside if it is a rainy day. Water and chair may also come in handy. Registration required. email: lindenap@gmail.com or call 603-756-9056."



Israeli Scouts Friendship Caravan, a popular family friendly song and dance performance to appear Temple Sinai.

PHOTO CONTRIBUTED

Temple Sinai hosts 14th annual Israeli Scouts Friendship Caravan June 29

The public is invited to attend the Israeli Scouts Friendship Caravan, a popular family friendly song and dance performance by 10 talented Israeli teenagers, Wednesday, June 29 at 6:00 PM at Temple Sinai in South Burlington. The troupe of teens, five boys and five girls, travel across the United States each summer to sing, dance, and tell personal stories through a Broadway style show that has been enjoyed by audiences of all ages for the past 14 years.

A typical American barbecue dinner will follow the performance and is included in the price of admission. Admission is \$10 per person/\$25 per family (3 people or more), \$5 for ages 6-18 and children under 5 and those enrolled in a synagogue religious school are free. Advance tickets may be purchased with VISA/MC online at <http://www.templeisrael.org>. Cash only will be accepted at the door the day of the performance.

For more information about the Israeli Scouts Friendship Caravan please contact Judy Alexander at 862-5125, by email directoryjudy@templeisrael.org, or visit www.templeisrael.org.

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 e-mail: Laineyrapp@yahoo.com or call me at 802 660-4817

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

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

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

Handbell ringers, Tuesday evenings, United Church of Underhill. All are welcome at rehearsals. Two ensembles; opportunity for small groups/shorter time periods. We ring a variety of music in a variety of settings and look forward to new faces joining us. Beginners welcome! Call Roger, 899-3106, for information.

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

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

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

HEALHEVENTS & GROUPS

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

Alcoholics Anonymous Meeting, "The Firing Line" group

meets Wednesdays, 7:15 PM - 8:15 PM at Maple Leaf Farm on Stevensville Road, Underhill - it's an Open Step meeting

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

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

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

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

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

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

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

KIDS

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

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

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

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

Bolton Family Play Night, in the Smilie School gym, usually

Ongoing Events continued on page 17

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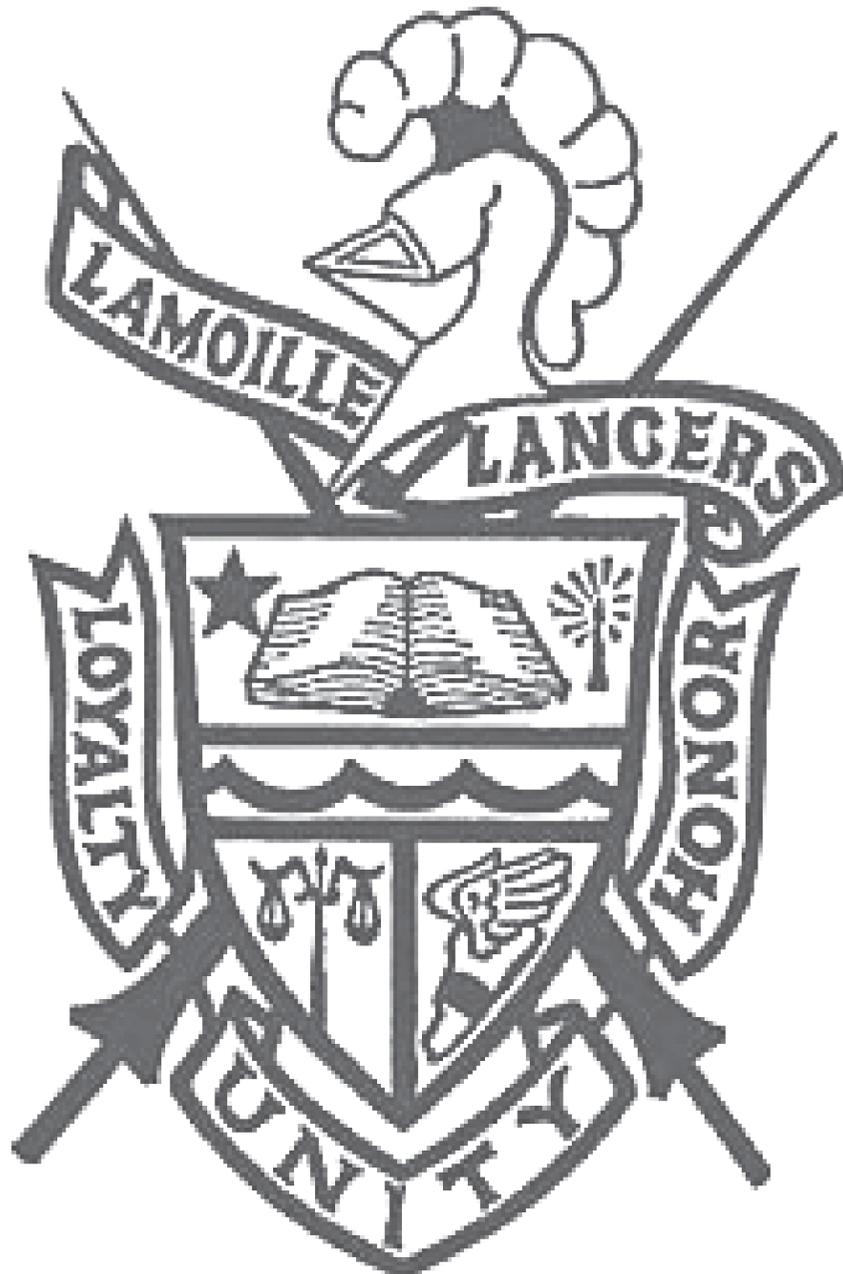
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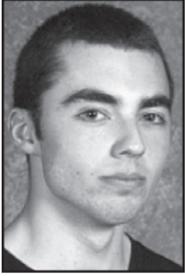
Morgan Barnes



Priscilla Barry



Bryan Bathalon



Weston Benoit



Dylan Bishop



Amy Bowen



Travis Brown



Chapin Bryce



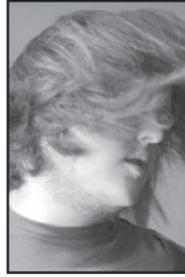
Maia Buckingham



Ryan Buckley



Ashley Bushway



Lance Caron



John Chalue



Martin Chandler



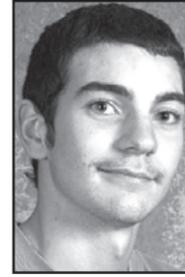
Ashley Chilson



Jessica Cleary



Chaz Clements



Spencer Cobb



Elise Coolbeth



Tyler Costello



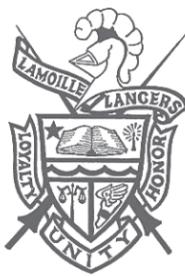
Donovan Demag



Ashly Demore



Ashley Dennis



Zachary Donze



Katherine Dudley



Evan Duffy



Michael Duncan

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Chelsea Dunham



Jillian Emery



Jasmine Fenton



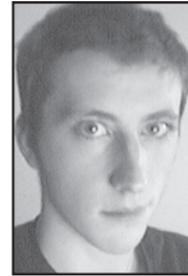
Zackary Fenton



Andrew Ferland



Paulemile Ferland



Zachary Fordham



Eliza Fowler



Chelsea Friedrich



Amanda Fuller



Heidi Fuller



Emily Gagner



Hannah Gill



Amber Gillespie



Aaryn Godin



Alex Gomez



Tristin Goodwin-Hicks



Shaunna Haley



Carl Hartling



Eleanor Hayden



Brittney Heath



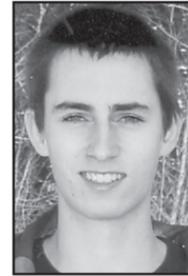
Sabrina Hess



Cyle Hill



Kyle Hoadley



Jordan Ingalls



Floyd Johnson



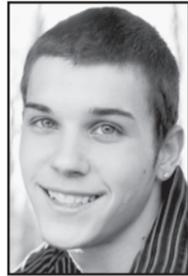
Jasmine Jones



Nathan Kirk



Michael Kirtland



Lawrence Kneen



Jacob Koonz



Caitlin Laflin



Nicole LaFreniere



Pauline LaRose



Desiree Lathé



Katie LeBlanc

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Jesse Locke



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Joshua Lubitow



Hayden MacDonald



Kileen Maher



Lucas Marcoux



Dorigen Martin



Kassandra Mason



Jordan May



Brittany McLure



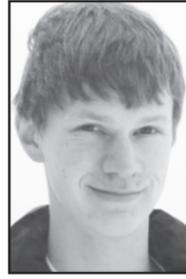
Ashley McNab



Joshua Miller



Kassie Miller



Tully Miller



Angela Moreau



Lura Mossey



Wesley Nemeth



Brittany Newland



Rachel Nieckarz



Katie Oram



Chelsea Peake



Dustin Pecor



Justin Pineo



Peter Pollander



Kyrsten Reen



Nicole Rent



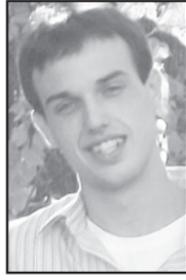
Field Rogers



Samuel Rooney



Bradley Rushford



Daniel Russell



Zethan Savoie



Max Shaw



Matthew Sheltra



Brendan Simpson



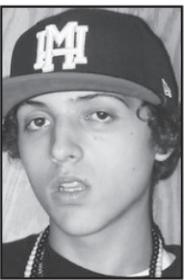
Emily Slayton



Christopher Stead



Travis Stearns



Ryan Tallman



Dakota Taylor



Sayer Teague



Lillian Teale



Chante' Thomas



Aryk Tomlinson



Inanna Tomlinson



Olivia Turner



Ashley Vanat



Zachary Verney-Carron



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Kaitlyn Adams



Caleb Aguiar



Danielle Allendorf



Erin Anderson



Matthew Ashe



David Baizley



Chelsea Baker



Sam Baldor



Ian Barton



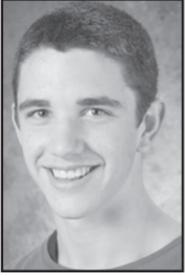
Benjamin Beaudoin



Olivia Berard



Bear Berenback



Michael Bernstein



Brice Bianchi



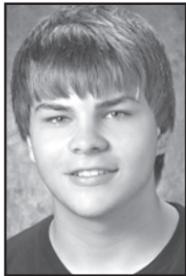
Trevor Bibb



Thaddeus Bliss



Shelby Bonk



Kyle Boomhower



Mackenzie Bossi



Benjamin Bourdeau



John Boyd



Samantha Bright



Travis Brisbin



Brett Brisson



Jack Bromley



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Rebecca Christie



Christina Clark



Alexandra Cline



Abigail Cole



Lindsey Colompos



Lauren Coon



Max Corbin



Brendan Cruise



Samuel Cutler



Katherine Cyr



Kimberly Cyr



Gregory Daniel



Andrew Danilich



Hayley Davis



David Dec



Meghan Decatur



Shayne Delabruere



Jacob Diaco



Martin Devenuti



Katherine Doherty



Taylor Downs



Mahaliah Duncan



Zachary Dutcher



Aaron Early



Amanda Farrell



Sean Feenan



Halley Fisher



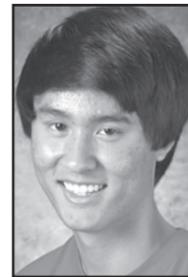
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Zachary Gerard



Marissa Giroux



Sarah Glitman



Gina Gordon



Lindsay Gravelin



Allison Green



A.J. Grimaldo



Meghan Guilmartin



Cody Guyette



Emma Hadden



Jacob Hall



Eric Hallman



April Hartley



Ashley Hartley



Kaleigh Heath



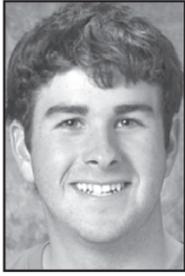
Jessica Hill



Katherine Hobart



Meredith Hu



Ryan Hubbard



Duncan Heuther



Austin Hughes



Warren Irish



Nicole Irwin



Bridget Iverson



Ashley James



Casey Jamieson



Emma Jobinpicard



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Sofia Kimball



Hanna Kingston



Paige Kirby



Michael Kiripolsky



Sarah Kittell



Kiley Krywka



Misha Kydd



Garron Lafountain



Joshua Lagrow



Bailee LaPlant



Jarius Larson



Tiara Lawyer



Andrew LeBlanc



Benjamin Leonard



Sierra Leonard



Glenn L'Esperance



Kimberly Liberty



Thomas Linder



Chelsea Lister



Patrick Litten



Jacklyn Longe



Elisabeth Lucia



Keith MacDonald



Colby Main



Melissa Manning



Avery Marcus



Christian Marier



Emily Marshall



Alisha Martin



Toni Martin



Hayley Maynes



Jeannette Mayville



Frank McCarthy



Rachel McDevitt



Rose McLoughlin



Brianna McPadden



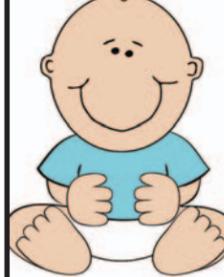
2011 MMUHS GRADUATE



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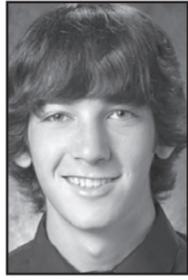
Mount Mansfield Union High School Seniors 2011



Marie Mendicino



Jaclyn Meshako



Jeffrey Meyer-Lorentson



Shannon Miksek



Kyle Miller



Alan Minard



Emilie Moreau



Alicia Murray



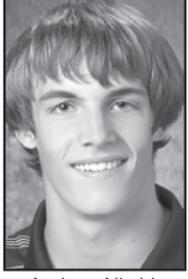
Delilah Necrason



Jessica Newcomb



Hannah Nichols



Andrew Nitchie



Matthew Noonan



Anna Ogilvie



Luke O'Leary



Emma Oliver



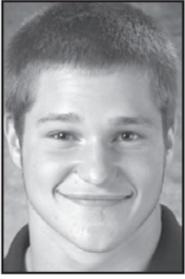
Rebekah Ovitt



Britney Palermo



Aniken Palola



Kasey Perren



Audrey Phillips



Matthew Prah



Ashley Prim



John Raville



Elizabeth Raymond



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Daniel Richiedel



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Kathryn Rutkowski



Quinn Self



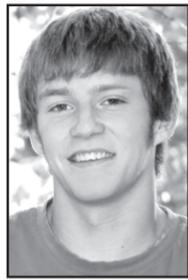
Eric Shand



Jordan Simanskas



Erin Simmons



Bryna Simons



Arynne Siple



Jeffrey Sutherland



Donna Thomas



Emily Tobi



Diana Todisco



Nathan Tomlinson



Christy Tourville



Gage Towers



Miranda Tremblay



Jessica Varney



Andrew Verner



Cody Vernet



Kyle Werner



Benjamin Whitcomb



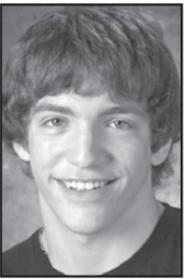
Katherine Whitman



Michael Williams



Sumner Williams



Christopher Wilson



Michael Wood



Braden Yeates



Sabrina Youngman



Edward Zalazny

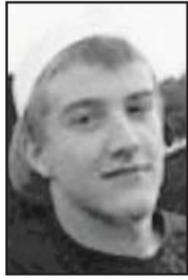


Patrick John Devlin



In Memory of

Rest in Peace



Scott Allen Latterell

Photos unavailable:

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Courtney Austin
Steven Bombard
Candice Bricker
Alexandra Cline
Joshua Curley
Ryan Curley
Rosalyn Elliot
Jordan Erdelyi

Brandon Fuller
Jacob Fuller
Erik Hurley
Shawn Haskins
Danielle Keefe
Silas Makaris
Melissa Malloy
Torrie Berard
Meghan Halpin

Britt Manning
Lorand Moore
Carrie Morway
Harrison Neuert
Christia Patenaude
Alyson Pickering
Trevor Rickert
Nicole Rocque
Kaitlin Schifilliti

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Mount Mansfield Union High School Seniors 2011

Green Mountain Athletic Association awards senior Aaron Early 2011 CMAA Scholarship



The Green Mountain Athletic Association (GMAA) announced that Aaron Early of Hunting, VT is a recipient of the 2011 GMAA Scholarship. Early is a senior at

Mount Mansfield Union High School. Early has been running since he young and focuses on cross country, and in addition to his many volunteer hours with his cross country team in building trails, he has volunteered for numerous GMAA events. He plans to attend UVM to study

nursing. Early says, "Through running I have learned more about the human body and continue to work out in other ways to keep myself fit. I learned about how impoetant it is to stay healthy and that influenced my decision to be a nurse." The GMAA presents two graduating high

school seniors with \$500 scholarship based on their running history and their intent to continue their running careers in college. The second recipient was Meghan Burke of Essex, VT.

"I know of no more encouraging fact than the unquestionable ability of man to elevate his life by a conscious endeavor."

-Henry David Thoreau

MMU Class of 2011

Best to each of you on *your* conscious endeavors.

-Dr. Farrell, family, and staff

Farrell Chiropractic Center



MMU senior play cast included Ryan Curely, Katherine Hobart, Delilah Necrason, Casey Jamieson, Emma Hadden, Sam Cutler, Alli Green, David Dec and Ashley James.

PHOTO CONTRIBUTED

MMUHS senior presented *The Importance of Being Earnest*

Mount Mansfield Union High School seniors presented Oscar Wilde's comedy *The Importance of Being Earnest*, on Friday, June 3 and Saturday, June 4 to a full and appreciative audience. This is the third year MMU has put on a senior theater production where the entire cast and crew has been comprised of seniors. Members of the Cast and Crew include: Casey Jamieson, Ryan Curley, Sam Cutler, Alli Green, Emma Hadden, Ashley James, Delilah Necrason, David Dec, Katherine Hobart, Alex Cline, Henry George, Bridget Iverson, Misha Kydd, Amanda Roberts, Josh Curley, and Jeff Meyer-Lorentson. Kudos to these marvelously talented young people for putting on an excellent show from incredible acting and costumes to the amazing sets and many technical aspects of the show. We will miss you at MMU but look forward to hearing about your future success. Special thanks to Candy Padula, Theater Director, for making this opportunity possible for the seniors and helping them bring this wonderful show to life as a tribute to the theater department's graduating seniors.

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Ongoing continued from page 4

the first and third Fridays, 6:00 – 7:30 PM. Free. Mostly unstructured play with the school's equipment. Contact Tim Grover, 434-4180.

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

SENIORS/COMMUNITY MEALS

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

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

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

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

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

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

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

SPORTS ACTIVITIES

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

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

SUPPORT GROUPS

CFS, Fibromyalgia, Lyme Disease, Chemical Sensitivity and Gulf War Syndrome, 1:00 to 3:00 PM every third Thursday at: The Bagel Cafe, Ethan Allen Shopping Center Burlington, VT call or visit website www.vtcfids.org or Lainey

at 802 660-4817 or 800-296-1445 ask for Rik **Alzheimer's support group**, third Wednesday, 9:30 – 11:30 AM, The Arbors, 687 Harbor Rd., Shelburne. Free education for individuals and families in the early stages of Alzheimer's disease and related dementias. For information and to register, contact Nicole Houston, 985-8600.

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

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

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

TOWN GOVERNMENT & ORGANIZATIONS

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

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

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

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

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

Village of Jericho, Inc. - Please be advised that the Board of Water Commissions of the Village of Jericho, Inc. will hold its next monthly meeting Tuesday June 21, 2011, 7:00 PM.

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

THRIFT SHOPS & FOOD SHELVES

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

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

LETTER TO THE EDITOR

Keep Vermont Yankee open To the Editor,

The governor's website says his new Climate Cabinet will identify strategies to reduce Vermonters' dependence on fossil fuel for transportation, and reduce greenhouse gas emissions by encouraging alternatively fueled vehicles and more efficient vehicle and mobility choices.

I like electric cars. But cars recharged with high-carbon electricity aren't really low-carbon, are they? Exchanging thousands of little exhaust pipes for several huge smokestacks still means carbon, smog and acid rain. Out of sight, out of mind but not out of lungs!

Vermont already has domestic, reliable, 24/7 carbon-free power sufficient to recharge tens of thousands of electric cars: Vermont Yankee. We don't need to give away jobs and money to

Seabrook and Hydro-Quebec. Renewables? If they can ever carry the heavy load, it won't be for at least 10-20 years. To maintain otherwise ignores what is. By insisting on Vermont Yankee's closure, the governor is hamstringing his own climate cabinet.

Environmental change happens more smoothly if the consumer isn't harmed. If Vermont Yankee is replaced with the New England grid's natural gas power, Vermonters will pay and pollute more over the next 20 years. We'll also miss those in-state jobs and taxes. Both environmentally and economically, the goal of reducing carbon is more achievable if Vermont Yankee stays open. Here's hoping the new cabinet considers both climate and consumer and takes another look at the benefits of Vermont Yankee.

Heather Sheppard, North Cambridge

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The Montgomery subdivision has 3 lots left. 118 acres subdivide into 8 lots with lot #1 a 75 acre parcel of common land for neighborhood. Lot #6 is \$105,000, Lots 7 & 8 are \$125,000. Fully permitted with power and utilities to site.



Underhill Center Post-and-Beam Home \$399,000

Built in 2001 by owner this charming home features 7.2 acres of privacy with southeasterly views; large open living area, a grand room feel; lots of windows and French doors; 3 bedrooms, 1.5 baths. Attached 2 car garage with attic space above (future potential); mature landscaping to be enjoyed from covered porch or patio overlooking the views.

Attached 2 car garage with attic space above (future potential); mature landscaping to be enjoyed from covered porch or patio overlooking the views.



Jericho Colonial on 55 acres and great views to the Adirondacks \$419,000

A 172 acre parcel subdivide into 3 very large parcels. This stunning setting offers a 2918 square foot colonial with full wrap around porch, rosewood floors in areas of home, 4 bedrooms with 2 baths. Extra large master bedroom. Gorgeous swimming pond to be envied at \$419,000.



Underhill Colonial 1869, 6.88 acres, \$389,000

This stately home has much to offer, with much of its old charm still intact plus and addition with open kitchen/family area (hearth with wood stove too!). Formal living and dining rooms as well; 5 bedrooms with master featuring its own fireplace and bath; in all 3 Full baths. Screened in-porch offers protected outside dining and relaxing this time of year; patio and gorgeous in-ground pool, fully fenced and looking out to Mount Mansfield.

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PEOPLE IN THE NEWS

COLLEGE NOTES

Richard S. Sawyer of Underhill, VT, was named a Presidential Scholar at Clarkson University, Potsdam, NY. Sawyer, a sophomore, is majoring in mechanical engineering.
Andrea Walsh of Underhill Center, VT, was named a Presidential Scholar at Clarkson University, Potsdam, NY. Walsh, a senior, is majoring in mechanical engineering.
Charles R. Wood of Westford, VT was named to the Dean's

List at Clarkson University, Potsdam, NY. Wood, a sophomore, is majoring in mechanical engineering.
 Commencement Ceremony held on Saturday, May 21, 2011, in Durham NH.
Alex Macmillan of Jericho earned a BS degree in Environmental Horticulture.
Ethan Thomas of Underhill earned a BA degree in Theatre Summa Cum Laude.
John Tilton of Westford earned a BA degree in English/Journalism Magna Cum Laude.

Shawn Thompson of Waterbury earned a BSCIVE degree in Civil Engineering.
Brad M. Diamond of Westford, VT, was inducted into the Sigma Pi Sigma Physics Honor Society during honors day ceremonies conducted by the College of Arts and Sciences at the University of Vermont.

Seth Willets, Jr. of Jericho, VT, was among 37 University of Vermont students initiated into the Alpha Alpha Psi chapter of Phi Alpha Theta, the national history honor society.

Local residents were recognized for achievements in academics and service, at Honors Day ceremonies held by the College of Agriculture and Life Sciences at the University of Vermont earlier this spring.

Justin M. Parent of Jeffersonville, VT, received the Heinz L. Ansbacher Award presented by the Psychology Department.

Brittany E. Raymond of Jeffersonville, VT, received the John Dewey Award presented by the Psychology Department.

Bronwen S. Gulkis of Jericho, VT, received the Outstanding Senior in Art History presented by the Art Department.

Bronwen S. Gulkis of Jericho, VT, received the Paul D. Evans Award presented by the History Department.

Kathryn Colelli, a member of the College of the Holy Cross class of 2013, has been awarded a Beckman Scholarship, to conduct high level research on mechanistic enzymology, with Kenneth Mills, associate professor of chemistry.

A biology major with concentrations in both biochemistry and prehealth, Colelli will be studying inteins, which are self splicing proteins. A resident of Jericho, VT, she has been invited to present her work at the annual National Beckman Scholar Conference in Palo Alto, Calif., this August.

Rev. Augustine Kelly, O.S.B., dean of the college, announced that **Carly G. Staab**, a Nursing major, was named to the Dean's List for the second semester at Saint Anselm College, Manchester, NH. Staab, a resident of Westford, VT, is a mem-

ber of the class of 2012.

The following local residents were named to the Spring 2011 Dean's List at Saint Michael's College, a liberal arts, residential Catholic college located in Burlington, Vermont, one of the top 10 college towns in America:

Margaret D'Elia, daughter of Christopher and Rosemary D'Elia of Jeffersonville, a First-Year Biochemistry major, who graduated from Lamoille Union High School before coming to Saint Michael's.

Sarah LaForce, daughter of Laure and Todd LaForce of Jeffersonville, a First-Year History major, who graduated from Lamoille Union High School before coming to Saint Michael's.

April Hoyt, daughter of Edward Hoyt of Jericho, VT, a First-Year Exploratory major, who graduated from Mount Mansfield Union High School before coming to Saint Michael's.

Nina Hurley, daughter of Matthew and Eija Hurley of Jericho, VT, a May Graduate Business Administration and Accounting major, who graduated from Mount Mansfield Union High School before coming to Saint Michael's.

Samantha Merrill, daughter of Mark and Susan Merrill of Jericho, VT, a Senior Journalism and Mass Communication major, who graduated from Mount Mansfield Union High School before coming to Saint Michael's.

Tessa Roy, daughter of Daneen and William Roy of Jericho, VT, a First-Year Psychology major, who graduated from Mount Mansfield Union High School before coming to Saint Michael's.

Elena Bilodeau, daughter of Dianne and Richard Bilodeau of Waterbury, VT, a Sophomore History major, who graduated from Harwood Union High School before coming to Saint Michael's.

Rachel Cairns of Jericho, VT, graduated May, 8, 2011, from Ohio Wesleyan University during its 167th commencement. Cairns earned a Bachelor of Arts degree. Cairns also attended Mount Mansfield Union High School.

Cristopher Hall of Jericho, VT, graduated from Bowdoin College, majoring in English and Spanish and minoring in (no minor).

Worcester Polytechnic Institute (WPI) has announced that **Brianna Ledwith** of Jericho, VT, a senior majoring in Chemical Engineering, was named to the university's Dean's List for academic excellence for the fall 2010 semester.

OBITUARIES

Leslie Amirault, 58, of Underhill, VT, passed away peacefully in the arms of her husband, June 3, 2011, at FAHC after a brief, sudden illness. She was born on August 5, 1952, at a now nonexistent Naval Air Station in Florida. She is the daughter of Robert Cyrus Amirault of Rockland, ME, and Phyllis Boudreau Amirault (deceased), both originally from the Boston area. Les grew up on naval stations up and down the Eastern seaboard, never staying in one place for long. She attended elementary and high school in Bethesda, Md., where she met one of her closest, longtime friends, Sue Bringen. While employed by IDX in the late '80s, she worked with and became close friends with Robin Weiler of Stevens, Pa. Her favorite childhood memories were riding horses on the beach in Puerto Rico when her Dad was stationed there, and spending summers in the Midwest on her Aunt Lany's horse ranch. She is survived by her husband, Bob Cieri; her father, Bob Amirault; close, dear friends, Robin Weiler and Sue Bringen; and her dear cousin, Anne Damon of Medford, Mass. A celebration of Leslie's life will be held later in the summer at a time and place to be determined.

Burial services for **Walter E. Johnson**, late of Jericho, VT, were held June 4, 2011, Father Tim Sullivan officiated the service at the Pleasant View Cemetery in Jericho Corners. Many relatives spoke of fond memories and lifelong lessons that were passed on, including a letter that was sent from his son, Walter E. Johnson, currently employed in Iraq, which was beautifully read by his son, Jason E. Johnson. Both local and out of town family members were present for the burial service and gathering after at his daughter, Sally and Wayne Russin's home to conclude the service. Walter's wife, Dorothy "Dolly" Johnson, and her two daughters would like to thank the community for all the support and prayers during their time of



loss.

Sidney Albert Fay, Sr., 77, Huntington, VT, passed away unexpectedly in Fletcher Allen Health Care on Saturday June 4, 2011. Sidney was born in

Westford on August 5, 1933, son of the late Floyd and Alida (Sweet) Fay. He married Janice Tinker on September 29,

1954, in Jeffersonville, VT. He worked at Lathrup's driving a log truck for years until he retired. Dad liked to go camping, walking in the woods, working on wood projects, growing flowers and collecting all kinds of clocks. He liked to winter in Florida. He is survived by his wife of 56 years, Janice (Tinker) Fay of Huntington, VT; six children, Gary Fay and wife, Sindy, of Huntington, VT; Roberta Bersaw and husband, Jeffrey, of Monkton, VT; Alice Salter and husband, Randall, of Huntington, VT; Wallace Fay and wife, Pamela, of Bristol, VT; Sidney Fay Jr. and wife, Kimberly, of Georgia, VT; Jeffrey Fay of California; 13 grandchildren; 9 great-grandchildren; several sisters and brothers-in-law, nieces, nephews, cousins, and his special buddies, Bella and Sandy. He is predeceased by his parents; his brother; and sister-in-law. Visiting hours were held at A.

Obituaries continued on page 19

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Ed, Essex Junction

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PEOPLE IN THE NEWS

JUST MARRIED



SENGER - RICKS

Lanae D. Ricks, daughter of Dotty and the late Shelby Ricks of Rexburg, Idaho and Cayln A. Senger, son of Susan and Stan Senger of Underhill, were married April 22, 2011 in the Rexburg, Idaho Temple of the Church of Jesus Christ of Latter-Day Saints. A luncheon and an evening reception were held in Rexburg,

ID for the bride's family and friends on the same day. Friends and family of the groom are invited to an Open House being held in their honor at Mills Riverside Park in Jericho, July 2nd from 4-7 PM. Cayln and Lanae both attended Brigham Young University-Idaho. Cayln is presently employed as a Project Engineer for Diversified Metal Products. He graduated from Mount Mansfield Union High School in 2002. Lanae is completing her bachelor's degree in Horticulture. She graduated from Madison High School in 2007. She is presently employed by the Rexburg Recreation Department as a landscaper.

The couple resides in Rexburg, Idaho.

ENGAGEMENTS

WILLIAMS - DILLION

Robert and Karen Williams of Underhill Center announce the engagement of their daughter, Christine Nichole to Christopher Matthew, son of William and Linda Dillon of Albany, New York.

An October 8, 2011 wedding is planned.

FOUST - BURNETT

Bruce and Pam Foust of Richmond, VT announce the engagement of their daughter, Allison Kimberly Foust, to Christian Michael Burnett, son of Christopher and Debby Burnett of Melvin Village, NH.

A September 17 wedding is planned.

Lunch with friends



Some women of the United Church of Underhill go to area restaurants for lunch twice a month. The Country Pantry in Fairfax was their stop on June 8. Pictured left to right are Irene Kelley, Fran Elizalde, Peg DeVolt, Edna Anair, Kathleen Lamphere and Rachel Burroughs. Also at the lunch, but not in the photo, were Bev Greenia, Sharon Bourne, Violet Hobart, Colleen Mjaatvedt, and Pat Richmond who took the photo.

Obituaries continued from page 18

W. Rich Funeral Home - Fairfax Chapel on Wednesday June 8, 2011, from 4:00 PM until the time of service at 7:00 PM with Reverend Lynda Hadley officiating. Inurnment will be private and at the convenience of the family. Memorial contributions in Sidney's memory can be made to Richmond Rescue, P.O. Box 404, Richmond, VT 05477, www.richmondrescue.org. Arrangements are by John D. Workman, A. W. Rich Funeral Home - Fairfax Chapel, 1176 Main Street, Fairfax, VT 05454. The family invites you to view Sidney's life tribute by visiting www.awrichfuneralhomes.com.

A memorial service to celebrate the life of **Florence E. Carlson**, Jericho, VT, who died at home on May 28, 2011, was held on Tuesday June 14, 2011, at the Covenant Community Church, 1 Whitcomb Meadows Lane and Rte. 15 in Essex, with Rev. Peter Norland officiating. A time of gathering and greeting the family was held at 3:00 PM followed by the service at 4:00 PM.

Graveside services for **Marion Jones**, Jericho/Hyde Park, VT who passed away December 21, 2010, were held Tuesday June 7, 2011, at 1:00 PM in the Hooper Cemetery in Hyde Park. White-Fiess Funeral Home were in charge of arrangements.

Brown continued from page 1

ment of the board's meetings, presentation of the board's decisions to the public and coordination with other town employees. Experience in working in a municipality and with a bachelor's degree is preferred in a candidate, according to an advertisement for the position.

The job also includes preparing a town budget for the Selectboard and grant writing.

Brown said she helped the Selectboard revamp positions in town government over the past 18 months. The offices of planning administrator and zoning administrator were combined under Kari Pappelton. The financial arm of town government also was revised. When Treasurer Joan Lehouillier and her husband moved to Essex in July last year, the Selectboard created a new position, chief financial officer. RaMonna Sheppard was hired for that position and Town Clerk Sherri Morin also took on the title of Treasurer.

"Together with all the other town employees, we sorted out how best to get those town jobs done," Brown said. "Kari doing planning was the right thing and RaMonna is doing a great job with the books."

"We are regretfully going to be saying goodbye to Faith," said Selectboard Chairman Dan Steinbauer. "She has done a wonderful job - just what we needed. One reason why her interim job lasted so long was she helped us through some transitional stuff. She is a good administrator and she hit the ground running. I have a lot of respect for her."



Community Center in Jericho Country Garden Tour 2011

Susan and Jerry Adams garden. The garden is the "Tea Site."

By Orelyn Emerson

On Saturday June 25, 2011, seven residents will open their gardens for Country Garden Tour 2011, sponsored by the Community Center in Jericho. From 9:00 AM to 2:00 PM ticket holders will enjoy a garden tea and a self-guided tour of eight gardens.

This year we are celebrating the 3 "R's" Reduce, Reuse and Recycle. All the gardeners will demonstrate this theme throughout their gardens. Gail Kemmer's garden is landscaped with a variety of perennial beds. A patio was created from the foundation stones of a barn that was attached to the house. Discarded paving stones were used to edge the gardens and create a grotto at the entrance of the path that leads to the pond. Susan Summerville's garden is fairly rustic sitting back from the road on the edge of a woody area. Over the years, new arrivals have been developed with perennials and edible plants. Here and there, are purposefully placed objects for a bit of whimsy. The plan is to enhance the "3-R" theme with more and more R-type things for the tour. Marcia Reese's garden features outdoor rooms: the patio, the lower terrace, the sacred circle, the parade ground, the boulevard and the glade. There are garden benches and sitting rocks recycled from garage sales or reused from the original pastureland. Barbara Yerrick's gardens are pretty casual and unplanned, put together by trial and error and plants from perennial sales and friends. A perennial bed is featured in an old barn foundation. Jen Kennedy is breathing new life into her Grandmother's garden that rambles up the hill in the front. Plants have been saved and reused. Fallen stone walls have been rebuilt by stone mason Travis Thibault. Her grandfather collected interesting stone all over the Champlain Valley when he was building the garden. Upon arriving at the Underhill Central School you will find a garden built by parents and community members wanting to add the educational and nutritional benefits of a garden. The garden has raised beds for produce made from recycled barn timbers and filled with Intervale compost. Two flowerbeds framed by stonewalls at the garden entrance and a contemporary sculpture by local artist Gerry Stoner, add to the beauty of the place. Susan and Jerry Adams garden is the "Tea Site" where complimentary refreshments will be served. The home was built in 1850 and participants are welcome to come in and explore. The Adams began working on their own gardens but soon Charlie Siegchrist of Barber Farm Landscape Design became a valuable source and friend and stonewalls above the house feature stones from the original foundation.

Janice and Kenneth Tefft will be on site to paint in the garden and share their glassy garden art, constructed of antique dishes.

The Community Center in Jericho is a non-profit organization that maintains a historic building in Jericho Center for public use of Jericho and surrounding communities.

Tickets are \$12. They can be purchased at the Jericho Center Country Store, Old Mill Craft Shop in Jericho, Irish Farm and the Underhill Country Store. On the day of the tour available tickets can be purchased at the Jericho Center Country Store.

For more information: -899-3853.



Cambridge Rotary welcomes Greg Johnson

Sam Lotto, president of Cambridge Area Rotary welcomes newest member Greg Johnson in to the club. If you are interested in learning more about Rotary give Sam a call at 644-2174.

Join the Lund Family Center mentoring program

Are you interested in helping support someone as they change their family's life for the better? The Lund Family Center Mentoring Program will be matching mentors this summer to young women who are pregnant or parenting with substance abuse and/or mental health histories that are living in residential treatment. Mentors will provide a healthy and encouraging relationship in the mentee's life as they begin to actively transition into the community. For more info: eireanna@lundfamilycenter.org, 864-7467 x2018.

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Honorable mention was awarded to Anna Schwarz, Cambridge, VT for Spirit - The Rescue.



Honorable mention went to first grader Oren Beckwith, Richmond, VT



Winners of the Financial Literacy Contest Liam Osler, Asher Lehrer-Small, Stacie Griffiths, Merchant Bank manager and Ethan Lewis.



Art Woolf, Mikey Phalen, Jacob Cann, Cameron Main, and Myron Sopher



Browns River Middle School Stock Market Game

What is a stock? How can purchasing stock be an investment? How would you invest \$100,000 if given the opportunity? Teams of students at Browns River Middle School participated in the 2011 Vermont Stock Market Game competition coordinated by the Vermont Council on Economic Education. Seventh grade students, Connor Morway and Easton Baker ended the game with \$122,543, the highest valued portfolio in the state and easily won the middle school division. During their math class, taught by Suzanne McDevitt, the students built a spreadsheet to keep track of their investments, invested early in the game, and held on to their stocks instead of trading. The sixth grade winning team of Jacob Cann, Mikey Phalen, and Cameron Main researched their companies, analyzed financial statements, and traded stocks during their Financial Literacy I-block taught by teacher Maureen Heald. Their portfolio was worth \$103,394 at the end of 10 weeks, enough to win the state elementary division. Both teams were heavily invested in the Coca-Cola company (KO). Another winning stock owned was Green Mountain Coffee Roasters (GMCR). Art Woolf and Myron Sopher, President and Board Chair of the Vermont Council on Economic Education, presented each of the students with a \$50 U.S. Savings Bond.

Poker Hill School hires teacher/director in training

The Poker Hill School Board of Directors is pleased to announce the hiring of Katie Amadon as full time teacher and director in training for the coming school year. She will begin her work with us August 1, 2011.



Katie comes to us from The Lund Family Center where she has served as the Children's Treatment Coordinator for the past four years. As the coordinator, she developed and ran an extensive program for families and children including parenting classes; family education; child and parent assessment; and referrals to community services. Before beginning her work at Lund Center, Katie taught in preschool programs in several different settings in Vermont, Washington D.C., and East Africa. Her undergraduate degree is in Early Childhood Education from the University of Vermont, awarded in 2000. Her Masters degree is in Social Work from Wheelock College, awarded in 2006.

Katie grew up in Brookfield, Vermont before moving to Burlington to attend the University of Vermont. Katie has lived on Poker Hill Road for several years and is very excited to work with children and families in her own community. Katie is looking forward to working directly with children again, as well as sharing her considerable family support skills and administrative know-how with all of us. Katie also enjoys hiking with her black lab Sammy, gardening, biking, reading, cooking, and spending time with friends and family.

Katie will work alongside David and Beth throughout the entire next year, gradually taking over more of the administrative responsibilities. She will also teach full time. In June 2012 when Beth and David retire she will assume full responsibility for the administration of the school with support from the Board of Directors. We look forward to welcoming Katie into the Poker Hill School community.

CVAA Senior Meals

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

Thursday June 16 - Ponderosa, Williston, 11:00 AM check in, 11:15 AM lunch. All you can eat buffet.

Friday June 17 - Old Fashioned Summer Picnic, 10:00 AM - 2:00 PM, Bayside Park, Colchester. Food by T-Bones, drinks by Coca Cola, Music by Sergio, \$5.00 tickets required, please see Pat Pike.

Monday June 20 - Covenant Church, Essex Ctr., 12:00 noon. Spaghetti with meatballs, fresh garden salad, Italian bread, butter-scotch pudding.

Monday June 20 - Papa Nicks, 3:00 PM. Meatloaf.

Tuesday June 21 - St. Michael's College, Colchester, 11:15 AM check in, 11:30 AM lunch. Buffet.

Wednesday June 22 - Ponderosa, Williston, 11:00 AM check in, 11:15 AM lunch. All you can eat buffet.

Thursday June 23 - Pizza Hut, Susie Wilson Road, Essex Jct., 10:30 AM check in, 11:00 AM lunch. All you can eat pizza buffet.

Friday June 24 - United Church, Hinesburg, 12:00 noon. Tomato topped meatloaf, mashed potatoes, broccoli and cauliflower, whole wheat roll, brownie.

Monday June 27 - Covenant Church, Essex Ctr., 12:00 noon. Manicotti, Italian medley vegetables, marble rye bread, tropical fruit.

Tuesday June 28 - St. Michael's College, Colchester, 11:15 AM check in, 11:30 AM lunch. Buffet.

Thursday June 29 - JPs Restaurant, River Road, Essex Jct. 10:30 A< check in, 11:00 AM lunch. Summer salad plate.

Thursday June 30 - Holiday Inn, So. Burlington, 11:00 AM check in, 11:30 AM lunch. Turkey dinner.

Friday July 1 - Hinesburg meal site, 11:30 AM.

Monday July 4 - No Meal Site.

Tuesday July 5 - Ponderosa, Williston, 11:00 AM check in, 11:15 AM lunch. All you can eat buffet.

Wednesday July 6 - St. Michael's College, Colchester, 11:15 AM check in, 11:30 AM lunch. Buffet.

Local kids win VPT Writers Contest

A ship made of Legos saves the President's bank. A frog family has a pool party. A heroic dog saves a drowning girl. A wizard and his wife celebrate their 25th anniversary.

With tales like these, 12 creative children in kindergarten, first, second and third grade earned honors in Vermont Public Television's annual PBS KIDS GO! Writers Contest. The educational outreach project encourages youngsters to celebrate the power of writing and illustrating original storybooks.

Two students from our local area were honored: honorable mention went to first grader Oren Beckwith, Richmond, VT for *Mr. Pepper's Hats and Shoes Adventure*; a second honorable mention was awarded to Anna Schwarz, Cambridge, VT for *Spirit - The Rescue*.

The winning stories are posted on VPT's website, vpt.org. They will be featured in short spots that air on VPT and all entrants are invited to read their work at story times held around the state.



Mater Christi School Graduation Class of 2011

Class of 2011 Mater Christi School 8th grade graduation took place on Wednesday June 8, 2011 in the Mater Christi School Auditorium. Students come from Burlington, Williston, North Hero, South Burlington, Charlotte, Colchester, Essex Junction, Fairfax, St. Albans, Swanton, and Milton.

John Boardman
Marisa Brown
Haleigh Byrnes
Bryce Colvin
Anna Darrow
Erin Dunne

Philip Lavoie
"Eric" Sang Hun Lee
Isabel Licata
Ryley MacKay
Brendan McGovern
Margaret McNeil

Daniel Ro
Elizabeth Sartorelli
Rachel Scibek
Anna Senft Miller
Christiana Sheehan
"Cherry" Khemaporn
Singthong
Faith Stackpole
Lucy Stillman
Adam Tarr
Paige Tremblay
Margaux von Buren

Tara Gallagher
Cade Goodspeed
Paige Hauke
Sarah Hoerr
Avery Kidd
Abigail Kind
Mason Koster

Eric Morin
Giuliana Nuovo
Miranda Orcutt
Piper Oren
Laura Ospina
Molly Palmer
Caroline Provost

RECIPES BY MARIAN TOBIN

Blueberry Coffee Cake

- ¾ cup sugar
- ¼ cup shortening
- 1 egg
- 1 teaspoon vanilla
- ¾ cup milk
- 2 cups all purpose flour
- 3 teaspoons baking powder
- ½ teaspoon salt
- 1-1/2 cup blueberries
- 2 tablespoons sugar

Cream sugar, shortening, egg and vanilla thoroughly. Add milk, blend well. Add sifted dry ingredients to creamed mixture, stirring only until flour is moistened. Preheat oven to 375 degrees F (190 degrees C). Grease and flour a 9 inch pan. Bake in the preheated oven for 40 to 45 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.



How to save for college By Asher Lehrer-Small

Consumerism is well-loved in America. But kids need to learn the difference between wants and needs so that they can save money for college. The less money you waste on things you want but don't need, the more money you save. Kids should limit the money they spend on these products. Buying more than a few unneeded items is incredibly wasteful. Even so, many American kids waste money on these products, while, growing college expenses loom in the near future. Kids need to be more moderate with spending to get ready for the future.

It is very important, and very possible for kids to limit their spending. If kids know not to spend money on wants, then they can theoretically save all of their money. Most parents provide their kids with food, some clothing, and a roof to sleep under. We can live perfectly well with nothing more than that. However, many kids buy expensive clothes and shoes. 31 out of 50 surveyed kids thought that \$80 is reasonable for shoes. If their parents want to spend that money for them that is fine, but I think that if kids spend lots of money on expensive clothes now, they'll wish for that money back later on.

One way kids can boost their savings is by investing in stocks and bonds under a parent supervisor. Stocks require a fair amount of knowledge in the market, but bonds are a fairly low risk way to make money from your savings. One smart type of bond to invest in is the municipal bond. Municipal bonds are issued by cities or local governments. They are much more stable and reliable than stocks. If you invest \$10,000 in an average municipal bond; six years later it would be \$13,400. Saving your money is the first step, but kids can invest in bonds to take full advantage of those savings.

Summer is a good time to work on your savings. Even if you're not old enough to get a real job, you can babysit, do yard work for neighbors, help your grandma clean out her basement, or even ask your parents if they would pay you to straighten up around the house. When school is out, it's prime time for kids to work on their savings. I recommend that parents open savings accounts for their kids so that kids can get in the habit of saving part of the money they earn. If kids learn how to save effectively, they will live a better financial life.

Shining Stars this year's LACiNg Up For Cancer Walk theme

Shining Stars is the theme for this year's LACiNg Up For Cancer walk. This June 25 walk marks the 9th annual walk that benefits Lamoille Area Cancer Network (LACN) - a local not-for-profit organization whose mission is to help area cancer patients through financial and emotional support. Demars describes the event as one of celebration and remembrance. The June 25 walk, will be held at Peoples Academy track, begins at 11:00 AM. Getting involved means you are making a difference for cancer patients in our community. For more information on how you can form a team, become an event sponsor, or volunteer contact Kathy Demars at 888-7720 or Jill Baker at 888-8302.

For Information & Application Call 899-2823

Chittenden County Soccer School

The FUN Soccer School
Co-ed Instruction
for Ages 4-15
Director Grant Allendorf

29th Year

DATES AND LOCATION

COACHES: Brown's River Middle School Soccer Fields, Jericho, VT
 July 11-15, 2011 • 9 AM to Noon • Fee: \$85 before June 19
 Every participant will receive a T-shirt, experienced coaching instruction and a trophy!
 Applications available at www.supersounds.com

COACHES: Eric Barker, Anton Kelsey

LIBRARY NEWS

DEBORAH RAWSON LIBRARY, UNDERHILL

Art for June features watercolors on the walls by Donna Kunkel and Wooliedales (felted figures) by Carol Usher in the display case.

The mystery book group will meet Tuesday June 21 at 7:00 PM. The book being discussed is *In the woods* by Tana French. Please join us.

The Board of Trustees will meet on Thursday June 23 at 1:00 PM. This is a change from the regular schedule. Everyone is welcome to attend!

The silent auction item for June is a free party platter every month for an entire year from the Jolley store! Bids taken until 8:00 PM on June 30.

The library is again this year an approved Master Gardener's site. There are two new things this year! The vegetable garden has been doubled in size. Produce from the garden will go to the Jericho Underhill food shelf the third Thursday of every month and to Jeri-Hill Apartment Seniors on the other Thursdays. Also new this year is a mailbox in the Perennial flower bed. Check here for information about the program and things we have growing. Leave mail with your contact information to either comment or ask a question! Walk around the back of the library to see wonderful flowers and gardens the next time you stop by.

Registration for those in middle and high school will begin at the DRML on Wednesday June 15. Flyers are available at the DRML and the BRMS Library. Registration for all other youth summer events will begin on Friday June 24 at 10:00 AM. Flyers will be distributed through the elementary schools and are currently available at our web site www.drml.org. Listed below are some of our exciting programs. Be sure to register on the 24th or as soon as possible thereafter.

Summer Grand Opening Event-A Magic Comedy Show - Tom Joyce, "That Funny Magic Guy," will amaze you with his tricks and tickle your funny bone. Wednesday June 29, 10:30 AM. Recommended for ages 4-adult.

Heifer Program- Take a trip around the world and discover how farm animals help children have healthy lives and enable them to attend school. Tuesday June 28, 2:00 PM. Grades 1-4.

All American Tie Dye -Susan Skelly will help participants to learn about tie dying. Bring one item you wish to use in the process, we will provide all other materials. To properly absorb the dye the fabric should be 100% cotton and have a light colored background. Select one time: Thursday June 30, at 11:00 AM or at 1:00 Grades 3 to adult.

Paint a Canvas Bag in the Style of Modrian After living in France with her family for two years Audrey Pekarik has had the opportunity to visit several of the museums in Paris. Join her in painting a canvas bag in the style of the famous artist Modrian. Friday July 1, 10:30 AM. Grades 2 and up.

The Stories We Tell - Molly Abbey, will guide young writers in developing their writing skills to tell their own stories. Those attending will try some interesting activities that will foster creativity and promote a love of writing. Participants should plan on attending both days. Tuesday - Wednesday July 5 and 6, 10:30-11:30 AM. Grades 2-4.

African Mask Making - Hear an African story, learn some interesting facts about this amazing continent, then make your very own African mask. Select one: Tuesday July 5, 1:00 or Friday July 8, 10:15 AM.

Must preregister for childrens' programs by calling 899-1245. Story Times - Following stories read each week by a "guest reader" we

will enjoy refreshments served at the picnic table. Wednesday at 10:30 AM, July 6, 13, 20, 27. Recommended for preschool - grade 1. No registration needed.

Piñata Party - Listen to the story *It's Not My Fault* read page by page, first in Spanish by Isabelle Pilo and then hear the same portion in English. Following the story we'll play a game, have a snack, and then enjoy our piñata activity. Thursday July 7, 10:30 AM. Grades kdg-1.

Beads from India - Moya Cavanagh has just returned from a study abroad trip to India. Join her to find out about some of the interesting things she learned, and then create an Indian bead necklace for you or to give as a gift. Thursday July 7, 1:00. Grades 3 and up.

Chilean Family Story Time - The Meguez family will present a story time that centers on their native home of Chile. Enjoy a story, hear a few songs, share refreshments, and learn about the culture by viewing some of the toys and treasures from Chile. Thursday July 7, 6:30 PM. Recommended for older preschoolers - grade 2.

Chinese Culture and Craft - Senior high student, Teddy Retzloff, has studied and visited China and is ready to share a few interesting things he has found about the culture. Learn to write a Chinese character, try typical Chinese food, find out about the importance of a "chop" and make one for yourself. Fri July 8, 1:00. Grades 2-4

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 LIBRARY, FAIRFAX

Fairfax Summer Concert Series 2011 - Every Tuesday evening at 6:30 pm, Rain or Shine! Located on the green in front of the BFA Middle School. Free to all and Handicap Accessible

Sponsored by Vermont Arts Council, National Endowment for the Arts, Fairfax Community Library, Fairfax Park & Rec, and BFA K-12 Enrichment

June Shows: June 21st Carol Ann Jones Acoustic Trio; June 28th Fairfax Fletcher Westford Band

Fairfax Community Library Summer Reading Program June 2011- Wednesday June 15, 6:30 PM, Middle School "Books to Film" book club kick-off

Thursday June 23, 6:00-7:00 PM Summer Reading Kick-Off Tuesday June 28, 9:30 AM, Preschool Story Hour "Folklore and Fairytales from Around the World"

Thursday June 30, 10:00-11:00 AM, Singer/Songwriter Stephen Coronella.

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

The library is located at 75 Hunt Street Fairfax VT 05454. Library Hours Monday, Wednesday, and Friday 8:00 AM-3:15 PM, Tuesday, and Thursday 8:00 AM - 8:00 PM. <<http://www.bfafairfax.com/pages/communitylibrarynews.html>. 802-849-2420>.

JERICHO CENTER, LIBRARY

The Summer Reading program schedule will be announced in the next few weeks. The theme for this year is *One World, Many Stories* and we have lots of events on tap between the last week of school and the end of July.

ART / THEATER / FILM

ART

Donna Kunkel's Exhibit at Deborah Rawson Library is during the month of June. The title is "Vermont Scenes" painted with Watercolor, Pastel, Acrylic and pencil. She will also be a participant in a Plein Air Festival July 23rd of Vermont scenes held at and around The Emile Gruppe Gallery. At 4:30-5:30 PM there will be a reception held at the Gallery exhibiting the artist's work done that day.

Seven Artists Selected as the **Best of the North East Masters of Fine Arts**, an exhibition opening June 10, 2011 at Helen Day Art Center in Stowe, VT.

Helen Day Art Center is the first institution in New England to offer an "introduction" show to participants in MFA degree programs in the North East. The Exhibit will connect visitors with the strongest emerging artists from New England, Quebec and New York, while giving those artists the opportunity to showcase their work to a new audience of local Vermont residents and visitors.

Artists Selected: Jennifer Cawley, Photography, Rhode Island School of Design; John C. Gonzalez, New Genres, The School of the Museum of Fine Arts, Boston; Joo Lee Kang, Painting / Drawing/ Printmaking, The School of the Museum of Fine Arts, Boston; Francisco Moreno, Painting, Rhode Island School of Design; Christopher Page, New Genres / Sculpture, Yale University; Melanie Perreault, New Genres, Concordia University; and Robert Watermeyer, Photography, Massachusetts College of Art and Design. The exhibition is curated by Nathan Suter, Executive Director, Helen Day Art Center, Stowe.

Habitat for Artists is a collective project that uses the idea of the artist's studio as a catalyst for mutual engagement between artists and communities. From July 15 to September 25, three 6' x 6' x 8' constructions will be built and placed in Stowe, Morrisville, and Waitsfield, Vermont. Over the course of the exhibition, artists will inhabit these buildings, making their own work in the public realm, thus allowing for discussion with passersby.

Helen Day Art Center in Stowe, VT; Vermont Festival of the Arts in Waitsfield, VT; and River Arts Center in Morrisville, VT will host the studios. This assemblage allows three disparate, yet neighboring towns to connect for a concentrated two months. While each site will function differently, accompanying each will be a series of lectures, workshops or events open to the public. Opening reception and artist talk by Simon Draper will take place Thursday, July 21 at 5:30 PM. The project will culminate in a gathering of communities September 24 at 5:00 PM. Events at Helen Day Art Center will occur Thursdays at 6:00 PM. Please check websites for further details: www.riverartsvt.org, www.vermontartfest.com, and www.helenday.com. Curator Rachel Moore.

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

Emile A. Gruppe Gallery presents an exhibition of paintings by the Four Sisters now through July 17. The Four Sisters are true siblings who love to paint together, each adding her own personal approach to subject matter. It is a unique situation, being sisters who not only share a common passion for creating art, and waste no time on sibling rivalry, preferring to experiment with new approaches and encourage each other in their work. Their combined talent and experience includes oil, pastel, watercolor, sculpture, acrylic, etching, silkscreen, and stained glass.

Their art can be found in various galleries in Canada and the United States. They have had great success in being accepted into juried shows at the Bryan Memorial

Gallery in Jeffersonville, Vermont, and galleries in Canada.

Several years ago they successfully pooled their talents to exhibit their artwork as a group, known as The Four Sisters, both in Vermont and Canada. They continue to exhibit their works individually as well. Jackie and Mary Ellen both live in Canada and Carol and Debbie, in Vermont. They believe that art shouldn't be work, it should be fun.

Gallery hours are 10:00 AM - 3:00 PM Thursday through Sunday or by appointment (802) 899-3211. www.emilegruppegallery.com.

Bryan Memorial Gallery presents Land and Light and Water and Air, its annual juried landscape exhibition, now through June 26, 2011. Featuring 100 New England landscape paintings of New England by 75 artists from all parts of the country, the exhibition includes cash awards and the Alden Bryan Memorial medal for the Best of Show Bryan Memorial Gallery at 180 Main Street, Jeffersonville, VT, is open daily from 11:00 AM - 5:00 PM. Participating artists can be viewed at www.bryangallery.org. For more information, call 802-644-5100.

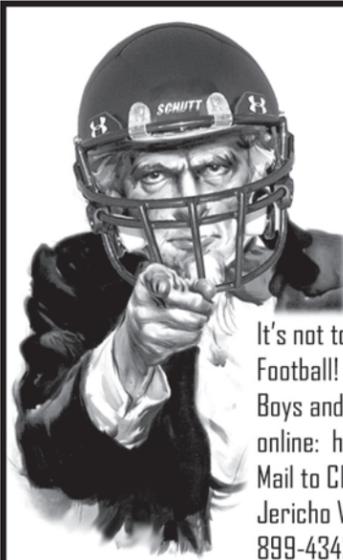
THEATER/FILM

River Arts Bissell Film Series - AMERICA GOES CAMPING - Stop-motion Animation with Meredith Holch, Thursday June 30, 7PM, River Arts Center, 74 Pleasant Street, Morrisville, VT. Suggested donation \$5.

All films will be shown in the **Richmond Free Library Community Room**, starting at 7:00 PM and lasting until about 9:00 PM. Admission is free. Some screenings may have childcare provided - please call us at 434-4415 ahead of time if this is of interest. All films are suitable for grade 7 through adult.

The date and film title are as follows:
July 14, 2011 - "Dirt: the Movie" - The story of the Earth's most valuable and underappreciated source of fertility, from its miraculous beginning to its crippling degradation. This film will be presented in cooperation with the Chittenden Solid Waste District.
Please visit the Richmond Climate Action Committee's website www.richmondclimateaction.net for more information about the group, the film series or our other projects.

Saint Michael's Playhouse announces 2011 season of professional summer theater, June 22 to August 7: *The Drowsy Chaperone*, June 22 - July 2; *I'll Be Back before Midnight*, July 6 - July 16; *Boeing-Boeing*, July 20 - 30; *The Marvelous Wonderettes*, August 3 - August 13. Box office opens May 2; for information call (802) 654-2281.



CHITTENDEN EAST WOLVERINES FOOTBALL WANTS YOU!

It's not too late to sign up for CEYFA Youth Football! Registrations accepted until August 14. Boys and girls, grades 2-8. Registration forms online: <http://www.leaguelineup.com/ceyfa> Mail to CEYFA Administrator, 70 Plains Road, Jericho VT 05465 or call Coach Jim Driscoll 899-4342 for more info about the Wolverines.

A special registration session will take place on Saturday, June 18, 10:00 AM-12:00 PM across from the library on the green (or inside in the case of rain). If you would like to be on contact for schedule announcements and updates, you can join our library mailing list by sending an email to ckiegle@comcast.net.

You can find the Jericho Town Library on the web at www.jerichotownlibrary.org and from there; you have access to the entire card catalog for the library as well as that of other local libraries, including Richmond Free Library, Brownell Library, and Dorothy Alling Library. The writers club continues every other Monday, 6:30 - 8:00 PM. All ages are welcome. For current dates and more information, please contact the library.

The board of trustees meets regularly on the first Thursday of each month at 5:00 PM at the library and the public is always welcome to attend. The next meeting is June 2.

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

VARNUMMEMORIAL LIBRARY, JEFFERSONVILLE

The Varnum Memorial Library is open Mondays and Tuesdays from 1:00-8:00 PM and Thursdays and Saturdays from 9:00 AM - 12 noon.

WESTFORD LIBRARY, WESTFORD

The library is open Wednesday 1:00 - 7:00 PM, Thursday 10:00 AM - 6:00 PM, Friday 12:00 noon - 6:00 PM, and Saturday 10:00 AM - 2:00 PM. We can be reached at 878-5639, westford_pl@vals.state.vt.us, and www.westford.lib.vt.us. Our catalog is available via our website.

HEALTH

The Shoulder

By Mary Kintner, D.C., R.N.

I always tell people the shoulder is the most complicated joint in the body. There are three bony joints involved - one between the humerus (upper arm) and the scapula (shoulder blade/wing bone), one between the collar/clavicle bone and the sternum/breast bone, one between the clavicle and the scapula. The ribs and the spine also provide bony support to the shoulder girdle. There are numerous muscle groups that need to work in a coordinated way for the shoulder girdle to move properly - i.e. freely and without pain. The nerve supply to the shoulder comes from numerous levels of the neck, plus there is a hard wired neurological response that causes the shoulder to swing when you walk.

The shoulder is a ball and socket joint much like the hip. A major difference between them however, is that the hip is not as mobile as the shoulder because it has a deeper socket. This gives the hip more stability. Conversely, because the shoulder is shallower, more mobile, it is less stable and therefore more easily injured.

Acromioclavicular injuries (A C joint) are common when someone falls on an outstretched arm to break a fall. Pain is felt at the top of the shoulder area - the area of the joint. In severe cases surgical repair may be required. In less severe cases, taping to splint the joint together and strengthening the deltoid muscle's anterior and posterior (front and back parts) can stabilize the A C joint. The rotator cuff muscles are part of the many muscles that influence shoulder motion. They are particularly important in rotation of the shoulder. These muscles are commonly injured in pitching a ball and in tennis. Pain is felt in the back of the shoulder where these muscles attach. Balancing and strengthening the muscles is important in rehabbing rotator cuff injuries.

Tendonitis is an inflammation of the tendons of the shoulder girdle. It is a common problem occurring equally in men and women. In young people it is usually due to overuse. In older people it may be caused by bony arthritic spurs irritating the tendons. Tendonitis, particularly in older people can take a long time to heal. Sleeping on the shoulder can be very painful. As with any inflammation condition, essential fatty acids (EFA's), especially the omega 3's found in fish oils can help speed recovery. Ultrasound therapy can soothe the inflammation, decrease swelling and encourage blood flow to the area so the tissues have the nutrients they need for repair.

Adhesive capsules, aka frozen shoulder, are another common problem. For some reason it is more common in women than men and typically develops in middle age. In this condition, range of motion is lost in the joint. This is because scar tissue has developed, limiting motion. Treatment includes cross friction massage, a painful and time consuming treatment to break adhesions. In my office, I use a percussor which is faster and gentler way to achieve the same effect. Recovering from adhesive capsulitis is a long slow process.

When a patient presents with shoulder pain or limited motion, a thorough exam is necessary. The practitioner needs to evaluate the bones, the joints, the muscles, the spine, as well as the gait to freely investigate all aspects of shoulder mechanics. Treatment needs to be consistent and thorough. The earlier care is implemented, the better. Treatment could include soft tissue work such as massage, ultrasound and electrical muscle stimulation. Immobilization of the A C joint may be necessary. Ensuring good nutrition - i.e. plenty of protein, "good fats", vitamin C and an anti-inflammatory diet are essential to healing shoulder injuries. Balancing gait

Shoulder continued on page 22

The atmosphere is *always* bright and sunny here!



P.T.'s Brian, Pam and Kari

Sunrise Physical Therapy
Rte 15 • Jeffersonville • 644-8011

CHMS continued from page 1

factors are important too. In addition to the spotted salamander, blue-spotted salamander, Jefferson salamander and wood frog, another indicator species is a feathery crustacean known as the fairy shrimp. Because fairy shrimps' eggs need to desiccate (dry up) as part of their lifecycle, their presence indicate a true vernal pool. And vernal pools are ephemeral (temporary).



During the first two trips to this site we looked for these indicator species. We were successful in finding wood frogs, their egg masses and the tadpoles. We also found spotted salamander egg masses. Unfortunately, we did not find any fairy shrimp, and we did discover several one-year-old green frog tadpoles. This was significant because green frogs have to overwinter in a permanent pond. The only way the green frog tadpoles could survive is if water was present year-round. These signs show that this wetland is actually a pond and not a vernal pool.

Humans also have a huge impact on these environments. Waste dumped into the already slightly-acidic pools can cause potentially fatal mutations in young frogs. Many times these pools are filled in to try to control mosquito populations. This deprives many animals of a breeding and feeding site. Furthermore, logging roads or construction can fragment their habitat.

Vernal pools and other types of wetlands are vital to organisms that depend on them for part or all of their lifecycle. The next time you come across a woodland pool, take a closer look. We bet you'll find all kinds of fascinating critters just like we did at the Jericho Research Center pond.

LEGAL NOTICE

TOWN OF JERICO – SELECTBOARD NOTICE OF PUBLIC HEARING

The Jericho Selectboard will hold a public hearing on **Thursday, July 21, 2011 at 7:00 PM** in the Jericho Town Hall to consider the following:

- To consider applying for a Transportation Enhancements Grant to design and construct a sidewalk/multiuse path from Jericho Center to Pratt Road. This project represents Segments 3 and 4 of a multimodal connection between Jericho Center and MMU High School.

All interested persons are welcome appear and be heard. Written materials may be viewed in the Planning Office during regular business hours. For more information contact Seth Jensen, Jericho Town Planner.

Carter continued from page 1

able to continue with the presentations. Jim and Melissa's interest in the project came through a support group that they belong to called, Transplant Donor Network. Melissa is a pancreas and kidney recipient. Jim's daughter, Andrea, was a multiple organ donor in 1990 as a result of an automobile crash. Jim, from February 2000 to May of that year made presentations to over 10 high schools, which included over 40 presentations. Carter has given his presentation 130 times to MMUHS students alone.

Since early May of 2000, Tom Donovan, of Burlington, joined Jim in making these presentations. Tom was a heart recipient. Tom received his new heart in Pittsburgh, PA on December 26, 1999. Together Jim and Tom visited more than 30 Vermont high schools making more than 500 presentations around the state. They have also made presentations to Rotary Clubs, school in-service programs, church groups and alternative high schools. Ray Wright, from Shelburne, a liver recipient on Christmas Day, 2000, has joined Jim in making presentations. Dennis Maloney, kidney donor, and Chris Chiarello pancreas/kidney recipient also present with Jim. Barry Doolan, a recent kidney recipient (from his wife) also speaks about his organ donation experiences. Cy Roberts, heart recipient, Eileen Rooney, anonymous kidney donor, and her recipient, Jenni Dudley, Marty French also a kidney recipient and Nan Donnelly a heart/liver recipient also participate.

Jim Carter honored with National Award of Excellence for Organ Donation Advocacy

James Carter of Underhill, VT, was honored with the 2011 National Donor Memorial Award of Excellence for his extraordinary volunteer efforts in promoting organ donation for more than two decades. The award was presented during the June board meeting of the Organ Procurement Transplantation Network and United Network for Organ Sharing (OPTN/UNOS) in Richmond, where UNOS is headquartered.

"Jim Carter is a man with a mission," noted Jeffrey Orlowski, chief executive officer of the Center for Donation and Transplant, the organ procurement organization, based in Albany, N.Y., which submitted the nomination. "Jim is a donor father who has spread the word about organ donation throughout the Vermont region for many, many years to thousands of people. We could not ever cover as much ground as Jim has with just our organization's staff," he said.

Almost 21 years ago, Mr. Carter's daughter Andrea, then a 17-year-old high school student, died after the truck in which she was riding was hit by another vehicle. She was not wearing a seatbelt. Knowing how caring their daughter was, Jim and his wife, Sue, consented to donation. Andrea's heart, kidneys, liver and corneas were all recovered for transplantation. Following Andrea's death, Mr. Carter became involved in support groups for donor families and recipients as well as providing community outreach and education programs. His two main themes: the importance of seat belt safety and the life-saving benefits of organ donation. To date, he has given thousands of presentations during drivers' education classes, traveling throughout Vermont to ensure that young people are properly educated about donation. In addition, he has appeared in numerous news articles promoting organ donation.

"I never get tired of talking about Andrea and about donation," Jim says. "The act of donating meant a lot to me and my family and the feedback I get from my volunteering makes me feel like I am really making a difference."

The National Donor Memorial Award of Excellence was established in 2010 to recognize exceptional advocates for organ and tissue donation, especially "unsung heroes" who have not received recognition at a national level for their efforts. Nominations for the award were sought from all of the organ procurement organizations in the United States. For this year's award, 19 nominations from around the country were received. All nominees received a certificate of recognition.

"Selecting one winner from all the nominations was a challenge, because each candidate is an awesome reflection of the thousands of people 'paying it forward' in this country," commented Mary Nachreiner, OPTN/UNOS vice president for patient and donor affairs. "It is humbling to see how much these people – most of them donor family members – give of themselves to support the mission of the transplant community. They – and thousands more like them – are truly lifesavers," she said.

Ride of a lifetime

In September of 2008 Jim was notified by the Center for Donation and Transplant that because of his commitment to the organ donation cause, he was selected to ride on "Stars of Life" float in Rose Parade in Pasadena, California on New Year's Day.

Upon returning to Underhill, Jim called it the ride of a lifetime. Over a million people watch this parade. There were 26 people on the float from all over the country, all with the connection of organ or tissue donation; through being donor parents, living donors or recipients. "The spirit and bonding on the float was incredible," Carter said. "Over the 4 days there were tears of joy, sadness and gratefulness. We all realized what a gift of life organ and tissue donation is to so many people. In talking to the other float riders I was inspired and amazed by the generosity of the donors and the immense gratitude of the recipients."

Underhill resident nominated as Hometown Hero

Underhill resident Jim Carter has been nominated for United Way of Chittenden County Volunteer Center's annual "Hometown Hero" award. The award marks the impact community volunteers have on the quality of life in the community. A panel of volunteer judges from the community will review the nominations and select winners in each category.

Carter was nominated for his work with Earth Angels. In his nomination Chris Chiarello wrote, "Those who know Jim's work will attest to the fact that he has influenced attitudes toward organ donation in our schools, with our youth and with their families and loved ones as well." Jim is retired and is a founding member of the Transplant Donor Network support group.

A celebration breakfast to honor all nominees and announce the winners was held at the Hilton Hotel in Burlington on Tuesday, September 11, which also kicks off United Way's annual fundraising campaign.

Shoulder continued from page 21

helps normalize shoulder motion – therefore even the foot alignment can influence the shoulder. The central nervous system affects the shoulder both directly, via nerve supply and indirectly through attachments of the dura mater, which covers the spinal cord and brain play a role in shoulder mechanics. Consequently adjusting the spine improves shoulder mechanics.

Shoulders are complex and easily injured joints. Proper function is

exceedingly important because without proper function, the use of our hands becomes greatly reduced. Appropriately treating shoulder injuries with an anti-inflammatory diet, balancing muscles, the shoulder joint, the gait, soft tissue care and spinal adjustments can help keep your shoulders functioning at their best.

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

Classifieds

FOR SALE

Easy Set Pool - 12 foot diameter. 32-36" deep. \$150.00 includes a solar blanket. Ideal for cooling off! Susan 899-4879.

Disc golf headquarters. Many types and weights! Also bags, hats, gift sets etc. Johnson Farm and Garden 635-7282.

New shoes – wedge sandals \$29.99; pump 4 1/2" heel platforms \$39.99; Kitten heel rhinestone \$29.99; Gladiator sandals \$29.99. Beautiful at Great Prices! Johnson Farm and Garden 635-7282.

Crock – like shoes \$8.99 and up; Flip Flops \$2.99 and up for baby, kids, women and men. Inexpensive baby sandals \$8.99 and up. So cute! **New Breeze** cowboy style rain boots for women \$34.99. Johnson Farm & Garden 635-7282.

Lush vegetable transplants – Even Atlantic pumpkins which average 400-500 lbs! Shallots, onions, blueberry, strawberry plants and flower bulbs! Beautiful hanging flower baskets! Johnson Farm and Garden. 635-7282.

Decade "Holistic Horse Grain". Fresh made in Vermont with natural ingredients of carrots, cranberry, raspberry leaf and natural E. Johnson Farm and Garden 635-7282.

Deer Fly Patches put on back of hat, deer flies get trapped. No chemicals. No odor. Works great!! People compare their hats! Johnson Farm and Garden 635-7282.

Dresses, dresses, dresses, and skirts! Huge inventory of Isis, Patagonia, and Columbia! Beautiful, lush feeling material, also inexpensive Island Sun dresses for women and girls. Flirty inexpensive long and short skirts! Johnson Farm and Garden 635-7282.

15% off - 5 or more of the same bags of Intervale Compost Potting Soil, Topsoil, Humus Manure, Moo Grow, Moo Doo, Ocean Forest, Roots Organic and Earthworm Castings, Tree and Shrug, Play Sand, Lime, Marble and Mulches. Johnson Farm and Garden 635-7282.

Kelty Supplies: backpacks, sleeping bags, coolers, tents. Also GSI camping supplies, dishes, cooking, etc. Even Mojo Trail Food at Johnson Hardware and Rental 635-7282.

20 Brands of Footwear at Johnson Farm and Garden for men, women, youths, and kids. Huge inventory and personal service! Catalogs are out if you want to order a special pair. 635-7282.

It's Amazing. People say the first time coming to Johnson Farm and Garden, Hardware and Rental. Looks small but it's huge! Over 25,000 sq. ft. Everything you need. We can order. Clothing for men, women and kids – many styles up to 6XXXXXX! Patagonia, Carhartt, Columbia! Also up to size 17 shoes! Huge plumbing, electrical, heating department. Sports, John Deere etc. Toys, garden, bird feeding, pet supplies and much more. Three generations, family owned and operated with personal service. 635-7282.

Carhartt Work-Dry. Patagonia, Capilene, Columbia Omni-Dry, Rocky – scent control. Also Polar Max underwear for men, women and children! Johnson Farm and Garden. 635-7282.

Darn Tough socks made in Vermont! Lifetime guarantee! Men, women and kids – styles, color and designs! Used by U.S. Military (they are scent-locked to prevent outdoors!) New deer hunting sock-

cushioned Merino wool polyester blend infused with charcoal to eliminate odors. Johnson Farm and Garden. 635-7282.

Flame resistant clothing now in stock at Johnson Farm and Garden. 635-7282. Pants, hooded, sweatshirts, work-dry Henley shirts. Also lime, high-visibility, t-shirts, long dry sleeved or come in to order what you need. Can get embroidered for your company.

High Visibility Carhartt, Class 2 and Class 3! 35mm hi-vis rain jacket "Boss" special for only \$16.99. Or can order for your company with your logo! Johnson Farm & Garden, 635-7282.

"Unique" Toys now at Johnson Hardware and Rental. Organic makeup for tweens; Green Science Projects; Art and Craft supplies; Melissa and Doug; John Deere and Bruder; Legos; Bryer Horses; Schleich; Nerf; Music selections; much, much more! So not need to go to Burlington! Wooden toys, even adults Ravensbue Puzzels and board games; Ride ons Peg Pergo! Many stocking stuffers! 635-7282.

Appliance Department now at Johnson Hardware and Rental. Now in chest and upright freezers, washers and dryers, ranges, refrigerators and microwaves; Maytag, Whirlpool, Amana and KitchenAide, Delivery and service available! 635-7282. Small appliances too!

Radio Fence Headquarters for dogs! In-ground fence to cover 10 acres or 25 acres! Also wireless ground fence! Bark collars (even bark control) that does neighbor's dog up to 50'. Ultrasonic looks like bird house training systems for little, big and sport dogs! Up to 1000 yards. Dog and cat doors up to 220 lbs. Johnson Farm and Garden 635-7282.

Deer Fence! 7 1/2" tall – Sturdy plastic, easy to handle! Johnson Farm and Garden 635-7282.

Green Cleaning and bath supplies in at Johnson Hardware and Rental! 635-7282! VT Soap Organics, Simple Green and Mrs. Myer's, etc. All made in USA! Also recycled-biodegradable trash bags!

VT Conservation Grass Seed 50# \$79.99!! 14.9% annual so it comes back next year!! Johnson Farm and Garden 635-7282.

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NEW ROOFS - Asphalt, all metals, rubber membrane. Estimates, insurance, local references. Roofing Guy, Cambridge, 730-2961.

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IBUY OLD BOOKS – also letters, documents, ledgers, diaries, etc. Marie Tedford, (802) 899-4447, or email mtreverie@comcast.net

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For more information, contact Kathye at 802.343.8982.

Directions: Route 117 to Skunk Hollow Road; 7/10 mile, turn right on to Tyler Place.

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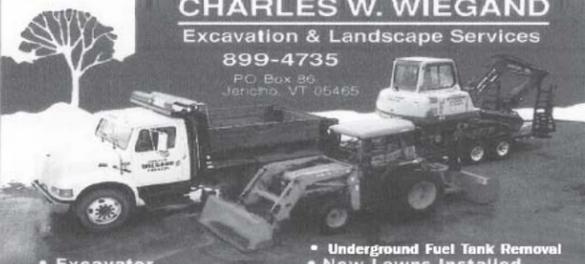
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“Before You Give Up, Do This...”

And you'll be surprised how simple it is...

Dear Friend,

Some people come to my office and tell me they've "tried everything." They come to me ready to give up.

Truth is, four out of five people that show up in my office have taken "every" test, wound up with huge medical bills, and are still no better off. Often, they've been subjected to medications that have only served to temporarily mask symptoms. But, that's not what most people are looking for.

Lack of health very often has simple causes and very reasonable corrections. That's what I'm going to tell you about. But, before I tell you more, let me tell you something about me.

Here's my story, which begins a number of years ago...

I'm a college student working on a degree in biology thinking I would go into research, and life is good. *But then, it happens...* I'm home on summer break and after a few weeks of running my usual four mile loop, I develop a painful condition with my left knee. It starts gradually, but then one day the discomfort gets to the point of feeling like a sharp piece of metal poking me in my left knee. Still two miles from home, the irritation becomes so constant and intense I find myself limping the rest of the way. I simply cannot run, or even jog for any distance without pain.

Here I am in my early twenties wondering what the heck is going on with my body that I can't even run to the mailbox. *Never having experienced a time in my life where my body couldn't do what I wanted it to do, I begin to panic.* I had heard of people with similar problems ending up having cortisone shots or surgery to fix the problem, and knew I didn't want that. *But there's more...*

My dad convinces me to give his doctor a try. This new doc does an exam, and then 'adjusts' my spine and works on my foot (he tells me the pain is due to the misaligned bones in my back, hip and foot.) The adjustment doesn't hurt; it actually feels good. I get relief and shortly, I start to build up my running mileage again. *Oh, did I mention that this doctor is a chiropractor?* Chiropractic works so well for me and I'm so impressed with the

other 'miracles' I see in his office, that I eventually go to chiropractic school myself. And that's how it happened!

Let me tell you about Brooke, the adorable little girl in the picture with me. She was just nine weeks old when her mother brought her in to see if we could help. Brooke's mother told us she had been diagnosed with reflux and had been projectile vomiting every day for the past five weeks. She



was prescribed medication, but her mom knew something wasn't right. We gave her a physical and para-spinal thermal exam and then adjusted her. After Brooke's first adjustment, the vomiting stopped - mom was ecstatic! It's been over two months now and she's still doing well.

For the last 14 years, people from Jericho/Underhill and the surrounding area have come to see me with their health problems, including:

- Headaches
- Migraines
- Chronic Pain
- Neck Pain
- Shoulder/Arm Pain
- Whiplash from car accidents
- Backaches
- Numbness In Limbs
- Athletic Injuries

And they've brought their children in for help with:

- Asthma
- Ear infections
- Colic
- ADD/ADH

just to name a few.

Here's what some of your

neighbors had to say:

"My sinuses drained and now I can breathe! My lower back isn't sore anymore and my posture has improved a great deal." (Emily H.-Williston)

"I no longer need my inhalers! My mood and general well being are vastly improved.."(Pamela-Richmond)

"I no longer have a stiff neck in the morning and I can look to back up the car without turning my whole body. I'm almost walking straight again, I don't limp anymore." (W.F.-Jericho)

"I'm free from pain in my lower back, legs, and feet for the first time in years. It's actually hard to believe. I'm very pleased with my results". (J. L.-Eden)

Tens of millions of Americans no longer have health insurance, and those who do have found that their benefits are greatly reduced. That's where chiropractic comes in. A seven-year study compared costs of people seeing medical providers vs. chiropractors. Overall the patients seeing chiropractors had 60% less hospitalizations, 59% less days in the hospital, 62% less outpatient surgeries, and 85% less costs for prescription drugs.

With results like that, chiropractic may prevent you from missing work, or running off to the doctor as much.

Several times a day patients thank me for helping them with their health problems. But let me be clear: I don't "cure". I perform specific spinal adjustments to

remove nerve pressure, and in turn the body responds by healing itself.

Exciting Offer – As you know, you want to get to the cause of your problems and not just cover them up with drugs. When you are one of the first 20 people to call and schedule a new patient exam (by July 14, 2011) you'll receive the entire exam for **\$37**. That's with x-rays, para-spinal muscle and thermal imaging...the whole ball of wax, and there're no hidden fees. But, call right away because we expect to be flooded with calls, as this exam normally costs \$210. Again, there're only 20 of these slots, so don't miss out (by law, this offer excludes beneficiaries of Federally funded health care programs like Medicare or Medicaid).

Great care at a great fee... Please, I hope that there's no misunderstanding about quality of care just because I have a lower exam fee. You'll get great care at a great fee. I've seen thousands of your neighbors over the past 14 years. The patients entrusted to my care have ranged from tiny babies to semi-pro athletes that you may know. I just have that low exam fee to help more people who need care.

My assistant Diana is highly qualified, and quite frankly, a really great person. Our office is both friendly and warm and we try our best to make you feel at home. We have a wonderful service at an affordable fee. Our office is called **Farrell Chiropractic Center** and it is at 213 VT Rt 15, Jericho. Our phone number is **899-9991**. Call Diana or me today for an appointment. We can help you. Thank you and I wish you all the best!

-Timothy Farrell, D.C.

P.S. Of course, all people respond differently to care, and no doctor can (or should) guarantee a successful outcome. But, if you've tried everything but chiropractic, don't give up yet!

P.P.S. When accompanied by the first, I am also offering the second family member this same examination for only **\$17**.