

Underhill Country Store next steps

By Phyl Newbeck
Special to the Mountain Gazette

These days you're likely to find Peter Davis of Underhill in his hiking boots heading up Mt. Mansfield. Now that he no longer runs the Underhill Country Store he finally has time to get out and enjoy the fall foliage from the trail. Unfortunately, the closing of the Underhill Country Co-op earlier this month, raises anew the question of what to do with the space at the intersection of Pleasant Valley and River Roads. Davis has put the building back on the market but he has some thoughts about what he'd like to see in the downstairs space.

In the spring of 2016, the Underhill Country Co-op formed to take over the reins at the Underhill Country Store, months after Davis went public with his plans to sell the building. Davis continued to own the building but he rented the space and equipment to the newly formed group. The co-op ran out of money this fall and after selling their remaining inventory, they closed their doors, bringing Davis back to square one in his search for a new owner or tenant.

Davis is asking \$250,000 for the building which includes one one-bedroom and one two-bedroom apartments upstairs, but he is willing to rent out the downstairs space to a suitable tenant. "Ideally I'd like to have someone continue it as a store," he said. "Either modality works for me but the path of least resistance would be to have someone come in and rent the space." Davis can also envision a small café or bakery but noted that septic constraints would limit the building to no more than ten seats. If no buyer or renter comes to the forefront, he may begin selling off some of the equipment.

Although the store has closed, the Underhill Country Co-op

continues to exist. The board formed a bulk buying group for both members and non-members to purchase up to 23,000 items from United Natural Foods, Inc. at wholesale prices. The items, which included both grocery and household products, were ordered on-line and then picked up at the store on Saturday mornings. Unfortunately, with the closure of the store, co-op members learned they were no longer eligible for this particular option but they are looking for alternative suppliers. Davis has not charged the co-op for use of the building, something which he might reconsider if the group gets larger and busier. "In the spirit of community, I'm happy to help out," he said.

Davis expressed regret that the co-operative store, which was open from May 1 to September 19, wasn't able to thrive at his location. "The co-op model can work and has worked in many places," he said. "They had a lot of well-intended folks but nobody with experience on the operational side." Although the opening of the Jericho Market three miles down the road didn't help the store, Co-op chair John Koier doesn't blame that entity for the market's closure. "We just ran out of money," he said. "We had a vision which was coming together but we couldn't pull it off because we didn't have the resources."

Davis and his wife Nancy owned and operated the Underhill Country Store for five years. Their decision to sell the establishment was motivated by a desire to spend more time outdoors and with their grandchildren. Davis is enjoying his retirement although the closing of the Co-op has put a damper on his activity. "This is an unanticipated curve," he said. "I just have to be diligent about getting the space filled."

Librarian Joyce Babbitt honored with 2016 Humanities Educator Award

The Vermont Humanities Council has named Joyce Yoo Babbitt, librarian of the Browns River Middle School in Jericho, as its 2016 humanities educator of the year.

Babbitt said, "I feel blessed to be working with such a great group of students. I'm surrounded by a circle of dedicated staff members who shine every day. This award really is for everyone I work with at Browns River Middle School."

VHC will honor Babbitt with the fourteenth Victor R. Swenson Humanities Educator Award on November 5 at UVM's Dudley H. Davis Center at VHC's fall conference, "Looking at Leadership through the Humanities."

"From the moment I met her I realized this was a special educator," said Willie Lee, a fellow teacher at Browns River Middle School. "She doesn't just command a room full of books, she commands a center of learning that enriches the educational experience of every student."

Babbitt lives in Underhill with her husband Mike and daughters Allison and Samantha.



Kelly King named Harvest Market Citizen of the Year



Kelly King was named Citizen of the Year for the 42nd Old Fashioned Harvest held in Underhill on September 24 and 25, 2016. Pictured from left to right are Harvest Market Steering Committee Chair Dave Clift; Barry King; Citizen of the Year Kelly King, Kelly's children Elizabeth, Sarah, and Ben; and Harvest Market Parade Coordinator Julianne Nickerson. PHOTO CONTRIBUTED

VT Real Estate Commission Chair, David Raphael elected as President-Elect of ARELLO



David Raphael, Broker and Realtor® with Artisan Realty of Vermont, has been elected as president-elect of the Association of Real Estate Licensing Law Officials (ARELLO), an international regulatory organization based out of Chicago. Raphael is an active real estate broker and was appointed by Vermont Governor Peter Shumlin to serve as a broker member of the Vermont Real Estate Commission. In his role with ARELLO, Raphael will serve on the organization's executive committee and will help to bring regulators together to promote excellence

in real estate regulation. Raphael has over fourteen years of real estate experience as a broker and realtor in Vermont. He currently serves as chair of the Vermont Real Estate Commission. Raphael is active in his community and serves in a variety of capacities with local non-profits such as ECHO Leahy Center for Lake Champlain, Rebuilding Together Greater Burlington, and as vice-chair on the Essex Planning Commission. He lives in Essex, Vermont with his wife and their two dogs.

Phoenix Books takes to the road

There is a brand new van parked in front of Phoenix Books Essex, and it is all decked out in colorful decals identifying it as the property of Phoenix Books. Why, one wonders, after opening a brand new store in Rutland in September 2015 and acquiring Phoenix Books Misty Valley in Chester in May of 2016, did owner Mike DeSanto decide to buy a Ford Transit Connect in August?

"Because there is an untapped market for increased sales to off-site customers and we need a vehicle to get the books to those customers - and those customers need to know who is bringing them their books!" says DeSanto.

The staff at Phoenix Books feels there is potential to compete in school book fairs, business-to-business relationships, off-site author events, supporting authors at their speaking engagements, and creating mobile bookstores for large community events. The van will allow Phoenix to do this in the market areas served by all four locations - Chittenden County and the areas surrounding Rutland and Chester - and the store is exploring the possibility of a delivery service, too.

Two years ago, Phoenix Books brought 80 cartons of books for sale to the Vermont Flower Show held at the Champlain Fairgrounds in Essex Junction. The business also brought portable point-of-sales equipment, displays, portable bookcases, and numerous booksellers to assist with the endeavor of three days. Booksellers had to cobble together a ragtag fleet of vehicles to move all that to the site and back again afterwards. Phoenix now has a company-owned vehicle to handle all the transport issues.

Phoenix Books can now offer to deliver an endlessly varied mobile book store experience to any customer or group interested in adding books into their program. The van also serves as a highly visible, eye-catching mobile billboard and advertisement, a not insignificant value added part of the equation.

News in Brief

By Graham Swaney

Special to the Mountain Gazette

MMU students don Harwood colors to honor deceased students

Normally the "school spirit" week that precedes Mount Mansfield Union High School's homecoming is concluded by the wearing of class colors on Friday. However on Friday, October 14 MMU's spirit week adopted a more somber tone. In lieu of class colors, MMU student council changed Friday's theme to Harwood colors to honor the four Harwood students and their friend who were killed in a car crash on Saturday, October 8.

Senior and student council member Leo Lehrer-Small stated that, "We felt that it was important to do something tangible that would show the Harwood community our sympathy for what they are going through."

Leo said that the student council had received numerous requests from MMU students to organize something to demonstrate our support immediately following the accident. Probably around five to ten kids approached the student council independent from each other; each one wanting to do something in response to the tragedy. The plan to wear Harwood's colors at the end of spirit week was chosen because it was the simplest option that would still feel meaningful.

Missing Trump sign raises questions about freedom of speech

On Sunday, October 25, Jericho resident Frank Popeleski noticed that his Donald Trump Lawn sign had gone missing.

Suspecting that the sign was stolen and feeling that his first amendment rights had been violated, Frank posted on Front Porch Forum. In an interview Frank stated that the goal of his post was to make the community aware that we have first amendment rights in this country, and everybody has the right to freedom of speech. Frank also raised concerns about trespassing related to the incident. He noted that, For a person to take a sign off our property, they had to trespass on our property.

The post generated many responses by community members, sparking an online debate about freedom of speech and Donald Trump's politics. According to Frank, "The first day there were two responses back that weren't supportive, but the following day there were about 12 that were." On the whole Frank felt that the communities' support for his freedom of speech made him feel better.

Brewerfest/cookout a success

The recent Brewerfest and Cookout held on October 8 at Moore's Park in Underhill Center was a remarkable success. Between 200-300 residents enjoyed an afternoon sampling beer from local brewers, chicken and brats prepared by Mike Fullem and Chad Riley, and salads, casseroles and desserts from townfolks.

The Underhill Historical Society wishes to thank: Brewers - Guy Owens, Kurt Johnson, Floyd Scott, Nick Lukko, Andy Hunt, and Sean Reilly; food preparers - Mike Fullem, Chad Riley, Todd Bechard, and Pat Lamphere and also Nancy Scott, Carolyn Leighton, Gael Boardman, Susan Thomas, Essie Howe, Nate Sullivan, Roger Frey, Bill Fulton, Tom Niles, Steve Garcia, Mike Diffenderfer, Jacob's IGA, Jericho Market, Jerihill Hardware, Jim Zipko, and Chapin's Orchard. See you next year!

SCHOOLS IN THE NEWS

Sunrise PT staff demonstrates exercises for injury prevention



Sunrise Physical Therapists Pam Sills and Katie Sisson have been reaching out to the community, sharing their knowledge and passion for their profession, with local school children. "October is National Physical Therapy month and we usually try and do some community outreach at that time. In the past, we have held balance work shops for the elderly both in the clinic and at area locations. This year we decided to target a younger age group," owner Pam Sills shares. "It was nice to work with the soccer kids to show them different exercises geared toward ankle strength and injury prevention. Promoting fitness and health of all ages is our business! You don't have to be injured to use the services of a physical therapist!" Stay happy and healthy!

PHOTO CONTRIBUTED

Community Soup and Bread Supper

The first Thursday of the month, November 3, free Community Soup and Bread Supper at the Covenant Community Church, 1 Whitcomb Meadows Lane, Essex. The menu provides a quick, easy and delicious meal served between 4:30 and 6:30 PM. Choose from a variety of hearty soups and breads and a sweet dessert. The church is off Route 15 Essex, across from John Leo's. Donations accepted. Call Pastor Steve Anderson for information at 879-4313.

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COMMUNITY CLOUMNS

Yearning

By Suzanne Kusserow
Special to the Mountain Gazette

It is claimed that music lights up more of the brain than any other sensory stimulus. And the type of melodies can be anything that beats, feels, lights up, moves. Some words have music, unwritten but palpable, when meaning spreads outside the word and captures a feeling, a beat, an un-tuned melody line that stretches beyond its elf.

To me, "yearning" is such a word. It is not a simple word with an oft-used easiness. Because of its connection to emotion, it will not let you alone. No matter how much you cry, think deeply, sink beneath a tree and sob to the leaves above you, try to connect to past dreams: reality won't let you. That is called yearning.

Its official dictionary definition is: "a deep or anxious longing, desire, or sympathy," a workable, usable description, which is exactly what a dictionary is supposed to do: give you a simple solid exterior that can be translated by use of nouns universal to most readers. But when you personalize the emotional component of a word... it becomes yours.

It is a rather hopeless word; yearning is a process, not a completion and as such it hangs in time... particularly in past time. It doesn't fit well with ordinary usage; the use of the word yearning when you'd like to have an ice cream cone is like hooking the glowing half-moon in a navy-blue sky to a scientific explanation of its coordinates... a couple of opposites in a juvenile attempt to exaggerate.

Yearning has a mistaken hope which can never be solved; therefore, it will always be unfulfilled. And since about seventy percent of so-called verbal communication is more easily (and often unknowingly) expressed and 'read' through gestures, stance, and voice tone, you define it by yourself. Then, once you have personalized a word, how do you express this to others? Will more description do it?

To me, yearning is a sweet slow waltz on a bass clarinet on a cool autumn night. And I realize how acutely that is my experience, and may not connect with anyone else. It makes me realize how difficult it must be to translate someone like Rumi (a 13th century Persian poet), to whom a word fit in to a sentence with a rhythm and a song which only he knew. Yearning sways between hope and despair, but cannot destroy itself by totally becoming either. Therefore, its swing, like a pendulum, can not truly stay with either side; its lack of ending, of not attaching to either solid end of its meanings, is its strength. But we still need to have a practical base, after all... otherwise, call it empathy. To yearn for friendship, we must have known loneliness. To yearn for food, we must have known hunger. To yearn for love, we must have known some of its realism.

Some words are meant to float; this is one.

Yes, lead poisoning is still a problem

By Lewis First, MD

Chief of Pediatrics at The UMV Children's Hospital

One of the most leading questions I get nowadays is about lead and whether children can still get lead poisoning. October is Lead Poisoning Prevention Month, so let me get the lead out and provide some information on this subject.

Lead poisoning is still a problem and affects currently affects a half million children in this country. In 1996, the Vermont legislature passed Act 165, requiring all owners of rental housing and childcare facilities built before 1978 to perform lead clean-ups of their properties – but exposure to lead still occurs. It can result in irreversible learning disabilities, decreased intelligence, abdominal pain and other health problems. The key point is that lead poisoning is preventable. If you want to reduce your child's exposure, here are a few suggestions:

First, the Departments of Health in Vermont and New York recommend that all children get tested for lead by age 1 and again at age 2 – or even earlier if they live in an old house. What each state calls "the level of concern" for lead exposure has recently been lowered, which means that 200,000 more children could soon be identified as being exposed to lead. Public health officials are working with parents to take action sooner in a child's life to prevent any additional lead exposure.

If you live in an older house, particularly one built before 1978, make sure your child does not chew on painted windowsills, cribs or playpens that may contain lead paint. In fact, move the crib away from the windowsills where paint chips can fall.

Ordinary dust and dirt contain lead, so make sure your children wash their hands when they come inside from playing.

If you work in construction, demolition, or painting, don't bring the worksite home with you. It could increase your children's exposure to lead. Change your clothes before you go home or as soon as you are in the house.

If you're worried that your water pipes contain lead, run the water for 30 to 60 seconds before drinking to clear the pipes.

If you would like to be more educated about lead poisoning, prevention, and what to do if your child's lead level is elevated, contact the National Lead Information Hotline Center (800-424-LEAD) or the Departments of Health in Vermont (1-800-439-8550) or New York (518-473-4602) or call the state help lines: that's 211 in Vermont and 311 in New York. They can give you further information.

Hopefully tips like this will have "lead" you in the right direction when it comes to preventing a child's exposure to lead poisoning.

Geese

By Sue Kusserow

Special to the Mountain Gazette

The geese are flying down through Pleasant Valley. The gabbling cuts through the clouds; they seem to fly on deep-hued, wet, gray mornings, line after line of long-necked squadrons between Flynn Hill and the first ridge of Mount Mansfield. I look up and a smooth line holds in stitchings of check marks. I look down to relieve the crook in my neck and then look up to see that the line now has three tattered ends, and to the side, a solitary group of five. How quickly it changes! Is it wind? or fatigue? or orders from the leader? The gabbling cuts through the clouds. I can almost hear the leader squawking out directions:

"Mabel, keep up! If you hadn't eaten that extra corn, you'd be able to stay in line."

"Hey, Herman, back in line; this is a group thing you know."

"You in the rear; we'll never get there if you keep splitting into gossipy little tails."

"So you want to be the leader? Fine, I'm tired of trying to keep some order here."

Obviously, I don't view this scientifically. That is not why I am standing out here with no coat, running from the kitchen when I heard their gabbling. I could look up "geese, Canada, migration" and learn all sorts of facts. And someday I will.

But now I am out here to feel that first thrill of nostalgia and sadness when I sense them, hear them, and then spot them, line after line obeying the synapses in their tiny brains that propel them a thousand miles south. I don't want them to go, even though they mess up my tiny pond in the spring and their communication skills are anything but melodic. These lines, one after the other, signal shorter days, leaves blowing free of trees and covering the paths with calico, white stocking caps on the mountains, and frozen geraniums in the window boxes.

They signal rhythms that are so ancient they can no longer be described as patterns; they make me realize my own short span and the inevitability of entropy. A summer goes and the chores/trips/hopes that I didn't accomplish fade into another season, another acceptance of relatively-contented resignation of my own inevitable trip "south."

Mabel flaps along, squawking to her flying friends that the leader's remark was unnecessary and cruel, and by the time she gets to Virginia, she'll be thin as a mocking bird! The long line disappears into the gray clouds and all that is left is the echo of a remembered sound... until the next group comes high over the ragged maples and stunted cornfields, and I again rush out to say: "Good luck and goodbye!"

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LETTERS TO THE EDITOR

Success! Silver Bullet found

To the Editor,

Hi Brenda,

Success! I'm happy to report that I visited the "Silver Bullet" yesterday morning, and it's parked in the woods in Fletcher. It's in surprisingly good shape, and the original owner/designer/builder was there with me to relive his memories of living the "tiny house" lifestyle in the early 1970s.

Thanks for your help in locating it - I couldn't have done it without the article you ran!

Devin Coleman

Support John Gifford for VT Senate

To the Editor,

I am pleased to support John Gifford for Vermont State Senator from Chittenden County.

I have known John for over twenty-eight years through our affiliation as colleagues in school business management. He is a man of good character, strong work ethic, and solid business sense. I have had the benefit of working with him on statewide issues in education, and have seen his ability to thoughtfully discern the facts in working toward collaborative solutions. These are traits that are much needed in government today and they are traits that will serve us all well in our state.

John is a proven leader. He is a retired Coast Guard Officer, a retired school business manager, has served on the selectboard in Milton and is now the treasurer of that town. Respected, he has consulted as interim business manager in many districts and filled in as the interim finance director for the town of Milton. He knows finances and has a handle on the impact that decisions in Montpelier have in local government.

Whether a voter affiliates with a particular party or not, any citizenry is served best when balance exists. As the lone Republican running for one of the six Senate seats that represent Chittenden County, John can help provide some balance in Montpelier. I trust him in helping to shape the future of the State. He will listen.

Please join me in voting for John Gifford in the upcoming election.

Marilyn Frederick
Underhill, VT

Squirrelre experienced,
a record of success

To the Editor,

It is with pleasure that I heartily endorse Trevor Squirrelre for Representative in the Vermont House. I believe that he has the skills and personality to represent Jericho and Underhill well in Montpelier. My support for Trevor is based on knowing and working with him for the past ten years. Trevor is the executive director of the Brain Injury Association of Vermont. I am a founding board member and currently serve as chair of the board of directors.

Trevor has done a remarkable job of building the BIA of Vermont into an organization that plays a leading role in preventing brain injury and supporting Vermonters living with brain injury. He has shown particular skill in communicating and collaborating with state and federal agencies and private organizations to advance the interests of people with disabilities. He has also shown the ability to work through the legislative process, having worked with legislators to pass concussion legislation in 2011, 2012, and 2013. This legislation helps to ensure that Vermont children safely return to play and to learn following a brain injury. What has most

impressed me about Trevor is his sincere and selfless commitment to public service and the best interests of all Vermonters.

Trevor will be an asset in the House. I urge your support for Trevor Squirrelre in his Democratic Party bid for Jericho-Underhill House of Representatives.

Robert B. Luce

Downs Rachlin Martin

Chair, Brain Injury Association of Vermont

Squirrelre strong leader

To the Editor,

Trevor Squirrelre has my strong support to be our new Underhill/Jericho representative in the Vermont House. During the six years I served with Trevor on the Underhill Planning Commission, I was impressed by his intelligence, his fair-mindedness, his commitment to problem solving, and the care with which he prepared for each meeting. As Chair of the Commission he provided strong leadership and a balanced perspective. I am confident these qualities will make him an able and articulate voice in the House. Please join me in voting for Trevor.

Cynthia Seybolt, Chair
Underhill Planning Commission

Will the presidential candidates
ever address real issues?

To the Editor,

The presidential debates so far have been a joke... and embarrassing! Tens of millions of Americans will be watching the debate the night of October 19 and they deserve a serious discussion on the big issues facing our nation, like the future of Social Security. If the next President doesn't take bold action on Social Security, we could see our hard-earned benefits cut by nearly 25% in less than 20 years. That's unacceptable.

Earlier this year, AARP polling in battleground states found, across party lines, large majorities of voters believe that having a plan for Social Security is a "basic threshold for presidential leadership." A recent AARP survey of women voters found that more than 70 percent support "immediate action" to keep Social Security strong.

Social Security affects 60 million Americans, and 138,000 Vermonters, who rely on its benefits today. It also impacts the 170 million workers who pay into the program and are counting on it for tomorrow. It is one of America's great success stories, and it touches, in some way, nearly every individual and family in the country. Let's hope our candidates can finally address the issues that really matter.

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HEALTH INFORMATION

Reduce your risk of breast cancer through healthy eating

The risk of breast cancer in women is increased by several factors that cannot be easily changed: Having your first period before age 12; not having children or having your first child after age 30; late age at menopause; and family history of breast cancer.

Other well-known risk factors include the use of menopausal hormone therapy and exposure of the breasts to radiation, especially at a young age. Both increased body weight and weight gain as an adult are linked with a higher risk of breast cancer after menopause. Alcohol also increases risk of breast cancer. Even low levels of alcohol intake have been linked with an increase in risk.

Many studies have shown that moderate to vigorous physical activity is linked with lower breast cancer risk. A diet that is rich in vegetables, fruit, poultry, fish, and low-fat dairy products also has been linked with a lower risk of breast cancer in some studies. At this time, the best advice about diet and activity to possibly reduce the risk of breast cancer is to: Get regular, intentional physical activity; reduce excessive lifetime weight gain by limiting your calories and getting regular physical activity, and avoid or limit your alcohol intake.

To improve your diet and help manage your weight, Colleen Doyle, M.S., R.D., director of nutrition and physical activity for the American Cancer Society, suggests:

Watching your portion sizes, particularly of foods and beverages high in calories and/or sugar
Using a salad plate instead of your dinner plate to help control your portions

Cutting back on sugar-sweetened beverages, the largest single source of added sugar in the diet
Including colorful vegetables and/or fruits in each meal and snack

Eating more whole grains – whole wheat bread, brown rice, oatmeal – instead of refined grains like white bread and pasta.

Choosing fish, poultry and beans in place of red and processed meats

Why are these recommendations so important? Because right now, 63% of adults in this country are overweight, including 27% who are obese; 17% of children and adolescents are obese; and our poor diets and physically inactive lifestyles contribute to 4 out of the 7 leading causes of death in this country, including cancer. We're talking about saving lives here. As a matter of fact, Doyle said, if you don't smoke, watching your

weight, eating well and being active are the most important things you can do to reduce your risk of cancer. And eating more vegetables, fruits and whole grains, and less sugar, red and processed meats is a huge step in the right direction.

Find healthy and great-tasting recipes at cancer.org and get moving at a 3- to 5-mile community Making Strides Against Breast Cancer walk near you this month. Visit MakingStridesWalk.org.

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Health workshops - Northwestern Medical Center

Exercise

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

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

Workshops

Vermont Quit Network Fresh Start Tobacco Cessation Class, Tuesdays in November, 10:30 – 11:30 AM. Join others for this four-session series to help you successfully quit smoking. Sessions include: understanding why you have an addiction and how to quit; mastering the first few days, mastering obstacles; and staying quit and enjoying it forever. As a Vermont resident, you can get free patches, gum, and lozenges.

Support Groups

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

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

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

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

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

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

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

Maternity

Free monthly events for pregnant and nursing moms: Breastfeeding Moms Group, first Wednesday of each month, 10:30 AM – 12:00 PM. Meet once a month for snacks, crafting activities, making baby blankets, and get information from the experts. Call 393-6591 for location and to register. **Breastfeeding and**

Infant Massage Group, second Wednesday of each month, 9:30 – 11:15 AM, Alburgh Library. Join other moms and babies to learn how to massage your baby and discover more about breastfeeding and parenting. No registration necessary. **Latch On! Discussion Group**, third Saturday of each month, 10:00 AM – 12:00 PM, Family Birth Center, Northwestern Medical Center. Learn about breastfeeding and share your stories. Enjoy light refreshments and connect with other Moms. No registration necessary.

Breastfeeding and You, Wednesday, October 19, 12:00 – 1:30 PM, VT Department of Health, St. Albans District Office, Federal St., St. Albans. This free breastfeeding prep class for you, family members, and other moms-to-be will help you plan for breastfeeding your newborn in the first month of life. Personalize your breastfeeding plan, line up your support, go over the basics, ask questions and get real-life answers. You can do it, WIC can help! Pre-registration required, call 524-7971.

Baby Bumps Support Group for Mothers and Pregnant Women – Pregnancy can be a wonderful time of your life. But it can also be a time of stress that is often compounded by hormonal swings. If you are a pregnant woman, or have recently given birth and feel you need some help with managing the emotional bumps in the road that can come with motherhood, please come to this free support group lead by an experienced pediatric registered nurse. This group is for both pregnant women and mothers. Second and fourth Tuesdays of the month from, 5:30 – 6:30 PM, Birthing Center, Northwestern Medical Center, St. Albans. For more information, contact Rhonda Desrochers at Franklin County Home Health Agency, 802-527-7531. This program is presented jointly by Franklin County Home Health Agency, Northwest Counseling and Support Services, Northwestern Medical Center, and the VT Department of Health.

Miscellaneous

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

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

Exercise

Tim's House 4th Annual Walk to End Homelessness – Saturday, October 22, registration 2:00 PM, walk starts 3:00 PM, Collins Perley Sports Complex, St. Albans. Show your support! Walk to raise money and awareness to end homelessness! 100% of proceeds will go directly to assisting individuals and families to transition from homelessness into safe, affordable, and permanent housing and self-sufficiency. Organizer Joe LeClair, 524-0847 or Joe.leclair@samaritan-house.com. Preregistration not required.

Workshops

AARP Smart Driver Course, Saturday, October 22, 8:30 AM – 1:00 PM, NMC Green Mountain Room, St. Albans. This four-hour refresher is open to all drivers 50 years and older. The curriculum addresses the normal physical changes brought on by the aging process, how these changes can affect driving ability, and then offers ways to compensate for those changes. The course also addresses changes in vehicles, regulations, and roads. Participants will also learn how to interact with other road users, including truckers, bikers, pedestrians, and distracted drivers. Speaker Doug Masson, AARP instructor. Preregistration required; call Doug, 802-644-8310. Course fee \$15 AARP members, \$20 non-members.

Education

Diabetes and You, Saturdays October 15-November 12, 9:30 – 11:30 AM, NMC, St. Albans. Join us at this self-management educational series for people with diabetes and their families, which has been proven to help people improve control of this disease. Learn how to keep diabetes from controlling your life and improve your blood sugar control to feel better and delay or prevent complications. Preregistration required, call Deborah Robertson, 514-1031. NMC will bill your insurance for the course fee. Scholarships available. No one will be turned away for lack of ability to pay.

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Dr. Mary H. Kintner

[MANSFIELD ORTHOPAEDICS]

Dr. McLaughlin
made me feel at ease
and in good hands!

PETER SHAW, EDEN MILLS

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

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

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

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



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

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



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EXCEPTIONAL CARE. COMMUNITY FOCUSED.

COMING EVENTS

Tuesday, October 18

World of Warcraft: The Official Cookbook book launch, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Calling all World of Warcraft fans! Join Chelsea Monroe-Cassel to celebrate the launch of *World of Warcraft: The Official Cookbook*. We'll have samples of treats from the book for attendees to try! Chelsea Monroe-Cassel is also the co-author of the *New York Times* bestseller *A Feast of Ice and Fire: The Official Game of Thrones Companion Cookbook*. Like the literature and fictional settings she loves, Chelsea's work is a synthesis of imagination and historical research. Tickets \$3 per person include coupon for \$5 off a book by the author. Coupons expire at closing the evening of the event. Seating is limited. Information: www.phoenixbooks.biz or 448-3350.

Wednesday, October 19

Book launch event, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Elizabeth Powell and David Huddle to celebrate the release of their new titles! Elizabeth Powell's *Willy Loman's Reckless Daughter* is the winner of the 2015 Robert Dana-Anhinga Prize for Poetry. Both a cyber-thriller and a simmering romance, David Huddle's novel *My Immaculate Assassin* raises disturbing and timely questions. Tickets \$3 per person include coupon for \$5 off a book by a featured author. Coupons expire at closing the evening of the event. Seating is limited. Information: www.phoenixbooks.biz or 448-3350.

Bluebird Barbecue, Wednesday, October 19, 4:30 - 9:30 PM. Enjoy barbecue. Come and support CHAMP. A fun evening out. Come in a group. Great food and a fun evening! Make your reservations at <http://www.bluebirdbbq.com>

Thursday, October 20

Celebrating Community Media on October 20, MMCTV will hold an open house 9:00 AM - 6:00 PM, with a special reception 4:00 - 6:00 PM for artist Mary Hill, whose art will adorn our walls a bit longer. Stop by to tour the studio, see the art and put your name in a raffle for some beautiful Mary Hill cards. Free speech, community storytelling, civic participation and education all have a home on MMCTV, its 24 Vermont sister stations and access centers in the US.

Saturday, October 22

3rd Annual Pumpkin Chuckin', 11:00 AM - 3:00 PM, Camel's Hump Middle School, Jericho Rd., Richmond. Witness pumpkins in flight! Family community event. Information, 656-0346 or bflores@uvm.edu.

Craft Fair, 9:00 AM - 3:00 PM, Hinesburg Fire Department, Hinesburg. Sponsored by Life's Helpers, Inc. Many creative vendors, a raffle, and

bake sale. Come help support a worthy cause. For information or if you would like a spot, please call Penny, 434-6053.

Tim's House 4th Annual Walk to End Homelessness - registration 2:00 PM, walk starts 3:00 PM, Collins Perley Sports Complex, St. Albans. Show your support! Walk to raise money and awareness to end homelessness! 100% of proceeds will go directly to assisting individuals and families to transition from homelessness into safe, affordable, and permanent housing and self-sufficiency. Organizer Joe LeClair, 524-0847 or Joe.leclair@samaritan-house.com. Pre-registration not required.

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Panda Pants story time and craft, 11:00 AM, Phoenix Books Essex, 21 Essex Way, Essex. Join Jacqueline Davies for a storytime and craft featuring her new book. Every child who attends will receive a free sixteen-page illustrated booklet filled with fun panda facts (while supplies last)! Jacqueline Davies is the author of numerous beloved books for children, including the highly acclaimed books in the Lemonade War series. She also writes picture books, such as *Tricking the Tallyman* and *The Boy Who Drew Birds: A Story of John James Audubon*. Information: 802-872-7111.

VT French-Canadian Genealogical Society's Fall Conference, we will have three guest speakers on historical topics of note. The Patriot Rebellion in Quebec, 1937-1938, Naval Campaigns in the Champlain Valley, 1665-1760, and Jean-Baptiste Laframboise, a possible double spy during the American Revolution. The conference is open to the public. The cost is \$30.00. Lunch will be available for purchase. See our website www.vtgenlib.org or call 802-310-9285 for additional information.

Sunday, October 23

Bella Voce Women's Chorus of Vermont, Shakespeare, Spirituals, and a Little Jazz, 4:00 PM. Cathedral Arts presents Bella Voce Women's

Chorus of Vermont's fall program, Shakespeare, Spirituals, and a Little Jazz. Featured works include settings of William Shakespeare's texts, honoring the 400th anniversary of his death, and rousing selections from Africa, Argentina, Canada, and the Czech Republic. Lively spirituals and a little jazz round out the performance. Come spend an afternoon with VT's premier women's chorus. General Admission - \$15. Students 15 and under - \$10 Parking is free on Sundays.

Sundays for Fledglings, 2:00 - 3:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Kids ages 5-9 (siblings welcome) discover birds from feathers to flying, from art to zoology, and develop "mad skillz" in observation, research, and goofing around. Ask about a Junior Birder Badge! Free with admission; donations welcome. Information: 802-434-2167 or museum@birdsofvermont.org.

ACS Run For Your Life Halloween 5K run/walk, 9:00 AM, Williston Community Park, 195 Central School Dr., Williston. Registration opens at 8:00 AM. All ages are invited to join the fun at this Halloween-themed event to support Relay for Life of Nordic Style, and annual fundraising event to save more lives from cancer. Costumes highly encouraged! Visit www.relayforlife.org/runforyourlifevt or find us on Facebook to learn more about the event, or contact Community Manager Erin Regan, 802-872-6344 or erin.regan@caner.org.

Italian Dinner and Raffle, 5:00 PM, Elks Club, 925 North Ave., Burlington. Come for an early evening dinner and support the Elks' scholarships and grants program to promote knowledge and appreciation of Italian culture and heritage. Antipasto salad, choice of chicken Parmesan with pasta or veggie lasagna, homemade desserts, Ben&Jerry's ice cream, coffee, Italian bread; a selection of Italian wines available for purchase. Music and a raffle. Families welcome - bring the kids and grandkids! Tickets: adults \$30, 14 and under \$10, under 5 free - to purchase go to www.vermontitalianclub.org or mail check to Vermont Italian Club, Box 4054, Burlington, VT 05406-4054.

Tuesday, October 25

Burlington Garden Club Meeting, 12:30 PM, Faith United Methodist Church, 899 Dorset St., S. Burlington. Hydroponic Gardening presented by Dave Hartshorn of Green Mountain Harvest. Dave will discuss how hydroponic gardening has come to Vermont. Social time and refreshments 12:30 - 1:00 PM; short business meeting at 1:00 PM; presentation following, 1:30 PM. Free and open to the public. Information 802-489-5485.

Saturday, October 29

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

Room on the Broom Storytime, 11:00 AM, Phoenix Books Burlington, 191 Bank Street, Burlington. Enjoy your Saturday morning with City Market and Phoenix Books, and join us for a reading of the children's book *Room on the Broom*, by Julia Donaldson. After we read the story together, we will make witches' brooms out of pretzels, cheese, and chives! Free and open to all ages. Information www.phoenixbooks.biz or 448-3350.

Using timelines to find holes in research, in this talk professional genealogist Joanne Polanshek will describe how using timelines can help us systematically review our work and find opportunities for further research to fill in gaps. Using case studies she will take us through this process and demonstrate how timelines can clarify what still needs to be done. See our website www.vtgenlib.org or call 802-310-9285 for additional information.

Tuesday, November 1

DIY Gifts for Country Folk, 6:00 PM, Phoenix Books Essex, 21 Essex Way, Essex. Join Abigail Gehring and Winslow Tudor for a demo featuring do-it-yourself gift ideas. Abigail's new book *Good Living Guide to Country Skills* combines the know-how of back to basics with the charm *The Farmer's Almanac*, while Winslow's *The Tasha Tudor Family Cookbook* is a charming cookbook featuring Tasha Tudor's recipes and illustrations. Free. For more information www.phoenixbooks.biz or 872-7111.

Wednesday, November 2

Hamilton: The Man and the Musical, 7:00 PM, Brownell Library, Essex Junction. From his birth in the Caribbean to death in a duel, Alexander Hamilton's life was part romance, part tragedy—and the inspiration for the blockbuster Broadway musical. Hamilton biographer Willard Sterne Randall discusses the man and the musical, with excerpts from its score. Part of the VT Humanities Council's First Wednesdays program. Free and open to the public.

Saturday, November 5

Fall Bazaar, from 9:00 AM - 2:00 PM at the Baptist Building on Main Street, Route 104,

Coming Events continued on page 6

SAY NO TO CARBON TAX!

It will hurt the hardworking families of Vermont and we cannot stand for that!

This tax will increase the cost of gas by 88¢ per gallon, and \$1.02 per gallon for diesel and home heating oil.

Any household that earns more than \$25,000 a year will be affected. Businesses will pass the added costs onto consumers wherever possible, and these taxpayers would not qualify for proposed income based rebates.

Wind and solar developers will reap the benefit of this tax, while the people of Vermont continue to shoulder this burden.

WE WILL NOT LET THIS HAPPEN!

Source: <http://ethanallen.org/wp-content/uploads/2016/07/Carbon-Tax-Fact-Sheet.pdf>

Bill Lawrence opposes the Carbon Tax.
He's the candidate who is looking out for the people of Vermont!

**Vote Tuesday,
November 8th**

LAWRENCE
FOR
VERMONT HOUSE



LIBRARY NEWS

DEBORAH RAWSON MEMORIAL LIBRARY, UNDERHILL

Current Events Conversation over Coffee on Monday, October 24, 10:30 -11:30 AM. Is there something happening in the news that you would like the opportunity to discuss with others? Consider coming to our new program. Possible topics include global warming, the current drug epidemic, and racial issues in the United States, but we are open to ideas from you. We plan to meet in the fireplace room, talk, and enjoy a cup of coffee. Feel free to join us whether you are up-to-date on current events, or would like to become more so.

Adult Coloring is back - Tuesday, October 25 at 6:30 PM. Remember how much fun you used to have coloring? Well, we do and so we're getting out our crayons and colored pencils, and relaxing by the fireplace (maybe some quiet music playing?) and coloring some beautiful and intricate designs. Stop in and partake in this creative way to unwind. We will provide materials, coloring sheets, crayons, and maybe some cookies, too! Adults only, please.

Join a Nationwide Reading of *It Can't Happen Here* - Wednesday, October 26, 6:30 PM. During the last week in October, theaters, universities, and libraries across the country will imagine the rise of fascism in America with staged readings of Sinclair Lewis' semi-satirical *It Can't Happen Here*. We'd like to invite our communities to take part in a dramatic reading of this work. Since this is a staged reading, little to no rehearsal is needed. And if you are interested in the idea, but not in reading a part, please come and be a part of the audience. Call 899-4962 for more information, or to sign up to take part in reading. Although no rehearsal is needed, there will be a few copies of the play for you to peruse ahead of time. Please consider joining us on the 26.

Friday, October 28, 7:00 PM. We are happy to partner with Vermont PBS to present: Independent Lens' Best of Enemies. This documentary captures the legendary 1968 debates between two famed intellectuals and ideological opposites: leftist Gore Vidal and neoconservative William F. Buckley. Their televised sparring shaped a new era of public discourse in the media, demarcating the moment TV's political ambition shifted from narrative to spectacle. Join us to view this riveting documentary and to discuss our thoughts and impressions following the film. Light refreshments will be served.

Drone talk and demonstration, October 29, at 1:00 PM. The Northern New England Drone Users

Group presents a drone talk and demonstration. They will talk about drones, their technology, and their experiences flying them. Learn about the latest in drone technology for photography, cinematography, search/rescue, mapping/surveying, engineering, and inspection. Get hands on and fly a drone! Watch amazing aerial photography videos. Learn about capabilities, usages, technology/specifications, precautions/responsible usage, privacy and FAA guidelines. This event is family friendly, free, and open to the public.

Deborah Rawson Book Lovers (DRBL) - DRBL is an adult book discussion group that meets monthly at the library. New members are always welcome to drop in on any meeting, which is always the second Tuesday of the month at 7:00 PM. For more information, contact Christine@staffa.com.

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

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

FAIRFAX COMMUNITY LIBRARY

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

Tuesday, October 25, 9:30 - 10:30 AM: Preschool Story Hour. Join us for themed stories, songs, and activities for ages 0-6. October 25: Pumpkins. No registration necessary for story hour.

Tuesday, October 18, 5:30 - 7:30 PM: Tea and Bristles. Perfect for all skill levels, Julie Griffiths leads this painting class through step-by-step instructions to create a masterpiece. This month's theme is Fall on the Farm. Recommended ages 16+. Cost is \$25 for materials and snacks. Must register.

Saturday, October 22, 10:00 - 11:30 AM: DIY Plaid Scarf. Join seamstress Karin Hernandez as she shows how to make a "no-sew" plaid scarf to keep you cozy and warm as the weather gets cold. A \$20 class fee covers all materials and instruction. Return home with a completed scarf

of your own, or give as a gift.

Wednesday, October 26, 3:00 - 4:00 PM: STEM club: Kids age 6+ will continue to investigate jet propulsion. Must pre-register.

Thursday, October 27, 6:00 - 8:00 PM: Eddy Family of Spirit Mediums: Fact and Fiction. Last year we learned about the Eddy Family from local historian Jason Smiley. He returns this year to refresh us on the legends of this spooky Vermont family, and to dive into the theories behind some of their most renowned performances, including the "Devil's Cabinet." Recommended for teens and adults.

Saturday, October 29: 10:00 - 11:30 AM: SciFi/Fantasy Book Group. Explore new worlds with this brand new book group. Coffee and snacks provided. Our October pick is Neil Gaiman's *Neverwhere*. Limited copies available at the library (ask about ILL), additional digital copies available through ListenUp Vermont, or purchase your own.

Monday, October 31: 5:00 - 7:00 PM: Trick or Treat at the library. The library will be open to trick-or-treaters. Come in your costume and get your picture taken! (Bathrooms also available.)

Tuesday, November 1, 9:30 - 10:30 AM: Preschool Story Hour: Wind and Clouds. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for story hour.

Tuesday, November 1, 6:00 - 8:00 PM: Family Game Night. Join us for this fun monthly tabletop game event. Bring a favorite game or come and learn a new one. Drop in. Ages 5+.

Thursday, November 3, 3:15 - 4:15 PM: READ to a DOG. Kids ages 5-10 can read a book of their choice to a fuzzy, friendly dog. Call to reserve a 15-minute slot.

Thursday, November 3, 6:00 - 7:00 PM: PJ Story Hour. Kids age 0-6 listen to themed stories, followed by a craft and snack. Thanks to Building Bright Futures for this wonderful program.

Thursday, November 3, 6:30 - 7:30 PM: *The Penny Candle*. Fairfax Friends in Writing meets to provide informal, supportive feedback for writers of all genres.

Tuesday, November 8, 9:30 - 10:30 AM: Preschool Story Hour: At the Zoo. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for story hour.

Wednesday, November 9, 3:00 - 4:00 PM: LEGO Club Ages 6+ enjoy themed Lego play after school. Please register.

Thursday, November 10, 6:30 - 8:00 PM: Fiction Book Group discusses *The Lost Painting* by Jonathan Harr. Embark on a spellbinding journey to discover a long lost painting by Caravaggio, based on a true story. Copies available at the library. New members welcome.

Monday, November 14, 3:00 - 4:00 PM. Afternoon: Animal Tracks. Kids 6+ will learn about different native Vermont animals and recreate their tracks using various methods. We might get messy, so wear play clothes. Must register.

Tuesday, November 15, 9:30 - 10:30 AM. Preschool Story Hour: Get Well Soon! Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for story hour.

Thursday, November 17, 3:15 - 4:15 PM: Read to a dog. Kids ages 5-10 can read a book of their choice to a fuzzy, friendly dog. Call to reserve a 15-minute slot.

Thursday, November 17, 6:30 - 7:30 Beeswax Candle Making. Learn how to make a rolled beeswax taper in festive fall colors. Space is limited. Register early. Best for adults or families with older children.

Saturday, November 19, 9:00 - 11:00 AM. Tech Help: Transferring Pictures from a Camera or Phone onto a Computer. Come at 9:00 AM for small group learning about saving photos to a computer and/or stay for individual tech questions from 1:00 - 11:00 AM. You can ask any tech question and/or bring in a device with which you need help. You will be ably assisted by our techie, Josiah.

Saturday, November 19, 9:00 AM - 1:00 PM. International Game Day at your library. Celebrate International Game Day by stopping in to play or check out a board game from our extensive collection. We will have some new games too!

Tuesday, November 22: No Preschool Story Hour.

The library will be closed November 24 and 25 for Thanksgiving.

Tuesday, November 29, 9:30 - 10:30 AM. Preschool Story Hour: Farm Animals with Farmer

Virginia. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for story hour.

Wednesday, November 30, 3:00 - 4:00 PM. STEM club: Kids age 6+ will build rubber band powered vehicles. Must pre-register.

For up-to-date info about programs, visit our website: www.fairfaxvtlibrary.org, where you can also find a link to the interactive Google calendar. Hours: Monday, Wednesday 8:30 AM - 5:30 PM; Tuesday, Thursday 8:30 - 8:00 PM; Friday 8:30 AM - 3:15 PM; Saturday 9:00 AM - 1:00 PM.

JERICHO TOWN LIBRARY

COMMUNITY PROGRAMS & EVENTS

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

SOULCOLLAGE: Friday, October 21, 6:00 - 8:00 PM. Learn to make a personal deck of cards that speak from your Soul and tell your personal story. This creative process opens doorways to your inner wisdom, giving visual and poetic expression to the unique tapestry of your life, while it slowly illuminates energetic patterns of one's personal mythology. This process is easy and fun (no experience necessary). Free and open to the public. Tea will be served.

BOOKS & BREWS BOOK CLUB meets next on October 26, 6:00 PM at Jericho Cafe and Tavern. This social club meets every 6-8 weeks. The book to be discussed in October is SPQR by Mary Beard. Group members meet at a mutually agreeable location including members' homes and local pubs. Next Book: *Black Swan Green* by David Mitchell. Please email Colleen for details: colleen@jerichotownlibraryvt.org.

KNITTING IN THE ROUND WORKSHOPS: Part 1: Wednesday, November 9, 5:30 - 7:00 PM; Part 2: Wednesday, November 16, 5:30 - 7:00 PM. Learn to knit a rolled brim hat with circular needles. Sonja Schuyler will lead this two-part workshop. Basic knitting experience helpful. Participants should bring two circular knitting needles and yarn of your choice. One needle should be a 16-inch circular needle; the other circular needle can be 16-inch or longer.

YOUTH PROGRAMMING AT JTL

DUNGEONS & DRAGONS: Wednesdays, 4:30 - 6:30 PM. Players ages 10 and up. No experience necessary but a commitment to the group is needed in order to follow the on-going story line.

LEGO Club: Thursday, October 20, 4:30 - 5:30 PM. Lego challenges, competitions, and creative play.

Little One & Me Circle Time (Ages 0-5): Wednesday, October 19, 10:00 - 11:00 AM. Join Katie Coons for interactive circle time with movement, free play, songs, craft, and a healthy snack.

WHISKERS & WINGS HALLOWEEN STORYTIME: Wednesday, October 26, 10:00 - 11:00 AM. Storytime with Elizabeth Bernstein. Costumes encouraged! Black cats whiskers, bat wings, and "wooooo!" ghost whispers! Explore the letter "W" in this friendly, spooktacular holiday story time! Children of all ages and their families are invited for Halloween stories, songs, crafts, and trick-or-treating in the library and Jericho Country Store!

All library programs are free and open to the public.

NEWS - BOARD OF DIRECTORS

The next meeting of the board of directors will be Monday, November 21 at 7:15 PM. Everyone is welcome to attend.

For more information on programs and library services, please visit our website at www.jerichotownlibraryvt.org or give us a call at 899-4686.

VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE

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

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

Library News continued on page 7

Coming Events continued from page 5

Fairfax. Handcrafted items, white elephant table, unique gifts, food table, jellies, pickles, fudge, and more. Benefit United Church of Fairfax for their Mission Work. For information call 849-6313.

Christmas Craft Fair, St. Luke's Parish, St. Luke's Church, 17 Huntville Rd., Fairfax, VT from 9:00 AM - 2:00 PM. Get an early start on your Christmas shopping and enjoy a delicious lunch of homemade soups and sandwiches made on homebaked breads. Along with the crafts and luncheon there will be a bake sale and a variety of raffled items, including a 50/50. For more information contact Deb Mucia at 849-6256.

Annual Christmas Bazaar, 9:00 AM - 3:00 PM at St. Pius X Church, 20 Jericho Road in

Essex. Start your holiday shopping by visiting our crafters, Treasures From The Attic, and tickets for our raffle drawing. Bring the family to enjoy Santa and his helpers along with the Christmas Café and the Sugarplum Bakery. For more information go to www.saintpiusx.net.

Saturday, November 26

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

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Library News continued from page 6

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

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

WESTFORD PUBLIC LIBRARY,

Early Literacy Storytime for birth to preschool age children is every Thursday, 11:00 AM. No registration needed. Several stories around a theme, and a theme-based craft. All ages and levels of attention are encouraged to come. Don't worry if they fidget – they are still getting a lot out of it!

Playgroup every Monday, 9:30 AM!

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

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

RICHMOND LIBRARY

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

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

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

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

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

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

DOROTHY ALLING MEMORIAL LIBRARY, WILLISTON

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

Preschool Music: Mondays at 11:00 AM with Peter Alsen and Thursdays at 10:30 AM with Marcie Hernandez. For children up to

age 5 with a caregiver. No pre-registration. Limit one session per week per family.

Thursday Playtime: Thursdays, 11:00 AM – 12:00 PM. Preschoolers and their caregivers are invited for an informal play time following our Preschool Music program. For children birth to age 5. Presented with Building Bright Futures.

Fun with Electricity! Tuesday, October 18, 2:00 – 3:00 PM. Make an electromagnet and experiment with the library's LittleBits electronics kits. Grades 3 and up.

Homeschool Program: Magnificent Monarchs: Wednesday, October 19, 1:00 – 3:00 PM. Explore the fascinating world of Monarch butterflies through writing, inquiry, and art. Ages 6 and up. Pre-register at 878-4918. Presented by Kristen Littlefield, Environmental Educator.

Fall Story Times: Tuesdays at 10:30 AM. October 25: Pumpkin Tales. Ages 3-5.

Halloween Stories: Monday, October 24, 6:30 PM. Bring kids in PJs or costumes with their favorite stuffed animal for stories, a craft, and a bedtime snack. Sponsored with Building Bright Futures.

Homework Help: Wednesday, October 26, 3:00 – 4:00 PM. Staff from the Stern Center for Language and Learning will provide general academic support (reading, writing, math, social studies). All ages. No pre-registration.

Drop-In Craft: Halloween Lanterns: Thursday, October 27, 3:00 – 4:00 PM. All ages.

Preschool Yoga with Danielle: Friday, October 28, 10:30 AM. Simple yoga poses, stories, and songs for children birth to age 5 and their caregivers. No pre-registration.

Read to a Dog: Tuesdays, 3:30 – 4:30 PM (except October 11). Bring a book and read to one of our registered Therapy Dogs of Vermont. All ages. Call 878-4918 to pre-register for individual sessions.

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

BROWNELL MEMORIAL LIBRARY, ESSEX JCT.

Tuesday, October 25, 3:15 – 4:00 PM – Read to Daisy. Daisy loves to listen to kids read. She is certified by Therapy Dogs of Vermont. Daisy's owner is Maddie Nash, retired school counselor. For all ages.

Thursdays, October 6, 13, 20, and 27, 3:15 – 4:00 PM – Read to Archie. Archie loves to listen to kids read. He is certified by Therapy Dogs of Vermont. Archie's owner is Christine Packard, Chair of Brownell Library Trustees. For all ages.

Friday, October 21, 10:00 – 10:30 AM – All Ages Story Time. Come listen to Picture Book Stories and have fun with puppet, finger plays and rhymes. For ages birth to 5.

Tuesdays, October 11, 18, and 25, 9:10 – 9:30 AM – Story Time for Babies and Toddlers. Picture books, songs, rhymes and puppets for babies and toddlers with an adult.

Tuesday, October 25, 10:00 – 10:45 AM – Story Time for

Preschoolers. Picture books, songs, rhymes, puppets, flannel stories, and early math activities for preschoolers.

Friday, October 28, 10:00 – 10:45 AM – Songs and Stories with Matthew. Matthew Witten performs songs about our world and tells adventurous tales. Funded by the Friends of Brownell Library. For all ages.

Tuesday, October 18, 7:00 – 9:00 PM: Brownell Library Trustees Meeting

Wednesday, October 19, 7:00 – 8:30 PM – Antarctica: A Season on "The Ice." Vermont native Brough Zansler spent seven seasons as a science support crew member for The U.S. Antarctic Research Program. He will discuss his experience and share photos of his time at the South Pole.

Thursday, October 20, 3:00 – 4:30 PM – Tree Weaving Craft. Bridget Meyer will help students create beautiful woven trees. Grades 1 and up.

Friday, October 21, 1:00 – 4:00 PM – Inter-Generational Book Discussion: Shackleton. Seniors and students will come together over book-related snacks to discuss the Vermont Reads Book for 2016.

Friday, October 21, 6:30 – 8:30 PM – Family Movie. Free popcorn! All ages.

Saturday, October 22, 3:00 – 4:00 PM – Chess Club. Come play! Teen chess players help you discover new moves. All ages and skill levels are welcome. Kids 8 and under must be accompanied by an adult.

Wednesday, October 26, 3:00 – 4:30 PM – Lego Fun. Participate in fun and friendly building with LEGO. For kids entering K and up. (Kids under 5 are welcome to participate with parental supervision.)

Thursday, October 27, 3:30 – 4:15 PM – Spooky Stories. Storyteller Linda Costello celebrates Halloween with some spooky stories for the season. Grades 2 and up.

Friday, October 28, 3:30 – 5:00 PM – LARP. Live Action Role Play with Sydney is open to all middle and high school students who want to have adventures in a mythical land.

Monday, October 31, 3:30 – 5:00 PM – Halloween Face Painting. Face painting provided free by teens! Come in costume or just as you are. All ages welcome.

Youth Services Librarian Mary Graf will retire on Friday, October 7. She has enjoyed 23 years of helping children discover reading and connecting with their community here at Brownell. Please stop by the Youth Desk so Mary can say farewell. There will be a Memory Book to sign and share any special moments!

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

VOLUNTEER OPPORTUNITIES

United Way of Northwest Vermont Volunteer Connection Listings

By Sue Alenick

United Way Volunteer Columnist

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

ON THE BOARD – Steps to End Domestic Violence is looking for a few talented and conscientious volunteers to join their Board of Directors. Members dedicate time, professional experience, leadership skills, and personal resources to guide the agency. If you are interested in fundraising, have familiarity with nonprofits, and are dedicated to our mission, contact 658-3131 or steps@stepsvt.org.

EVENING MEALS – Burlington and Winooski Dismas Houses are seeking volunteer cooks to provide one evening meal a month for up to ten residents and staff. Volunteers may bring a prepared meal or bring groceries and use the house's kitchen. Volunteers are invited to join the residents for dinner. For Burlington, contact Kim Parsons, 658-0381 or kim@dismasofvermont.org. For Winooski, contact Sue Drollette, 655-0300 or sue@dismasofvermont.org.

SPOOKY SATURDAY – Vermont PBS. Have a spooktacular time at this family friendly Halloween Party – Spook on Saturday, October 29 from 8:30 AM - 12:00 PM or 12:00 - 3:30 PM. Volunteers are encouraged to come in kid-friendly

costumes and can help with many fun activities. Volunteer for one or both sessions. Contact Katie Graham, 655-3667 or kgraham@vermontpbs.org.

PAINTING – Howard Center needs assistance at clinics in St. Albans and S. Burlington with painting rooms. These projects can be completed by two to three volunteers each and can be done, with pre-planning, at the volunteer's convenience on weekdays between 8:00 AM - 5:00 PM. Contact Denise Vignoe, 488-6912 or dvignoe@howardcenter.org.

HOME RENOVATION – Howard Center will be renovating a house between 9/20 to 10/31 in Burlington. Various projects need to be completed including demolition and a significant amount of painting. Large groups welcome dependent on scheduling. Contact Denise Vignoe, 488-6912 or dvignoe@howardcenter.org.

PANEL MEMBERS – Franklin Grand Isle Restorative Justice Center is seeking volunteers for Reparative Boards in Franklin and Grand Isle Counties. Volunteers meet regularly in a team to work with a participant to construct a reparative contract. The team supports the participant to come up with contract conditions by applying the principles of restorative justice. References, interview, and a background check required. Training provided. A one-year commitment is required. Contact Chloe Viner Collins, 752-2094 or chloe@girjc.org.

HARVESTING – The Farm at Vermont Youth Conservation Corps (VYCC) in Richmond is looking for volunteers in the fall and winter months to harvest root vegetables, clean up fields, and work on projects in the barn to prepare for winter. Contact Allie Perline, 241-3685 or volunteer@vycc.org.

COLLEGE NOTES

Sean Vanzo, from Westford, VT is now a member of the class of 2020 at Loyola University Maryland.

John Barone of Jericho, VT was recently named a member of the University Chorale at Castleton University, Castleton, VT where he is a student, along with more than 40 other students

and faculty members.

Ekaterina Langlois of Cambridge, VT began as a SUNY Canton Physical Therapist Assistant major at the beginning of the fall 2016 semester. Langlois is a 2016 graduate of Bellows Free Academy.

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- Indoor Soccer Ctr. at Champlain Valley Expo – Founder
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- Rep. Bill Frank



Was your phone number left out of the last Underhill - Jericho Community Directory?

Send it along to us at

mtgazette@earthlink.net for the next directory.

ART / MUSIC / THEATER



The Exhibition of the Group of Three at the Emile A Gruppe Gallery in Jericho features the plein air oil paintings of Barbara Greene and Susan Larkin and the watercolor paintings of Maurie Harrington. The group often paints together out of doors, each interpreting the same landscape in their style. At an artist reception on Sunday, October 30 from 2 pm to 4pm they will talk about their individual approaches to painting at 2:30 pm. Guitarist, Jack Harrington will play. The show will run from October 20 through November 20. For more info www.emilegruppegallery.com or 802 899-3211.

PHOTO CONTRIBUTED
ART/PHOTOGRAPHY

Join us on Saturday, November 5, 6:00 - 9:00 PM for *Viva Las Artes!* 2016, a one-of-a-kind evening featuring delicious food, intriguing art installations and an exciting live auction. The evening will begin with cocktails and light hors d'oeuvres. Guests will be seated for a dinner of fall comfort foods shared family-style. This is a live auction, with travel, special events and entertainment, as well as a wide variety of one-of-a-kind experiences for family and friends. Tickets are \$75 per person, with limited space available. Be sure to purchase your tickets by October 28, invite your friends, and

consider reserving a table of 8. Cash bar. Reservations may also be made with a credit card at 802-888-1261 or by mailing a check with your name, email address, phone number and the names of your guests to River Arts, P.O. Box 829, Morrisville, VT. 05661.

Call to artists: The Art of Horror – the S.P.A.C.E. Gallery and Back Space, 266 Pine St., Burlington. The “Art of Horror” is a juried show, with curators Beth Robinson and Sarah Vogelsang-Card who chose pieces that best define the “art of horror.” The collection will be on exhibit at S.P.A.C.E. Gallery and Back Space through October 29. More information at www.facebook.com/artofhorrorvt/.

In Layers: The Art of the Egg is a community art show focused on the beauty, biology, and essence of eggs at the Birds of Vermont Museum, 900 Sherman Hollow, Rd., Huntington daily through October 31. Let the work of almost two dozen artists, amateur and professional, young, old, and in-between, hatch feelings of passion, delight, commitment, and discovery in you. Admission included with museum admission. For information, 434-2167, museum@birdsofvermont.org, or www.birdsofvermont.org.

The annual outdoor sculpture show, Exposed, continues at Helen Day Art Center in Stowe. Prints and Drawings by Pat Steir will be on exhibit in the main and east galleries through Sunday, November 13. Video of Steir by Stowe artist Molly Davies will accompany the work. In the west gallery is Beyond the Far Blue Mountains, a remastered, digital HD projection of the original 16mm film by Molly Davies. Through November 13, Sally Gil will exhibit her collages in the West Gallery. Helen Day Art Center, 90 Pond St., Stowe; open Wednesday-Sunday, 12:00 – 5:00 PM and by appointment.

Essex Art League meets the first Thursday of the month, September-June, from 9:00 – 11:00 AM at the Essex Junction Congregational Church on VT Rt. 15. The meeting agenda includes a business and social time followed by a guest artist presentation. A detailed calendar of meetings, speakers, and online gallery of members works can be found at the League’s website, <http://www.essexartleague.com/>.

MUSIC/DANCE

A Burlington holiday tradition since 1974, Albany Berkshire Ballet’s *The Nutcracker* has been captivating audiences with its magic and wonderment. The enduring production returns to the Flynn MainStage on November 26-27. This enchanting ballet



unites children from all over Vermont to perform with professional dancers at the legendary Flynn Theater.

Albany Berkshire Ballet, under the guidance of Artistic Director Madeline Cantarella Culpo, has choreographed the cherished holiday classic, which also features the beloved score of Peter Tchaikovsky. With lavish sets and scenery designed by Carl Sprague, the performances feature over 125 local dance students from 32 Vermont towns.

Helena Sullivan, owner and Artistic Director of Stowe Dance Academy, Mad River Dance Academy, and the Rehearsal Mistress for Albany Berkshire Ballet, have been working with our young, local dancers to prepare them for the production. Sullivan herself was in *The Nutcracker* as a youth and is delighted to continue the tradition of keeping the magic of *The Nutcracker* alive.

Aspiring Vermont dancers, ages three to fourteen, coming from Chittenden, Addison, Franklin, Grand Isle, Lamoille, Orange, Orleans, and Washington counties are given the opportunity to perform with professional dancers from across the globe on the historic Flynn stage. Three Thanksgiving weekend performances will take place at the Flynn Center for the Performing Arts, each with a different cast of local dancers. The young dancers will be performing as reindeer, clowns, angels, party children, mice, battling soldiers, and maids.

The Nutcracker has been introducing audiences of all ages to the magnificent world of ballet for more than a century. Whether it is your first time experiencing *The Nutcracker*, or if you are rediscovering the Land of Sweets, this holiday season do not miss this timeless family tale. Come with Clara on her journey through a fantasy world of growing Christmas trees, handsome princes, magical fairies, pesky mice, and brave toy soldiers.

Albany Berkshire Ballet presents *The Nutcracker* on Saturday November 26 at 3:00 and 7:00 PM and Sunday November 27 at 1:00 PM. Tickets available for purchase at www.flynnitix.org or by calling 802.863.5966.



The distinguished and internationally acclaimed Lark Quartet returns to the stage at Chandler Music Hall on Friday evening, November 4 at 7:30 PM. On the program will be the Debussy String Quartet, Five Songs by Gershwin arranged for string quartet, Chinese Folk Songs written for string quartet by Pulitzer prize-winning Chinese-American composer Zhou Long, and Dvorak’s String Quartet in G, #13, opus 106. A greet-the-artists reception will be held in the Gallery following the concert. Tickets for the Chandler concert are available online at www.chandler-arts.org or by calling the box office at (802) 728-6464. Chandler Center for the Arts, 71-73 Main Street, Randolph VT.

Cathedral Arts presents Greenfield Piano Associates in Autumn Piano Potpourri, Tuesday, October 25, 12:00 - 1:00 PM. Performing members of GPA offer this varied program of works they particularly enjoy. Pianists are from the studio of Elaine Greenfield. GPA is an educational organization dedicated to the art of piano playing. Playing as part of a free, informal noontime concert series. Bring a bag lunch. Coffee and tea provided. Donations to Cathedral Arts are gratefully accepted. Wheelchair accessible; free handicapped parking with plates or tags at Cathedral. Paid parking at the Cathedral or two hours free in city lot at Macy’s. The concert series is held at the Cathedral Church

Art / Music / Theater continued on page 9

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The 2017 Jericho Underhill Community Directory will be distributed after December 31, 2016. Deadline for advertising is October 15, 2016.

4000 directories are distributed throughout Jericho and Underhill as well as Hannafords in Essex Center, and other Essex businesses. The entire phone book appears on our website and your ads are hyper-linked to your own website. Additionally each advertisers receives a free bold line listing among the phone number listings.

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ONGOING EVENTS

ADULT ACTIVITIES

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

The Vermont Genealogy Library in Fort Ethan Allen, Colchester has the resources to help you find those elusive ancestors. We are open every Tuesday from 3:00 – 9:30 PM. We continue to be open every Tuesday. Please see our website www.vtgenlib.org for more information including directions and how to contact us if you are visiting the area.

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

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

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

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

Mt. Mansfield Scale Modelers, 3rd Thursday of the month, 6:30 – 8:30 PM. Modelers encompassing all categories of interest and skill levels are welcome. Brownell Library, Kolvoord Community Room, Lincoln St., Essex Junction.

Smugglers' Notch 55+ Club meets Wednesdays at Smugglers' Notch for a social time, then breaks into groups to ski. Brief organizational meeting, coffee and rolls, and then head out to the trails in self-selected ability groups. Gather informally in summer for a wide variety of outdoor activities. Membership benefits include various discounts at Smuggs. Information: Deborah, 644-5455 or just attend a meeting at the Morse base lodge, 9:00 AM every Wednesday.

The **Underhill Historical Society** meets at the Underhill Town Hall on the 2nd Monday of the month, 6:30 PM. Anyone welcome.

HEALTH EVENTS & GROUPS

La Leche League of Essex Junction – monthly breastfeeding support meetings, first Thursdays, 6:30 – 8:00 PM, Essex Free Library, 1 Browns River Rd., Essex Jct. Join us whether you are pregnant, nursing your first tiny baby, or weaning your last toddler. Free! We meet downstairs in the children's area.

Al-Anon meetings, Jericho United Methodist Church, Thursdays 10:00 AM, and Saturdays, 10:00 AM.

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

Alcoholics Anonymous Meeting "Wing It" group meets Sundays, 11:00 AM, Maple Leaf Farm, Stevensville Rd., Underhill. Open Speaker meeting followed by a brunch (\$10 for brunch).

Alcoholics Anonymous Meeting, "The Firing Line" group meets Wednesdays, 7:15 – 8:15 PM, Maple Leaf Farm, Stevensville Rd., Underhill. Open Step meeting.

Alcoholics Anonymous Meeting "The Firing Line" group meets Saturdays, 8:00 – 9:00 PM, Maple Leaf Farm, Stevensville Rd., Underhill. Open Speaker Discussion meeting.

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

Alzheimer's support group, monthly on the 3rd Wednesday, 9:30 – 11:30 AM, The Arbors, 687 Harbor Rd., Shelburne. Free education for individuals and families in the early stages of Alzheimer's disease and related dementias. For information and to register, contact Nicole Houston, 985-8600.

Brain Injury Support Group – a place for survivors and family members, caregivers, friends, and the community to receive valuable resources and information about brain injury. The support group is a place to share experiences in a safe, secure, and confidential environment. Monthly meetings: 4th Fridays at the YMCA in Winooski 11:00 AM – noon; 1st Wednesdays at Fanny Allen in Colchester, 5:30 – 7:30 PM; and 2nd Tuesdays at the Saint Albans Diner in Saint Albans. Call the BIAVT help line, 877-856-1772.

Mom's Night Out, first Thursday of each month, 6:00 – 8:00 PM, LaQuinta Inn (Franklin Meeting Room), 813 Fairfax Rd., St. Albans. Are you the mother of a child with special needs? Do you have to advocate for your child and family? Do you wish you had someone to have conversations with, who understands because they are the mother of a child with special needs too? Contact: Betty Morse, Family Support Consultant, 1-800-800-4005-ext. 201 or betty.morse@vtfn.org.

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

Eating Disorders Parental Support Group, monthly on the 3rd Wednesday, 7:00 – 9:00 PM, Covenant Community Church, VT Rt. 15, Essex Center. For parents of children with, or at risk of, anorexia or bulimia. We focus on being a resource and providing reference points for old and new ED parents. For information, Peter, 899-2554.

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

Healthy Weight Support Group, Mondays, 12:00 – 12:30 PM, Northwestern Medical Center, Conference Room 3, St. Albans. For those working on weight management. Behavioral and nutritional strategies to increase physical activity and decrease calorie intake; techniques to help manage eating behaviors. Come 15 minutes early for weight check. Kay Tran, Registered Dietitian, MS, CDE, & Leslie Gardzina, Registered Dietitian. No registration required, just drop in.

Overeaters Anonymous meets 6:00 – 7:00 PM Wednesdays, Jericho United Methodist Church, VT Rt. 15, Jericho.

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

TOPS Chapter 145 meets Thursdays 6:15 PM, Eagles Club, VT Rt. 109, Jeffersonville. Weigh-in 5:15 – 6:00 PM.

Healing Circle Breast Cancer Network, support group for women with breast cancer, monthly meetings 1st Tuesdays 5:30 PM, Northwestern Medical Center, Conference Room #1. RSVP at 524-8479.

Lamoille Home Health & Hospice: Hospice Volunteer Training. Health care professionals share their knowledge and passion for hospice. Please contact Charlene at 888-4651 or ccamire@lhha.org for more information.

Franklin County Prostate Cancer Support Group, monthly, 1st Tuesdays, 5:15 – 7:00 PM, Northwestern Medical Center Conference Room #2, St. Albans. This support group offers men opportunities to educate themselves and each other; share and learn from each other's experiences; offer support to each other, a spouse or partner; and advocate early detection of prostate cancer. Information: Fern Mercure, 524-0719.

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

KIDS

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

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

Early Literacy Storytime, Thursdays, 11:00 AM, Westford Public Library. Stories and activities using early literacy concepts for ages birth-preschool. Drop-in; no registration needed. New families welcome. Information: Victoria, 878-5639 or westford_pl@vals.state.vt.us, or visit www.westford.lib.vt.us and click on Events @ Your Library.

SENIORS/COMMUNITY MEALS

Jeri-Hill XYZ Seniors meet at the Catalyst Church on the Raceway, Underhill on the 1st and 3rd Wednesday of each month. All seniors welcome. Dinner served at 11:30 AM. Information, Bette Workman, 899-4446, Loreen Teer, 899-1363, or Doug Keith, 899-2582.

Johnson Community Meal – 2nd and 4th Wednesdays of the month, 11:30 AM – 12:30 PM, United Church, Johnson. Come for a hot meal and get to know your neighbors. Meal followed by community gathering. Information: Ellen Hill, 635-1439, ellen.hill@jsc.edu.

Westford Senior Lunches – Join Westford Seniors for lunch at the Red Brick Meeting House on the Common, monthly on the 2nd Monday. Lunch, 12:00 noon; short meeting or presentation after. Call 878-7405 or 879-7382 for information or for a ride.

Bolton Up and Downtown Club meets the last Thursday of the month at the Bolton Fire Station. Meal at 5:00 PM. Open to adults 60+. Contact Doris Wheelock at 434-3769.

Huntington senior meal site – The Huntington senior meals are served monthly on the 3rd Tuesday, 12:00 noon at the Community Baptist Church, Huntington Center.

St. Jude's Church senior meals, Hinesburg, 2nd and 4th Tuesday of each month. Bingo games afterward. Everyone welcome, including caregivers. Dinners \$4 per person. Information: Ted Barrette, 453-3087.

Starksboro First Baptist Church senior meals, Starksboro, 4th Thursday of the month, 11:30 AM. Call Brenda Boutin, 802-453-6354 for more information. All ages are welcome!

"Good Food for All" free dinners, 2nd Thursday of the month, United Church of Underhill, VT Rt. 15, Underhill Flats, 5:00 – 7:00 PM; and on the last Thursday of each month at Calvary Episcopal Church, VT Rt. 15, Underhill Flats, 5:00 – 7:00 PM. Everyone in the communities is invited.

SPORTS ACTIVITIES

Ongoing Pilate classes, Dakini Studio, Underhill, Mondays and Thursdays, 6:00 PM. Register at 899-4191. For more information and other scheduled classes, www.dakinistudio.wordpress.com.

Qi Gong, the ancient Chinese art of movement, classes: Saturdays 9:00 – 10:00 AM, 562 VT Rt. 15, Johnson; Saturdays 11:00 AM – noon, River Arts, Morrisville; and Sundays 11:15 AM – 12:15 PM, Artful Cup, Jeffersonville.

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

Zumba Fitness, Monday evenings only, 5:30 – 6:30 PM, River Arts Center, Morrisville. Certified instructor Karen Machia. No registration required, drop in. 888-1261 or www.riverartsvt.org for more details.

TOWN GOVERNMENT & ORGANIZATIONS

Cambridge Area Rotary meets on 1st four Thursdays of the month, upstairs at 158 Main restaurant, Jeffersonville, 7:00 – 8:00 AM. Information: Susan Lassiter, 644-6600 or Slassiter@unionbankvt.com.

Westford Fire Department, Mondays, 7:00 PM, at the fire station next to the Town Garage. Information: John Quinn, jquinnvt@aol.com.

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

Jericho-Underhill Water District meets 1st Monday of the month, United Church of Underhill, Underhill Flats, 7:00 PM. Information: 899-4076 or 899-3810.

Jericho Historical Society, monthly on 2nd Thursdays, 7:30 PM, Old Red Mill, Jericho.

Jericho Underhill Park District Board meeting, 1st and 3rd Wednesdays, 7:00 PM, Deborah Rawson Memorial Library project room, Jericho. Residents of Jericho and Underhill always welcome. Information: 899-2693.

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

THRIFT SHOPS & FOOD SHELVES

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

Westford Food Shelf, open monthly, 3rd Saturdays, 8:00 – 10:30 AM, United Church of Westford. All are welcome. Fresh produce, meat, and non-food items available.

The **Heavenly Cents Thrift Shop**, just east of Five Corners, Essex Jct., VT Rt. 15, 10:00 AM – 3:00 PM Tuesdays and Wednesdays; 4:00 – 8:00 PM Thursdays.

Art / Music / Theater continued from page 8

of St. Paul, 2 Cherry Street, Burlington.

Cathedral Arts presents Bella Voce Women's Chorus of Vermont's fall program on Sunday, October 23 at 4:00 PM. The program, Shakespeare, Spirituals, and a Little Jazz, is directed by Dr. Dawn Willis. Featured works include settings of William Shakespeare's texts, honoring the 400th anniversary of his death, and rousing selections from Africa, Argentina, Canada, and the Czech Republic. Lively spirituals and a little jazz round out the performance. Come spend a lovely fall afternoon with Vermont's premier women's chorus. General Admission - \$15. Students 15 and under - \$10. Parking is free on Sundays.

Westford Music Series concert: FREVO, a well-known crossover group from the Vermont Contemporary Music Ensemble, will present a unique offering at the Westford UCW White Church on Sunday afternoon, October 23 from 4:00 – 5:00 PM. FREVO plays an eclectic sampling of chamber music for flute, clarinet, and cello and classical guitar, including original

arrangements and music from jazz, Latin, classical, and the newly composed. The quartet features an exciting mix of music with the talents of Bonnie Thurber Klimowski on cello, Steven Klimowski on clarinet, Wendy Greenwald Matthews on flute, and Peter Matthew on guitars. This quartet is known for their high energy and love of playing music for all groups, ages, and genres. Appropriate for the entire family with variations of music from the Beatles and children's songs to classical jazz pieces. Refreshments following the concert. For more information call Marge Hamrell, 802-879-4028.

The Burlington Chamber Orchestra kicks off its tenth season with their BCO Founder and former Artistic Director Michael Hopkins as guest conductor on Saturday, October 22 at the UVM Recital Hall, Burlington at 7:30 PM. The program includes Sinfonia no. 4 in A, Wq 182 by Carl Philipp Emanuel Bach; Charterhouse Suite by Ralph Vaughan Williams; Overture Burlesque by Georg Philipp Telemann; and

String Symphony No. 10 in B minor by Felix Mendelssohn. Advance tickets can be purchased through Flynnntix.org or by calling 802-86-Flynn. Tickets will also be available at the door on the day of the performance.

THEATER

"It's just a jump to the left....and then a step to the right!" Come do the Time Warp Dance and join in the fun as Stowe Theatre Guild performs Richard O'Brien's *The Rocky Horror Show*. The audience will get to join in the fun with sassy shouted lines and special props. Prop bags will be sold at the door for \$3. We ask that audience members do not bring their own props. Shows run at 7:30 PM, Wednesdays through Saturdays, now through October 22. The show features adult content so only adult tickets will be sold. Tickets are \$25. Information and tickets can be found at stowetheatre.com, 802-253-3961 or at the box office before each show at 67 Main Street in Stowe.

The Rocky Horror Show has book, music, and



lyrics by Richard O'Brien and is presented by special arrangement with Samuel French Inc.

Please check our web site for the new 2016 season dates and times. Handicap Accessible ~ Air Conditioned ~ Reserved Seating. Reserve tickets online at www.StoweTheatre.com

OBITUARIES

Robert L. Coli Sr., 64, died peacefully Saturday October 1, 2016 at the Vermont Respite House in Colchester, with his loving family by his side, following a short battle with liver cancer. He became ill while visiting Minnesota and with the



tremendous support of his family, friends, and staff at North Memorial Medical Center, Bob made an incredible journey from Minnesota to be surrounded by his family and friends in Vermont, he so dearly loved. Bob was born on May 28, 1952 in Arlington, VT the son of Louis Sr. and Phyllis (Holton) Coli. At an early age, he and his family resettled in Milton, VT, where he lived

most of his life before moving to Cambridge, Vt. Coli proudly served in the U.S. Navy during the Vietnam Conflict. On July 12, 1975, he married Janice Rich in the United Church of Milton, VT. He had worked just shy of 40 years at Champlain Cable where he was dearly loved and truly had a robust understanding of daily operations. Bob took great pride in the work he did every

day. He is survived by his loving wife Janice of Cambridge, VT and his children Carol Stanger of Paynesville, MN; Steve Davis and longtime companion Michelle Racine of Swanton, VT; Chris Davis and his wife Staci of Fletcher; Rob Coli and his wife Nicole Peters of Milton, VT;

Obituaries continued on page 10

SCHOOL NEWS



A group of Mater Christi School 8th graders working in the St. Joseph's Cemetery (l. to r): Vanessa George, Burlington; Emily Bloom, Colchester; Sam Rubman, Burlington; Atticus Phinney - Anderson, Westford and partially hidden from camera: Helen Argraves, Burlington and Owen Greene, Underhill.

PHOTO CONTRIBUTED

BRMS SPORTS PROGRAMS



Boys A soccer team

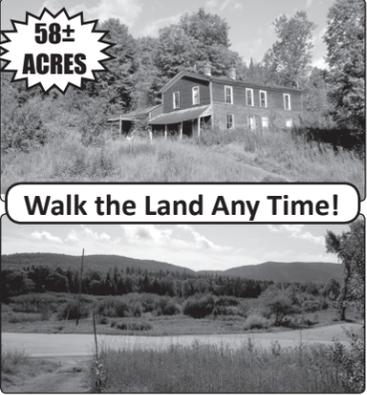
BRMS Sports continued on page 11

Foreclosure: 58± Acres at Junction of Routes 109 and 118

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LEGAL NOTICE

Bolton, VT – A Local Concerns Meeting for the project listed below will be held on Tuesday, October 25th, 2016 beginning at 6:30 PM at the Smilie School, located at 2712 Theodore Roosevelt Highway. The meeting will be held by the Vermont Agency of Transportation (VTrans) and the Town of Bolton.

Rehabilitation project:
• Bolton IM 089-2(45) – 189, Bridge #51-3 over Town Highway 4 (Notch Road)

The preferred alternative includes repairing the culvert with traffic maintained on an offsite detour during a short term weekend road closure.

The intent of the meeting is to provide an overview of this bridge project to Town Officials, local residents and businesses, emergency services and other interested parties. There will be a review of the existing site conditions, proposed work, detour, and overall schedule followed by a question and answer period. Representatives from both VTrans and the Town of Bolton will be available at the meeting to address public concerns about the projects.

A copy of the Scoping Report for this project may be seen at the office of the Town Clerk in Bolton, or at the Structures Section of the Agency of Transportation's office in Montpelier, Vermont. An electronic copy is also available online at: <https://outside.vermont.gov/agency/vtrans/external/Projects/Structures/13a090>

Seasonal Part-Time Snow Plow Operator

An opening is available for an experienced part-time snow plow operator for the Town of Jericho on a seasonal basis. Work hours vary according to weather and other needs. Applicants must have a valid Vermont driver's license (CDL license preferred) and pass a drug screening before starting.

Applicants must be available to report to work at any time, including nights, weekends and holidays. There is no set schedule or guaranteed hours. Applicants must be able to respond promptly and be willing to work various shifts and hours. There are no benefits available to this position and the term of employment will last no longer than April 16th, 2017.

The starting hourly wage is \$15.00 depending on qualifications.

A job application can be downloaded from our website at www.jerichovt.gov. They are also available at the Jericho Town Hall, at 67 Vermont Route 15, Jericho, Monday –Friday 8:30 a.m. to 2:30 p.m. Completed applications can be submitted to Paula Carrier in person, via email at pcarrier@jerichovt.gov or via mail to PO Box 39, Jericho, VT 05465.

Applications will be accepted until position is filled.

Obituaries continued from page 9

and Jenn Coli of New Hope, MN; by his grandchildren Jessica, Samantha, Gabriel, Sabrina, Alex, Zak, Heather, Taylor, Hannah, and Aiden 9 great-grandchildren, with three coming soon, by his sister Virginia Corey and husband William of Bedford, NH; and brothers Mark Coli and wife Sylvia of Chittenden, VT; Louis Coli Jr. and wife Paula of Westford, VT; and Daniel Coli and wife Diane of Jeffersonville, VT; by his father-in-law John Rich of Hanahan, S.C. and by several nieces and nephews. In addition to his parents, Bob was predeceased by an infant brother Gary. Visiting hours were held on Saturday October 8, 2016 from 2:00 - 5:00 PM in the Minor Funeral and Cremation Center in Milton. A Memorial Service with military honors was held on Sunday October 9, 2016 at 1:00 PM in the Minor Funeral and Cremation Center. Online

condolences may be made to www.minorfh.com.



Michael Philip McGonegal, of Burlington, VT, was born January 24, 1969, and died on October 1, 2016. He is survived by his parents, Thomas and Patricia McGonegal of Acton, MA, and three brothers and sisters-in-law-Thomas and Alexa McGonegal, Kevin and Danielle McGonegal, and Joseph McGonegal and Emily Walsh along with five loving nieces and nephews and many dear friends. Those who loved Mike knew him for his sense of humor, his large circle of good friends in the Burlington late-night crowd, his love of live music, and his enjoyment of vacations in Ocean Point, Maine. Mike attended elementary and middle school in Underhill, VT; Rice Memorial High School in South Burlington, VT; and the University of Vermont. A great writer, great wit, and stickler for grammar, Mike entertained and instructed, and he took great pride in his New Yorker cartoon fame, his pranks on family and friends, and in being caricatured on the Church St. mural in Burlington, VT. A funeral TOOK place on Saturday, October 8, 2016 at 11:00 AM at St. Elizabeth of Hungary Parish in Acton, MA.



Daniel Henry, 35 of Underhill VT, died unexpectedly on October 4, 2016 at home. Born on April 27, 1981 in Burlington, VT to Michael and Deborah Henry. Daniel attended Mt Mansfield High School, Jericho, VT and graduated in 1999. Daniel also graduated in 2003 from Johnson State College, VT. Dan was an avid Red Sox fan and also was an accomplished body builder. Dan loved to snowboard and also being in the outdoors. Dan married Shelley (Kerwin) Henry in 2006 which later ended in divorce. Shelley and Dan have remained friends. Dan is survived by his parents; his brother David and his wife Dayna; his niece Maelle, from Harrisonburg, VA; and his grandfather Stanley Henry from Colchester, VT. David also leaves

behind many aunts, uncles, and cousins and countless friends. Dan was predeceased by Donald and Dorothy Smith and Jeanne Henry who were grandparents. Calling hours were held on Sunday, October 9, 2016 from 2:00 to 4:00 PM with a memorial service that started at 4:00 PM, at the Ready Funeral Home, Mountain View Chapel, 68 Pinecrest Dr. Essex VT.

Donald C. Atwood, 82, a longtime resident of Richmond, VT, passed away in the comfort of his family following a brief illness at the UVM Medical Center in Burlington, VT on Thursday, October 6, 2016. Born in Bolton, VT on October 2, 1934, he was the son of the late Frank and Bertha (Griffin) Atwood. On July 6, 1957 he married the former Eleanor Smith in Waterbury, VT. Donald was employed and was a member of the Vermont Air National Guard for 41 years and for 20 years served as a part-time police officer for the Town of Williston, VT. In addition Donald worked for many years as a security guard at the Holiday Inn in South Burlington, VT and was an active member of the Fish and Game Club in Jonesville, VT. Donald most enjoyed hunting, spending time at deer camp, working on the farm and spending time with his grandchildren and great-grandchildren. Donald is survived by his wife of 59 years, Eleanor Atwood of Richmond, VT; their children, Barbara Atwood of Richmond, VT; William Atwood and his wife Sharmayne of Bolton, VT; Timothy Atwood and his partner Michelle of Plainfield, VT; Linda Way and her husband Tim of Georgia, VT; 9 grandchildren and 7 great-grandchildren; a sister Eunice Fitzpatrick of Hartford CT; a brother John Atwood of Richmond; as well as nieces, nephews and extended family. Donald was predeceased by two sisters, Thelma Ashley and Doris Callahan, and two brothers Orrin "Bud" Atwood and Everett Atwood. Funeral services were held at the Richmond Congregational Church on Thursday, October 13, 2016 at 11:00 AM. with a reception to follow in the church dining room. Interment with military honors were held at Riverview Cemetery in Richmond, VT. For those who wish, memorial gifts in lieu of flowers would be appreciated to Richmond Rescue, PO Box 404, Richmond VT 05477. Assisting the family is the Perkins-Parker Funeral Home and Cremation service in Waterbury, VT. To send online condolences please visit www.perkinsparker.com or the funeral home Facebook page.

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Team Spark had a fun time on their camping trip to Lake Carmi State Park and Missisquoi Wildlife Refuge.



Team Grit went camping at Grand Isle State Park. The team's first stop was at the Missisquoi National Wildlife Refuge.

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Learning the CHMS Way

By Mark Carbone, Principal
 Camel's Hump Middle School

The school year is well under way! Walking through the halls of our school, one feels the energy and camaraderie among students and teachers — perhaps due to the brave leaders of teams Sequoia, Spark, Grit, and Summit who brought their learners on overnight field trips throughout Vermont over the past month.

Team Spark had a fun time on their camping trip to Lake Carmi State Park and Missisquoi Wildlife Refuge. The group bonded as a team, and did some place-based learning at two beautiful locations. Some of the student highlights:

- "I learned that I can figure out animals by the tracks they have."
- "My group and me were in juniper and we found a lot of trails in the woods. It was memorable because we learned a lot about each other."
- "I learned that I really do like being part of a functioning team, working together to do useful stuff."
- "Hanging out in the campground was fun because you got to hang out with people you wouldn't always hang out with outside of school."

Summit students enjoyed a visit to the historical sites at Crown Point, NY. As they walked around the ruins of Fort St. Frederic and the Fort of Crown Point, students learned about the desirability of that location to colonial powers during the 17th and 18th centuries, and why rebel American colonists wanted control over the fort following the Battles of Lexington and Concord. From there Summit students made their way to Button Bay, where the team participated in team building activities, science drawings, and writing. The night was complete with some stargazing! The following morning, Summit students' exploration of Vermont's role in the Revolutionary War continued with a visit to the Lake Champlain Maritime Museum.

Team Grit went camping at Grand Isle State Park. The team's first stop was at the Missisquoi National Wildlife Refuge. Students watched an informational video in the visitor center before heading out to the trails for guided tours. Then they travelled to Grand Isle

State Park for lunch and some free time. As students sketched in their scientific journals, geese flew in formation overhead. Despite the weather, GRIT students were troopers when guests from St. Michael's College came to discuss water quality and help students take samples. The final stop was the Ed Ween Fish Hatchery, where students learned how fish are being raised to help stock Lake Champlain.

Team Sequoia ventured to the Fairbanks Museum and Planetarium. There they learned about the motions of celestial bodies and about global climate change. That night at Ricker Pond Campground, groups performed Greek myths in a reader's theater format. Afterward an astronomer from the planetarium led a star party, where students observed constellations and listened to Roman and Greek myths. Sequoia students concluded their adventure with a rather soggy hike up to Peacham Bog.

We continue our partnership with UVM and UVM Extension to provide the PROSPER Program; a seven-week program for 6th grade students and their families to assist both through the challenges of adolescence. The CHMS PROSPER program is now in its third year and 6th session. Participants in this hands-on learning opportunity meet weekly and include family dinner, games and activities, and childcare for younger siblings. For a portion of the time, parents attended workshops on topics such as setting limits and computer/Internet safety, while the student group



Summit students enjoyed a visit to the historical sites at Crown Point, NY. PHOTOS CONTRIBUTED

discusses topics such as saying no, advocacy, and problem solving. The PROSPER program affords participating families quality time together; parents hone their parenting and communication skills, and students learn tips for surviving and thriving in middle school. If you would like more information about this program, please contact Rebecca Thompson, 434-2188 or rebecca.thompson@cesuvt.org.

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Here's where to bring 'em:
 Limits, specs & fees may apply. Please call ahead.

	LEAFY DEBRIS <i>Leaves, grass, weeds, plants</i> NO wood, twigs, dirt, rocks. NO plastic bags or pots.	WOODY DEBRIS <i>Branches, logs, clean stumps</i> NO pressure-treated, painted, stained wood. NO dirt, rocks, etc.
Green Mountain Compost 1042 Redmond Rd, Williston • 660-4949 M-S 8-4 • After 11/15: M-F 8-4 Open Sun 11/6 & 11/13, 8-4 for leaves only	OK	X
Parsons Stump Dump Colchester • (802) 355-5512	X	OK
McNeil Wood Waste Depot 111 Intervale Rd, Burlington • 865-7746 Tu,Th,F,Sa 8-4 • After 11/14: Tu-Fr 8-12, Sa 8-4	OK	OK
CSWD Drop-Off Centers <i>Call 872-8111 for info • Closed Nov 11 for Veterans Day</i>		
Burlington 339 Pine St • W 9:30-5, Th & Sa 8-3:30	OK	X
Williston 1492 Redmond Rd • M - Sa 8-3:30	OK	OK
Essex 218 Colchester Rd • Tu 9:30-5, W-Sa 8-3:30 Open Sun 11/6 & 11/13, 8-4 for leaves only	OK	OK
Hinesburg 907 Beecher Hill Rd • Sa 8-3:30	OK	X
Milton 36 Landfill Rd • M 9:30-5, F-Sa 8-3:30	OK	OK
Richmond 80 Rogers Ln • Tu & Sa 8-3:30, Th 9:30-5	OK	OK
South Burlington 87 Landfill Rd • M,Tu,Th,Sa 8-3:30, F 9:30-5 Open Sun 11/6 & 11/13, 8-4 for leaves only	OK	OK

OK = Dumping mechanisms allowed at these facilities only.

CSWD CHITTENDEN Solid Waste District 872-8111 CSWD.NET

The CHMS community is collecting food donations for those in need. Our collection supports two important efforts: "Break Boxes" and weekly "Food Backpacks." At this time three or four backpacks are given out weekly. For school breaks we hope to provide 15 break boxes with each containing: 20 bananas, 15 apples, four pounds of cheese, two gallons of milk, two loaves of bread, cereal, granola bars, canned vegetables (corn, beans), peanut butter and jelly, fruit snacks, canned soup, applesauce/fruit cups, boxed mac and cheese, raisins, oatmeal, pancake mix and syrup, and canned tuna. Thank you for your continued support of this important effort!

We are always looking for help with after-school programs for our students. If you have a knack for kickball or a love of Pokemon, give me a call to discuss the endless possibilities. I can be reached by phone, 434-2188, or email mark.carbone@cesu.k12.vt.us.

The next MMMUSD school board meeting will be held Monday, November 7, 6:00 PM at Browns River Middle School. The public is welcome, and encouraged, to attend.

A REPUTATION FOR RESULTS!

Underhill - \$875,000
 Custom built home w/ breathtaking views of Mt. Mansfield! Home on 15.72 private acres. Great room with granite 2 story fireplace. 1st floor master suite. Gorgeous kitchen with granite counters. 2 bedrooms up & family room. Lower level w/ additional family room. A truly unique property!

Underhill - \$455,000
 15 prv't acres, 2 horse barns & run-in pole bar. Mount Mansfield Views! Unique home with new modern kitchen w/ oversized island, pantry & dining area. Stone courtyard & patio. Formal living rm w/ vaulted ceiling, beam & wooden arched doors. 3 bdrms all w/ remodeled baths. Many improvements!

Fairfax - \$300,000
 Very special home site w/ views out over the valley to Mount Mansfield! New home will feature an open kitchen & dining room with hardwood floors. 3 bedrooms, 2.5 baths. Lg living rm & great family rm. Lg master suite w/ full bath & WI closet. 2 additional bdrms and family bath. Energy efficient home!

Underhill - \$235,000
 3 bedroom home on 5 acres. Country setting with privacy yet great neighborhood. 1 level living. Open floor plan with bright and sunny kitchen with large island and dining area. Full basement ready to be finished with gas fireplace. Great open backyard. 2 car detached garage and shed.

CALL NANCY TODAY!
 Nancy Jenkins Real Estate
 140 Kennedy Dr, Suite 102
 South Burlington, VT 05403
 802-846-4888 - 888-567-4049

NANCY JENKINS
 REAL ESTATE